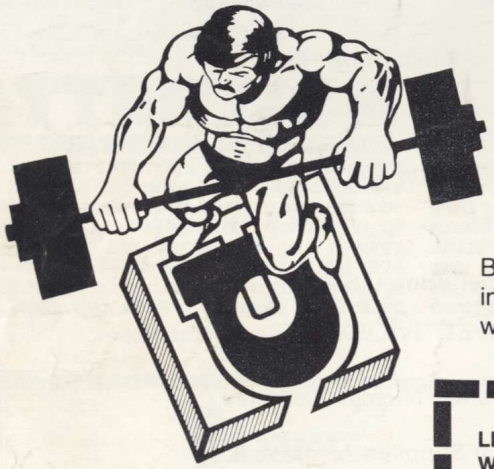
POWER ELITE

Weekend Seminar



NEW

with
Larry Pacifico
& Mike Bridges

in Dayton, Ohio

Beginning the second weekend in January, and every other weekend thereafter.

Now, you can train, learn, work out, pick up tip and pointers from the best—a world champion and the Power Elite team. You'll be here for two full days and one night—private room accommodations and dinners included in the package.

You'll experience and learn thru the *plus* of Videotape—on location at the new Power Elite Gym. You'll learn about techniques, equipment, new accessories and nutrition.

PACIFICO
ENTERPRISES

LIMITED TO FOUR GUESTS PER WEEKEND—$150 per person—an exclusive experience for maximum attention, analysis, and the beginning of your Personalized Training Program.

NAME _____

ADDRESS _____

CITY _____

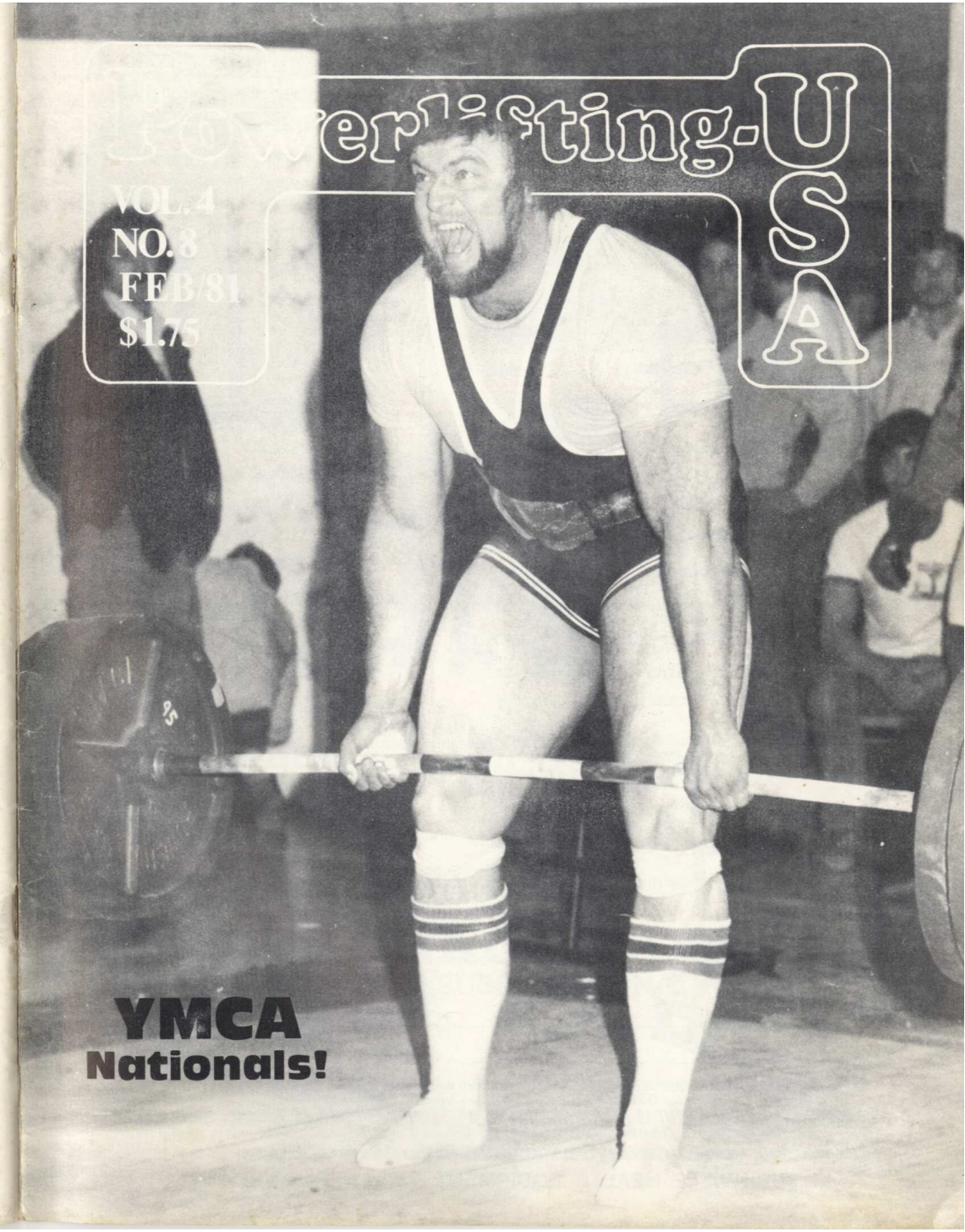
STATE _____ ZIP _____

PHONE: _____

1st DATE REQUESTED: _____

2nd Choice: _____

Mail to: Pacifico Enterprises
P.O. Box 14152 N.R. Br.
Dayton, Ohio 45414



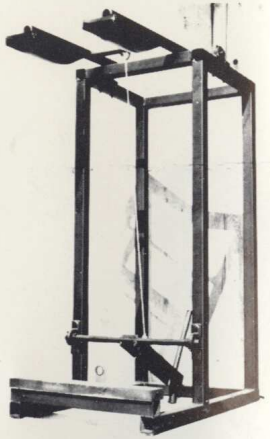
BEST AVAILABLE ANYWHERE . . .
. . . for QUALITY and PRICE

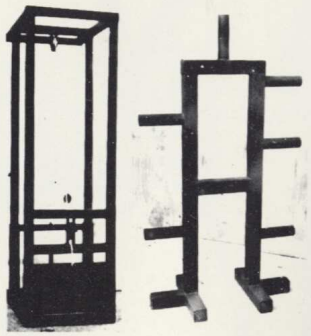
Super Deluxe DECLINE BENCH at $150.00

Uprights are removable. Use for barbell and dumbbell presses and pull-overs.

Super Deluxe UPRIGHT CALF UNIT Only $220.00

Ball Bearing Mounted and Super Calf Developer.





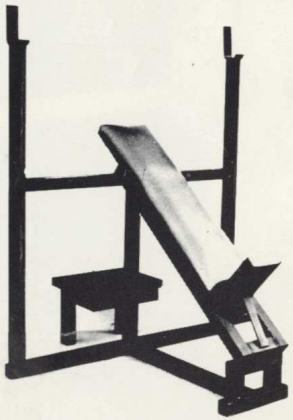
Super Deluxe PLATE HOLDER Only $50.00 Designed to hold Olympic plates up to 1,000 lbs.

Super Deluxe CABLE ROW $200.00

Comes complete with new, never wear smooth running pulleys. Pulley set at right height for maximum lat workouts.

Super Deluxe CABLE CURL Bargain at $240.00

Ball bearing operated with double cam.

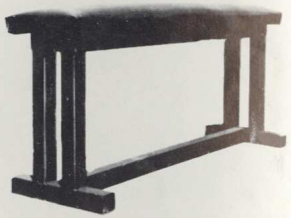


Super Deluxe INCLINE BENCH $165.

All 2 inch square steel tubing, welded throughout for greater strength. Made for Olympic Bar.

Super Deluxe FLAT BENCH $80.

Same quality as at left with 4 feet long, 2 inch board heavily foam padded and vinyl covered.



ALL THIS EQUIPMENT DESIGNED FOR THE GYM OWNER WHO WANTS THE BEST AT LOWEST POSSIBLE PRICES.

OUR SUPER DELUXE EQUIPMENT IS ALSO AVAILABLE IN 2½" SQUARE TUBING AT SLIGHTLY HIGHER PRICES

SEND FOR FREE SUPER DELUXE LINE LITERATURE TODAY.

JUBINVILLE HEALTH EQUIPMENT P.O. Box 662 • Holyoke, MA. 01040

Powerlifting-USA
Post Office Box 467
Camarillo, CA 93010

EDITOR-IN-CHIEF	*Mike Lambert*
INTERNATIONAL EDITOR	*Tony Fitton*
FEATURE EDITOR	*Ken Leistner*
TRAINING EDITOR	*Ron Fernando*
SUBSCRIPTION SERVICES	*Jean Lambert*
STATISTICIAN	*Herb Glossbrenner*
PUBLISHER	*Mike Lambert*

'..the most important people in the production of this publication are the many hundreds of lifters, fans, meet directors, advertisers, and administrators who have made enormous contributions to its success,.....through their own love for the sport....this is their magazine.'

POWERLIFTING USA (ISSN 0199-8536) is published monthly for $15 per year. The office of publication is 863 LEMON DRIVE, CAMARILLO, CA 93010. 2nd class postage paid at Camarillo, CA 93010

POSTMASTER: Send change of address notices and undeliverable copies to POWERLIFTING USA, Box 467, Camarillo, California 93010

Subscription rates: (US funds only)

USA & CANADA, 1 yr.....$15.00 US
USA & CANADA, 2 yr.....$28.50 US

Foreign, Surface Mail...$24.00 US
Foreign, Air Mail.....$32.00 US

MEMBER COSMEP
COMMITTEE OF SMALL MAGAZINE EDITORS AND PUBLISHERS
BOX 703 SAN FRANCISCO, CA 94101

CONTENTS

VOLUME 4, NUMBER 8
FEBRUARY/1981

YMCA NATIONALS.....Mike Lambert.....3
SEMINAR ON MEET PROMOTION.....John Pettitt.....8
SCIENCE OF THE SQUAT.....Pete Vuono.....12
NUTRITION CORNER.....Jack Digangi.....13
MORE FROM KEN LEISTER.....Ken Leistner.....14
ATHLETE'S REP ELECTION RESULTS.....15
GEORGE FRENN.....Ron Fernando.....20
STARTIN' OUT.....Dan Wathen.....22
TOP 100 MIDDLEWEIGHTS.....Jean Lambert.....25
CLASSIFIED ADS.....30
FOR THE RECORD.....32
NATIONAL MEET QUALIFYING TOTALS.....33
CURTIS WALKER.....Willie Morris.....34
BACK TO THE RACK.....John McKean.....39
WHO'S WHO IN POWERLIFTING.....47
BOOK REVIEW.....Mike Lambert.....47
INTERNATIONAL REFEREE'S BULLETIN.....50

© 1981 Powerlifting USA

NEXT MONTH....look for an article on fast rising Mark Chaillet, plus a report on the Women's Nationals as well as coverage of what could be a flood of NEW WORLD RECORDS set at various open meets around the nation.

ON THE COVER....National YMCA competitor, Jan Van De Weghe, of Sheboygan, Wisconsin pulling on a heavy deadlift.

POWERLIFTING USA advertising rates available upon your request.

POWERLIFTING USA Magazine
ALL PURPOSE SUBSCRIPTION FORM

YES!

SIGN ME UP!!

Check one:

☐ **NEW**

☐ **RENEWAL**

☐ **Address Change**

4/8

Name _____

Address _____

City _____ **State** _____ **Zip** _____

$15.00 for 12 monthly issues, 2 years--$28.50

Payable to 'POWERLIFTING USA', Box 467, Camarillo, California 93010

1981 YMCA Nationals

The National YMCA Championships have arrived as a major meet. Prior to this year, the meet was passed around in an informal manner and lacked direction from the National Powerlifting Committee. Gary Benford has picked up the ball, obtained YMCA approval for the championships, and established a procedure for the award of future meets. The weather was coolish, but without snow there was little excuse for the many lifters from other states who said they were coming, but didn't show. The National YMCAs are for real, and next year should see broad national participation...and why not, it's another legitimate National title lifters can shoot for.

YMCA NATIONALS
10 Jan 81 Columbus, OH

114				
Steinfeld	336	226	374	936
123				
Heath	402	231	440	1074
132				
Vidro	446	226	523	1195
148				
Wright	606	336	584	1525
Warner	600	264	606	1471
Strickland	402	336	507	1245
165				
Stone	650	363	600	1614
Hundley	573	259	617	1449
Dell	534	303	556	1394
Riedel	507	264	551	1322
Malone	495	275	545	1317
181				
Sutphin	639	385	628	1653
Whittaker	600	363	650	1614
Iona	573	402	633	1609
Zolidas	578	336	639	1554
ALlen	606	319	606	1532
Riedel	600	314	606	1521
Wolfe	589	314	584	1488
Benford	523	336	567	1427
198				
Black	699	402	699	1802
Gravitt	600	424	683	1708
Monroe	672	391	639	1703
Potts	606	402	---	
220				
Schneider	771	429	755	1956
Florio	766	446	716	1929
Schmidt	738	418	661	1818
DeTolve	661	407	617	1686
Seitzer	650	424	606	1681
Mucci	606	402	667	1675
MacCleod	556	352	600	1510
Rosenstern	683	380	---	
Rogers	---			
Mize	---			
242				
Wohleber	771	396	799	1967
Meduri	749	440	738	1929
Stromsdorfer	677	402	639	1719
Nummi	600	440	584	1625
Bruch	606	347	650	1603
275				
Gamble	744	512	749	2006
Van De Weghe	667	435	755	1857
Hoss The Boss	760	396	677	1835
Miller	722	391	661	1774
Best	667			
Mayo	650			
SHW				
Dunn	650	540	667	1857

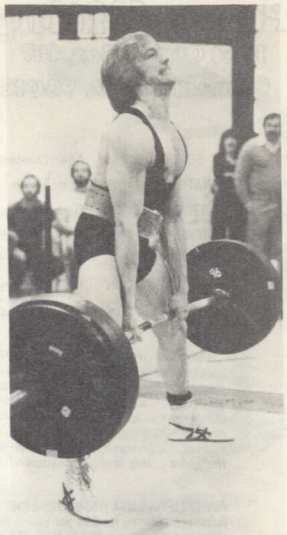
At 114, Joe Steinfeld tucked away yet another national crown...he has had a stellar career so far, and will likely keep chipping away..adding pounds to his total, until he is a factor internationally. Here, he missed a 374 squat, 237 bench, and a 391 deadlift in trying to qualify for the Seniors.

Doug Heath had to take his opener squat over, but otherwise had no problems and cruised to his title with a nice total. Newcomer Frank Vidro showed strength and platform wisdom far beyond his teenage years. Phil Rosenstern had enthusiastically endorsed this lifter as one to watch, and watch I did. His miss at at 556 deadlift and some teenage records disappointed him, but he has a very bright future.

There was some very big lifting at 148. Clyde Wright squatted 606 with little difficulty, but had to wait many long moments before his WR attempt of 633..in the deadlift, he had some difficulty with 606, but..off an injury that kept him out of the Seniors...he shows that same old capability of putting together a remarkable total on the right day. Ohio's Dr. Squat, Jim Warner, put on a fine demonstration of his knack in this lift..jumping to 600 after missing 578 twice on depth. He fell behind Clyde in the bench, but finished well in the D-lift with a mighty impressive total. Lean in the extreme, Dr.'S' could/should be a factor at the Nationals, should he decide to compete in Boise. Mr. Strickland was a well-muscled former pupil of Howard Miller (now going for his Masters in Journalism) in Kentucky, and showed himself well, despite the fast company.

A resurgent and happy Larry Stone easily met the opposition at 165...followed by ageless, and still improving, Don Hundley, who actually tried a

Larry Stone's deadlift grimace had a little bit of grin in it...after a severe back injury that every 'expert' told him he would never come back from, he came away with a National title and 2 meet records...a very courageous lifter.



Jim Warner's lean physique belied great squatting power and he also made this tough 606 deadlift.

650 deadlift..he is a good lifter, whether you're talking about Masters or any other category of competition. Pat Malone brought his pretty sisters, a van full of belts, and some nice lifts of his own from Indiana to round out the class.

Smart, efficient lifting brought the 181 title to Paul Sutphin. After a couple of years of competing almost every other weekend, Paul seemed to fade away, but he's back...this time in a new weight class, which may take a year or so to fully grow into. Mr. Whittaker missed a 644 squat twice, which would have made things interesting, but was able to out-pull a frustrated Russ Iona from Kent State. Clyde Wright's buddy, Mr. Allen, had a tough tussle with Mike Riedel (the man behind CUSTOM-T shirts) who showed major improvement thanks to Coach Bob Fortenbaugh and other Black's team supporters. Gary Benford struggled, with that meet director's monkey riding the squat bar on his back through each attempt, but showed some quality strength to complement his organizational abilities.

John Black put together his finest meet at 198, though some of the lustre was dulled by the fact that the IMAGE kilo plates were quite light...on many of the attempts over 800 the bar was as much as 20 lbs. light, thus explaining some of the attempts which were, at face value, well over the listed World Records. Rex Gravitt was, I believe, awarded 3rd place..and, apparently, did not question it until after he'd returned to North Carolina, but the numbers add up to Number Two. He lifted very impressively..missing only a 391 opening bench on a technicality and a 705 deadlift. Todd Monroe came up strongly with a surprising 705 squat, but was just a tad high. Mr. Potts injured his leg on his opening deadlift and had to retire from the competition.

ATTENTION If you are having trouble obtaining a 1981 USPF Registration card, PL USA will point you in the right direction. I'm going to ask Joe Zarella for some cards to distribute, and, in any case, we will direct you to someone who can help you. Remember, the fee is $10.00 and checks should be payable to the 'United States Powerlifting Federation'. Send your inquiries to PL USA/'REGISTRATION INFORMATION', Box 467, Camarillo, California 93010.

At 220, a loggerhead competition emerged, though Schneider was the known favorite off some awesome training sessions. He squatted 771 with ease, but 826 (actual weight was probably 805) and 843 (probable 821) seemed to force him into an awkward position at the bottom which destroyed his drive on both lifts. He missed a 440 bench and went on to attempt an 831 (actual wt. probably 810) deadlift twice, coming quite close on his initial try at it. According to John Black, Dave has decided to go 242 for the Seniors and has already started a long range cycle for that meet.

Just behind Dave, with a super total, came John Florio..who finished up with a fine 766 squat and missed only a 738 deadlift on his following attempts. Not so lucky was Mark Schmidt, who, like his friend Phil Rosenstern..had suffered with the flu just prior to the meet. He missed lifts of 755 in the squat, 435 in the bench, and 705 in the deadlift, but was nonetheless very impressive. Mr. America contender Jim Seitzer looked just the way every Powerlifter would like to look...extremely massive and balanced development, and lifted very competitively. Paul Mucci pulled just enough for his Master patch and our congratulations go out to him for that acheivement. Phil

Paul Sutphin was happy to be back on the major meet platform again, and to have done so well.

Rosenstern came for a World Record deadlift attempt...the memory of his hauntingly close attempt at the Juniors was still fresh in many minds, particularly his own. He got a nice 683 squat after an initial miss at the weight, and opened in the deadlifts with a face value 826, which weighed out in real pounds to 805 plus a fraction, enough to break the listed World Record by Vince Anello (I witnessed Vince's lift of 811 in California back in 1977, and do not know why it has not been accepted...it doesn't matter now, as Jim Cash bumped the mark up to 815 on January 10th). After opening with 800 and smoking it at the AMA Championships in the 242 lb. class, Phil felt that his initial try was reasonable, and he received much encouragement in his attempts, even from the members of the Black's Health World team, whose own Dave Schneider was also going for the record, but the bar would barely budge...and subsequent attempts got no further. Likable Phil will make this and more in the near future...the flu had taken too much out of him on this day.

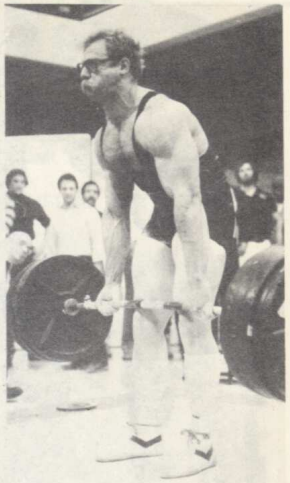
By the way, Steve Wilson attended the meet. His damaged bicep has been re-attached with apparent great success. He's got a long, ugly scar on his arm but it's all worthwhile if he can come back 100%. He's looking forward to just that, and may hit a meet at 220 on the way back as his weight has dropped to around 212.

At 242, Wohleber looked trim and ready for some Big Iron Action...771 was a nothing weight for him. As he banged his head against the bar setting up for 826 (actually 805 or so), he actually drew blood, which streamed down his forehead as he waited for the referee's signal. These Black's guys are serious about their lifting, believe me. He didn't get it on his first try (walking with the weight after the clap as I recall), and lost his final attempt at the weight on time, which was a shame, because he looked good for it. He has so much basic body power...moreso than any other lifter at the meet. Little external problems are all that hold him back from more tremendous acheivements in the sport. He has the upper chest and shoulder structure to bench plenty, as you can see in the photo accompanying this article, but his previous injuries continue to linger and stymie his total. In the deadlift, 766 was ridiculously easy, simply manhandled and 799 was pulled quite high, but he stumbled backwards with it and had to let it fall to the floor. His next try with it was a solid success, though grip problems may still be a concern. The man has squatted 905, so you can't say this was a good meet for him, but it was certainly good enough for the victory.

Not far behind was P.J. Meduri, whose recent improvement has been spectacular. He is really moving some iron now...came close to going 9 for 9 except for a final attempt deadlift of 738. Jason Stromsdorfer very much looks the part of a powerlifter, and is starting to lift some very substantial poundages...he even took a potshot at a 699 squat and a 667 deadlift. Mr. Nummi had trouble in the squats, whereas John Bruch lifted well until the deadlifts, where he missed 699 twice.

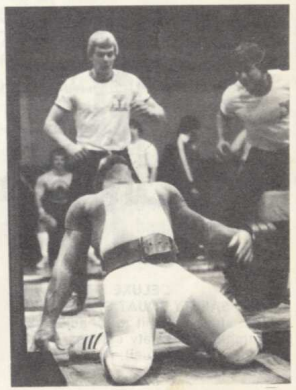
John Gamble made a sensational debut on the National scene with less than a half dozen meets under his belt and came away with a record breaking performance. John is really built for action with a huge pair of thighs, and cannonball delts resting at the base of a massive trap structure. He showed the crowd that he could do all the lifts well..missed only an attempt at a 523 bench, and even had Pacifico raving about him. Yes, Larry dropped in to catch the meet along with several of his Power Elite team compadres and the way he spoke so glowingly about Gamble, I figured he had just signed him up for the team. John is, in actuality, a member of Willie Morris's Charlotteville team and is a leading pre-meet contender for the Junior National title. (Last year at the King's Classic, less than one year before, John went 560 385 555 1500 at 275, so he is really coming on). After the squats it looked like Hoss the Boss would give John a tussle for the title, but Jan Van De Weghe came through when it counted. He squatted well and with increased confidence will crack the 700 barrier. In the deadlift 755 took 2 tries to satisfy the judges..he then jumped to something around 800 but failed the lift and his earlier dreams of a World Record were dashed. Hoss's 9 for 9 performance was well-received by the crowd, who obviously liked his style, and by the Black's team..of whom he has become an integral part. Mr. Miller of the Mason-Dixon Weightlifting Club lifted solidly...as he has done quite often lately, for fourth place. Dean Best and Mr. Mayo did not get past the squats, unfortunately.

The lone Super...Bill Dunn, did not allow himself to coast to the title. He missed a 688 squat, but made all 3 bench presses in very explosive fashion. The bar may have been a little light, but it still represents some nice improvement for him and he showed gobs of potential for more, which would take him right up to the elite echelons of Superheavy benchers. In fact, he showed a noticeable resemblance...in mannerisms and physical structure, to the outstanding European bencher, Lars Hedlund, though he is not quite as tall as the massive Swede. He deadlifted nicely, to produce a quality total.

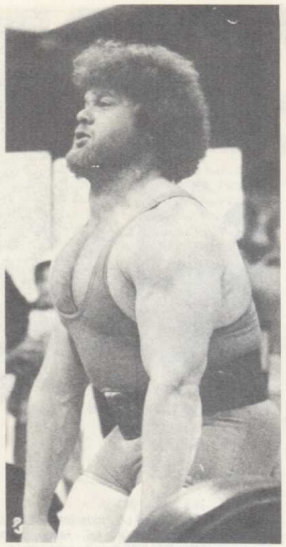


Dave Schneider looked very muscular at 220, but dropping from 234 took it's toll. He got a World Record Deadlift this high then lost it forward.

Some of Ohio's fine lady lifters were upset at not being allowed to enter, and a tough equipment check in procedure that many lifters expected was not apparent, but fine competitive depth was seen in several classes and interested lifters should plan for an even better 1981 edition..which will likely be in Columbus again. Nice meet, Gary!



Disaster struck Dean Best on his 2nd attempt squat..he went down smoothly but near the bottom a loud ripping sound was heard..as if his suit or wrap had torn, his knees jerked convulsively and the bar went flying backward. Both his quads tore loose and one knee was dislocated. He left the platform on a stretcher and will spend 4 weeks in a hip to foot body cast, followed by 8 months to a year of intensive physical therapy as the tendons and ligaments that are now pinned to his bones slowly return to normal function. Dean's attitude is fine, but I'm sure he'd like to hear from his fellow lifters..contact him c/o Best Gym, 5605 W. Friendly, Greensboro, NC 27410. After thinking through the incident, everyone in his gym has changed their squat style to the wide stance.



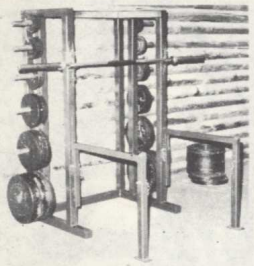
Wohleber once again displayed fantastic power and remains a threat to SQ-DL records in either the 242 or the 275 lb. divisions.

The Black's Health World team..among them, kneeling-center John Black himself..on the right is Gary Benford, meet director for the 1981 National YMCA Powerlifting Championships.

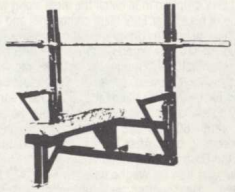
The BOB MOON Meet sounds like it will be another good one. I've heard RUMORS that Bridges may lift, and it certainly would be convenient for Larry Pacifico to qualify for the Seniors at this contest. I hear his bench and squat are going bonkers and that his grip is steadily coming back. You'll recall that this meet was the scene of Larry's surprise, record-devastating return to the 198 lb. class some years back, where he totaled a landmark 1935.

VEGAS OPEN looks like a bigger meet than ever with teams from Denver, Arizona, and California interested in competing. Names like Kidney, Phillips, and McCormick have been mentioned, though not absolutely confirmed. Meet Director Ken Trujillo says it will be 'super, Super, SUPER!' so make it out there as a lifter or spectator...Feb. 21 is the date. You can contact Ken at 702-458-1810 (they'd like some backup International Card holders, if anyone is interested).

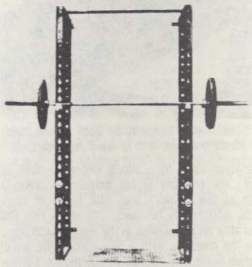
STRENGTH, INC.



DELUXE SAFETY SQUAT STANDS
Self standing unit with adjustable uprights and safety catches. Plate holders built into unit. Available in 3" or 2" model.



COMPETITION SAFETY BENCH PRESS
No. SB100 Model Shown: 3"x 3"x.120 48-inch wide uprights with adjustable bar holders. Adjustable safety side arms that act as an anti-check mechanism. Safety side arms do not interfere with bench presses. No spotters needed. Great for working out alone in complete safety.
No. CB Same as competition safety bench but without safety side arms.



POWER RACK
Constructed of 3" channel iron with 1-1/8" holes every 3". Unit bolts to wall. Chinning bar on top. Unit is 7-1/2' tall, 48" wide, 24" between uprights. Four 1-1/16" pins with unit. 1/4" Deck Plate welded solid on bottom for footing.

Dept. 'S', 432 Highland Avenue • Twin Falls, Idaho 83301 • 208-734-6883
Catalog $1.00

MARK DIMIDUK is currently available for seminars, demonstrations, clinics, etc. You may contact him at 6321 Bentham Court, Oxon Hill, Maryland 20022 for further details and information on this service.

WALTER THOMAS OPEN and Novice and Women's Championships, May 23, 1981....contact Walter Thomas, P.O. Box 45510, Oklahoma City, Oklahoma 73145 or call 405-733-5555 Tuesdays or Thursdays 7-9 PM.

National Collegiate 1981 AAU Powerlifting Championships
Kutztown State College, Pa.

THE KUTZTOWN STATE COLLEGE 1866

KSC POWERLIFTING

1981 NATIONAL COLLEGIATE MEN/WOMEN
A.A.U. POWERLIFTING CHAMPIONSHIPS

DATE(S): March 19-21, 1981

PLACE: Keystone Hall Arena
Kutztown State College
Kutztown, PA

COST: General Admission $2.00 per session
College I.D. Holders $1.00 per session
Children (under 12) $1.00 per session
All-Session Pass $7.00 - must be purchased in advance

THURSDAY, MARCH 19th
7-8:30AM Weigh-in for the Women's Division.
9:00AM Lifting begins
7:00PM National Collegiate Committee Meeting
9:00PM Official Welcome and National Referee's Clinic at George Washington Motor Lodge (U.S. Rt. 22, 7th St. Exit) Allentown, Pennsylvania

A periodic shuttle will be available from the George Washington Motor Lodge to the meet site at Kutztown State College (18 mile distance)

FRIDAY, MARCH 20th
7-8:00AM Equipment Check for first session (52kg, 56kg, 60kg).
8:00-9:30AM Weigh-in
10:00AM Lifting begins

1-2:00PM Equipment Check for second session (67.5kg, 75kg).
2-3:30PM Weigh-in
4:00PM Lifting begins

SATURDAY, MARCH 21st
7-8:00AM Equipment check for 1st session (82.5kg, 90kg)
8-9:30AM Weigh-in
10:00AM Lifting begins
1-2:00PM Equipment check for second session (100kg, 110kg, 125kg, SHW)
2-3:30PM Weigh-in
4:00PM Lifting begins

Meet Director: Mitch Shipon
c/o Football Office
Kutztown State College
Kutztown, PA 19530

For Information, tickets or entry blanks contact:

Phone 1(215) 683-4372
1(215) 683-7286

SEMINAR

— on MEET PROMOTION —

John Pettitt has, quite possibly, directed more Powerlifting meets than anyone in history. His methods are based on long experience and understanding of the problems..put simply, the man knows what he is talking about.

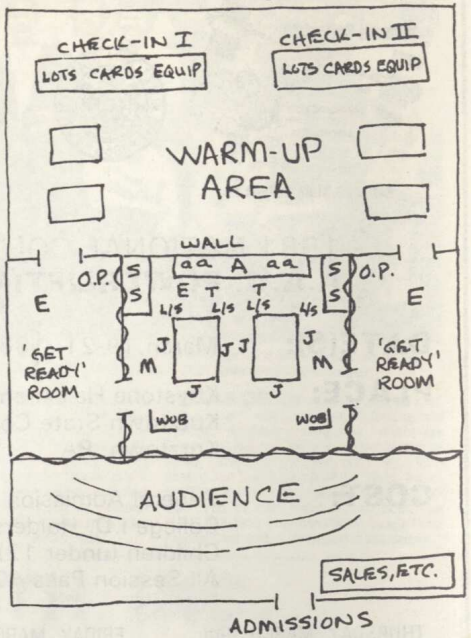
At the World Championships, I had the privilege of holding the first Meet Directors Seminar. The results of that seminar will be included in this article, bit by bit. The seminar lasted 2½ hours and would have lasted longer, but our voices gave out.

The first topic of discussion will be time schedules: I try to obtain a location, date and sanction at least one year in advance. I do this for the following reasons: 1) it gives me a long period to advertise for spectators and competitors alike. I can advertise in the various magazines and newsletters and I can place entry blanks and posters at every meet prior to my meet. 2) it also provides plenty of time to round up weights, personnel, etc. We have a newsletter in Texas that reaches 1500 people and is usually mailed 90 days before the meet, if not before. The mailing list is self-perpetuating in that incorrect addresses are returned, corrected, and placed in a computer bank. After a meet, all new competitors or those with a change of address are entered into the computer. For a fee of $20, we (the Texas Powerlifter and Bodybuilder Association) mail out an entry to all competitors and place entry blanks at all meets prior to a specific meet. This price is hard to beat. Results are sent back to us for the newsletter. If the results are not sent in, then the publicity service is not available for the next year. The newsletter also contains records, TOP 20 all time list, and TOPS in TEXAS based on Schwartz Formula, thereby providing lifters some goals to shoot for.

Three months before a meet we really try to start pinning down workers and begin promotion by giving exhibitions, etc. Work done in the last 2-3 weeks involves sending flyers out to the local radio, TV stations, and newspapers. When we set up a meet, we identify a Chairman, and he obtains what is needed...from a list provided by the Meet Director...the exact number and type of plates, which area they go in, etc. Only a few times have we been set up by 12 noon on Friday, as recommended by Tom Eldridge, but everything should be set up by some time Friday, so you only need to unlock the doors and start the contest on Saturday.

What follows is the type of meet setup that we have found best for 40-150 contestants. Two platforms in the lifting area and two warm up areas for each platform, and only one lifting session. Each of the 6 platforms is equipped exactly the same...same type of bench, squat racks, bars and the identical number and type of plates. This is not always possible, obviously, but that's what we shoot for. In each area there are loading charts and kilo conversion charts. Normally we try to have the warmup area in pounds, but that, too, will pass. Each warmup area contains two platforms and each area opens up into a 'get ready' area next to the lifting area. Between the lifting area and the 'get ready' area is a flag barrier. Next to this barrier is a scoretable and an overhead projector that lists all attempts in order of the weight (vertically) and by attempt (horizontally). The lifters and coaches can keep an eye on their competition by looking at the scoretable, which records each attempt as it is performed on the platforms..along with possessing bodyweight, Schwartz Formula, and lot number information. Lifters can gauge their warmup schedule by the overhead projector. There is a third expeditor who gets the 2nd or 3rd attempt information to the overhead projectionist and the assistant announcer. In this manner, no one comes near the announcer...the meet runs very smoothly, and everyone has the information they need. Weight on the bar signs are posted so that both the lifters and the audience know what is on the bar at all times.

The reason that we run one session is that the total time of the meet is reduced greatly and the number personnel is about one third of that needed for a two platform/two session meet. What follows is a diagram of a meet site and personnel.



A	- Announcer	WOB	- Weight On Bar sign.. ..in two directions
a	- Announcer Assistants	M	- Marshal
J	- Judge	E	- Expeditor
W/S	- Loader/Spotters	T	- Timer
S	- Scorekeeper		Flag Barrier
O.P.	- Overhead Projectionist		

With this type of set up, it is very hard to interrupt the flow of information. During check in, the lifters draw lot numbers if they are not already assigned. You can assign them on a random basis as the entry blanks come in..with the numbers already mixed up and drawn individually as each entry is received. When the meet deadline has arrived (postmarked two weeks before the meet), I wait until the Monday prior to the meet to alphabetize all entries by weight class and print up my program in the same way, as well as my scoresheets. This helps in a meet, when you need to find a name in a hurry. Each card has the lifters name, division, weight class, age, etc. as well as whether the proper fee was sent, if copies of the AAU card were sent, etc. The more you do before the meet, the easier the meet goes.

In my meets, I will not accept an entry after the deadline or without a copy of the registration card, but I let lifters know this via collect call prior to the meet...not at the meet. After all entries are in, I try to divide up the meet so that nearly equal numbers of lifters are split up between the platforms..as well as trying to keep the levels of ability as close as possible. 114-123-132 are always on one platform and 242-275-SHW on the other. I alternate the bigger and larger classes, but all lifters in any one class are always on the same platform. During equipment check and weigh in, the groups for each platform are already separated, so the lifters will know which platform they are lifting on and what other classes will be lifting with them...although we still make the further point of labeling each platform and which classes will be lifting there. Each lifter fills out his first attempts on the expeditors cards, the expeditor forms and the score sheets. The expeditor cards are used at the announcers table, the expeditor forms by the expeditors (the overhead projectionist uses the same forms on acetate sheets), and the scoresheets are used by the scorekeepers near the 'get ready' area. After these forms are filled out, the equipment is checked. While equipment is checked, the forms are compared against each other on all three lifts. As they weigh in, their bodyweight is converted to kilos and their Schwartz Formula coefficient recorded. In this manner, the entire meet is ready to go as soon as the last man weighs in.

As each attempt occurs, the assistant announcer records the success or failure of the lift and adjusts the expeditor cards for the announcer to announce from, taking into account the weight, attempt, and lot number. The expeditor then asks the lifter what his next attempt is and if he can get it immediately, he does. If not, the lifter tells the overhead projectionist and they tell the expeditor..or the lifter finds the expeditor at a later time and tells him their 2nd or 3rd attempt. We usually have the next attempt before the lifter leaves the lifting area. It is better to obtain this information in the 'get ready' area in order to keep as few people in the general lifting area as possible.

Each judge has their own switch, and one judge has a master switch, which is activated only when the bar is back in the rack or on the floor. All judges hit their switches at this time and the master switch is turned on..thus no judge can lag and see what the other decisions are. The lights should be visible to the audience, the announcer, and the lifters. The results of each attempt are recorded by the scorekeeper, the expeditor, and the overhead projectionist...providing three accountings of the results in case of discrepancy.

The announcer announces the next weight..lifter..and platform..in that order, as well as the next 3-4 lifters. When the bar is ready, he tells the timer to activate the clock (timers should use a light rather than a buzzer and it should be placed to that the lifter and judges can see it), and he states who is up on one platform, and as the lifter prepares the announcer repeats the process for the other platform. By the time this is done, he can return to the original platform to set it up once again. Both platforms are run as if they were separate, but simultaneous, meets..which, in fact, they are. When you are close to the finish of the squats on one platform, inform the lifters that you will be going directly into the benches. As soon as the bench press starts, filter in your replacement personnel. Thus, the meet continues on smoothly with minimum delay. Requirements like this make it difficult for a meet director to lift in his own meet, but it is possible if there are co-directors..one of which keeps things going, while the other is preparing for his next lift.

When the squats are over, load up the racks for transport at that time. When the deadlift starts, load up the benches..all six of them. In this manner, you can get a lot of work done while you still have people around to assist you. Likewise, when almost all of the lifting is done, start pulling up the warmup area equipment...however, it is best not to pull it all up prior to the awards presentation. Usually, if you ask at these times, people will help you. As the squats are finishing, your assistants can be placing the bench press cards in order..after the benches, subtotals can be calculated and the deadlift cards put in order. As the meet finishes, the cards can be put in order for each weight class...as the last man lifts, the awards can be presented almost immediately.

If the time for the entire meet is cut down and streamlined, then Powerlifting is more likely to become an acceptable spectator sport. The manner of meet direction I have described will reduce the length of meets without shortchanging anyone.

John Pettitt

World Team T-shirts

This is the shirt worn by the USPF lifters in Arlington. A quality white shirt, with a red and blue 'USA' insignia silk screened across the chest, as shown. In sizes Medium, Large, and Extra Large....$6.95 each, plus $1.00 postage/handling per shirt.

---send order to---

POWERLIFTING USA
Box 467
Camarillo, CA 93010

GHC

GREENVILLE HEALTH CLUB
NAUTILUS FITNESS CENTER
221 WHITE OAK ROAD
GREENVILLE, SC 29609
(off 291-N)

MICHAEL E. HAWKINS 1-803-268-5203

SUPER WRAPS

SUPER SUIT II

CHALK

YORK OLYMPIC-POWER SETS

WRIST WRAPS

WRIST STRAPS

CUSTOM MADE SELECTORIZED EQUIPMENT

UNIVERSAL GYM EQUIPMENT

LIFTING BELTS

DEAD LIFT SLIPPERS

VITAMINS & SUPPLEMENTS BY WEIDER, SUPERIOR HEALTH, NATURE'S INN

ONE DAY SHIPPING
Phone 1-803-268-5203

Mike Hawkins Owner **OR** **Mike Apps** Manager

SERVING THE LIFTER SINCE 1975

★★★★★★★ MIKE MACDONALD SYSTEMS ★★★★★★★
presents

TOP QUALITY FORMULAS AT 20 PER CENT BELOW HEALTH FOOD STORE PRICES

Ultra Stress Sustained Release	60 tabs	11.40
	30 tabs	6.50
Mega B 125 mg Sustained Release	90 tabs	13.50
	60 tabs	9.35
B-12 5000 mcg Sustained Release	30 tabs	9.60
B-12 2000 mcg Sustained Release	60 tabs	9.50
Ultra-C 2000 mg Sustained Release	60 tabs	7.70
Ultra-C 2000 mg Sustained Release	90 tabs	10.80
Vitamin E 1000 IU	60 tabs	12.30
Vitamin E 1000 IU	90 tabs	17.40
Ultra One Sustained Release	30 tabs	6.35
Ultra One Sustained Release	60 tabs	11.65
Ultra One Sustained Release	90 tabs	16.80
Mega Mins (Multi-Mineral)	90 tabs	6.60
Mega Mins (Multi-Mineral)	180 tabs	12.30
Mega Zinc 100 mg Sustained Release	90 tabs	9.60
Pantothenic Acid 1000 mg Sustained	60 tabs	7.60
Release	90 tabs	11.05
Niacin 1000 mg Sustained Release	60 tabs	7.20
Chewable E 200 I.U. (Carob flavor)	90 tabs	6.50
Chewable E 400 I.U. (Carob flavor)	90 tabs	9.80

$$Lowest Prices and Best Quality Available Anywhere$$

** Natural Fat Burning Formula **

Trim Plex (Lecithin, Kelp, B-6, Apple Cider Vinegar Formula)	90 tabs	5.10
	180 tabs	9.80
Lipo Plex (Choline, Inositol, Methionine Formula)	60 tabs	7.45
	90 tabs	10.55
Leciplex powder	6 oz.	4.15

** Raw Glandular Formulas **
growth without drugs

STERO-GLAN 5 tabs provide the following: pituitary 150 mg, adrenal 150 mg, liver 150 mg, pancreas 150 mg, kidney 150 mg, heart 150 mg, bee pollen 75 mg, yeast 200 mg.	500 tabs	25.00
	1000 tabs	46.50
	2000 tabs	87.50
Argentina Beef Liver 20 grain plus B-12	300 tabs	11.70
Adrenal 150 mg	90 tabs	8.15
Orchic 150 mg (Raw Testicle gland)	90 tabs	5.70
Pancreas 650 mg	90 tabs	12.00
Pituitary 35 mg	90 tabs	7.20
Prostrate 130 mg	90 tabs	6.90
Spleen 250 mg	90 tabs	3.60
Thymus 140 mg	90 tabs	5.70
Heart 140 mg	90 tabs	5.70
Betaine Hydrochloride 600 mg (for improved digestion)	90 tabs	5.40
Amino Pro Instant Beverage	1 lb.	7.20

World Record MOVIE in color

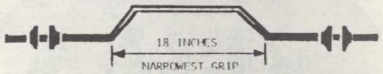
See this unique movie of Mike MacDonald, **the greatest Bench Presser of All Times**, as he makes 545 in the 198 lb. class for an Official World Record in Omaha, Nebraska in August 1978. (Super 8 MM film)

$25.00 postpaid

Sent U.P.S. C.O.D. accepted

the CAMBERED Bench Press Bar

TRAINING PROGRAM INCLUDED



FOR THE ULTIMATE IN BENCH PRESSING BLASTOFF POWER, PECTORAL DEVELOPMENT AND TRICEP LOCKOUT POWER

35 pound Olympic style bar $115.00 postpaid

20 pound regular style bar $70.00 postpaid

order from

MIKE MACDONALD SYSTEMS
Box 467
Camarillo, California 93010

Immediate Shipment U.P.S. C.O.D. orders accepted

★★★★★★ Postage Paid on Orders $50.00 and up ★★★★★★

(others add $1.50 handling cost)

BOB'S CUSTOM LIFTING BELTS

Style A

Style B

WEAR THE BELT THE CHAMPIONS AND RECORDHOLDERS WEAR!!! Any color of suede. Heavier buckle with roller. 10 cm. wide. Finest in quality. Accept no imitations

Style A & B have chromium polished buckles.

Style (A) Deluxe Suede Covered belt with stitching twice around belt, once down center, and around holes.....$75.00

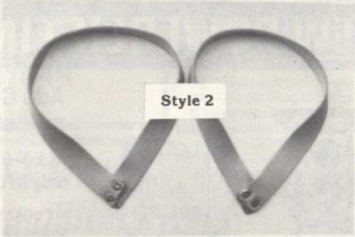
Style (B) Suede Covered belt has stitching twice around belt and once down center. Double row of holes.....$65.00

Style (C) Double thickness belt has stitching once around belt, down center and around holes..$60.00

Style (D) Single thickness belt with double row of holes..$30.00

Dip Belt.....$25.00

NEW! Training Straps! Two styles to choose from! Heavy washable nylon..won't stretch. Blue, yellow, green, red or white. Style 1 or Style 2...$4.00.



Style 2

Style 1

PLEASE STATE SIZE, STYLE, COLOR CHOICE

Name_____ ___ MASTERCHARGE
___ BANKAMERICARD/VISA

Address_____ Acct. No._____

City_____ State_____ ZIP_____

Style_____ Size_____ Exp. Date_____

Color_____ 2nd Choice_____ Signature_____

BOB'S CUSTOM LIFTING BELTS
197 SAN LORENZO ST.
POMONA, CALIFORNIA 91766

NEW ADDRESS!!!
714-620-8957

SCIENCE OF THE SQUAT

by Pete Vuono

By popular acclaim, Pete Vuono is following up his well-received series on the bench press with a series of articles dealing with squat training. These articles represent a condensation of years of reading and evaluation, and should prove very useful for lifters of all levels of capability. If you wish to correspond with Pete his address is 342 Forest Ave., Brockton, Massachusetts 02401.

2. METHODS OF OVERLOADING

As you may have read before, overloading is a method by which we condition the body in such a way that it is used to supporting heavier weight than is used in competition by means of an artifice or device or a special technique.

In all the articles that I have read, I have rarely seen anything written on squat overloading. However, if the bar feels heavy or awkward while taking it off the rack and getting into position, the lifter could be psychologically defeated right then and there. Here I will present methods of making your squat poundage feel much lighter.

A. THE BENCH SQUAT--

If you are 6 feet tall or over, take a bench 20 inches high. If you are under 6 feet, take a bench 18 inches high. Take the bar off the rack, step back and straddle the bench. Sit right down on the bench. Rock back slightly and rock forward and arise immediately. This is similar to arising out of an easy chair. The bench coupled with the rocking motion will allow you to use approximately 50-75 pounds more than your best squat. Try doing 5 sets of 5 reps working up to a heavy set of 5. Always have two to four spotters present. This exercise works most of the muscle fibers because you are in an almost parallel position. Yet, the bench and rocking will overload and condition these fibers into being used to handling more weight. Always start light and slowly work upward.

B. THE 'TOUCH' METHOD--

This method must be employed with two spotters present and only one actually assisting the lifter. Go through your actual workout. Upon finishing, add about 25 pounds more to the bar over your top set of the day. Step out of the rack with the overloaded bar yourself. Now drop slowly to below parallel and try to arise. Your partner should have his hands tightly grasped onto your belt or around your waist. He should then lift up on this spot with enough effort to help you do five repetitions. If you cannot, decrease the weight. Do approximately 3 sets of 5 reps once per week. Your partner should work with you until he or she is able to give you less and less help. Work to a point where he or she only has to touch his or her hands on your belt without pulling upward. From here increase the weight.

C. NEGATIVE TRAINING--

Negative training can be employed just as easily in the squat as it can be in the bench press. I would suggest that you simulate squatting conditions as much as possible. This means taking the weight off the rack and backing up by yourself. Here is a suggested way of performing negative training in squatting. Set up on each side of the squat stands two powerful saw horses or steel parallel bars capable of holding 25-50 pounds in excess of your best squat.

This platform should be set up to such a height so that if you lowered the bar to it, you would be in a parallel position. Now upon finishing your usual squat routine, load the bar with 25-50 pounds in excess of your best squat of the day. Take it out of the rack unassisted and position yourself between the parallel bars. Hold it for 30 seconds and descend slowly resisting all the way until it hits the parallel bars. Do this for one to three sets of single repetitions cleaning off the weights and reloading after each single rep. This will greatly help in getting your body used to heavier weights and will help you to better adjust to the trials of addressing and taking the bar off the rack. No longer will taking the bar out from the squat stands hinder your performance of the lift.

D. THE WIDE STANCE HALF SQUAT--

This exercise is not performed by many renowed lifters. However, its performance can help you to get used to heavier weights and can greatly increase the strength of the hips which are used in power squatting. First and foremost, always have two spotters present as you will end up using more weight than you can normally squat. Secondly, do several stretching exercises prior to performing it for the thighs and hips as this squat will stretch and put a great deal of stress on the hips. Do the exercise separately warming up and going to a heavy set of 3 to 5 repetitions. I would suggest 10, 5, 3, 3, 1, then 3-5 reps. Upon finishing your stretches, warm up with a light weight in this fashion: take a stance which is so wide that it will only allow you to go three quarters of the way to parallel. Descend with the bar until you feel a tightness in the hips. Now ascend and never go below the point of tightness and never bounce. This wide stance will allow you to work up to a weight possibly 50 pounds in excess of your maximum squat. The exercise has a threefold purpose: first, it will generally overload the body to help it become used to heavier weights. Second, the wide stance stimulates and isolates the hips which are the strongest muscles in the body and always used in a power style squat. Third, you isolate the overloading to mostly the hip area which as I have said is extremely important in squatting.

If you try this exercise do it once per week for 6-8 weeks and see if your regular squat has increased. It is well worth trying.

DYNAMIC NEW POWERLIFTING T-SHIRTS

1 BE AN ANIMAL

2 Powerlifters A BREED APART

3 USA POWERLIFTING Jr. No. 1

4 SUPER SQUAT

5 POWER BEAUTY

6 Powerlifting

Add Class to your wardrobe or just psych-up your training!

ALL T-SHIRTS and TANK TOPS only $7.95 postpaid

- 2 color design on colored shirt
- 50% cotton, 50% polyester
- Sizes (S, M, L, XL, XXL)
- Colors: yellow; gold; lt. blue; white (Tank Tops: yellow; gold; lt. blue only)
- Order by check or money order
- All products guaranteed

Mail No Risk Coupon Today

(Please Print)

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

SIZE	QTY	ITEM	TANK TOP	T-SHIRT	COLOR	PRICE

ORDER 3 SHIRTS ANY DESIGN SHOWN FOR $20.85 - SAVE $3.00!

U.S. Currency only. Allow 4 weeks for delivery. Overseas add 20% for shipping. ILLINOIS residents add 4% sales tax. No C.O.D.'s please.

Send to: **PARSONS DYNAMIC DESIGN**
#410
6516 No. University
Peoria, IL 61614

Total Enclosed _____

TORNADO training straps

--adjustable leather straps
--one size fits all
--give maximum strength and comfort

1 pair 6.00 5 prs. 25.00

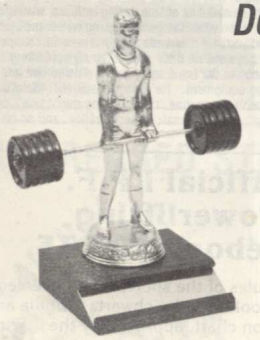
CONVENTIONAL belts

2 inch buckle
¼ inch thick leather $23.00

3 inch double prong buckle
¼ inch thick leather $26.00

Pats Power Products
RR #2
Fort Branch, IN 47648
phone: 812-753-4639

AT LAST! the FEMALE Deadlifter!



OLYMPIC TROPHY and AWARDS

proudly presents the Female Deadlifter figure....only $6.00

Male squat figure.....$6.00

Male deadlift figure.....$6.00

call or write for free catalog

4408 N. Milwaukee, Chicago, Illinios 60630 U.S.A.
312-545-0449

P.S. The BENCHER is coming!!!

Nutrition Corner

BY JACK DIGANGI

THE BASICS OF LIPIDS

Lipids, usually known as fats, make up the group of compounds relating to fatty acids. Lipids are found in butter, margarine, oils, the fat in meat (visible or invisible), milk, eggs, nuts, etc.

Lipids are extremely high in calorie content. CHO contains only 4 K cal per gram or 112 K calories/ounce. Lipids contain 9 K cal per gram or 252 K calories/ounce or more than twice the available energy.

SATURATED FATTY ACIDS: The definition of a saturated fat is designated as the number of single bonds between the carbon atoms. With the ability to take up hydrogen atoms, unsaturated fats are very important in the theory of lowering serum cholesterol. The calories are equal, but this special hydrogen absorbing ability of unsaturated fats should be the preferred choice.

Unsaturated fats are liquids at room temperature. All vegetable oils, except conconut oil, are abundant in unsaturated lipids. Margarine, however, is unsaturated.

FUNCTIONS: The main function of fats is as a concentrated source of energy, 9 K cal/gram. The body takes advantage of this by utilizing this as a storage medium. CHO and protein that is not readily needed by the body are converted to energy and stored as fat or adipose tissue. About 65 percent of the total stored (cell) energy is fats and the remainder is CHO.

Fats serve other functions as well. Adipose tissue helps support and protect vital organs. Fat also helps to maintain body temperature. It provides a medium of transportation for the fat-soluble vitamins, A, D, E, and K.

Another interesting point is the satiety value of fats- that feeling of fullness or satisfaction that remains after a meal. Also, fats add a certain palatability to the meal as well as flavor to the diet.

Included in lipids are two essential fatty acids; linoleic, and arachidonic acids. These are essential to fat transportation and cell membrane integrity.

LIPIDS WITH SPECIAL FUNCTIONS:

In addition to the obvious roles of fat, lipids form cellular-level structures necessary for life. A brief review shows; phospholipids necessary for cell structure. Lecithins glycolipids, lipoproteins, cholesterol.

REGULATION OF BLOOD LIPID LEVELS THROUGH DIETARY MEANS.

There is a direct proportion between dietary fat and serum cholesterol level. Persons who have a high fat intake reflect a proportionally high fat level in the blood. Studies reveal that a high cholesterol intake may raise the level only a few mg/100 ml of blood. A diet containing a very high proportion of saturated fat may raise the blood cholesterol level 40 to 50 mg/100 ml blood. A dietary intake of polyunsaturated fat is found to effectively lower serum cholesterol level. Fiber also has been shown to produce similar results.

THE HORMONES:

Insulin, Thyroxine, Gluco and Adreno Corticoids and epi and non epi-nephrine greatly affect fat metabolism. Insulin, in a decreased amount will, along with the other hormones, increase fat mobilization and increase the production of fat. There are two types of fat in our body stores. White fat is the most abundant. This type of fat is the adipose accumulation. Brown fat is a specialized fat that's function is thermogenic-heat production. This is limited to certain areas of the body.

Fats supply about 40 percent of our total calories. Between 1900 and 1972, the amount of fat consumption rose from 17 percent to 38 percent for vegetable fats, whereas the animal fat is decreased from 83 to 62 percent.

The total amount of fat calories has risen since 1910. This increase is in the unsaturated fats not saturated fats. Today the trend is toward a greater proportion of unsaturated fats rather than saturated fats. Remember though, these two contain the same calorie value.

On the average, an adult consumes about 130 lbs of fat yearly. This includes not only the 'visible' fat such as butter, oils, etc. but also the invisible fats such as eggs, and marbled meats. We enjoy the taste of fats and they give us a feeling of satisfaction after the meal.

RECOMMENDED ALLOWANCES: As mentioned before, fats supply about 40 percent of the total dietary calories. I believe a 25 percent - 30 percent figure would be wise. However, studies have shown that when there is a decrease in fats, an increase in CHO follows.

Cutting your fat intake to 10-15 percent could result in a deficiency of the essential fatty acids and in the fat-soluble vitamins, A, D, E, and K. Also overdoing the unsaturated fats could imbalance the Vitamin E level, bile acid metabolism and trans-fatty acids. So before cutting carbs or fats from your diet, take a moment to examine what benefits or harm may result.

Strongly yours,

J. P. Digangi, R.D.
Administrative Dietitian

More from Ken Leistner

I think I can safely say that my articles have, in the last two months, offended more lifters than anything previously written and it is beyond me. As Joe Steinfeld said, 'What's controversial about saying that singles may help you and cleans may hurt? I don't know, myself, but the mails have been busy with many, many questions. Well, this month is sure to make things worse yet.

The results from Wayne Coleman's meet in Arizona were gleefully received by me, as Bill Davis is starting to fulfill his promise. More encouraging is the lifting he did at the Gateway Open - 2055. Jay Rosciglione is now growing into the 165s and although his Arizona performance can just as well as forgotten, his Gateway squat of 640 augurs well for the future. Curt Mathes also did some notable lifting and the rest of the meet results should speak for themselves.

As a reminder, take the time to thank all the men and women who make our meets run so smoothly. I realize that all of us, especially on meet day, tend to think that the world revolves around our lifting, but just as we wince at the football player who feels he has to be obnoxious off the field as well as on (where it may be justified), our idiosyncrasies tend to turn lots of people off. Perhaps the younger guys are more guilty of acting like assholes, but if so, it's only because us older fellows haven't set a good example for them. It's cool to psyche for a limit lift, but jumping in other's faces doesn't make it under any circumstances, especially those who help to make the meet possible. In the same vein, I will reply to the individual (who did not identify himself) who wrote and stated that I had 'No business commenting about hotel bills that may or may not have been paid at Madison, it's not your job.' Hey, in order to keep PL out of the outhouse, I feel it is necessary to comment on anything that will hurt or help it.

Well, not that I want to bore you, but now to the training madness of February. After putting forth a number of statements, some of which may seem contradictory, allow me to give you one more piece of training information. When we lay out routines for our trainees, be they National level or beginner, there's one thing that is always stressed and that is Hard, Intense Work. If a squat routine, or particular workout, states 'x5', it means work to a heavy set of five reps. However, I feel that it's a waste of time, a waste of valuable and ultimately limited energy, and an impediment to recuperation, to do a number of sets of five in getting to the top set for that day. As an example, let's say that this particular workout calls for a final set of 500 pounds for five reps. This should be about 90 percent (as an example) of our lifter's ability. Most guys do it as follows: 132x5, 225x5, 308x5, 396x5, 465x5, 500x5. All well and good. However, if one is capable of squatting 500x5, squatting 132, 225, 308, 396 and probably 465 for 5 isn't going to stimulate much increase in strength or muscle tissue. While it is important to warmup the involved muscles, and the head, for any heavy attempts, you want to do it without cutting into your ability to recuperate. Remember that you could run 5 miles a day, if you had time to rest and recover. If you ran 20 miles per day, you wouldn't be able to do that too many days in a row before injury or illness would cut you down. To get strong you've got to stimulate growth, but, you have to do that without running down your ability to recover. It's like the guy who goes to a max single or double every workout or even every week. In time, the well runs dry. If you can't to go to 500x5, take 132 for a few reps, 250 for one or two reps, 350 for one or two, 450 for one, and then 500 for five. You'll be 'warmed up', and that last set will be a top five because you won't be hurting or worn out or a little 'less strong' from the preceding sets. The singles and doubles and lots of topical heat and stretching (which should be a part of every workout, for lightweights, supers, everyone) will get the muscle temperature up, simulate the exact movement that is to be done (requisites for top performance), get the head ready for the big set, and leave you with the ability to do that top set. In reality, you'll probably be able to go 515 or 520 for five doing it as suggested, as opposed to 500 for five, if five was all you could get, while doing it in ascending sets of five.

Jeff Copland, a lifter from upstate (at least to me; anything north of 23rd street is upstate, babe), came down recently for a workout. We did deadlifts, as did Kevin Tolbert and his brother Darryl. My cousin showed up late and served as loader and cheerleader. I'll quote from my workout book: 264x4, 330x2, 363x1, 396x1, 462x5. This is typical. If I had gone 264x5, 330x5, 363x5, 396x5, I would have gotten perhaps 430 for my last set of five. As it was, I was warmed, ready, and went all out for a set of five that was a true push for five reps. Also, the fact that the amount, the actual quantity of DL work was limited (13 reps, none of which were wasted), insured that I would be able to recover a lot quicker (all other things being equal), as opposed to the recovery time needed after doing 25 reps, most of which would have been 'wasted' in the sense that they would not have stimulated growth. Apply that to the bench and squat as well.

For assistance work, I've always believed that any you did, in addition to being for a specific purpose, should be done in a limited but intense fashion. So, if I'm doing (for example only) flyes, or DB rows, I don't do 3 or 4 or 4 or 5 sets of 6 or 8 or 10 reps. I do an all out set of 12, increase the weight by 10-15 percent, and another all out set of 6. Any weight you can handle for 12 reps isn't heavy as far as the body's ability goes and if the muscle and overall body temperature is already elevated from previous work, I feel you can go all out on two sets, stimulate gains in strength, and then forget doing more. Fifteen or twenty sets of assistance work, I feel, will only drain you and prevent full recovery for the next workout.

I think the point is made. I'll continue with more next month and for those that have asked, yes, I still do power cleans because I like to do power cleans and for few other reasons.

I often wonder why bad news comes: (a) in bunches, (b) on days that are dark, cold, and overcast, (c) when one least cares to hear about it. Joe Coles and Bill Davis have both brought to my attention the fact that they have yet to receive their awards from the Memphis Open that was contested in March, almost one year ago. I spoke with Dean Lotz previously, on more than one occasion, in fact, and was told that the rings would be sent to the deserving winners 'shortly'. Well, shortly has rolled its way into longly and still, no rings for the fellows that took the time to travel to and lift in the meet. I realize that Jim Taylor, Dean's friend and co-meet director, suffered with some difficult health problems this past year, but if the sport, and those involved in the sport are to maintain their integrity, I feel that all commitments should be honored, and that the lifters who were promised rings should receive them without any further delay. Right??

As regular PL USA readers know, I tend to havea personal difficulties, as all of us do. Mine just seem to be a bit more dramatic than most. While evaluating the current state of my health, committment to a new professional practice, yet another move of the household (believe it or not), and the time a growing infant needs with his father, I was struck by the fact that powerlifting does not take up an inordinate amount of time if done correctly and could be fit into almost anyone's schedule. To all the guys who spend four hours a day in the gym, this'll come as no surprise, but of late, I've had a few calls from lifters who don't know if they can continue their competitive careers with the added responsibilities of work, home, family, school, etc.

In evaluating any of my comments, remember that I've never been too good at any of the athletic activities I've attempted. High school sports were fun and all of us did pretty well. Beyond that I was not the cream that rose to the top. I ran into Chuck Studley in Florida once, back in 1974. Chuck was coaching the defensive line for the Cincinnati Bengals at the time, and previously, had been the head coach at the Univ. of Cincinnati. Back in 1965, when I was still stupid enough to think that I had a future in football, Coach Studley took me aside and we talked for about fifteen minutes, pretty big stuff for a ninth string full back, especially in the days when coaches weren't yet required to deal with long hair and 'relating' to their charges. 'Ken, you could be another Frank Solich.' 'No lie, coach??' (For the uninformed, Solich was a 5 ft 7 inch, 150 pound fullback at Nebraska and currently their freshman football coach (I think), and a proponent of weight training). 'Yes, Ken, with the proper concentration and another twenty pounds on you, you might even get off the bench before you leave here.' Well, was I ever excited. After that, coach didn't say more than six words to me, and those six included 'screw off', 'terrible player', 'Piss poor' and one or two more like it. Imagine my surprise when I saw Chuck, almost ten years after the fact, and he said, 'Hey Ken, how you been?' I asked him how and why he recalled me especially since I had been perhaps his biggest waste of a scholarship, and he just said, 'Attitude, you always tried, worked hard, and got a lot of work into very little time.'

In the old days or 'back in '48, as the kids used to say, long workouts were de riguer. The more you did, the better you'd be. Now we know better, and besides, four hours in the gym added up to lots of socializing. I once sat in Bill Pearl's old gym, down on Manchester Ave. in Inglewood, six in the morning, and watched Bill tear through a workout, and he was no spring chicken then, either. This was 1968, he had won the Universe (again) the year before, was more interested in bicycles than barbells, but still, he trained with minimal rest between sets, did not do absurd numbers of sets per bodypart, and kept moving all the time. Just as importantly, and the lesson for this month, once he left the gym, he canned his training. I mean he just didn't think about it until the next morning when he was due to hit it again. Joe Steinfeld and I were talking about our college days, and how we spent an awful lot of time during lectures, writing up new workout routines, diets, etc. Even when things were going well in the gym, there was a certain glow to be had within if one wrote out some new DL routine, stretching program, etc. Many guys still do this. One of our olympic lifting buddies worked for a major corporation in St. Louis, and his job allowed him lots of free time and use of the copying equipment. He'd come back each Saturday with reams of paper, each containing a routine 'the Russians might use', one that would give more leg strength, one for 'snatch specialization' and so on. Does this sound familiar?

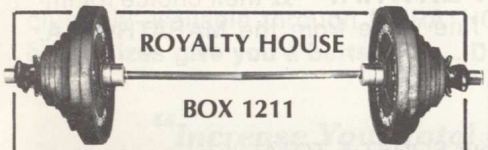
Official I.P.F. Powerlifting Rulebook...$3.75

The official rules of the sport, in a convenient, pocket size booklet with Schwartz formula and kilo conversion chart, approved by the IPF until 1982. Send your check or money order for as many copies of this rulebook/reference as you want to: **POWERLIFTING USA, Box 467, Camarillo, California 93010**

Now, being an editor of PL USA, having a number of patients who are competitive lifters or football players who use weights, a lifter myself, having a wife who lifts, a cousin who lifts to help his rugby game (and a number of his team mates under my tutelage), answering lots of calls and mail regarding lifting, well, you'd think I would really be into talking about it, and I am. But, the point made by Pearl and many others has shown me that the best way to keep things in perspective, stay positive about one's training, keep the stress level down, and keep peace at home, is to plan your routines carefully, mentally picture all of your training lifts the night before, when retiring (ala Starr's suggestion in the Strongest Shall Survive), make sure you have all your lifting gear the morning of the workout, get your head straight while getting changed to lift, then enter the gym, break your buns, give it all you've got, list your lifts in the training log, noting injuries, mental ups and downs, etc. then shower, congratulate yourself on a fine workout, then forget it all until the next time.

A few fellows wrote or called saying that their wives were down on their training. Well, most women that I've talked with have no objection if their husband or boyfriend lifts. Hell, what's two hours a day out of the house, or in the basement? Those with objections invariably have a legitimate complaint and it stems from the fact that their men spend two or three hours in the gym at each session, AND spend time at home talking on the phone about training to others, AND read only literature pertinent to their training, AND disrupt the family menu constantly with monthly changes in diet related to training and the latest info they gleaned from some magazine, AND talk of little else but lifting to their spouses, AND spend time at home writing out new and better routines, AND bitch and moan that their squat is down, AND refuse to have sex with their wives because its deadlift day tomorrow, AND...Now, some of these things may be extreme, admittedly, but, the point is made. It really gets old if all one cares to discuss is his lifting. There's nothing like a meet or even a good Saturday workout with the fellas, BS-ing about lifting, checking out the latest results in PL USA, talking diet, women (or men for the female lifters), and all the things that groups of people with a common interest discuss. If one trains three, four or even five days a week for two hours at a shot, it's still ten hours a week of training, and more time than that is wasted by all of us at things we can't even remember two weeks later. The only time anyone really objects to our lifting, if they're at all reasonable, is when it dominates everything else we do. This is not to say that one shouldn't be dedicated, but you can eat properly, train properly, plan diet and training with all facets covered (running, stretching, supplementation) and still not take away from job or family.

I was training at Gold's one day, long before it became a commercial success, and one of the greatest bodybuilders ever sat with us and said 'I train hard, then I just get the hell out of here and don't speak to anyone about training until the next time I walk into the gym.' Perhaps for many it would add to their training as the constant stress of planning, worrying, etc. would be gone. More next month.



ROYALTY HOUSE

BOX 1211

OKLAHOMA CITY, OK 73101

DISCOUNT PRICES from Dick Burke's Mail Order Company on York Barbells and Equipment, Image and Universal shipped to you. Write for FREE price list or call 405/942-5606. The Power Bar is available with pound or kilo sets at no extra cost. Visa or Master Charge accepted. We are stocking Olympic Sets, Bars & Plates in OKC at no discount but can ship immediately or you come & get'em. Address is 3721 N.W. 25, Okla. City, OK 73107

Editor's Note: Ken Leistner has opened his new Chiropractic office at 18 Franklin Avenue North in Hewlett, New York 11557 (516-239-9357) if any of you readers or your friends would like some treatment.

ABOVE...at the Dan Hammock Memorial Open in Tampa, Rich Chastang ripped up this 730 twice, only to have his feet slip. Rich is one of the few good overhand deadlifters around...he weighed only 248. *photo by Temple*

ATHLETE'S REP ELECTION RESULTS

Ballots for this election were accepted up until December 31, 1980 at which time the results were compiled and forwarded to National Committee Secretary, Ramona Kenady. The top five finishers, in alphabetical order (not order of placing), were as follows:

TONY CARPINO
KEN LEISTNER
TERRY McCORMICK
PAUL WRENN
DOUG YOUNG

Joe Zarella has informed me that one of the Athlete's Representatives was supposed to be a woman (none were nominated). A possible solution to the situation might be to have the women elect their Athlete's Rep and have her take the place of the 5th place finisher in the election just held. At any rate, these men are your REPRESENTATIVES on the National Committee..whenever you have a chance, you should speak with them or contact them in writing (addresses available from PL USA upon request) to let them know what's on your mind...particularly before the big National Committee meeting at the Senior Nationals in Corpus Christi, Texas this July.

WHAT A WAY TO MAKE THE HEADLINES...Super bencher in the featherweight division, Al Andrade of Hawaii, has reportedly been charged in a double murder shooting death case. Bail has been set at $200,000. Al's World Record achievements, official and unofficial, never received the attention they deserved on the islands, and it's ironic to hear about all present media coverage. I was acquainted with Al for several years and never knew him to be a violent person.

INCREASED STRENGTH--GREATER PERFORMANCE

CALCIUM PANGAMATE
50 MG. ORIGINAL RUSSIAN FORMULA

B-15

* REDUCES LACTIC ACID BUILDUP 30%
* ENERGY BUILDING FORMULA
* INCREASES STAMINA

100 TABLETS--$6.95
300 TABLETS--$13.95

EACH TABLET CONTAINS:
Calcium Pangamate 50 mg.
(A Salt of Pangamic Acid)
Formulated with:
N, N-Dimethylglycine and Calcium Gluconate

This professional formula contains no coloring agents, and a minimum amount of binder and lubricant.

RETAIL/WHOLESALE INQUIRIES INVITED!

ULTIMATE NUTRITION--81 GILLETT STREET, HARTFORD, CT 06105

ATTENTION — ATTENTION — ATTENTION

SUPERWRAP™ II

"The finest knee wrap available
for competition or training"

• 1 Pair $7.00* • 2 Pairs $13.00* • 3 Pairs $18.00* •

(Sold under other names and by other companies at Higher Prices.)

• STRONGER • HEAVIER •
• LONGER LASTING • OFFICIAL LENGTH •
• GREATER STRETCH WITH BETTER COMFORT •

SUPERWRAP™ II is currently the **most effective** knee wrap used. Top competitors around the world find **SUPERWRAP™ II** their choice for improving squat performance. Another fine value from the MARATHON/A. ZANGAS Co.

". . . . add **pounds** to your SQUAT & TOTAL."
Use **SUPERWRAP™ II** and save $$$!!

Also . . . SUPERWRAP™

• 3 Pairs $12.00* • 1 Pair $5.00* •

. . . the original heavy duty knee wrap cut to official length.

Free Pair of Superwraps with Each Suit Purchased!

Help Increase Your Total

FREE SUPERWRAPS

SUPERSUIT™
NOW IN COLOR

Proven in International and National Competitions

- **SUPERSUIT™ II** (stronger material)
  Navy Blue, Royal Blue, Scarlet (Red) **$32.00***
- **SUPERSUIT™** Natural Color (White) **$24.00***
  Do Not accept substitutes! These suits are custom sized to fit for greater support.
- Available in sizes: 24, 26, 28, 30, 32, 34, 36, 38, 40, 42, 44, 46, 48

The finest POWERLIFTING SUIT AVAILABLE. The famous SPANJIAN SUPERSUIT is now offered in FOUR COLORS. Both models, Supersuit II and the Supersuit, feature the new **HIGHER SIDEPANELS** and **WIDER SHOULDER STRAPS** for **GREATER BODY SUPPORT.** The numbered size Supersuit is exclusively available through MARATHON/A. ZANGAS, Company. **The numbered sizes give you a better fit . . . DO NOT Accept substitutes.**

"Increase Your Total with a SUPERSUIT™"

— ORDERS PROCESSED SAME DAY AS RECEIVED ... IMMEDIATE DELIVERY —

IMPORTANT

Please indicate 1st, 2nd and 3rd choice of color by numbering the appropriate box. Also give height and weight for proper fit. If you are certain of your size, indicate in appropriate column of the adjacent order form. Any additional information may be given in Special Instructions section below the Order Form.

	Navy Blue	Royal Blue	Scarlet Red
Supersuit™ II	☐	☐	☐
	Natural		
Supersuit™	☐		

Name: _____

Address: _____

City _____ State _____ Zip _____

Check or Money Order must accompany orders.

*Overseas orders add 20%. Calif. residents add 6% Sales Tax.

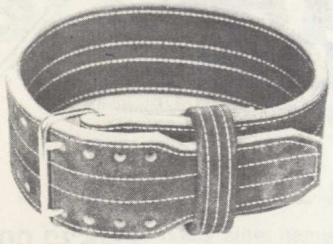
Item	Suit Size (Height) (Weight)	Suit Size (Height) (Weight)	Suit Size (Height) (Weight)	QTY.	EXT.
SUPERSUIT™ II					
SUPERSUIT™					
SUPERWRAP™ II					
SUPERWRAPS™					
Special Instructions				Total	

MARATHON/A. Zangas Co. Phone: (213) 519-7111/375-3802
1229 Via Landeta, Palos Verdes Estates, CA 90274

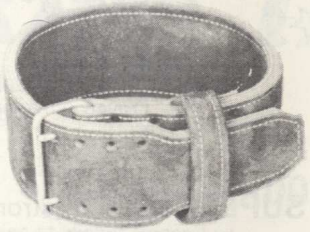
COPYRIGHT MARATHON DISTRIBUTING CO. — 1980

Pat's Power Products

R.R. 2 Fort Branch Ind. 47648
Ph. Office: 812-753-4639; Shop: 317-743-3481



4S3C



4S3

MODEL NUMBER	NO. OF LAYERS	TYPE COVERING	APPROXIMATE THICKNESS	BUCKLE PLATING	BUCKLE WIDTH	STYLE STITCHING	BELT PRICES
2N1	1	Nat.	7-mm	chrome	2"	none	24.00
3N1	1	Nat.	7-mm	chrome	3"	none	28.00
3S1	1	Suede	9-mm	chrome	3"	1	42.00
4N1	1	Nat.	7-mm	zinc	4"	none	31.00
4N2	2	Nat.	11-mm	zinc	4"	1	51.00
4N3	3	Nat.	13-mm	zinc	4"	1	61.00
4N2C	2	Nat.	11-mm	zinc	4"	2	55.00
4N3C	3	Nat.	13-mm	zinc	4"	2	65.00
4N2CD	2	Nat. Dyed	11-mm	chrome	4"	2	61.00
4N3CD	3	Nat. Dyed	13-mm	chrome	4"	2	71.00
4S1	1	Suede	10-mm	zinc	4"	1	54.00
4S2	2	Suede	12-mm	zinc	4"	1	64.00
4S3	3	Suede	13-mm	zinc	4"	1	74.00
4S1C	1	Suede	10-mm	chrome	4"	2	60.00
4S2C	2	Suede	12-mm	chrome	4"	2	70.00
4S3C	3	Suede	13-mm	chrome	4"	2	80.00
4S1CD	1	Suede In.	10-mm	chrome	4"	2	69.00
4S2CD	2	Suede In.	12-mm	chrome	4"	2	79.00
4S3CD	3	Suede In.	13-mm	chrome	4"	2	89.00

1. All belts except Model No. 2N1 have double prong buckles.
2. Fifteen colors of Suede offered: Black, Navy blue, Royal Blue, Brown, Rust, Light blue, Light green, Gold, Red, Gray, Purple, Maroon, Light brown, Dark Green and Sand.
3. All belts are 100-mm wide and IPF and USPF legal.
4. Stitching Style 1 is one time around belt; Style 2 is two extra rows.

NAME _____ PHONE _____

ADDRESS _____

CITY STATE ZIP

WAIST SIZE _____ MODEL NO. _____ COLOR _____ COLOR INSERT _____

ELITE

ELITE SALES, INC. POST OFFICE BOX 17711 AUSTIN, TEXAS 78760

Through expansion and new management, we now offer the lifter the finest in service as well as competitive attire.

- New Industrial contract passes savings to you.
- Visa/Mastercard Accepted. Include number and exp. date
- C.O.D. orders by mail or phone.
- Express mail delivery (24 hour) if requested. Freight collect
- All items in inventory--no waiting

ELITE COMPETITION SUIT $38.00 new price

Redesigned crotch area and original Elite suit material now being used for even greater strength. Scientifically designed to shift the stress from the body to the suit. Sizes 26-40 in Black, Navy, & Red. Team prices on orders of 8 or more. Get the advantage the champions have, order now!!

GUARANTEED 90 DAYS

ELITE COMPETITION WRAP $8.50 new price

Designed specifically for Powerlifting competition and training. Due to the synthetic materials used, these wraps WILL NOT RIP. When squatting, the wrap stretches to the bottom position and then stops stretching--essential for an explosive start. The Best on the market!!

GUARANTEED 1 YEAR

→ SPECIAL--SUIT AND WRAPS $43.00 new price

IMPORTANT
Include $1.50 per item postage & handling. Include height and weight info. Include 1st and second choice of color.

Make payable to
ELITE Sales, Inc.
P.O. Box 17711
Austin, Texas 78760
(512)-441-7993

GEORGE FRENN

INTERVIEW by RON FERNANDO, Training Editor

The Man Behind the Legend

For every venture of mind or body that can be accomplished by human beings, there are always sources of inspiration. During a time when most of my contemporaries derived their inspiration from such individuals as Abbie Hoffman, Malcom X, and Elton John, I considered the ultimate source of personal motivation to emanate from George Frenn. In those days, I would rush to the local health food store and pick up the latest copy of MUSCLE BUILDER. Skipping through the obviously extraneous parts such as the section on 'Terror-Bombing your thighs to Growth' or the 1971 Mr. SUMATRA contest results (IFBB, naturally) I came to the most relevant portion of the magazine...the Powerlifting Department. George Frenn was Weider's 'Powerlifting Editor' for quite a while and no issue of MUSCLE BUILDER would have been complete without a picture of him attacking a defenseless Olympic Bar. The one that is probably a classic was of his as yet unbroken 853 squat: the bar bent into a pronounced 'U' with four praying spotters at the ready, backed up by the ever present Peanuts West (one of powerlifting's true pioneers), with the Man himself replete in his now-famous meet attire..USA jersey, matching trunks, and Polish lifting boots. Actually, as hype as some of Weider's earlier magazines were, there were some outstanding articles on Powerlifting, and the majority of them were authored by George Frenn. Frenn, in my opinion, took powerlifting out of the back yards and dusty YMCAs and into international prominence. It was he who arranged the FIRST international match here in the United States between the now-defunct Westside Barbell Club and the BAWLA (Great Britain) PL team. His 2100 total was YEARS ahead of his time, and during his heyday, George was outlifting scores of Superheavyweights. Additionally, how many of today's Powerlifters can claim international prominence in another sport? George Frenn can, since he was an Olympian (1972) in the hammer throw, besides being

PanAm and AAU champion in the event. Frenn's 'old-fashioned' training methods have produced some of the world's best lifters: Roger Estep, Luke Iams, Chuckie Dunbar, Jack Wilson are but a few of today's lifters that have either DIRECTLY or INDIRECTLY benefited from the utilization of his methods. Additionally, Frenn trained with what was probably the strongest bunch of animals this side of the L.A. Zoo, the famed 'Monstermen' of the Westside BB Club.

Through a recent interview, Frenn provided many heretofore unknown facts about the early years of Powerlifting, his association with Joe Weider, and training methods. I would like to add a very personal note to this article. George Frenn can amass a list of credentials a mile long for his achievements in Powerlifting...records galore, etc. Why then, is he not in the POWERLIFTING HALL OF FAME in Oklahoma City? Apparently, someone down there feels that George never 'competed in organized powerlifting'. Excuse me, I must have been dreaming during those years that we were part of 'organized powerlifting'. Anyway, the fact that George Frenn has never been given his deserved reward is nothing short of a GROSS INJUSTICE.

Enough with the preaching..on with the article...Frenn told me that in the early years, Joe Weider paid him around $200 per article, but when that number dropped to $25, Frenn turned in his typewriter. Soon after that, MUSCLE BUILDER's 'Powerlifting Department' faded from existence, never to be seen again. Some of the best of those early articles George wrote were: 'Conditioned Legs Break Squat Records', 'How I increased my Deadlift to 775', 'Bench Press techniques for the Intermediate to Advanced Powerlifter'. In those days, the Bench was called the 'Prone', Super Suit II was just a twinkle in George Zangas's eye, and Mike Bridges was in the second grade....but what magnificent lifting was produced by those mavericks of American weightlifting. Frenn recalled that the nucleus of the Westside Club was comprised of himself, Bill 'Peanuts' West, Bill Thurber (who for years held the LW BP record), Len Ingro (1967 Senior National Champion-MW), Ernie Doe, the late Jim Hamilton, Joel DeMarco, Jim Klostergaard and Joe Molloy. The might Pat Casey trained with the 'Monstermen' about once a month or so when he felt like taking a really big number, otherwise, he was primarily a loner. Jon Cole would come over every couple of months...at that time, Jon was active in AAU Discus as well as powerlifting and many of the bigger meets were held on the West Coast. The basic workout pattern of the Westside Club was as follows:

TUESDAY: High Box Squats (above parallel), Low Box Squats, 'Belly Toss' Bench Press (using a couple of rubber mats to bounce the bar from), Inclines (45 degrees with Barbell..especially for all the track & field men who trained there)

SATURDAY: Bench Press, Full Squat, Deadlift...done either for reps or a max.

When training for the hammer, Frenn employed the following changes in his workout scheme:

TUESDAY: Addition of spotter assisted deadlifts from the blocks. This was done after the Squatting movements and belly tosses. With bar resting on a pair of blocks 8½ inches high, the lifter would do 3 sets of 10 with 350-450, then add 100-200 lbs. depending on his strength and have his training partner actually assist him by PUSHING..one hand on the sternum and one on the sacrum..through three sets of singles.

THURSDAY: Frenn employed some speed movements such as Power Cleans (5-4-3-2-1 progression) and Power Snatches (5-4-3-2-1) to help the 'whip' effect with the hammer. Actually, he could not even train on the bench while hammer throwing was in season since the excessive tightness in the pec and delt area impeded his throwing ability...despite this, Frenn still

managed a 520 PR bench. Frenn also employed Good Mornings (8-5-5-5-1), Bent Over Rows (5-5-5) and Leg Curls-3x10. He was a great believer in adjunctive cardiovascular training such as swimming and running--which obviously did not hurt his squat.

George Frenn is not a man to dwell excessively on the past...the present and the future are his biggest areas of interest these days. He is currently an administrator at Cerritos High School-in charge of discipline (Man, I wouldn't want him mad at me!) and his training, both for the hammer and powerlifting, has not abated. He is, and has always been, a very outspoken individual...here are some of his opinions on today's PL issues.

WRAPS 'The standardization of wraps, though well meaning, is really no different from the old 'bedsheet era'. Today's wraps are much tighter than the Ace bandages we used to wear and the suits...they are something else altogether. But, as long as everyone agrees on them, why not...'

'Today's wraps are no different from the 'bedsheet era'

COMMERCIALISM in Powerlifting 'I don't think it is good for the sport. It seems that a few guys are trying to take the fast buck route at the expense of thousands of other powerlifters and that's nothing but Flim-Flam!' As a side note to this, Frenn made the comment that powerlifters should ALWAYS uphold the image of the sport as well as their own personal dignity. Kaz's Bell Telephone commercial, where he falls backward with a clean, was looked on askance by Frenn. 'He looked downright silly...I don't care how much money he made doing it. Money be DAMNED, I'd rather have my dignity!'

MEETS 'The cost of running meets today has run out of control. Charging $15 and $20 for the privilege of lifting weights in front of people is outrageous. If they did away with the trophies and instituted medals like the Olympic Games have, this would alleviate the cost some.'

TODAYS LIFTERS 'I think that the best way to choose the BEST LIFTER is to find the person who PICKS UP THE MOST WEIGHT. I don't care if he weighs 100 or 300 lbs. As far as I'm concerned, John Kuc and Dave Waddington are the two strongest Powerlifters. I don't know that much about Bridges, but he seems to be amazing. However, all of these guys are headed for some kind of mathematical end...the body can only take SO MUCH.'

'Kuc and Waddington are the two strongest powerlifters'

BOB HOFFMAN 'Bob Hoffman was POWERLIFTING'S BEST FRIEND. Apparently, Hoffman actually nominated powerlifting as an OLYMPIC SPORT in 1968, prior to the Mexico City Olympics, and it was on the books for 24 hours--only to be shot down the next day by some delegates from Asia who felt that their smaller men would not be able to get their fair share of medals (where were you then, Hideaki Inaba!). But,

'Powerlifting was an Olympic Sport for 24 hours'

POWERLIFTING WAS AN OLYMPIC SPORT FOR 24 HOURS!!! All instituted by a man who 'reputedly' didn't give a damn about anything west of Allegheny, Pennsylvania.

TERRY TODD 'In 1968, the 'mighty' Todd ventured out of Texas to take on Pat Casey. Todd went 650 480 740 (1870) to Casey's 775 570 700 (1945). (For you people who have INSIDE POWERLIFTING compare this total to what the good doctor claims) He tried to pull 800 with straps, but only got it a couple of inches from the ground. I was at that meet..squatting 605 with a cast on my lower leg!'

What are George Frenn's goals in life? He would like to make one last appearance on the lifting platform and win the next World Masters meet. He still feels capable of 700 400 700 with very little training. His training patterns, in fact, have not varied in the last ten years, but he has stepped up the reps in his 'inverted pyramid' theory (example: 135x10, 225x6, 315x4, 425x2, 550x10). The base set of 550 is the key set for muscular growth and the seat of power. In the Squat, he feels that the following rationale can be applied to just about anyone: Nx10=100 plus N. In other words, if you can do 400 for ten reps, then 500 for a single should go. He cites John Kuc as a believer in doing heavy reps to build his deadlifting power.

Aside from a victory in the World Masters, Frenn would like to become more proficient in his obsession for the past few years...Jazz Piano. His apartment holds a magnificent Baldwin Grand Piano, plus collections of Shearing, Gershwin, and..of course..the late, great Errol Garner. Frenn still seems saddened by the death (1977) of the master Jazzman. George will never give up training for it's own sake..he feels, as many of us do, that it is an indelible part of his life.

George Frenn..the Legend, the Man...one of Powerlifting's ALL TIME GREATS.

Men & Women

Powerlifters
Olympic Lifters
&
Bodybuilders

Needed for strength and fitness promotion. Opportunity to earn $200-$400 per week in your spare time.

Write

Top Star Enterprises
323 Franklin Bldg., South
Suite 804/Dept. T113
Chicago, Illinois 60606

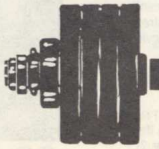
MORE POWER TO YOU!

CENTRAL CITY GYM

"WORLD-FAMOUS" T-SHIRTS $8.00 Gold or Navy

ORIGINAL RUSSIAN FORMULA
B-15*
"Davinci Gluconic 15"
100 Tabs — $ 8.95
200 Tabs — 15.95
*B-15 retards lactic acid build-up, for more ENDURING WORKOUTS!

"LIFETIME LIFTING BELTS"
Sweat-proof inner lining on high quality leather
Small - 24-30"
Medium - 30-36" ONLY $35.00
Large - 36-42"
"This belt will outlive your conventional belt by years."



Send Check or Money-Order to:
CENTRAL CITY GYM EQUIPMENT
567 Main St.
Springfield, Mass. 01105

Startin' Out

A special section dedicated to beginning lifters.

NOVICE POWERLIFTING TRAINING

by Dan Wathen, A.T.C.

Powerlifting is the most popular strength sport in the United States. It's popularity is derived from the ease of performance of its movements and the application of the basic powerlifting lifts in training for athletics and general fitness. Most weight trainees, regardless of their inclination, have performed the squat, bench press, and deadlift at one time as part of their training routines. The problem facing most novice trainees who decide to specialize in the powerlifts is how to embark on a training schedule that will allow them to make progress quickly and safely. Many elite powerlifters have meteoric rises to prominence and abrupt retirements due to injury. The careers of powerlifters seem to be dictated by the amount and severity of their injuries.

One of the most important considerations for the novice lifter is technique. In analyzing the top performers, we see a variety of styles in all lifts. In the squat, some favor a wide stance (Inaba, Bradley, Bridges), while others prefer a more conventional shoulder width stance often bordering on Olympic style (Dunbar, Nilsson, Kuc). Larry Pacifico, Tony Ditillo, and Dave Shaw have advocated the performance of the Olympic style squat early in the training of the powerlifter. In my coaching experience, I find this to be sound advice as the novice may not be able to adjust to the wide stance, bar low on the back style until a solid foundation is developed. It is easier to change to the power squat from the olympic squat and easier for the coach to instruct and trainees to learn. With the bench press hand spacing is always a problem. Again you find top benchers using a wide grip style (MacDonald) and moderate to close grip styles (Bridges) with equal effectiveness. From an injury standpoint, the wide grip tends to cause the most problems in this area, although careful warm-up seems to be a key in preventing this and most other powerlifting injuries. I would recommend the moderate grip for novices who can experiment with grip changing after a few months of training to find out which style is more productive. Louie Simmons trains alternating close and wide grip sessions with great success. With the bench press a foundation needs to be laid before the trainee advances to experiment with varying styles. Deadlifting also has two schools, the sumo and traditional style. Sumo stylists include Inaba, Pengelly, Crain, Bridges, and Thomas. Among the traditionalists you can find Gant (the supreme deadlifter at over 5 times bodyweight), Anello, and Kuc. Body structure will dictate the style most efficient for the individual, as it will in the squat. A good foundation is essential, but I have found that most individuals will gravitate to their best style through a trial and error system. It is up to the coach to point out and analyze body structures and style considerations for each individual. Proper form is of the utmost importance to the novice. Many injuries and long periods of unproductive training are often the result of a novice attempting maximum weights before the correct neuro muscular pathway is developed. Adding weight to lifts is easy after proper technique is formed...not before.

This brings us to the next essential factor which is proper technique through coaching. Any aspiring novice would find it well worth his time to seek out a good coach in terms of style development. There are good coaches in every corner of the country. They might not be in your gym, but they are usually close enough to make a trip of around fifty miles very rewarding. Without a good coach or trainer you might spend months, or years, on unproductive training. Attend a Pacifico or Reinhoudt seminar, if one is in your area. The information will be invaluable.

Routines are a bit more cut and dried. Much study has been devoted to the best scheme of sets and reps to build strength. It has been determined through both scientific and empirical investigation that to build strength sets from three to five and reps from two to eight are the most effective in building strength (1, 2, 3). Loads must be maximum or near maximum (above 95 percent) once per week and around 70 percent two other days per week to achieve strength gains. The following is a sample routine that has been used by both novice and elite lifters with outstanding results.

M-W-F or T-TH-S (three alternating days per week)

Day A: Five sets of 8, 7, 5, 2, 2 reps working up to 95 percent of 1 rep max. Example: Your 1 rep max is 300 lbs, you would progress with 165 lbs for 8, 215 lbs for 6, 250 lbs for 4, 275 lbs for 2 and finally 285-290 lbs for 2.

Day B: Three sets of 8 reps at 70 percent of 1 rep max. Example: 165 lbs for 8, 210 lbs for 2 sets of 8.

Day C: Five sets of 5 reps working at 80 percent of 1 rep max. Example: 165 lbs for 5, 205 lbs for 5, 240 lbs for 3 sets of 5.

This method of training has been found to be as productive for strength gains as lifting near max every day (3) and with far less chance of injury. Each lift can be worked in the same manner. Novices may find that they can work all 3 lifts in the same day with this scheme without undue fatigue or injury for some months.

At this time an intermediate program may need to be established to work on the weak points of a lift or lifts. Cycling and supplementary exercises may be introduced at this time. No routine, no matter how good, can be sustained forever. Change is necessary to impose new demands on the muscles so that constant overload can be maintained in some fashion. If new and greater demands are not made upon the muscles, strength will not increase.

Lifting gear is a matter of great controversy. My recommendations are to purchase a good pair of leather training shoes or boots, and a good lifting belt. The 4 inch all the way around gives excellent support to all phases of the viscera. Shoes are a matter of preference, but good quality leather will give ideal support needed for heavy squatting.

I lump super wraps, suits, stimulants, and steroids in a package of artificial lifting aids. For the novice these are of highly dubious value. Experiments with novice trainees have demonstrated no advantage to steroid ingestion when on a strength gain program with or without protein supplementation (6). The super wraps and suits are a recent phenomenon and an added expense the novice may not wish to embark upon until he reaches a higher level of proficiency in the basic lifts - at least Class 1 level.

In the areas of nutrition and supplementation, I would refer you to the articles on nutrition by Jeff Everson (4, 5) as a good guideline.

In summary, the novice should attempt to get proper coaching, develop a strong lifting background by strict exercise performance in the three lifts (if you squat high in training, you will be high in meets, etc.), keep your workout sessions below 90 minutes (this means keep the supplementary exercises, curls, etc. to a minimum), do not rely on artificial aids (at least until you reach Class 1 status), and develop good nutrition and rest (minimum of 8 hours sleep per night) habits.

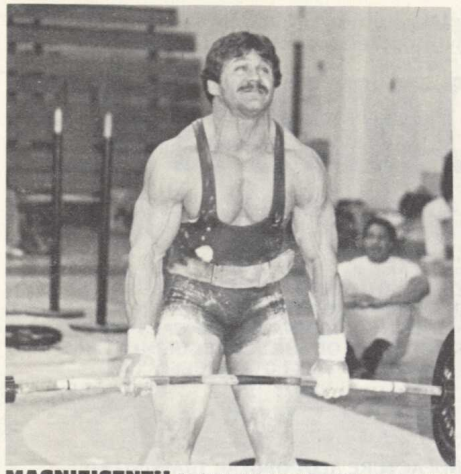
REFERENCES

1. Berger, R. A., 'Effect of Varied Weight Training Programs on Strength'. Res Quart. 33:168-181, 1962.
2. Berger, R. A., 'Comparison Between Resistance Load and Strength Improvement'. Res Quart. 33:637, 1962.
3. Berger, R. A., 'Comparison of the Effect of Various Weight Training Loads on Strength'. Res Quart. 33:141-146, 1965.
4. Everson, Jeff, 'Basics of Nutrition and Energy Supply Part 1. 'Powerlifting USA', Vol 3, 10:24.
5. Everson, Jeff, 'Basics of Nutrition and Energy Supply Part 2. 'Powerlifting USA', Vol 3, 11:26.
6. Golding, L. A. etal, 'Weight size and Strength Unchanged with Steroids'. The Physician and Sports Medicine, 2:39, 1974.

DAN WATHEN is currently head athletic trainer and strength coach for Youngstown State University in Ohio. He is active in both the National Athletic Trainers Asssociation and the National Strength Coaches Association, and won titles in both powerlifting and Olympic lifting.

Yes, lifters starting out will try just about anything to get BIG. Here's a young trainee slogging down milk even while he bathes! This mystery lifter bulked up to 310 lbs. Who is he? *(ANSWER...(turn page upside down).. Tony Fitton)*

KAZ GOE^ 925 661 837 2425



MAGNIFICENT!! Jim Cash puts it together at 220 with this **WORLD RECORD 815 DEADLIFT** at the Missouri Valley Championships on January 10th. Roger Benjamin reports that Jim went 744 462 815 2021..made a 771 squat, which was called on time, and looked good for 788 468 833. The 815 WR was initially taken on a 2nd attempt but Jim's grip popped out at the top, so he took it over and smoked it. In this super photo by Paul Bouffard, courtesy of Nate Foster, Jim looks incredibly muscular near the end of the pull. With no more 'making weight' worries, Jim should be a Big Factor in the 220s in Corpus Christi this July.

WELCOME BACK TO THE HOSTAGES

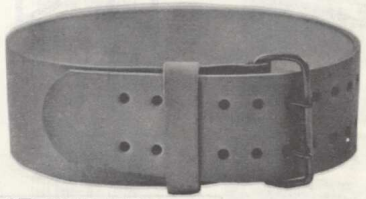
KAZ! Bill is in incredible shape at 330 plus bodyweight, having **TRIPLED 633** in the bench and looks good for 934 666 887 at a small meet in Columbus, Georgia on January 31 where card holders will be imported. He may also lift at Doug Young's meet in Texas for a shot at perhaps as much as 700 in the bench on February 14th. Doug is in great shape and will be going for a total record at 275, along with Tony Johnson trying a WR squat at 220...Marv Phillips may square off with Bennett Clayton with the 242 Squat mark in the balance, PLUS...Eddie Pengelly and Ron Collins have indicated they may compete as well!

BIG PAUL WRENN The popular winner in the Athlete's Rep election, apparently had a 100 pound underload on his 915 squat at Canton, but his other fine lifts were on the money. His dislike of too many reps modifies his approach to the training routine reported last month and another user of the routine, Don Simmons, recommends that the final go-round with doubles be substituted with a rest period prior to competition in order to avoid overtraining.

NEWS AT 275 Ernie Hackett reports that his training is going very well (he's getting good results from an old Mel Hennessy routine) and he expects a 'much better total in Feb.' His previous best was a mind-boggling 2205 at the Boston Open.....ALSO.....Jeff Everson's protege, Mr. Barwick, is doing 695x5 SQ and 400x10 BP..hoping for 725x5 by the Wisconsin State meet.

The Phenomena of MIKE BRIDGES An added dimension of his greatness was evident at the U.S. Invitational in Phoenix, where he lifted together with many bigger and heavier lifters and actually out-lifted some of them. It was uncanny to see him finishing his squats just as Waddington was starting and after everyone else had finished...benching with McCormick and Shaw...deadlifting within 15 kilos of the second highest DL of the meet. The man just doesn't have any peers nowadays.

SUPER POWER BELT II
Suede covered (Send waist size and color choice)..... $65.00



LIFTING BELT
10 cm. wide...5mm thick...Brass plated, double prung buckle...S(24-28), M(28-34),L(34-42),XL(42-50)..... $29.00

SUPER POWER BELT
10 cm. wide...13mm thick, white stitching, zinc plated steel buckle, (send waist size) $55.00

WEIGHT LIFTER'S TM
WAREHOUSE
5542 SOUTH STREET
LAKEWOOD, CA 90713
213-920-1232
MASTERCHARGE/VISA ACCEPTED
California residents please add 6 per cent sales tax

Fitness Systems

USA

New Orleans

...Before You Invest in Equipment...
or Anything Related to Your Training...

COMPARE!

QUALITY -- PRICE -- DESIGN -- GUARANTEE

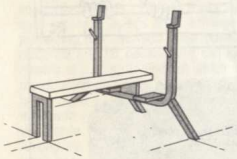
* *

BARBELLS, DUMBELLS, OLYMPIC SETS, VITAMINS, SUPPLEMENTS, TEE SHIRTS, PLATFORM MATTING, TRAINING MANUALS AND BOOKS, AND SOME OF THE BEST EQUIPMENT IN THE FIELD -- AT LOW PRICES!

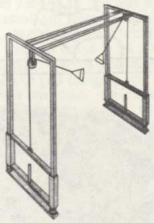
* *

WE MANUFACTURE ALL POPULAR TRAINING APPARATUSES! (FREE T-SHIRT OF YOUR CHOICE WITH ORDERS) CALL US OR WRITE FOR A FREE BROCHURE TODAY!

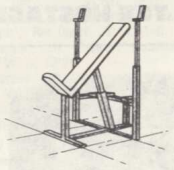
* *



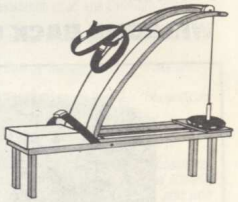
Spotter's Platform Bench Press $112



Crossover Cable System $275



Spotter's Platform Adjustable Incline $165



NEW!!! Abdominal Machine $189
(patent pending)

Powerlifters Hats
$7.00 ppd (patches $1.75)

OUR GUARANTEE
...FULL REFUND IF NOT SATISFIED...IF YOU FIND A BETTER DESIGN ANYWHERE IN THE WORLD AND CAN PURCHASE IT FOR A PRICE LOWER THAN OURS, WE WILL REFUND YOUR MONEY HAPPILY!

SUPERKAL PLUS-PAK
30 DAY SUPPLY
$18.95

* * * * * TEE SHIRTS & SCREENING $7.00 ppd., S-M-L-XL * * * * * *

POWER LIFTERS
strong enough to bear the strain... man enough to take the pain

POWERLIFTING
1984

T-SHIRT Wholesale Prices from $17.50 per dozen

* *

CALL OR WRITE FITNESS SYSTEMS USA DR. FRED HATFIELD OR RANDY WILSON
3335 St. Charles Ave., New Orleans, LA 70130 Tel. (504) 466-1864 - 899-9044

TOP 100

MIDDLEWEIGHTS

(165¼ lb./75 kg.)

For USA lifters competing from January 1980 through December 1980

	SQUAT	BENCH PRESS	DEADLIFT	TOTAL
1	722 Bridges, M 4/19/80	479 Rouse, J 11/8/80	677 Gaugler, R 11/8/80	1835 Bridges, M 4/19/80
2	699 Gaugler, R 7/12/80	452 Bridges, M 4/19/80	666 Hicks, T 12/20/80	1802 Gaugler, R 7/12/80
3	675 Stone, L 2/16/80	440 Gaugler, R 2/2/80	665 Wehunt, L 10/4/80	1730 Rouse, J 11/8/80
4	650 Herring, G 12/20/80	429 McDermott, D 2/16/80	655 Kobetz, R 9/27/80	1631 Herring, G 12/20/80
5	645 Topsoglou, J 12/14/80	418 Welch, J 5/17/80	650 Bridges, M 4/19/80	1620 Stone, L 2/16/80
6	640 Crawford, G 4/12/80	418 Phillips, J 6/7/80	650 Facteau, M 8/30/80	1605 Welch, J 10/25/80
7	640 Rosciglione, J 12/20/80	415 Charniga, R 10/12/80	644 Ford, M 12/13/80	1605 Topsoglou, J 12/14/80
8	622 Rouse, J 11/8/80	407 Close, T 7/12/80	639 Keel, B 3/14/80	1600 Facteau, M 8/30/80
9	620 Whittaker, B 5/10/80	405 Maecker, B 4/26/80	630 Welch, J 10/25/80	1590 Wehunt, L 10/4/80
10	606 Ford, M 11/15/80	402 King, P 12/6/80	628 Rouse, J 11/8/80	1587 Keel, B 3/14/80
11	600 Takala, B 2/17/80	400 Ceyik, E 7/26/80	620 Carola, N 4/13/80	1587 Penna, R 10/18/80
12	600 Eller, D 3/9/80	400 Phillips, M 10/18/80	615 Zolitas, J 5/10/80	1581 Ford, M 12/13/80
13	600 Buckley, B 4/13/80	390 Lepak, J 3/23/80	611 Topsoglou, J 10/4/80	1555 Hicks, T 10/80
14	600 Penna, R 6/7/80	390 Failla, J 3/29/80	611 Herring, G 12/20/80	1554 Jesurun, B 2/2/80
15	590 Wehunt, L 10/4/80	390 Rachwal, T 12/13/80	610 Penna, R 12/14/80	1550 Hultquist, C 7/19/80
16	589 Keel, B 3/14/80	390 Wezel, J 12/14/80	606 Jesurun, B 2/2/80	1536 Kobetz, R 9/27/80
17	584 Cooper, R 3/14/80	385 Tsutsui, R 5/17/80	606 Chauvin, R 2/16/80	1530 Whittaker, B 1/5/80
18	584 Ellis, B 4/12/80	385 Grantham, J 7/19/80	606 Bell, R 6/7/80	1530 Eller, D 3/9/80
19	578 Falconio, J 2/23/80	385 Penna, R 10/18/80	606 Anderson, T 6/7/80	1525 Crawford, G 4/12/80
20	578 Criscera, P 9/13/80	380 Bee, D 1/5/80	606 Hundley, D 10/19/80	1521 Phillips, J 6/7/80
21	575 Smoker, J 4/27/80	380 Neeley, R 2/16/80	605 Johnson, D 9/20/80	1516 Close, T 4/26/80
22	575 Jalovec, J 10/18/80	380 Carroll, D 3/1/80	600 Whittaker, B 1/5/80	1515 Orsini, J 2/16/80
23	575 Welch, J 10/25/80	380 Hultquist, C 7/19/80	600 Jones, G 1/12/80	1515 McClaverty, K 3/19/80
24	575 Facteau, M 8/30/80	380 Pinto, K 9/27/80	600 Smith, J 1/12/80	1515 Caplan, M 3/29/80
25	573 Jesurun, B 2/2/80	380 LaRocca, C 11/8/80	600 Stone, L 2/16/80	1515 Jalovec, J 10/18/80
26	570 Sutphin, P 1/5/80	375 Herring, G 2/23/80	600 Cooper, R 3/14/80	1515 Rosciglione, J 12/20/80
27	570 Caplan, M 3/29/80	375 Eller, D 3/9/80	600 McClaverty, K 3/19/80	1510 Ellis, B 4/12/80
28	570 Hultquist, C 7/19/80	375 Caplan, M 3/29/80	600 Hirsh, B 3/30/80	1505 Phillips, M 10/18/80
29	567 Orsini, J 2/16/80	375 Horne, T 4/19/80	600 Selly, R 4/13/80	1504 Takala, B 2/17/80
30	567 Tyree, J 6/7/80	375 Demaria, J 7/26/80	600 Mazzuca, J 6/7/80	1504 Bell, R 6/7/80
31	565 Ely, B 3/22/80	375 Hankerson, A 7/80	600 Egherman, M 6/22/80	1500 Volpe,D 11/15/80
32	565 Van Allen, J 4/5/80	375 Nelson, M 8/17/80	600 Hultquist, C 7/19/80	1499 Cooper, R 3/14/80
33	565 Pickens, M 4/13/80	375 Facteau, M 8/30/80	600 Ely, B 8/30/80	1499 Criscera, P 9/13/80
34	565 Phillips, M 10/18/80	374 Jesurun, B 2/2/80	600 Lohman, C 9/20/80	1490 Carola, N 4/13/80
35	562 Wright, R 2/16/80	374 Orsini, J 2/16/80	600 Maupin, T 11/8/80	1488 Maupin, T 6/15/80
36	562 Careri, 2/23/80	374 Buckley, B 3/14/80	600 Volpe, D 11/15/80	1488 Pierce, D 12/6/80
37	562 Jenkins, M 4/26/80	374 Bell, G 12/20/80	600 Pierce, D 12/6/80	1488 Bell, G 12/20/80
38	562 Fleming, H 5/17/80	370 Hood, J 2/9/80	595 Smith, R 3/14/80	1482 Neeley, R 6/7/80
39	562 Crain, R 8/23/80	370 Triphahn, B 3/8/80	595 Neeley, R 6/7/80	1477 Phillipy, S 12/6/80
40	562 Varrone, J 9/27/80	370 Bassett, R 4/19/80	590 Streeter, G 1/26/80	1476 Egherman, M 6/22/80
41	562 Hundley, D 10/19/80	370 Sullivan, J 5/17/80	589 Close, T 4/26/80	1475 Hood, J 4/5/80
42	562 Phillipy, S 12/6/80	370 Wade, T 5/17/80	584 Jones, D 2/22/80	1471 Jenkins, M 4/26/80
43	562 Taketa, B 12/6/80	370 Jefferson, F 10/11/80	584 Ellis, B 4/12/80	1471 Oleksiak, M 9/27/80
44	562 Hicks, T 12/20/80	365 Shaffer, R 2/3/80	584 Eller, D 6/7/80	1470 Sutphin, P 1/5/80
45	560 Carola, N 4/13/*0	365 Schwartz, R 10/11/80	584 Crain, R 8/23/80	1465 Pickens, M 4/13/80
46	556 Chong, B 11/22/80	365 Jalovec, J 10/18/80	584 Cirigliano, R 12/6/80	1465 Ely, B 8/30/80
47	555 Maupin, T 3/22/80	365 Mongillo, J 11/15/80	580 Orengia, J 2/16/80	1460 Mazzuca, J 6/7/80
48	555 Bell, R 5/3/80	365 Muffet, B 11/30/80	580 Wright, R 6/21/80	1455 Crain, R 8/23/80
49	555 Blazick, S 11/15/80	364 Mule, F 3/8/80	578 Criscera, P 9/13/80	1455 Varrone, J 9/27/80
50	551 McClaverty, K 3/19/80	363 Takala, B 2/17/80	578 Varrone, J 10/5/80	1450 Thompson, D 2/23/80
51	551 Jones, D 6/14/80	363 Engelhart, S 2/22/80	575 D'Ambrogi, R 4/19/80	1445 Careri, 2/23/80
52	551 Kobetz, R 9/27/80	363 Jackson, T 3/14/80	575 Mattoon, M 5/31/80	1444 Mule, F 3/8/80
53	550 Phillipy, E 4/5/80	363 McClaverty, K 3/19/80	575 Jalovec, J 10/18/80	1440 Triphahn, B 3/8/80
54	550 D'Ambrogi, R 4/19/80	363 Hudgins, J 4/12/80	575 Feight, M 10/18/80	1440 Mongillo, J 11/15/80
55	550 Gonzales, B 11/1/80	363 Oleksiak, M 9/27/80	575 Pointer, P 11/15/80	1438 Chauvin, R 2/16/80
56	550 Volpe, D 11/15/80	363 Siebert, F 10/12/80	575 Velez, J 12/13/80	1438 King, P 12/6/80
57	546 Triphahn, B 10/18/80	363 Pierce, D 12/6/80	573 Tyree, J 2/2/80	1435 Snyder, S 12/14/80
58	545 King, P 12/6/80	360 Pickens, M 1/5/80	573 Orsini, J 2/16/80	1432 Wright, R 2/16/80
59	540 McAnnally, J 2/9/80	360 Barker, L 3/22/80	573 Phillips, J 6/7/80	1432 Anderson, J 6/7/80
60	540 Mazzuca, J 6½7/80	360 Gutierrez, A 8/30/80	573 Oleksiak, M 9/27/80	1427 Carroll, D 3/1/80
61	540 Uhas, S 6/14/80	360 Young, D 10/18/80	573 Bell, G 12/20/80	1425 D'Ambrogi, R 4/19/80
62	540 Snyder, S 10/19/80	360 Myers, D 10/26/80	570 Caplan, M 3/29/80	1425 Smoker, J 4/27/80
63	540 Lowrey, G 10/25/80	360 Pointer, P 11/15/80	570 Huddleson, M 5/3/80	1421 Hundley, D 10/19/80
64	540 Bell, G 12/20/80	360 Lindsey, O 12/13/80	570 Joyner, M 8/2/80	1416 Posey, R 12/13/80
65	535 Sharpe, M 12/13/80	360 Topsoglou, J 12/14/80	568 Shildt, R 6/28/80	1415 Pointer, P 11/15/80
66	534 Warren, B 3/14/80	358 Keel, B 3/14/80	567 Chong, B 11/22/80	1415 Demaria, J 12/14/80
67	534 Pierce, D 6/7/80	358 Warren, B 3/14/80	565 Thompson, D 2/23/80	1410 Fleming, H 3/30/80
68	534 Close, T 7/12/80	358 Ford, M 4/12/80	565 Elliott, F 3/22/80	1410 Phillipy, E 4/5/80
69	534 Oleksiak, M 9/27/80	358 Jenkins, M 4/26/80	565 Leveris, A 4/27/80	1410 McDermott, D 6/7/80
70	534 Como, B 12/6/80	358 Weinrich, T 12/6/80	565 Hopkins, E 9/27/80	1405 Buckley, B 3/14/80
71	530 Thompson, D 2/23/80	358 Clayton, B 12/13/80	565 Osborne, 9/27/80	1405 Pinto, K 9/27/80
72	530 McNutt, D 5/10/80	358 Pardue, S 12/20/80	565 Bauhard, C 10/18/80	1405 LaRocca, C 11/8/80
73	530 Bardusch, T 10/12/80	355 Stone, L 1/26/80	565 Peff, B 11/22/80	1405 Chong, B 11/22/80
74	530 Failla, J 11/8/80	355 Thompson, D 2/23/80	562 Crain, D 2/22/80	1400 Bee, D 1/5/80
75	530 Mecchella, M 11/8/80	355 Piazza, T 6/14/80	562 Careri, 2/23/80	1400 McNutt, D 5/10/80
76	530 Shank, A 11/22/80	355 Organtini, R 6/21/80	562 Carroll, D 3/1/80	1400 Zolitas, J 5/10/80
77	529 Velez, J 4/26/80	355 Horton, S 11/22/80	562 Mule, F 3/8/80	1400 Failla, J 11/8/80
78	529 Phillips, J 6/7/80	355 Wehunt, L 12/13/80	562 Bettin, R 9/6/80	1395 Tyree, J 2/2/80
79	529 Egherman, M 6/22/80	352 Maupin, T 6/15/80	562 Barosky, F 10/4/80	1395 Werzel, J 12/14/80
80	529 Garcia, G 8/9/80	352 Anselme, B 9/20/80	560 Sutphin, P 1/5/80	1394 Pardue, S 12/20/80
81	529 Neeley, R 11/15/80	350 Conis, P 1/26/80	560 Crawford, G 2/16/80	1390 Falconio, J 4/19/80
82	529 Posey, R 12/13/80	350 Barco, D 4/19/80	560 Irving, T 7/20/80	1390 Taketa, B 5/17/80
83	525 Ariki, P 4/26/80	350 Fleming, H 4/26/80	560 Helgenberger, D 7/26/80	1388 Warren, B 3/14/80
84	525 Gerke, S 4/27/80	350 Breen, J 4/26/80	556 Phillips, M 4/12/80	1385 Van Allen, J 4/5/80
85	525 Hazelwood, D 6/14/80	350 Farmer, R 5/3/80	555 Pickens, M 4/13/80	1383 Jones, D 2/22/80
86	525 Fulmore, J 7/80	350 Aston, H 5/17/80	555 Bankert, R 4/26/80	1380 McAnnally, J 2/9/80
87	525 Gurnett, M 8/16/80	350 Trozzi, T 8/23/80	555 Smoker, J 6/15/80	1380 Hirsh, B 3/30/80
88	525 Mongillo, J 11/15/80	350 Volpe, D 11/15/80	555 Kraft, D 10/4/80	1380 Helgenberger, D 7/26/80
89	524 Canaless, D 12/13/80	350 Snyder, S 12/14/80	555 LaRocca, C 11/8/80	1380 Lohman, C 9/20/80
90	523 Chauvin, R 2/16/80	347 Bell, R 6/7/80	555 Snyder, S 12/14/80	1378 Crain, D 2/22/80
91	523 Mangini, P 2/17/80	347 Egherman, M 6/22/80	551 Jackson, T 3/14/80	1377 Maloney, G 7/19/80
92	523 Villars, A 8/9/80	347 Rodriguez, M 6/22/80	551 Jenkins, M 4/26/80	1375 Hankerson, A 7/80
93	523 Speedy, J 11/15/80	347 Stewart, W 9/6/80	551 Menaker, G 9/20/80	1372 Joyner, M 12/20/80
94	520 Bee, D 1/5/80	345 Crawford, G 2/16/80	551 Montgomery, K 10/4/80	1370 Hopkins, E 9/27/80
95	520 Muller, S 1/19/80	345 Karam, D 9/20/80	551 Kiser, G 10/4/80	1366 Jackson, T 3/14/80
96	520 Spears, B 7/80	342 Crain, D 2/22/80	551 Demaria, J 10/18/80	1366 Grantham, J 7/19/80
97	518 Mule, F 3/8/80	341 Falconio, J 2/23/80	551 Hall, D 11/22/80	1366 Menaker, G 9/20/80
98	518 Anderson, J 6/7/80	341 Ellis, B 4/12/80	551 Rosciglione, J 12/6/80	1366 Como, B 12/6/80
99	518 Maloney, G 7/19/80	341 Criscera, P 9/13/80	551 Phillipy, S 12/6/80	1365 Streeter, G 1/26/80
100	518 Sword, W 10/19/80	341 Phillipy, S 12/6/80	551 Posey, R 12/13/80	1365 Peff, B 11/22/80

POWERLIFTING USA Achievement Patches!!! If your name is on the list, or you make the list in any category after your class is published, then you can purchase the patches you qualify for..TOP 20 patch ($4), TOP 50 patch ($3.50), TOP 100 patch ($3.50)...and the lift identification patches are $2 each.

100s of these patches have been sold, they go good with any color warmups or gym bag..ORDER TODAY..each time a list is updated it becomes harder and harder to make it, so..if you qualify now..ORDER NOW. Send your check to POWERLIFTING USA, BOX 467, CAMARILLO, CA 93010.

Great Nutrition Values for the Powerlifter

Marathon™ Nutrition SuperPak. A Monthly Nutrition Program.

As powerlifting becomes more of a science, vitamin and mineral supplements become just as important to you as your training routines. Your daily allocation of vitamins A.D.E.B-Complex, C-Complex, minerals and necessary enzymes in convenient single pack without sacrificing potency. The B-Complex and C-Complex vitamins are sustained released over a 6-8 hour period for optimum utilization of these most important nutrients throughout your day. The minerals are in an ortho molecular** base to provide maximum assimilation of Calcium, Magnesium, Iron, Zinc and other essential minerals the body requires. A proper balance of the important oil soluble vitamins E, A and D are provided to complete your nutrition program. Enzymes are also included to insure proper assimilation of all nutrients.

Each packet contains eight tablets:

Vitamin E (d' Alpha Tocopherol)	600 I.U.
Vitamin A (Fish Liver Oil)	25,000 I.U.
Vitamin D (Fish Liver Oil)	1,400 I.U.
B-COMPLEX FACTORS SUSTAINED RELEASE*	
Folic Acid	400 mcg.
Vitamin B1 (Thiamine HCl)	125 mg.
Vitamin B2 (Riboflavin)	125 mg.
Niacinamide	125 mg.
Vitamin B6 (Pyridoxine HCl)	125 mg.
Vitamin B12 (Cobal, Conc.)	125 mcg.
Biotin	125 mcg.
Pantothenic Acid (Cal.)	125 mg.
Choline Bitartrate	125 mg.
Inositol	125 mg.
Para Amino Benzoic Acid	125 mg.
VITAMIN C BIOFLAVONOID FACTOR SUSTAINED RELEASE*	
Natural selected Rose Hips	1,000 mg.
Vitamin C (Ascorbic Acid)	500 mg.
Lemon Bioflavonoid	500 mg.
Rutin (Buckwheat)	50 mg.
MINERAL COMPLEX ORTHO MOLECULAR**	
Calcium (Oyster Shell)	1,000 mg.*
Iodine (Kelp)	150 mcg.
Iron (Peptonate)	16.5 mg.
Magnesium (Oxide)	400 mg.
Copper (Gluconate)	2 mg.
Zinc (Gluconate)	15 mg.
Potassium (Gluconate)	90 mg.
Manganese (Gluconate)	10 mg.

**In an ortho molecular base of: Magnesium Oxide, Ferric Oxide, Calcium Oxide, Potassium Oxide, Aluminum Oxide, Phosphoric Acid, Socium Oxide, Titanium Oxide, Sulphites, Molybdenum, Manganese Oxide, Chromic Oxide, Vanadium Oxide, Nickel Oxide, Barium Oxide, Copper Oxide and Zinc Oxide.

DIGESTIVE ENZYMES
Amaylase Activity (Starch digestion) 45,000 NF Units capable of digesting 45 grams of starch.

PROTEASE ACTIVITY (Protein digestion) from natural Trypsin and Chymotrypsin 15,000 N.F. units capable of digesting 30 grams of pure protein.

LYPASE ACTIVITY (Fat Digestion)
3600 N.F. units capable of digesting 30 grams of pure dietary fat.

Pancreatin 5X	150 mg
Natural Whole Papaya	150 mg.
Natural Diatomacious adsorptive Colloid	100 mg.
Betaine Acid HCl	390 mg.

*"Sustained release" is a process to allow a slow gradual release over an extended time period (6 to 8 hours).

SuperPak a total nutritional program. Convenient to use at home, on the job, or while traveling.

30/$18.00 60/$33.00

Sometimes Labels Are Confusing.

Compare Marathon 2 Gram Liver tablets with your current liver supplement.
Each tablet contains:

Desiccated liver	2,000 mg. (30 grains)
B-12	50 micrograms
Protein 90%	2 grams

Brand	Potency	B-12 Content	Protein Content
Marathon 30 grain	2000 mg.	50 mcg.	2 grams 90%
A 20 grain	1300 mg.	25 mcg.	?
B 15 grain	1000 mg.	25 mcg.	?
C 10 grain	650 mg.	?	?

Marathon Nutrition 2 gram Liver tablets come out on top with 54% more liver per tablet than the nearest competitor. Each tablet has a slick protein coating for easy swallowing. Marathon Nutrition uses only the highest quality Argentine Beef Liver providing you with the very best quality available.

A five (5) tablet serving will provide the following nutrients:

Argentine Beef Liver	10,000 mg.
B-12	250 mcg.
Protein	10 grams.
Calories	40
Carbohydrates	0
Fat	0.035 grams

Nothing matches desiccated liver as a strength, stamina and energy builder. A must for every powerlifter or serious trainee.

100/$5.75 250/$12.50 500/$24.00

marathon™ NUTRITION

Phone: (213) 541-5919 / 375-3802
1229 Via Landeta, Palos Verdes Estates, CA 90274

Try One or More of These Other Specially Selected Marathon™ Supplements Recommended for the Powerlifter

★

Multi-One with Stress Factors
A One-a-Day High Potency vitamin and mineral
30/$5.00 60/$9.50 90/$14.00 180/$24.00

One-Daily-Formula 100 (sustained release)*
A One-a-Day multi-vitamin and mineral tablet featuring 100 mg. B-Complex formula, sustained release.*
30/$6.00 60/$11.00 90/$17.00

Balanced B-Complex 125 mg.
(sustained release)*
High potency B-Complex formula
30/$4.50 60/$7.75 90/$10.95

Maxi-Mins High potency mineral complex
Two tablets contain:
• Calcium 1000 mg. • Magnesium 500 mg. • Zinc 22.5 mg. • Potassium 95 mg. • Iron 30 mg. • Iodine 150 mcg. • Manganese 10 mg. • Copper 3 mg. • Selenium 50 mcg. • Chromium 20 mcg. • Betaine HCl 100 mg. • Glutamic Acid HCl 100 mg • Vitamin D 400 IU
90/$4.50 180/$7.95 360/$16.00

Vitamin E 400 IU d'alpha or mixed tocopherols
90/$6.95 180/$12.95 360/$23.95

Vitamin E 1000 IU d'alpha tocopherols
High potency vitamin E
50/$7.75 100/$14.50 250/$35.00

*"Sustained release" is a process to allow a slow gradual release over an extended time period (6 to 8 hours).

Shop by Phone or Mail ★

Super Bio-C. a sustained release vitamin C-Complex
Each tablet contains: vitamin C 500 mg., naturally selected Rose Hips Powder 500 mg., Bioflavonoid 500 mg., Rutin 50 mg.
50/$3.75 100/$7.00 250/$15.00 500/$28.00

Vitamin C 1000 mg. with Rose Hips
(sustained release)*
50/$3.25 100/$6.00 250/$14.00

Vitamin C 1500 mg. with Rose Hips
(sustained release)*
50/$4.50 100/$8.50 250/$19.00

Milk and Egg Protein 1 lb. $6.50
Good taste, easy mixing, highest protein efficiency

2 Gram Fructose Tablets (Chewable)
Great energy boost during training or competition
100/$3.50 300/$9.00

One-Gram Liver (15 grain) with B-12
Argentine Beef Liver, a 90% Protein
100/$3.00 250/$7.00 500/$13.00 1000/$24.00

Brewers Yeast Tablets 500 mg.
Natural source of RNA and Chromium
250/$2.75 500/$5.00 1000/$9.25

Potassium 99 mg. tablets
90/$2.25 180/$4.25

★If you would like a complete list of Marathon Nutrition Vitamin, Mineral and Glandular Supplements, check here. ☐

PRODUCT	SIZE	QTY.	PRICE	EXT.	PRODUCT	SIZE	QTY.	PRICE	EXT.
SuperPak					Super Bio-C w Bioflavonoids				
2-Gram Liver					Vitamin C 1000 mg. w/R H				
MULTI-ONE W/Stress Factors					Vitamin C 1500 mg. w/R H				
ONE DAILY FORMULA 100					Milk Egg Protein 16 oz.				
B-Complex Balanced B-125					2 Gram Fructose Tabs				
Maxi-Mins Mineral					1 Gram LIVER TAB				
Vite E d'Alpha 400 IU					YEAST TABS 500 mg.				
Vite E MIXED 400 IU					Potassium 99 mg.				
Vite E d'Alpha 1000 IU					TOTAL $				

SHIP TO: _____ ☐ Master Charge ☐ VISA
Card No. _____
Expiration Date _____

MARATHON™ NUTRITION
1229 Via Landeta
Palos Verdes Estates, CA. 90274

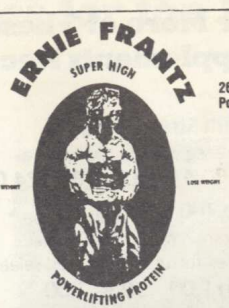
Use MasterCard, Visa, Money Order or Check
Overseas orders add 20%.

© COPYRIGHT MARATHON DISTRIBUTING CO. — 1980

CUSTOM LIFTING SUITS

$32.00...worn by the World's Best Squatters. Of the hundreds of these suits sold the majority have been to repeat customers. Also available now, CUSTOM BENCH PRESS SUITS. These suits require quite a bit more material than the regular lifting suits, thus the cost is $5 more than the regular squatting suit. Please send weight, height, chest measurement expanded and normal, and the measurement from the center of the crotch to the top of the chest. With every order for one of these custom suits a free one year training graph will be included (one per customer). Also available..custom wraps...$8.00 per pair, adjustable deadlifting straps...$3.50, and magnesium chalk blocks (each block..2 oz.)..$7.50 per pound.

order from: ERNIE FRANTZ STUDIO
21 NORTH BROADWAY
AURORA, ILLINOIS 60504
(312-892-1491)



2 TIMES RUNNER UP MR. U.S.A
2 TIMES WORLD POWERLIFTING CHAMPION

ERNIE FRANTZ
SUPER HIGH
POWERLIFTING PROTEIN

26 years in the formulation, this is the first Powerlifting Protein on the market.

1 lb.....$7.95

5 lb.....$34.95

add $1.50 for shipping

Quantity Discounts Available

ALL ESSENTIAL AMINO ACIDS ADDED PLUS:

VITAMIN A	NIACIN
VITAMIN C	CALCIUM
THIAMINE	IRON
RIBOFLAVIN	VITAMIN E
PHOSPHORUS	VITAMIN B6
	VITAMIN B12

Send $1 for a sample of the protein that has helped Ernie Frantz for over twenty years.

The Latest word from ERNIE FRANTZ

During the past few weeks I have been receiving quite a few inquiries about my Lifting Suits, so in order to answer questions many of you have been asking, this will be my formal reply to all lifters.

For a long time now it has been my concern to come up with a lifting suit that will hold up under stress. After many attempts with my tailors, I feel that the squat and Bench press suits I'm now marketing at the moment are the best available. Many top lifters...the likes of Bryan Wadie, Sam Mangialardi, Fred Hatfield and myself have had super workouts with these suits. They are made of the top quality material and stitched in such a way that helps prevent runs or premature wear. The crotch has double re-inforcement to help prevent a blowout in the pocket, which usually occurs in most types of suits. There has been some negative feedback about the double crotch being acceptable at meets. Let me say this! Patches are acceptable on suits as long as they, the Officials, feel that these patches aren't helping the lifter to an advantage. In essence, the extra piece of material in my suits are just that - a patch. The lifter does not benefit with better lifts because of the extra patch. If the officials don't see this way, then here is my suggestion; use the double crotch in practice up until the meet, and then turn the suit inside out and cut the outer crotch out for the meet itself. The support is still the same and the judges will be satisfied. Again, the double crotch is simply for the durability it affords the suit while practicing. After all, why go through two or three suits practicing? I've tried all of the suits presently being offered, and the reason I've taken the time to come up with a suit of this quality is for you, the lifter. I promise you that you will be very pleased.

The squat suit costs $32.00 plus $1.50 for shipping and handling. Please return the suit if you are not satisfied within 15 days. My bench press suit is designed primarily for the wide grip benchers. It requires more material to make than a squat suit, and also requires more labor. This suit is custom tailored to your specifications. This suit has also proven to be beneficial in the deadlifts especially in the lock-outs. To make a suit, I need the following information: the measurements from the top of the chest to the crotch, also the weight, height, and measurements around your chest when it is normal and expanded.

This suit costs $37.00 plus $1.50 for shipping. Please let me know how much you enjoy it. The straps on the squat suit are left because of the different torso heights. If the straps go up easily, then sew them over at the top where they come together. They should be tight enough so that someone else has to pull them up for you. It is important that the suit is up tight in the crotch area; the suit should just fit a little snug, but, however, the straps are to be tight. Then hit the bottom fast and hard, and deep when squatting, using the suit to help carry you back up.

I also have the Elite style wraps, that everybody wears now, for $8.00 per pair. If you need any type of information on anything or need any weight equipment, please write me or call me.

Have a good year lifting,

Your friend,
/s/ Ernie Frantz

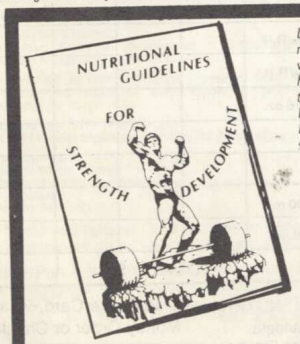
Health Studio
c/o Ernie Frantz
21 No. Broadway, Aurora, Il 60505
312-892-1491-Gym; 312-554-1805-Home

Attention New York Lifters!

KEN LEISTNER, PL USA author and feature editor, has opened his new Chiropractic Office in your area! Be sure to drop in for a treatment from a D.C. who really understands lifting!

Dr. KEN LEISTNER
Chiropractor
18 Franklin Ave. North
Hewlett, NY 11557
516-374-7100

BREAK OUT THE CRYING TOWELS, GIRLS...well, after years of confirmed Bachelorhood, Bob Packer and the former Ms. Barbara Alves ran off to Lake Tahoe and got married..as Barb said..'he wasn't drugged or anything', so it must be for real. Anyway, a hearty PL USA congratulations to Bob and Barb. Barb looks to have real potential as a lifter and the Packers may go on to become one of the top husband and wife teams in PL, though Ernie and Diane Frantz will be hard to catch.



New! Revised Edition

Like never before, this book will tell you how to make those quality gains...that distinguish the winner from the loser... Now, you can find out how to improve your strength, size, and nutrition...
Learn how to keep records of your progress...
Learn the sources for balanced meals... Understand proper supplementation!!!!

YOU CAN MAKE QUALITY GAINS
Faster than before!

ILLUSTRATED INFORMATIVE AUTHORITATIVE

Find out what you're missing!!!
Get ahead... Get strong
Get this book today!!!

$4.50

Dear Sir: Please send me one copy of your new book, *NUTRITIONAL GUIDELINES FOR STRENGTH DEVELOPMENT*. Make check payable to: Premier Enterprises, 125 N. Guadalupe, San Marcos, TX 78666

Name_____
Address_____
City_____ State_____ Zip_____
Texas Residents add 5 percent sales tax.

Rickey Dale & Gayla Sue Crain, the Strongest Brother-Sister team in the world are CRAIN POWER PLUS

NEW
DMSO
$2.00 per oz.
Add $1 insurance on DMSO orders

NEW
DMSO
$24.00 per pint
Add $1 insurance on DMSO orders

the POWER PLUS POWER BAR

- Best quality steel available
- The Perfect knurling
- IPF specifications
- New & innovative design in a one-piece sleeve with no visible set screw.
- Satisfaction Guaranteed or your money back.

$189.99 FOB Immediate shipment

CRAIN POWER-PLUS also carries a complete line of lifting equipment, Jacuzzi & hot tubs, warm-ups & food supplements from York & Hoffman, Roc-mo, Paramount, Jacuzzi, Image, MAC and many others.

POWER SUIT TEN/Strong-Lon(send size/color).....$75
MIRACLE SUIT-send color & size.....$33.50
HURRICANE WRAPS.....$10.00
CYCLONE BELTS-model 4N-send waist size.....$30.00
DEADLIFT SHOES-send shoe size.....$10.00
SMELLING SALTS.....$3.50.....2 for $5.00
CHALK-8 blocks/1 lb.....$8.00
CATALOG OF EQUIPMENT.....$.50
BUMPER STICKERS.....$.75.....10/$5.00

I AM A POWERLIFTER

POWERLIFTING
WORLD'S GREATEST SPORT

INSIDE POWERLIFTING/Todd.....$6.00
VITAMINS & MINERALS from A to Zinc/Bosco.....$7.00
STARBODIES: Women's Weightlifting Book by Columbu.....$6.00
ANABOLIC STEROIDS AND SPORTS/Wright.....$11.00
STRONGEST SHALL SURVIVE/Starr.....$10.00
OFFICIAL IPF RULE BOOK.....$4.00
MUSCLE GAMES/DITTMAR.....$6.00
SPORTS MEDICINE/Mirkin.....$7.00
POWER LIFTERS
The Game of Competition Lifting.....$10.00

Personalized Training Routines on Cassette by RICKEY or GAYLA.....$18.00
Autographed Color 5x7 Photograph...RICKEY or GAYLA.....$2.50
3x5 Photograph.....$1.00
(We are available for demonstrations and seminars)

Try these NEW CRAIN POWER PLUS SUPPLEMENTS

Zero-Carbohydrate Super High Protein
24 grams/oz.....34 oz./$17.00
Ultra-Pak..highest potency available for vitamins and minerals.....30 day supply.....$23.50
Vitamin B-15...Calcium Pangamate
100 mg.....100/$10.00
Liver and Yeast, 20 Gr.....1000/$16.50

Vitamin B-Complex..time-released
150 mg.....100/$17.60
Vitamin C-Complex..time released bioflavonoids and rose hips.....1725 mg.....100/$9.60
Vitamin E 400 I.U.....100/$10.00
Hoffman's Energol Capsules
20 minim.....180/$8.50

Order your J-J t-shirt
send color and size desired
$8.00

* * *
FREE BUMPER STICKER WITH ANY ORDER
* * *

POSTAGE & HANDLING
$1.50

OVERSEAS
SURFACE....10 PER CENT
AIR MAIL...20 PER CENT

CALL IN YOUR ORDER
MASTERCHARGE/VISA/C.O.D.

CRAIN POWER-PLUS

Rickey Dale and Gayla Sue Crain
1509 North Minnesota
Shawnee, Oklahoma 74801
1-405-275-3689/273-2202
after 9 PM and weekends

Do you need training info, nutritional ideas, prices on equipment (discounts available). Give me a call or write (enclose stamped, self-addressed envelope) to place an order or just b.s. a bit about the Iron Game.

CUSTOM DESIGN T-SHIRTS — QUANTITY DISCOUNTS — DEALERS WELCOME

CLASSIFIED

CLASSIFIED ADS AND SPECIAL MEET ANNOUNCEMENT SECTION

$1.00 per line per insertion..figure 35 letters and spaces per line.

Iron Man Magazine...honest coverage of all three facets of the Iron Game ....Powerlifting, Olympic lifting and Physique....40 years of reporting the sport...$7.50 for 1 year, (6 issues) Iron Man Publishing Co., 512 Black Hills Avenue, Alliance, Nebraska 69301

PACIFICO SEMINAR AND DEMONSTRATION, March 21st, 1-4:00 PM, at the Saratoga Boxing Club Gym, 3rd Floor, City Hall, Saratoga Springs, NY. Tickets $10.00 each, make money order payable to Mike Casatelli, c/o the Champion Fitness Center, 512 Broadway, Saratoga Springs, NY 12866

MID AMERICA Bench Press Classic
OPEN Bench Press Contest
NOVICE OPEN Bench Press Contest
INDIANA STATE Bench Press Contest
Over $2000.00 in trophies awarded
Trophies for Places, Best Lifters, Teams, Double Bodyweight Bench Press. You can enter more than one event. You could take home 3 or 4 trophies.
WHEN: MARCH 14, 1981
WHERE: INDIANAPOLIS, IN
CONTACT: Jeff Peirce, 4787 N. Post Rd., Indianapolis, IN 46226
317-925-9821

COLORADO FITNESS CENTER FOR SALE

Part or full ownership, $25,000 minimum investment, 4800 sq. ft. shopping center facility, profitable and growing. Call (303) 798-7847 or 795-5531

IF YOU'RE A POWERLIFTER, drop by the El Cajon Racquetball and Fitness Center in El Cajon, California for a workout in our new power room. We're located on Jamacha Road. Ask for your personal instructor, Doug Pettit

We are interested in selling anything to make money to buy more equipment for our gym. Art's Health World, 555 East Ohio Ave., Sebring, Ohio 44672

CONNECTICUT STATE MEET, APRIL 12th, contact Bob Kennedy, c/o Plainville YMCA, 149 Farmington Ave., Plainville, CT 06062 203-747-2701

ANNOUNCING THE OPENING OF CARR'S BODY SHOP, the new gym in Toledo, Ohio at 1140 Sylvania. PL USA subscribers are urged to stop by.

Virginia State Powerlifting Championships, March 21 and 22, 1981 at Stanardsville, Virginia. For more info contact Willie Morris, Box 5 Rt. 810, Stanardsville, VA or call (804) 985-7660 Tues, Thurs, or Sun. Eves.

PRINEVILLE DEADLIFT MEET
4 meets in one! Open, Novice, Womens, and Boys. 106 trophies to be awarded, worth over $5000. Door Prizes also to be awarded! April 4, 1981..contact Rev. Darwin Grimm, 780 E. First, Prineville, Oregon 97754 (503)-447-5710

PL USA Back Issues Wanted for history of U.S. Military Powerlifting in Europe research project..Vol.1, Nos. 1-12, Vol.2, Nos. 1-10, Vol.3, No. 12. I'll pay anything reasonable OR I will copy and return 'loaned' copies in excellent condition, paying shipping fees each way, and whatever for rent. I really need these. Dusty Caldwell, APO Box 83, NY 09293

FAST GROWTH WITHOUT DRUGS..with Dr. Knowlton's high potency supplementation, includes special analysis to indicate actual supplementation needs and unique formulations unavailable elsewhere. PLUS..Cellular Mineral Analysis..it gives further indication of the needs of your body and how well you are utilizing the supplements you are taking. Write Dr. G.K. Knowlton, 7968 E. 59th, No.52-2, Tulsa, Oklahoma 74145 for details.

TENNESSEE STATE CLOSED MEET, 27-28 FEB, Troy Hicks/The GYM, 323 Front St., Murfreesboro, TN 37130

WOMEN'S NATIONALS PREVIEW Pat Malone is really going all out to make this a memorable meet..and one for the lifters, as the ONE DOLLAR entry fee exemplifies. He has spared absolutely no expense on awards..retail value of the trophies is $4000, with $900 of that just in the 3 big team trophies. Though some of last year's big names have not entered at this writing..Meister, Moody, Turbyne among them, there is fantastic new depth in the lighter classes...Pat estimates that as many as six contestants in the 97 lb. class may go over the 600 total mark...and, as another example, Pat points out that last year 2nd place in the 114s was just over 600..this year that total might not even place tenth!

BEV FRANCIS RUMORS...word is that Bev recently benched 319 for four reps...another rumor has it that she benched 350 for 4 singles as well. Her renowned coach, Franz Stampfl, was severely injured in an automobile crash..hopefully this will not affect her future progress.

NEW DATE The Ohio Classic will take place on March 15th, rather than March 14th as listed in last months Calendar section. The meet will take place at Lakeland Community College..contact Rick Staskevicius at 953-7042 in Mentor, Ohio for further information.

PL USA APOLOGY..in last month's issue, we stated that the registration fee would be $10.00 **plus** $3.00 for insurance. That is incorrect, the insurance fee is included with the $10.00 registration fee and is not an extra expense. Once again, these forms are to be made available through your regional chairmen, association chairmen, and certain meet directors.

DUNCANVILLE CLASS III-1/10/81
DUNCANVILLE, TX.

114				
K. JONES	120	67.5	127.5	315
S. CROW*	55	45	70	170
123				
S. BELLOTTE	110	82.5	130	322.5
E. CAMPBELL	97.5	60	127.5	285
M. LEVIEN	92.5	62.5	105	260
K. WEBB	85	57.5	100	242.5
L. FLEMING*	55	42.5	102.5	200
132				
L. JOHNSON	137.5	77.5	172.5	387.5
R. FLEMING	105	92.5	175	372.5
J. MAROTTO	130	70	137.5	337.5
148				
B. VRANA	145	87.5	185	417.5
M. KEANE	147.5	92.5	172.5	412.5
T. HENDERSON	130	85	182.5	397.5
C. JOHNSON	110	112.5	162.5	385
V. CLARK	125	80	145	350
S. DUNAWAY	112.5	80	140	332.5
C. LYNN	105	77.5	127.5	310
165				
B. YOKLEY	222.5	115	210	547.5
B. BOYER#	180	132.5	217.5	530
B. REILLY	185	112.5	207.5	505
G. ROGERS	170	110	220	500
P. ALLBRITTON	175	107.5	205	487.5
M. LACOMBE	160	137.5	182.5	480
K. LYON	160	112.5	182.5	455
J. GALLEGER	150	107.5	195	452.5
S. KIVELA	150	100	190	440
D. FLEMING	122.5	120	177.5	420
M. DOYLE	145	10-.5	157.5	410
M. RUST	162.5	~~107.5~~	-	-
J. COPLIN	~~142.5~~	-	-	-
181				
L. PANNELL	192.5	142.5	250	585
B. BOYLES	190	172.5	220	582.5
J. LAMB	207.5	150	215	572.5
M. GILLETTE	195	127.5	227.5	550
A. GARDENER	187.5	132.5	227.5	547.5
M. BULLOCK	182.5	125	227.5	537.5
K. STROUD	170	152.5	210	532.5
B. MACIAS	180	122.5	230	532.5
D. GEORGES	185	142.5	205	532.5
J. HEBERT	185	105	227.5	517.5
J. AMATO	150	132.5	225	507.5
G. REED	170	110	220	500
J. BOLTON	157.5	115	220	492.5
R. HARRINGTON	150	110	230	490
J. CANNON	192.5	105	190	487.5
D. NICHOLS	160	130	195	485
B. LEMONS	170	120	192.5	482.5
E. HARRINGTON	180	110	190	480
S. JANKUN	150	127.5	185	462.5
W. YOUNT	150	117.5	187.5	455
T. MYNARCIK	135	120	185	440
J. SEMLER	142.5	97.5	192.5	432.5
R. PETRI	157.5	135	~~225~~	-
G. ANTHONY	165	117.5	~~192.5~~	-
198				
J. NEELY	220	122.5	237.5	580
M. WILLIAMS	222.5	137.5	215	575
E. WHITE	205	122.5	230	557.5
R. REED	195	150	212.5	557.5
S. HAMBRIGHT	187.5	147.5	212.5	547.5
B. ALLEN	207.5	120	220	547.5
P. ANDERSON	172.5	147.5	227.5	547.5
D. ANDERSON	182.5	127.5	237.5	547.5
M. MCCAIN	192.5	132.5	222.5	547.5
M. POTTER	165	117.5	182.5	465
M. SLICKER	150	122.5	160	432.5
C. GRUBBS	~~192.5~~	-	-	-
220				
M. LAGOW#	260	192.5	275	727.5
M. BOURLAND	250	150	250	650
T. NICK	235	135	260	630
D. MOORE	227.5	137.5	257.5	622.5
J. ST JOHN	212.5	155	245	612.5
D. PERSON	222.5	140	250	612.5
M. RENFROW	200	150	260	610
E. POLK	192.5	172.5	237.5	602.5
B. PERSINGER	200	165	227.5	592.5
T. DUKETT	195	167.5	205	567.5
L. DANIELS	205	142.5	220	567.5
E. MC GOUGH	182.5	122.5	230	535
S. CLARK	125	90	177.5	392.5
242				
B. GIBSON	237.5	137.5	265	640
T. MERHOUT	247.5	127.5	260	630
P. CULLEN	217.5	157.5	232.5	607.5
D. CROW	150	125	185	460
SHW				
R. WOODIE	205	142.5	250	597.5

* FEMALE LIFTERS
\# OUTSTANDING LIFTER
TEAM STANDINGS: LOUISIANA TECH-33, BISHOP LYNCH-20, C&F-13.
"ANOTHER PETTITT MIRACLE! OVER 80 LIFTERS IN 6-1/2 HOURS. THANKS TO ALL THE HARDWORKING PEOPLE AT THE MEET, MOST OF WHOM STAYED ALL DAY; THIS WAS THE SMOOTHEST CONTEST IN QUITE SOME TIME ANYWHERE. THE EXPERIENCED JUDGES, SPOTTERS, LOADERS AND EXPEDITORS AS WELL AS SCOREKEEPERS AND ANNOUNCERS FROM THE D.A.C ARE, AS A GROUP, THE BEST THERE ARE. THE FOLLOWING PEOPLE MADE THIS MEET THE SUCCESS IT WAS:
JOHN TYREE, MIKE FORD, RICHARD SMITH, STEVE BENHAM, LARRY REED, BOBBY HOWELL, SCOTT BARNES, RUBY ANTHONY, PHILIP RAMIREZ, SCOTT MERRELL, PAUL BRODEUR, TOMMY SUITT, SHARON TYREE, STACI FORD, GREG BOWLING, DWAYNE ENDERLE, LINDA FREEMAN, LISA MC GUFFEY, DAVID WILIAMS, MARILYN, DELORES OLSOVSKY, MARY OLSOVSKY, BILL MOORE, THE BUNCH FROM BISHOP LYNCH AND OF COURSE, JOHN PETTITT.
THANKS TO BRAD SALTER FOR RESULTS

ILLINOIS CLASS II STATE CHAMPIONSHIP
1/11/-81-JOLIET, ILL.

114				
T. BELL	160	85	185	430
132				
F. MANNA	350	260	400	1010
B. WASHICK	350	210	385	945
R. GRENNBERG	340	240	300	880
S. TITIRE	315	200	330	845
D. LANG	200	135	265	600
148				
N. HAMPTON	390	265	500	1155
J. DRISKILL	460	220	415	1095
G. SIMMONS	350	225	490	1065
T. ATWOOD	350	260	425	1035
J. SCHEFFLER	370	220	415	1005
W. RICE	345	200	450	995
T. FONTE	325	235	425	985
A. COBBS	340	240	350	930
J. ARMSTRONG	325	200	400	925
A. DEHOYES	310	225	390	925
S. ICKOW	340	230	330	900
T. WHITAKER	300	185	400	885
165				
B. SEABERRY	415	295	530	1240
K. SCHINDLER	470	305	430	1205
A. CREASON	425	295	475	1195
R. SHIELDS	420	280	480	1180
K. MENDELL	405	290	440	1135
K. TAYLOR	365	260	485	1110
L. RHODES	320	220	440	980
D. ANDERSON	325	170	415	910
J. SCHWARTZ	310	185	360	855
K. RYAN	~~345~~	-	-	-
A. LILEK	~~340~~	-	-	-
B. SCHWEICKERT	~~350~~	-	-	-
181				
C. JULIAN	575	350	510	1435
M. RAPPLEY	500	320	550	1370
P. JONES	425	320	550	1300
D. ARMATO	400	330	500	1230
M. THOMPSON	420	310	425	1155
T. KEY	350	290	425	1065
C. PRESTON	325	285	450	1060
S. WILLIAMS	325	250	400	975
198				
B. FERRO	555	330	540	1425
C. PERRINE	515	330	530	1375
L. BRYANT	455	320	555	1330
220				
M. SMOLINSKI	510	360	580	1450
T. SMOLINSKI	485	370	545	1400
T. PAYNE	530	295	555	1380
D. DICK	470	335	560	1365
D. TAYLOR	480	360	505	1345
A. GOFFNEY	375	300	475	1150
242				
K. WOLD	605	360	620	1585
R. STEFANSKI	500	335	545	1380
D. NEUBERT	440	270	560	1270
W. KALETA	450	270	475	1195
275				
S. CAVANAUGH	540	420	550	1510
L. SHULICH	540	400	535	1475
J. BRUNKOW	480	250	600	1330

"THIS MEET WAS WELL RUN AND THERE GO SPECIAL THANKS TO WARDEN BOSSE, L.T.A. SUPERVISOR - BRUCE BURGER & OTHER OFFICIALS AT JOLIET CORR. CENTER FOR ALLOWING THE STEADY FLOW OF EVENTS. ALSO THANKS ARE WISHED TOWARDS DR. LYLE SCHWARTZ FOR TAKING APART FROM HIS BUSY BUSINESS SCHEDULE TO HELP DIRECT THE MEET ALONG WITH ERNIE FRANTZ AND FOR ACTING AS CHAIRMAN. SPECTATORS WERE ALLOWED TO ATTEND & THERE WAS A GOOD TURNOUT. TO WRAP IT UP, THERE WAS SOME FINE LIFTING DONE AT THIS MEET & POWERLIFTING HAS SOME GOOD, UP AND COMING P/L LIFTERS TO LOOK FORWARD TO. BEST LIFTERS: NORMAN HAMPTON- LT. PLATFORM; CORKY JULIAN: HVY PLATFORM.
HOST: JOLIET CORR. CENTER
CHAIRMAN: DR. LYLE SCHWARTZ
DIRECTOR: ERNIE FRANTZ

AT THE END OF THE MEET A SPECIAL ANNOUNCEMENT WAS MADE BY DR. LYLE SCHWARTZ, AS TO THE GREAT FORM OF CORKY JULIAN'S LIFTING AND ALSO THE FACT THAT HE HAD MADE ALL 9 OF HIS LIFTS IN EASY FASHION!

THANKS TO ERNIE FRANTZ FOR RESULTS AND REPORT (ERNIE IS CORKY JULIAN'S COACH).

NEW in 5 colors

Power Suit Ten

By Strong-Lon of California
17511 Roscoe Boulevard
Northridge, California 91325
(213) 343-4821

T.M.

(Proven at International and National Competitions)

Scientifically Designed for: More Support -
Easy On - Easier Off - Greater Comfort - Wider Straps
Worlds Thickest - Strongest Material

Imported Patent Applied For

• Help increase your Squat - Deadlift and Total - $75.00
• You can wear a (body size) Strong-Lon Power Suit
• For a Better Fit - Greater Performance - More Comfort.

A Special Design for Women

Original Patented Design and Material

Strongest Powerlifting Suit Material in the World
The Greatest Body Support Ever
No Hurt Straps and Leg Seams

No other like it in the world (Do not accept substitutes)
Available in Sizes: 26-28-30-32-34-36-38-40-42
Orders processed same day as received

Name
Address
City State Zip

Check or Money Order must accompany orders.
*Overseas orders add 20%

Strong-Lon of California
17511 Roscoe Boulevard
Northridge, California 91325
(213) 343-4821

Indicate 1st, 2nd, and 3rd Choice of Color
Power Suit Ten

☐ Black ☐ Purple
☐ Royal Blue ☐ Rich Brown
☐ Maroon ☐
State

Size Height Weight Hips

1ST ANNUAL EDWARD S. HUDSON MEMORIAL
11/15/80-(KILOS)-HOUSTON, TX.

52 KG				
T. HUGHES	97.5	52.5	117.5	267.5
56 KG NOVICE				
S. HAGA	110	77.5	130	317.5
M. LEVEIN	85	65	115	265
V. ALLEN	62.5	37.5	102.5	202.5
OPEN				
H. SACKET	147.5	115	185	447.5
B. HAGA	110	77.5	130	317.5
M. LEVEIN	85	65	115	265
60 KG NOVICE				
E. JOHNSON	155	112.5	170	437.5
R. POINDEXTER	127.5	85	182.5	395
E. SANCHEZ	135	95	155	385
T. KELLY	125	95	160	380
D. FORBES	122.5	75	147.5	345
G. PIERCE	110	60	137.5	307.5
OPEN				
K. CONWAY	187.5	112.5	210	510
E. JOHNSON	155	112.5	170	437.5
F. RESTIVO	95	97.5	172.5	365
67.5 KG NOVICE				
G. BALCOM	187.5	117.5	212.5	517.5
J. PEACOCK	175	117.5	217.5	510
J. SAFDARINIA	205	140	165	510
J. VALENTI	167.5	117.5	210	495
T. MCDONALD	167.5	125	177.5	470
L. CLARK	137.5	115	180	432.5
M. JAMES	127.5	85	177.5	390
D. OLSON	105	72.5	137.5	315
K. PUTNAM	82.5	35	100	217.5
OPEN				
S. HARRISON	217.5	112.5	227.5	557.5
H. HEATH	207.5	135	192.5	555
J. SAFDARINIA	205	140	165	510
J. PUMPHREY	195	115	197.5	507.5
F. KING	182.5	107.5	192.5	482.5
75 KG NOVICE				
B. GREEN	192.5	120	247.5	560
J. BURG	195	135	227.5	557.5
J. GRECO	195	135	225	555
V. RADISI	185	137.5	212.5	535
J. FUGITT	172.5	130	210	512.5
D. COLE	182.5	107.5	217.5	507.5
W. REILLEY	190	110	205	505
J. WILSON	160	130	210	500
C. LIVELY	152.5	110	215	477.5
K. NICHOLSON	145	92.5	175	412.5
M. FLEMING	140	100	190	330
75 KG OPEN				
M. FORD	275	140	282.5	697.5
J. SPEEDY	237.5	145	232.5	615
G. GARCIA	237.5	100	240	577.5
G. DERRICK	212.5	150	200	562.5
A. VILLARS	227.5	105	190	522.5
82.5 NOVICE				
D. COFFEY	247.5	170	242.5	660
R. REID	237.5	165	242.5	645
J. ALLEN	190	192.5	232.5	615
L. MISTRIC	220	150	240	610
G. KEARNS	210	130	230	570
M. VAN CLEAVE	195	142.5	230	567.5
B. RENFRO	192.5	147.5	200	540
J. LAMB	200	135	202.5	537.5
D. VANET	157.5	145	220	522.5
E. WHITE	182.5	105	227.5	515
R. ARD	190	107.5	215	512.5
S. SCHAAF	175	122.5	210	507.5
B. BOWES	172.5	107.5	200	480
J. CANNON	192.5	100	182.5	465
L. FERRY	160	87.5	77.5	425
P. DENT	150	85	150	385
OPEN				
C. GARCIA	285	175	270	730
J. TRYEE	257.5	152.5	282.5	692.5
D. COFFEY	247.5	170	242.5	660
J. ANDERSON	237.5	145	272.5	655
R. REID	237.5	165	242.5	645
T. GUNN	220	145	247.5	612.5
K. HARRISON	220	137.5	237.5	595
90 KG NOVICE				
J. LOGAN	227.5	162.5	242.5	632.5
M. CORDER	227.5	150	255	632.5
C. GUITON	205	160	265	630
B. KREVIT	205	125	272.5	602.5
D. NICHOLS	205	142.5	245	592.5
M. DAVOUST	200	167.5	217.5	585
G. OESER	215	110	257.5	582.5
P. PETERSON	172.5	142.5	205	520
M. STEVENS	190	102.5	205	497.5
OPEN				
R. KOFNOVEC	290	170	287.5	747.5
N. WEID	267.5	187.5	285	740
G. THOMPSON	260	197.5	255	712.5
100 KG NOVICE				
B. SALTER	262.5	167.5	287.5	717.5
L. REED	260	140	287.5	687.5
D. PADDISON	262.5	157.5	250	670
J. SURREY	255	162.5	242.5	660
J. PUTNAM	237.5	160	255	652.5
L. MC ALLISTER	200	170	255	625
J. SEEMAN	207.5	160	242.5	610
J. SALINAS	225	152.5	215	592.5
D. PULIDO	205	150	232.5	587.5
L. CLARK	197.5	145	225	567.5
L. BENAVIDES	217.5	127.5	220	565
E. POLK	165	160	205	530
W. ALLENSWORTH	182.5	127.5	215	525
T. DUCKETT	190	150	182.5	522.5
M. ECHOLS	187.5	147.5	185	520
OPEN				
P. BROWN	285	175	297.5	757.5
B. PEARCE	195	125	235	555
110 KG NOVICE				
B. EVANS	197.5	150	272.5	620
B. LYONS	197.5	150	260	607.5
J. EGRIE	207.5	152.5	237.5	597.5
D. JACKSON	205	140	230	575
OPEN				
B. CLAYTON	367.5	200	345	912.5
H. HUDSON	272.5	182.5	285	740
125 KG NOVICE				
E. REAGAN	255	137.5	250	642.5
J. NUNEZ	250	160	232.5	642.5
T. MORGAN	205	170	205	580
B. HINDMON	180	210	187.5	577.5
C. PAYNE	175	137.5	240	552.5
T. VALA	62.5	190	205	457.5
OPEN				
A. QUIDRY	315	192.5	320	827.5
B. HENDRY	265	192.5	260	717.5
T. MERHOUT	250	132.5	255	637.5
SHW OPEN				
C. YOUNG	275	185	320	780
NOVICE				
D. TAYLOR	257.5	237.5	232.5	727.5
WOMEN				
G. PIERCE	110	60	137.5	307.5
T. HUGHES	97.5	52.5	117.5	267.5
P. DENT	150	85	150	385
D. OLSON	105	72.5	137.5	315
L. FERRY	160	87.5	177.5	425
D. SKEETERS	80	42.5	102.5	225
V. ALLEN	62.5	37.5	102.5	202.5
K. PUTNAM	82.5	35	100	217.5
MASTERS				
H. HUDSON	272.5	182.5	285	740
J. FUGITT	172.5	130	210	512.5
J. SALINAS	225	152.5	215	592.5
B. PEARCE	195	125	235	555
W. JOHNSON	172.5	107.5	215	500
TEENAGE				
G. GARCIA	237.5	100	240	577.5
J. PUMPHREY	195	115	197.5	507.5
R. POINDEXTER	127.5	85	182.5	395
E. SANCHEZ	135	95	155	385
B. HAGA	110	77.5	130	317.5
K. NICHOLSON	145	92.5	175	412.5
D. HUTTO	110	87.5	150	347.5

THANKS TO JOE DALTON FOR RESULTS

DATE CHANGE..the Nevada Open, originally set for March 13-14 has been reset for APRIL 24-25, due to unforeseen prior commitments.

1980 EIELSON AFB INVITATIONAL
12/80-EIELSON AFB, ALASKA

123				
B. SMITH	185	115	220	520
148				
J. DAWSON	450*	250	500*	1200
M. DUFFIELD	285	225	400	910
D. GILLESPIE	330	200	375	905
J. RIGITANO	280	225	360	865
D. RABE	280	175	400	855
E. MILLER	-	-	-	-
R. HUGGINS	-	-	-	-
165				
W. WALKER	425	275	440	1140
R. STAVARSKY	375	280	450	1105
V. GENDUSA	350	240	430	1020
E. CARDA	350	225	430	1005
181				
R. STOPP	480	325	500	1305
R. MURRAY	440	-	-	-
198				
S. PECK	500	300	540	1340
G. HOGAN	400	290	425	1115
220				
A. VALDEZ	460	300	450	1210
G. HAMPTON	450	280	450	1180

* NEW STATE RECORD.
(DETERMINED BY SCHWARTZ FORMULA)
BEST SQUAT: JOE DAWSON-450 LBS
BEST BENCH: R. STOPP-325 LBS
BEST DEAD: JOE DAWSON-500 LBS
BEST LIFTER (165 LBS & UNDER): JOE DAWSON-1200 TOTAL
BEST LIFTER(166 LBS & ABOVE): R. STOPP- 1305 LBS TOTAL.
BEST TEAM (DETERMINED BY TEAM POINTS FOR 1ST, 2ND AND 3RD PLACE): EIELSON AFB-1ST PLACE, FARTHEST NORTH: 2ND PLACE.
JUDGES: NELSON WEIDENBAUGH, JOHN BOSTICK AND WILLIAM KIMINKINEN, SCORES: JOHNAS STOPP, ELAINE KIMINKINEN, AND KAREN WEIDENBAUGH; MC: CURT JENKINS.
THANKS TO WALT WALKER FOR RESULTS.

1980 GATEWAY OPEN PL-ST LOUIS, MO
20/21 DEC/80

114				
J. THURM	285	145	335	765
D. BUDDEMEYER	230	150	260	640
K. STRINGER	200	125	265	590
J. GEDNEY	200	130	235	565
M. GODSIL	185	95	280	560
123				
F. HOFER	335	215	370	920
P. ANDERSON	235	195	315	745
N. HOLLYFIELD	190	100	250	540
132				
V. WILLIAMS	390	240	430	1060
M. GETZ	280	150	340	780
148				
D. GLENN	500	290	460	1250
N. MARINO	450	260	450	1160
J. PRIVITOR JR	455	240	450	1145
B. BOCK	340	280	405	1025
R. STIEF	335	210	460	1005
165				
J. ROSCIGLIONE	640	335	540	1515
M. CISSELL	490	325	500	1315
P. MALONE	485	255	525	1265
D. HUTCHINSON	500	280	480	1260
K. KINNEY	480	275	480	1235
181				
J. CLARK	505	280	585	1370
T. MARINO	480	340	530	1350
D. MILFORD	460	260	475	1195
S. SNOOK	435	255	470	1160
J. ELDER	445	225	475	1145
198				
J. CRIBBIN	635	360	730	1725
A. SLAVINSKI	590	400	615	1605
T. O'NEIL	575	400	600	1515
T. LANZANTE	635	360	565	1560
M. SEAGO	575	360	575	1510
220				
W. SALLADE	725	395	655	1775
L. HOUSTON	602	340	625	1602
B. HUBER	625	365	575	1565
G. ULRICH	575	380	550	1505
R. MC CART	580	360	510	1450
242				
B. DAVIS	800	480	775	2055
E. LEWIS	705	460	635	1800
J. KRUSZYNSKI	670	400	670	1740
T. SUMMERS	650	405	605	1660
M. ZIMMERS	560	390	645	1595
275				
C. MATHES	770	470	625	1865
J. PUTROFF	685	400	685	1770
G. KUELKER	620	390	620	1630
L. MATHES	590	415	565	1570
M. MCKINNEY	540	350	570	1460
SHW				
J. PRUSACKI	625	410	710	1745
F. CARLETON	670	405	640	1715
M. PERKINS	600	380	650	1630
R. MORRISON	600	375	610	1585
J. KAMMERER	550	320	550	1420

NOVICE (?) DIV

114				
A. TITONE	150	95	205	450
148				
M. SLIVINSKI	320	180	375	875
S. SMITH	350	150	375	875
S. HARRIS	225	150	325	700
165				
G. THOMAS	440	255	470	1165
R. GRIGGS	405	300	460	1145
J. MOORE	415	285	445	1145
E. FOLLIS	425	225	465	1115
J. GILMORE	440	245	420	1105
D. SLIOM	385	245	430	1060
K. CAMPBELL	370	220	410	1000
R. RUSSEL	305	250	445	1000
M. TUNSTILL	225	-	310	535
R. CONWAY	-	170	325	495
181				
M. MEDDAUGH	385	275	440	1100
S. GRELD	350	235	445	1030
M. JOHNSON	300	165	305	830
198				
B. MOODY	535	325	560	1420
F. DEBELLO	535	355	525	1415
D. BURNS	480	240	600	1320
J. BROWN	455	300	410	1165
J. WEISSMANN	455	355	420	1160
P. POOL	385	330	440	1155
R. HARRIS	430	260	460	1150
L. CAZER	250	175	380	805
220				
S. HUTKOWSKI	475	415	530	1420
A. BROWN	500	400	505	1405
J. TITONE	475	340	580	1395
S. MANGIN	525	280	550	1355
R. HALL	485	335	530	1350
D. HENDERSON	475	370	490	1335
J. SMITH	450	300	555	1305
J. PARRISH	480	310	515	1305
T. MC MAHON	475	290	500	1265
G. PRUSACKI	325	255	425	1005
J. JOHNSON	300	250	450	1000
242				
B. BRADY	465	285	600	1350
275				
J. ANGELO	500	440	500	1440
SHW				
P. MARTIN	540	315	510	1365
W. CAMPBELL	500	280	525	1305

TEAM CHAMPS:
1ST: BODYBUILDERS, INC
2ND: LAKESIDE, 3RD: ST. LOUIS WEIGHTLIFTING, 4TH: SCOTT AIR FORCE BASE, 5TH: FOREST PARK WEIGHT TRAINING CLUB.
WOMEN'S DIV: 1ST: MELANIE GETZ, 2ND: J. GEDNEY, 3RD: KAREN STRINGER.
MEN'S DIV: BEST LIFTERS: JAY ROSCIGLIONE, BILL DAVIS.

THANKS TO CHARLES FEARN AND TIM TOLSON FOR RESULTS.

ORANGE COUNTY CLOSED MEET-11/30/80
MIDDLETOWN, NY

52 KG				
J. KELTY	181	121	264	567
56 KG				
B. MOFFITT	126	71	187	385
60 KG				
K. WEIDMAN	137	77	170	385
D. DALLAS	-	-	-	-
67½ KG				
P. CASSIDY	314	170	396	881
B. YOUNGMAN	264	253	358	876
75 KG				
R. PERRY	451	259	507	1218
B. MELTZER	391	231	468	1091
R. MCNAMEE	314	314	402	1030
B. ECCLESTON	220	270	308	799
M. PELELLA	248	203	303	755
90 KG				
R. MILLS	380	308	468	1157
V. MALDFELD	385	292	462	1140
P. O'HARA	407	264	457	1129
B. KEAN	352	297	440	1091
B. BURNS	275	126	281	683
82½ KG				
M. MAKOFSKY	440	336	496	1273
P. HALLENBECK	402	330	473	1267
M. ZAMBERLAN	385	286	523	1195
C. OBERMEYER	330	325	429	1085
B. CRON	347	248	385	981
100 KG				
B. MILLS	540	319	545	1405
P. LAMPARILLO	275	259	402	936
110 KG				
T. WEIDMAN	578	330	622	1532
125 KG				
C. SCHROEDER	501	358	507	1366

BEST MALE LIFTERS:
1ST: T. WEIDMAN, 2ND: RON PERRY, 3RD: M. MAKOFSKY, 4TH: PHIL HALLENBECK, 5TH: BOB MILLS.
BEST MALE LIFTS: SQUAT: TIM WEIDMAN, BP: RICK MCNAMEE, DEADLIFT: TIM WEIDMAN.
BEST FEMALE LIFTERS:
1ST: J. KELTY, 2ND: B. BURNS, 3RD: B. MOFFITT, 4TH: KAREN WEIDMAN.
BEST FEMALE LIFTS: SQUAT: JANICE KELTY, BENCH: JANICE KELTY, DEADLIFT: JANICE KELTY.
MEET DIRECTORS: TIM WEIDMAN & VAUGHN MALDFELD.
JUDGES: NEIL HART, JASON FARROW, JOE STEINFELD, VAUGHN MALDFELD, AND TOM WEIDEL.
ANNOUNCERS: ROY FELIPE AND ORLANDO LUGO.
THANKS TO TIM WEIDMAN FOR RESULTS.

National Meet Qualifying Totals

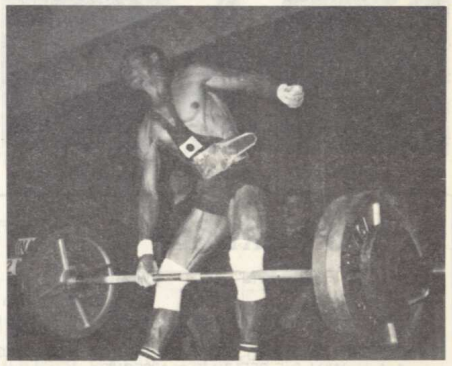
	Senior Nationals	Junior Nationals	National Collegiates	Teenage Nationals (14-15)	Teenage Nationals (16-17)	Teenage Nationals (18-19)
114	992	865	661	575	680	780
123	1146	1003	848	635	740	850
132	1240	1129	914	695	800	920
148	1355	1300	1102	750	860	990
165	1532	1383	1223	810	930	1070
181	1631	1488	1322	850	1000	1150
198	1752	1598	1399	870	1035	1190
220	1829	1686	1399	890	1075	1230
242	1929	1686	1377	910	1100	1260
275	2033	1873	1377	925	1125	1280
SHW	2044	1840	1399	935	1150	1300

FOR THE RECORD

This section is reserved for any and all kinds of lifting records...everyone is encouraged to send in regional, state, association, meet, club, school, gym records...ANY kind of records. Send to PL USA, Box 467, Camarillo, CA 93010.

	VIRGINIA TEENAGE RECORDS	WISCONSIN HIGH SCHOOL RECORDS	VIRGINIA STATE RECORDS	WISCONSIN JR STATE RECORDS
114 SQ	255 M. Ijaz	292 F. Yassatan	275 F. Provenzano	235 C. Hert
BP	160 M. Ijaz	155 J. Cunningham	190 F. Provenzano	203 J. Puckert
DL	315 M. Ijaz	330 F. Yassatan	335 F. Provenzano	305 T. Dorn
T	730 M. Ijaz	755 F. Yassatan	800 F. Provenzano	694 J. Puckert
123 SQ	310 K. Garrison	325 S. Sullivan	402 G. Ringi	310 M. Wilds
BP	257 G. Fontane	205 K. Basinski	264 G. Ringi	205 S. Murphey
DL	365 G. Fontane	370 S. Sullivan	402 G. Ringi	440 J. Luster
T	910 G. Fontane	855 S. Sullivan	1069 G. Ringi	910 M. Wilds
132 SQ	275 T. Assien	355 M. Wolfe	360 C. Foster	400 J. Bradley
BP	245 T. Assien	230 J. Chernsen	265 C. Foster	270 J. Bradley
DL	400 R. Trayvham	400 J. Dorn	470 L. Eggleston	575 J. Bradley
T	905 T. Assien	960 M. Wolfe	1080 C. Foster	1180 J. Bradley
148 SQ	375 R. McPherson	385 T. Kusilek	440 W. McCarty jr	405 L. Froelich
BP	265 M. Asselin	255 T. Kusilek	310 R. Hildebrand	310 B. Luna
DL	450 R. McPherson	457 T. Mueller	518 K. Dube	500 L. Froelich
T	1035 R. McPherson	1090 T. Kusilek	1230 R. Hildebrand	1200 L. Froelich
165 SQ	405 C. Garcia	425 J. Eigenberger	525 C. Boornazian	510 T. Vales
BP	310 C. Garcia	270 J. Eigenberger	380 C. Boornazian	380 T. Close
DL	480 L. Kloske	525 J. Eigenberger	570 C. Boornazian	575 O. Toliver
T	1150 C. Garcia	1220 J. Eigenberger	1465 C. Boornazian	1380 T. Close
181 SQ	470 J. Richmond	415 B. Arnold	520 B. Smith	520 R. Eiden
BP	314 T. Wilson	300 A. Blaksly	415 J. Cooper	365 R. Eiden
DL	515 D. DeRolf	465 T. Jenkin	635 B. Smith	605 L. Davis
T	1250 B. Walker	1135 B. Arnold	1485 B. Smith	1370 L. Davis
198 SQ	440 A. Martin	460 D. Dininger	570 J. Cooper	530 M. Mattice
BP	315 J. Hoover	305 C. Ohm	455 J. Cooper	400 M. Mattice
DL	510 K. Delong	520 C. Donner	635 J. Barfield	630 M. Mattice
T	1230 K. Delong	1255 D. Dininger	1590 J. Cooper	1495 M. Mattice
220 SQ	530 K. Delong	440 S. Fleming	575 B. Walker	600 J. Formolo
BP	355 K. Delong	300 G. Lurk	450 J. Cooper	480 B. Kincaid
DL	605 N. Keyton	525 M. Janssen	655 R. Pillow	665 J. VanDeWeghe
T	1425 K. Delong	1200 S. Fleming	1615 R. Pillow	1605 B. Carlson
242 SQ	440 R. Booker	425 S. Schuh	655 C. Walker	600 J. Stein
BP	305 R. Booker	265 K. Lockhart	480 T. White	490 B. Reis
DL	475 R. Booker	460 J. Queram	660 N. Keyton	650 A. Stark
T	1220 R. Booker	1095 M. Schiedernayer	1686 C. Walker	1730 J. Stein
275 SQ	410 J. Taylor	350 L. Desota	620 J. Steward	585 C. Devine
BP	280 J. Taylor	300 L. Desota	501 J. Montgomery	405 C. Devine
DL	475 J. Taylor	475 L. Desota	640 J. Gamble	630 J. Braun
T	1165 J. Taylor	1105 L. Desota	1680 J. Gamble	1600 C. Devine
SHW SQ	425 D. Oyler	505 M. Sokup	750 R. Fletcher	600 W. Kazmaier
BP	225 D. Oyler	310 R. Mapel	500 J. Montgomery	435 W. Kazmaier
DL	410 D. Oyler	525 M. Sokup	770 R. Fletcher	650 W. Kazmaier
T	1055 D. Oyler	1330 M. Sokup	1970 R. Fletcher	1685 W. Kazmaier

	GREATER ARKANSAS RECORDS	LOUISIANA TECH RECORDS	CHIPPEWA OPEN RECORDS	CANTON OPEN RECORDS
114 SQ	240 J. Inzer	310 D. Gomez		260 P. Meister
BP	150 J. Inzer	195 D. Gomez		180 M. Moreland
DL	305 J. Inzer	310 D. Gomez	305 R. Marentette	325 T. Perrera
T	695 J. Inzer	815 D. Gomez		700 B. Vaschak
123 SQ	319 D. Romero	265 J. Lott		400 D. Heath
BP	209 F. Hoffer	165 J. Lott		255 R. Salser
DL	369 D. Romero	385 J. Lott	375 N. Venyah	430 J. Lusk
T	876 D. Romero	1003 J. Lott		1030 D. Heath
132 SQ	402 J. Privitor	347 P. Patton		400 J. Marentette
BP	248 G. Venator	226 P. Patton		270 J. Marentette
DL	475 J. Inzer	430 P. Patton	450 C. Handsor	480 J. Marentette
T	1095 J. Inzer	1003 P. Patton		1200 J. Marentette
148 SQ	523 D. Jones	425 D. Oliver		500 C. Wright
BP	330 B. Bell	285 D. Oliver		330 C. Wright
DL	550 D. Jones	445 D. Oliver	550 J. Marentette	550 C. Wright
T	1360 D. Jones	1155 D. Oliver		1380 C. Wright
165 SQ	540 B. Newcomb	474 D. Passon		650 G. Crawford
BP	365 J. Baughn	292 D. Passon		355 G. Crawford
DL	620 R. Hodgkiss	513 D. Passon	525 J. Smoker	640 J. Bell
T	1465 R. Hodgkiss	1279 D. Passon		1530 G. Crawford
181 SQ	690 D. Wright	555 D. Passoo		580 J. Bajornas
BP	415 D. Wright	320 D. Passon		380 F. Picha
DL	639 J. Cribbon	565 D. Passon	575 R. Striggow	640 F. Picha
T	1740 D. Wright	1440 D. Passon		1530 F. Picha
198 SQ	600 S. Miller	635 D. Allen		600 R. Mussey
BP	435 G. Thompson	330 D. Allen		450 J. Drzewicki
DL	650 J. Dignan	640 D. Allen	705 K. Fisher	710 E. Matz
T	1640 S. Miller	1605 D. Allen		1675 E. Matz
220 SQ	665 J. Benesh	530 J. Tucker		675 L. Simmons
BP	470 J. Benesh	350 J. Tucker		475 J. Sideris
DL	683 S. Sparr	575 J. Tucker	715 K. Fisher	705 D. Schneider
T	1800 J. Benesh	1455 J. Tucker		1800 L. Simmons
242 SQ	804 M. Phillips	585 C. White		640 J. Cunningham
BP	505 J. Cole	390 C. White		435 J. Cunningham
DL	750 J. Cole	580 C. White	640 J. Green	675 J. Kessler
T	1975 J. Cole	1555 C. White		1705 J. Kessler
275 SQ	744 C. Patterson	568 R. Henderson		610 A. Cooper
BP	611 D. Young	402 R. Henderson		365 A. Cooper
DL	744 C. Patterson	590 R. Henderson		675 A. Cooper
T	2022 C. Patterson	1560 R. Henderson		1650 A. Cooper
SHW SQ	700 C. Patterson	585 P. Sadowski		800 D. Waddington
BP	600 D. Young	425 P. Sadowski		540 D. Waddington
DL	705 C. Patterson	600 P. Sadowski	630 M. Bisciaio	700 D. Waddington
T	1920 C. Patterson	1610 P. Sadowski		2040 D. Waddington



TRAINING SECRETS OF THE MYSTERIOUS ORIENT!...now revealed exclusively through the pages of POWERLIFTING USA! How do those Japanese 114ers set all those World Records in the Deadlift? As you can see from the picture above, it's all because of those heretofore unknown 'One handed Overload Deadlifts' they do. By training each hand with WR poundages separately, the weight only feels half as heavy when you clamp both mits on it! Note this also, gripping the bar away from the center develops a 'Bear Trap' grip, not to mention the very evident 'Washboard' abs and 'Bulletproof' intercostals!

Aw shucks, PowerPeople, I'm just kidding on you. What you really see above is Inaba with 500 plus ON THE WAY DOWN at the World Championships in an interesting flash picture shot by Ron Fernando, just after Hideaki's grip popped open.

CURTIS WALKER

by Willie Morris

I remember the first time I saw Curtis Walker. It was at the 1979 Lynchburg Open in Lynchburg, Virginia. Another couple, my girlfriend Trudy, and I were sitting in the bleachers at the start of the morning deadlift session, when I noticed a man taking a seat about twenty feet from us. He appeared to be in his mid-forties, and it was apparent by his enormous upper-body that this man had previously lifted some heavy iron. My attention then drifted back to the action of the power meet.

About five o'clock the evening squat session began and who did I see on the lifting platform taking his opening squat attempt, complete with super suit and super wraps, but the same muscular man I saw earlier in the bleachers. This man was Curtis Walker and he looked even bigger on the lifting platform than he did when he attracted my attention in the morning as a spectator. On that day Curtis totaled 1485 in taking second place to a very powerful John Holladay in the 242 lb class.

ABOVE...Curtis pulling a big DL in his basement gym. photo courtesy Willie

Curtis began his powerlifting career over twenty years ago and anyone would be impressed with this consistency. From the mid-sixties to present he has never been defeated in State Championship competition. Curtis also won the All South Championship in 1970 and 1972 against the top competitors on the East Coast.

Now Curtis Walker can add another title to the numerous others he has acquired during his illustrious career as a powerlifter. He is regarded by all as the 'Father of Powerlifting' in the State of Virginia. No one could be more deserving of this accolade than this man who has done more to promote and sustain powerlifting in this State than any other individual

It is only natural that one might ask about the national status of Curtis in today's world of powerlifting. In 1979 he won the National Master's Championship in the 242 lb class. In 1980, in his best year as a powerlifter, Curtis won the Virginia State Championship, National Master's Championship, and World Master's Championship, all in the 242 lb class. This is truly remarkable for a man who is 48 years of age in a sport which has become highly competitive.

Curtis is employed as a foreman for Allied Chemical in Hopewell, Virginia where he also resides. He is the proud father if four children and two grandchildren. One of his sons, Barry, won the 1980 Virginia State Powerlifting Championship in the 220 lb class and is quite obviously following in his Dad's footsteps.

Training for Curtis and his team, the Tri-City Weightlifting Club, takes place in his very own basement which looks more like a commercial gym as it contains about two tons of weights. Here Curtis, and his son Barry, train with 1980 Virginia State Powerlifting Champions Doug Burnham, 198 lb class, and James Barfield, 181 lb class, along with Larry 'Red Light' Eggleston who is currently the USPF Virginia State Chairman and USPF Classification Awards Chairman. This club boasts more State Champs than any other club in Virginia which exemplifies the fact that Curtis's powerlifting knowledge is a positive influence on his teammates.

Curtis's philosophy of training for himself and his team is quite elementary. They train twice a week on a heavy/light system which Curtis feels is quite beneficial as this allows for more time for recuperation from previous workouts. His preference is to perform triples and then doubles on the heavy days and sets of five on the light days. In preparation for an upcoming meet he feels that an 18 week cycle is ideal.

There have been no problems with Curtis continuing to make the 242 lb class but he has hinted at the possibility that he may move up to the 275 lb class where an 1800 lb plus total would be very plausible. In this class his capabilities incluide a 700 lb squat, 450 lb bench press, and a 675 lb deadlift. These projections are based on this writer's knowledge of Curtis' past performances as well as his potential for increasing his lifting ability rather than Curtis' own predictions. In fact, these estimates may be somewhat conservative when compared with his previous accomplishments.

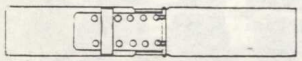
Curtis Walker does not brag, nor does he complain when a judge gives him a red light. In other words, this man has a lot of class both on and off of the lifting platform. He enjoys meeting his competition in a head to head manner and his attitude is, let the best lifter win.

Currently Curtis is preparing to defend his 242 lb State Championship Title in March of 1981 but the young bulls are also training in an attempt to take his title. The competition this year will be tough but the champ, not being one to rest on his past accomplishments, will be ready to take on all challengers.

I believe that Curtis Walker, the grand gentleman of powerlifting in Virginia, is not getting older but rather is getting better with each passing year. He has proven his ability by adding about one hundred pounds to his total each year and nothing he does surprises us anymore. I feel as though I speak for all when I say I hope we have the pleasure of seeing Curtis' awesome presence on the lifting platform for many years to come.

Willie

"POWERBELT"



SHIPPED IMMEDIATELY

DESIGNED ESPECIALLY FOR COMPETITION POWERLIFTING.
A. A. U. AND I. P. F. REGULATION APPROVED.
GREAT FOR WEIGHTLIFTING AND WEIGHT TRAINING.

Enclose $29.95 Check/Money Order for each belt.
Made payable to Powerbelt, P.O. Box 526, Chattanooga, TN 37401. Price includes shipping and handling.

INCLUDE RETURN ADDRESS, SIZE, INITIALS

FEATURES:

- NEW AND BETTER DESIGN WITH ALL-AROUND 4" (10 CM) WIDTH PROVIDES MAXIMUM SUPPORT AND PROTECTION. ACTUALLY HELPS YOU LIFT MORE!
- DOUBLE TONGUE NICKLE PLATED BUCKLE WITH EASY ON/OFF ADJUSTMENT. NO OVERSIZED BUCKLE TO BIND YOU.
- FIRST QUALITY EXTRA THICK LEATHER IS FINISHED IN RICH BROWN COLOR WITH YOUR INITIALS STAMPED IN.
- EACH BELT IS HAND ASSEMBLED TO ASURE YOU TOP QUALITY AND WORKMANSHIP.

Designed And Manufactured By:
Eddie Bodkin

- When Ordering Send Normal Waist Size, Not Pants Size.
- Sizes Over 44" Send $5.00 Extra
- Orders Outside Continental U.S.A. Send $5.00 Extra

STRENGTH SYSTEMS

Tom R. Kelchner, President

- All types of Weight Training Accessories and Systems featuring Powerlifting equipment.
- Medical Equipment for Athletic Training Rooms, Physical Therapy Units and other Medical Institutions.
- Strength Training Consultation for Individual and Athletic Teams
- Powerlifting Meet Direction
- Supplier of trophies, t-shirts, caps, and weightlifting belts.

For Information & Orders

Call or write **Strength Systems, Inc.**
3600 Pioneer Pkwy., Suite 11
Arlington, TX 76013
Phone (817) 261-6106

— Co-promoter of the 1980 World Powerlift Championships

ATTENTION — ATTENTION — ATTENTION

SUPERWRAP™ II

"The finest knee wrap available
for competition or training"

• 1 Pair $7.00* • 2 Pairs $13.00* • 3 Pairs $18.00* •

(Sold under other names and by other companies at Higher Prices.)

• STRONGER • HEAVIER •
• LONGER LASTING • OFFICIAL LENGTH •
• GREATER STRETCH WITH BETTER COMFORT •

SUPERWRAP™ II is currently the **most effective** knee wrap used. Top competitors around the world find **SUPERWRAP™ II** their choice for improving squat performance. Another fine value from the MARATHON/A. ZANGAS Co.

". . . . add **pounds** to your SQUAT & TOTAL."
Use **SUPERWRAP™ II** and save $$$!!

Also . . . SUPERWRAP™

• 3 Pairs $12.00* • 1 Pair $5.00* •

. . . the original heavy duty knee wrap cut to official length.

Free Pair of Superwraps with Each Suit Purchased!

Help Increase Your Total

SUPERSUIT™
NOW IN COLOR

Proven in International and National Competitions

FREE SUPERWRAPS

- **SUPERSUIT™ II** (stronger material)
  Navy Blue, Royal Blue, Scarlet (Red) **$32.00***
- **SUPERSUIT™** Natural Color (White) **$24.00***
  Do Not accept substitutes! These suits are custom sized to fit for greater support.
- Available in sizes: 24, 26, 28, 30, 32, 34, 36, 38, 40, 42, 44, 46, 48

The finest POWERLIFTING SUIT AVAILABLE. The famous SPANJIAN SUPERSUIT is now offered in FOUR COLORS. Both models, Supersuit II and the Supersuit, feature the new **HIGHER SIDEPANELS** and **WIDER SHOULDER STRAPS** for **GREATER BODY SUPPORT.** The numbered size Supersuit is exclusively available through MARATHON/A. ZANGAS, Company. **The numbered sizes give you a better fit . . . DO NOT Accept substitutes.**

"Increase Your Total with a SUPERSUIT™"

— ORDERS PROCESSED SAME DAY AS RECEIVED ... IMMEDIATE DELIVERY —

IMPORTANT

Please indicate 1st, 2nd and 3rd choice of color by numbering the appropriate box. Also give height and weight for proper fit. If you are certain of your size, indicate in appropriate column of the adjacent order form. Any additional information may be given in Special Instructions section below the Order Form.

	Navy Blue	Royal Blue	Scarlet Red
Supersuit™ II	☐	☐	☐
	Natural		
Supersuit™	☐		

Name: _____

Address: _____

City _____ State _____ Zip _____

Check or Money Order must accompany orders.

*Overseas orders add 20%. Calif. residents add 6% Sales Tax.

Item	Suit Size (Height) (Weight)	Suit Size (Height) (Weight)	Suit Size	QTY.	EXT.
SUPERSUIT™ II					
SUPERSUIT™					
SUPERWRAP™ II					
SUPERWRAPS™					
Special Instructions				Total	

MARATHON/A. Zangas Co. Phone: (213) 519-7111/375-3802
1229 Via Landeta, Palos Verdes Estates, CA 90274

COPYRIGHT MARATHON DISTRIBUTING CO. — 1980

5TH ANNUAL OPEN & NOVICE PALMETTO STATE P/L CHAMPIONSHIP-12/20/80
GREENVILLE,S.C.-NOVICE

114
K. RANDALL 259 242 347 848
T. PROVENZANO 242 165 303 710
D. BARNETTE 154 132 220 507
T. PUGH 181 110 209 501
T. CUMMINGS 192 82 209 485
C. WORRELL 159 99 209 468
123
R. BRACKEN 253 170 325 749
C. PROVENZANO 242 154 341 738
G. ARMOUR 198 214 325 737
S. PUGH 259 126 319 705
M. SMITH 225 104 281 611
R. BOWERS 159 110 231 501
B. JOHNSON 143 82 203 429
132
G. SHELEY 325 203 369 898
R. GRANT 286 231 330 848
A. MILLER 275 209 303 788
K. ROBERTS 275 170 303 749
D. LEE 220 198 330 749
V. ROMEO 248 176 303 727
148
M. BOMAR 336 242 457 1036
J. SELLNER 358 187 407 953
S. LESESNE 303 248 374 925
R. COOPER 308 203 396 909
J. MORRISON 275 253 352 881
K. HOPKINS 292 148 402 843
G. HAMILTON 242 165 352 760
K. MARTIN 214 187 336 738
M. CADDELL 176 104 242 523
B. MC TIGUE 203 - - -
D. WATSON 286 165 - -
165
R. GLINSKI 395 325 429 1151
P. APPS 407 264 446 1118
J. SMITH 352 275 485 1113
G. ACHILLE 352 253 490 1096
M. BERGER 380 253 457 1091
G. SHAWL 363 248 462 1074
T. THRIFT 407 248 407 1063
R. BASS 341 231 440 1014
J. TIPTON 341 231 429 1003
J. FOSTER 374 225 402 1003
L. STANKEWICH 352 231 407 992
D. MORRIS 330 253 413 992
V. LASSITER 314 292 374 981
B. STANSELL 341 231 385 959
C. PETTY 330 253 369 953
C. BUCKNER 330 198 413 942
R. RAMSEY 341 176 363 936
P. TOPPER 297 231 391 920
R. HART 303 242 374 920
D. WHALEY 319 192 363 876
W. WILKERSON 225 176 303 705
181
M. HUNDLEY 507 303 562 1372
J. HOFFMAN 501 341 512 1355
V. ANDERSON 424 380 473 1278
B. MONROE 440 286 512 1240
D. COLEMAN 451 330 440 1223
T. WILLIAMS 446 253 518 1218
H. BROOKS 440 308 462 1212
D. WOFFORD 424 275 507 1207
T. RUSSELL 407 297 473 1179
W. BOWERS 363 303 501 1168
M. JONES 385 314 440 1140
M. JUSTUS 363 325 440 1129
D. TAYLOR 374 275 473 1124
J. DEFLORIO 380 253 473 1107
A. TRIPP 363 242 424 1030
G. HICKS 303 231 413 947
S. GAMBLE 292 209 429 931
S. SMITH 335 203 391 931
P. GALLOWAY 292 242 352 887
198
D. HOOPER 545 413 479 1438
M. WILLIAMS 534 314 523 1372
T. HAZEN 501 358 479 1339
M. BROWN 490 319 523 1333
T. OPPERMAN 468 352 473 1295
B. WATERS 446 330 501 1278
I. STATES 451 336 473 1262
E. REDDING 440 319 440 1201
M. WADE 402 319 451 1173
W. SPENSER 440 253 451 1146
R. HANCOCK 374 214 473 1063
220
M. BLACKBERG 512 341 544 1521
J. DAVIDSON 507 352 523 1383
T. GUTHRIE 473 297 606 1377
J. HALEY 501 330 540 1372
R. MOSS 457 380 529 1366
W. JORDAN 440 314 584 1339
G. PEADEN 473 336 518 1328
H. SLACK 457 314 551 1322
L. DUNCAN 523 292 507 1322
M. STILLINGER 462 308 523 1295
K. CROLLEY 479 325 451 1256
B. DUTTON 451 275 462 1207
P. STEED 385 286 402 1074
242
M. LEWIS 540 341 628 1510
R. DEEN 518 325 606 1449
J. SHAW 485 369 578 1432
J. MC KINNEY 435 418 462 1317
J. PARDUE 501 275 501 1278
R. WALSH 374 248 473 1096
C. WOODWARD 314 203 385 903
275
M. FLYNN 633 402 639 1675
J.GREGORY 501 424 600 1526
P. STARNES 440 330 551 1322
J. BREWER 418 341 512 1273
SHW
B. SINGLETARY 578 424 512 1515
BEST LIFTERS: HUNDLEY/FLYNN
NOVICE TEAM CHAMPS:
1. GREENVILLE H.C.: 30 PTS
2. LANCASTER POWER CLUB: 8 PTS
3. OLYMPIA POWER CLUB: 0 PTS.
OPEN DIV - 114#
K. RANDALL 259 242 347 848
V. HORN 264 187 319 771
V. GIRONDA 248 165 358 771
T. PROVENZANO 242 165 303 710
D. HORN 203 104 270 578
123
D. SHAW 236 225 308 771
C. PROVENZANO 242 154 341 738
132
V. WILLIAMS 407 286 501 1195@
D. WAUGH 374 275 391 1041
S.ALFORD 374 231 402 1008
J. STANKEWICH 341 231 402 975
J. EDENFIELD 385 231 347 964
E. HEAD 363 209 385 959
148
D. AUSTIN 551 325 584 1460*
D. HEAD 462 303 440 1207
R. PARDUE 529 231 429 1190
D. HAMRICK 391 314 451 1157
H. CRATER 413 231 451 1096
165
G. HERRING 650# 369# 611 1631*
T. HICKS 562 297 666 1526
G. BELL 540 374 573 1488
S. PARDUE 518 358 518 1394
M. JOYNER 485 308 551 1372
R. HELLER 496 286 507 1289
C. THOMPSON 424 292 529 1245
F. PEARSON 402 264 507 1207
181
R. WATTS 540 369 606 1515@
H. HAMMOND 534 358 606 1499
B. HARDMAN 540 358 584 1482
R. LEE 473 358 584 1416
T. MARTIN 529 319 562 1410
J. SIEBERT 501 352 523 1377
C. WATTS 490 303 578 1372
B. NUSBAUM 501 308 534 1344
R. QUARLES 501 292 545 1339
A. CAMPOS 485 264 512 1262
198
D. SEWELL 606 435 694 1736*
M. STONE 617 435 611 1664@
D. CARNES 573 424 644 1642
M. APPS 595 402 617 1614
J. CAPPOLA 639 352 617 1609
R. TULLIS 573 358 606 1537
M.COUGHLIN 523 391 534 1449
J. VINCENT 551 413 468 1432
220
B. DUKE 650 462# 777# 1890*
E. LATTA 639 468 628 1736@
R. SILON 617 380 639 1636
B. EASON 633 341 639 1614
J. CUMMINGS 606 402 567 1576
L. CLARK 551 347 677 1576
B. NEAL 606 391 573 1570
R. HIMES 545 363 650 1559
T. KING 600 369 584 1554
M. BLACKBURG 534 341 644 1521
S. SMITH 567 363 501 1432
T GUTHRIE 473 297 606 1377
242
J. HAWKINS 727# 446 708# 1862@*
D. ARNOLD 661 490 650 1802@
P. CLARK 578 413 650 1592
R. WALTERS 551 385 622 1559
R. BICKERS 540 395 622 1559
D. FITCHPATRICK 589 402 562 1554
D. ANDERSON 578 369 573 1521
M. LEWIS 540 341 628 1510
J. SHAW 485 369 578 1432
R. BEAM 534 341 540 1416
275
D. RICAFRENTE 722 451 699 1872@
E. MORRISON 672 490 650 1812@
J. GAMBLE 677 507 528 1813@
M. FLYN 633 402 639 1675
C. KELL 529 485 562 1576
J. CUMMINGS 578 429 551 1559
D. BREWER 418 341 512 1273
SHW
B. DUNN 633 507 501 1642
B. SINGLETARY 578 424 512 1515
BEST LIFTERS: HERRING/DUKE
OPEN TEAM CHAMPS:
1. L.A. POWERLIFTING TEAM:37 PTS
2. GREENVILLE H.C.- 20 PTS
3. TENNESSEE POWER TEAM: 18 PTS
4. LANCASTER POWER CLUB: 10 PTS

* REGION III RECORD
@ MASTER TOTAL
* ELITE TOTAL.

NOVICE DIV - 114 #
HIGHLIGHT IN THIS CLASS WAS KEG RANDALL WITH AN 242 BENCH PRESS & 848 TOTAL. TOMMY CUMMINGS HAD THE SPOTLIGHT ALSO PLACING 5TH. NOT BAD FOR AN 85 LB, 10 YEAR OLD FROM TENNESSEE. CYNTHIA WORRELL CAME IN 6TH VIA 159, 99, 209, FOR 468.
123 LB- TOP 3 PLACES HARD FOUGHT ALL THE WAY WITH AN 242 BENCH PRESS COMING OUT ON TOP. SHEILA HOPKINS PUGH WENT 705 JUST MISSING A 270 LB SQUAT ON DEPTH. MARILYN SMITH WENT 225, 104, 281 FOR 611 AND 5TH PLACE AND BRENDA JOHNSON WENT 143, 82, 203 FOR 429 FOR 6TH PLACE.
132 LB - GARY SHELEY WAS TOP LIFTER HERE WITH 898 TOTAL.
148 LB - MIKE BOMAR HIT FIRST HERE WITH DEADLIFT OF 457 AND TOTAL OF 1036. MANDA CADDELL WENT 176, 104, 242, 523.
165 LB - RAY GLINSKI WAS TOPS HERE WITH SOME STEADY LIFTING AND A 1151 TOTAL.
181 LB - MIKE HUNDLEY WAS 1ST PLACE AND BEST LIFTER IN LIGHT DIV WITH A 562 LB DEADLIFT AND A 1372 LB TOTAL. VIC ANDERSON HAD A BIG BENCH OF 380 LBS.
198 LB - DWIGHT HOOPER WAS TOP MAN HERE WITH A BIG BENCH OF 413 & FINE TOTAL OF 1438.
220 LB - MARK BLACKBERG DID SOME FINE LIFTING, BIG DEADLIFT OF 644 AND TOTAL OF 1521 LBS. AND FIRST PLACE. ROBERT MOSS HAD A FINE BENCH OF 380 AND PLACED 5TH.
242 LB - MARSHALL LEWIS HAD A FINE DAY-WENT 540, 341, 628 FOR 1510 AND 1ST PLACE. JOHN MCKINNEY HAD A FINE BENCH OF 418 AND 4TH PLACE.
275 LB - MIKE FLYN WAS TOP MAN HERE WITH 633, 402, 639, FOR 1675, FOR 1ST PLACE AND BEST LIFTER IN THE HEAVY DIV. JAMES GREGORY HAD A FINE BENCH OF 424 AND 2ND PLACE.
TEAM: GREENVILLE HEALTH CLUB RAN AWAY WITH THE TEAM TROPHY WITH 30 POINTS WITH TEAM MEMBERS OF:
123 LB: ROB BRACKIN- 1ST PLACE
132 LB. ROBERT GRANT- 2ND PLACE
148 LB - MIKE BOMAR- 1ST PLACE
148 LB - RUSSELL COOPER-4TH PLACE
165 LB - JOE SMITH - 3RD PLACE
181 LB - HAL BROOKS - 7TH PLACE
198 LB - JOEY GREEN-
220 LB - FRED GARRETT -
242 LB - ALAN SMITH -
275 LB - MIKE FLYN - 1ST PLACE
THANKS TO GREENVILLE HEALTH CLUB FOR A MEMORABLE PRODUCTION AND FOR THE MEET RESULTS.
OPEN DIV: - 114 LB
TOP LIFTER HERE WAS KEG RANDALL. DIANE HORN HAD A FINE DAY WITH 203, 104, 270 FOR 578 FOR 5TH PLACE.
123 LB - DONNIE SHAW WAS TOPS HERE AND DID SOME FINE LIFTING.
132 LB - VIC WILLIAMS WON HERE WITH SUPER LIFTS OF 407, 286, 501, FOR 1195.
148 LB - DANIEL AUSTIN, GREENVILLE SC, WAS ALL ALONE AT THE TOP WITH SUPER LIFTS ALL DAY OF 551, 325, 584, FOR 1460. ROGER PARDUE HAD A BIG SQUAT OF 529 AND 3RD PLACE.
165 LB - GEORGE HERRING HAD SOME SUPER LIFTS HERE, THE DAY HE HAS BEEN TRYING TO PUT TOGETHER FOR SOME TIME WITH 650, 369, 611, FOR 1631., 1ST PLACE AND BEST LIFTER IN THE LIGHT DIV. TROY HICKS HAD AN OFF DAY BUT STILL HIT 2ND PLACE & A 666 DEADLIFT. GENE BELL HAD A BIG BENCH OF 374 AND 3RD PLACE.
181 LB - RONNIE WATTS WAS TOP LIFTER HERE WITH 540, 369, 606 FOR 1515. HARRY HAMMOND HIT SECOND, COULD HAVE BEEN 1ST BUT COULDN'T LOCKOUT THE DEADLIFT HE NEEDED TO WIN. BILL HARDMAN (TOM HARDMAN'S YOUNGER BROTHER) HAD A FINE DAY WITH 540, 358, 584, FOR 1482.
198 LB - DAVID SEWELL WAS TOP MAN HERE WITH HIS BEST DAY YET WITH 606, 435, 694, FOR 1736, AND AN ELITE TOTAL, ONLY THE 5TH EVER TO ACHIEVE THIS IN THE ENTIRE STATE OF ALABAMA. MIKE STONE HAD HIS BEST DAY EVER WITH 617, 435, 611, FOR 2ND PLACE AND A 1664 TOTAL. DARRELL CARNES CAME IN 3RD WITH 572, 423, 643 FOR 1639, THEN GREENVILLE H. CLUB "WILD MAN" APPS 4TH WITH 594, 401, 616 FOR 1611. JOHN CAPPOLA A FORMER WORLD TEAM MEMBER FROM AUSTRALIA WENT 639, 352, 617 FOR 1609 AND 5TH PLACE.
220 LB - BUDDY DUKE WAS ALL ALONE AT THE END OF THE DAY IN THIS CLASS WITH SUPER LIFTS OF 650, 462, 777 FOR 1890 TOTAL; ELITE CLASS AND BEST LIFTER IN HEAVY DIV. EMORY LATTA HAD A BIG BENCH OF 468 AND 2ND PLACE WITH 1736 TOTAL.
242 LB - JAMES HAWKINS WAS 1ST PLACE HERE WITH 727, 446, 708 FOR 1862. DENNIS ARNOLD HAD A BIG BENCH OF 490 AND FINE TOTAL OF 1802 FOR 2ND PLACE.
275 LB - DOUG RICAFRENTE WAS TOPS IN THIS CLASS WITH FINE STEADY LIFTING. ERNEST MORRISON HAD A FINE DAY WITH A BIG BENCH OF 496 AND 1818 FOR 2ND PLACE. JOHN GAMBLE ALSO SHOWED HIS BENCH PRESSING ABILITY WITH A 507 AND 1813 FOR 3RD PLACE. CHIP KELL, FORMER TENNESSEE FOOTBALL PLAYER, BENCHED 485 AND CAME IN 5TH WITH 1576.
SHW: BILL DUNN HAD A BIG DAY WITH 633, 507, 501, FOR 1ST AND 1642.
THE TEAM TROPHY WAS WON BY L.A. POWERLIFTING TEAM FROM DOTHAN, ALA WITH TEAM MEMBERS OF:
165 LB- GEO. HERRING - 1ST PLACE & BEST LIFTER.
181 LB - HARRY HAMMOND - 2ND PLACE
181 LB - RICKY LEE - 4TH PLACE
181 LB - TONY MARTIN - 5TH PLACE
198 LB - DAVID SEWELL - 1ST PLACE
198 LB - RONNIE TULLIS - 6TH PLACE
220 LB - BUDDY DUKE - 1ST PLACE & BEST LIFTER
220 LB - EMORY LATTA - 2ND PLACE
242 LB - JAMES HAWKINS- 1ST PLACE.
"THIS MEET WAS IN KILOS, ANNOUNCED IN KILOS AND POUNDS FOR THE FANS WHICH AT THE PEAK WAS JUST UNDER 500 SPECTATORS.
"THE MEET BEGAN SATURDAY WITH 215 LIFTERS, FIRST WEIGHT IN BEGINNING AT 7:00 AM AND THE WHOLE THING ENDED AT 5:30 AM. SUNDAY MORNING. THE MEET WAS HANDLED JUST SUPER BY MEET DIRECTORS GENE MC CLAIN, MIKE E. HAWKINS AND DAVID YEARGEN. THEY ALL 3 DID A LITTLE BIT OF EVERYTHING THROUGH THE ENTIRE MEET. GENE MC CLAIN IS THE BEST ANNOUNCER AND MEET HEAD OFFICIAL IN THE ENTIRE POWERLIFTING WORLD; HE IS SO COOL AND CALM AND NEVER GETS RUFFLED, NO MATTER WHAT. HIS WIFE JEAN MC CLAIN HEADED UP THE SCORERS TABLE THE ENTIRE MEET WITH HELP FROM "REGGIA" RIGGINS, DALE STATES, VICKI BRADLEY AND BETH CALDWELL. "SPECIAL THANKS TO THE SPOTTERS/LOADERS, TIM CRAIG, TODD WHITE, CHAL MILLS, TOMBO CORBIN, LEWIS WATERS, BEN STERLING, DAVID MAYBERRY, SCOTT GREENE AND MANY MANY MORE.
"THE JUDGES DID A GREAT JOB AND THEY WERE RUSSELL COOPER, RALPH PARDUE, GENE HAWKINS, MIKE E. HAWKINS, RICKY LEE, MIKE DOO-LITTLE, RICK FERRELL, BEN GARREN. PAT MC NARMARA, DAVID STAPLETON, DAVID YEARGIN. THE CONCESSION AND THE LIFTING GEAR SALE WAS HANDLED BY PEGGY HAWKINS AND TIM DAVIS.
"A SPECIAL THANKS GOES TO GREENVILLE HEALTH CLUB AND EAST SIDE HIGH SCHOOL ATHLETIC DEPT. AND COACH JOHN CARLISLE FOR SPONSORING MEET. THE BIGGEST THANKS GOES TO ALL THOSE FOLKS THAT HELPED SET UP FOR THE MEET AND BROUGHT EQUIPMENT TO BE USED:
NICK STRANGE POWERLIFTING GYM, GENE'S HOUSE OF HERNIAS, N. AUGUSTA BODY SHOPPE & TOMKINS L.A. POWERLIFTING TEAM.
THIS REPORT WAS PUT TOGETHER BY JAMES HAWKINS AND BECKY HAWKINS. THANKS TO ALL THE HAWKINS PEOPLE FOR RESULTS AND REPORT.

SCOTTSDALE WOMEN'S CLOSED MEET
12/13/80-SCOTTSDALE, AZ

97#
K. NICHOL 145 85 210 440
114
C. FISHER 200 120 295 615
148
K. KELLY 260 135 305 700
165
A. JOHNSON 285 180 340 805
181
J. SVENDSEN 285 145 315 745
THANKS TO TOM PETROLA FOR RESULTS

4TH ANNUAL MIDWESTERN BENCH PRESS CHAMPIONSHIPS-12/13/80-FARGO N.D.

132
R. BOLANDER 225
C. WONG 185
S. FERGUSON 145
148
D. PIRO 335
D. WARCHOL 310
K. HARRIMAN 305
L. FOSTER 290
T. OLIVER 285
T. WEIPPERT 235
S. MILLER 180
165
T. RACHWAL 390*
T. LAHNER 335
J. RUSH JR 330
T. TORTORICE 300
181
B. MUSIELEWICZ 330
R. SAMPSON 325
E. BENSON 315
C. EIDSNESS 275
S. WILTZ 245
J. IRELAND -
198
M. MATTICE 440
J. SANDBERG 365
J. GOULD 360
T. DESSAINT 360
B. TRUAX 355
A. CHRISTIANSEN 350
W. JOHNSON 350
D. PATROW 345
C. RENSHAW 280
220
P. WHITNEY 455*
J. BRACE 410
L. BANK 400
T. SAILER 375
B. LONDON 360
B. BIRKHOLZ 340
242
J. GENERRE 415
J. JACQUES 395
J. BLADOW 385
D. HENN 340
D. KOSTICH 340
L. KELEY 320
R. SATROM 310
SHW
M. HINTZ 385*
K. ELLETT 375#
S. SANDO 265
MEET HELD AT FARGO-MOORHEAD FAMILY YMCA
MEET DIRECTORS:
PAUL WHITNEY & KEN ELLETT.
* MEET RECORD
# N.D. STATE RECORD

BEST LIFTERS:
DAVE PIRO, MARK MATTICE.
"DAVE PIRO & TODD RACHWAL HAD A HEADS UP BATTLE IN THE BENCH PRESS FOR BEST LIFTERS WITH PIRO JUST EDGING TODD OUT. PIRO IS ONLY ABOUT 135# & RACHWAL BARELY OVER 150#. HE BENCHED AN EASY 405 IN THE WARM UP ROOM RIGHT AFTERWARDS.
"THERE WAS TIGHT COMPETITION IN MOST CLASSES- ESPECIALLY THE 198S AS YOU CAN SEE. MARK MATTICE BENCHED A 440 AT 198 TO EDGE YOURS TRULY OUT FOR BEST LIFTER. I HAD 475 ABOUT HALF WAY UP (HA HA). LOOKING FORWARD TO THE POWER MEET ON 12/18 JANUARY.

TO POWERLIFTING,

PAUL WHITNEY
THANKS TO PAUL WHITNEY FOR RESULTS AND REPORT.

Back to the Rack

a new wrinkle on Power Rack training

by JOHN McKEAN

Over the past few years several authors have expounded the virtues of limited movement power rack training; isometronic, as Peary Rader calls it...and for good reason...it works! Some daring and innovative men, particularly in the early 60's, found they could make astounding increases in their competitive lifts with work on the rack whereas their 'normal' routines had ceased to produce progress. However, despite its apparent value and the good sense behind its theory, I've witnessed very few power men actually employ PROPER limited movement training. Oh sure, some guys do half and quarter squats and a few take the bar off high pins, lower themselves to certain positions and come up. But unless the bar is started from a dead stop and moved to an isometric position four or five inches above, thereby eliminating the employment of a rebound, stretch reflex, or momentum, the fantastic gains of the power rack pioneers are not achieved.

Why do so few trainees use the rack correctly? Well, for one thing it's damn tough and very little weight can be used at first, especially from the bottom positions. Movements are short and awkward, no 'pump' is created, nor is there the burst of acceleration most lifters enjoy in a standard full range exercise. A very big factor against short range lifting, though, and the point of this article, is the finish of the movement--that cruel and unusual punishment known as isometrics.

Most weight men are turned off by isometrics. This form of exercise is particularly treacherous when performed with a briefly moved heavy barbell--the original isometronic concept. If too little weight is used for the initial lift ahd bar clangs loudly against the top pin creating vigorous reverberations throughout the unfortunate lifter's body! When a correct weight (heavy enough to prevent speed or acceleration) is employed it's extremely difficult to concentrate on pushing more forcefully into the cold steel of the upper pins. I know, I know-- you're supposed to pretend you are bending or breaking those pins--but in your heart you know it's futile--you are, in effect, banging your head against a brick wall. Most such attempted isometrics become merely supports and much of the desired effect (and gains) is lost.

I've developed a simple and very effective solution to the 'dead end' upper pin problem. Since its application I've eliminated the boredom and frustration of a sheer isometric, yet receive all the benefits. My mental attitude and progress have skyrocketed.

Simply stated, I place a cylindrical piece of styrofoam or rubber of about 3½ inches in diameter and 6-8 inches in length around each top pin. I cut mine from old boat bumpers--they're cheap, relatively indestructible, and the center hole fits perfectly around a 5/8 inch rack pin. When the barbell hits these there is still a bit of movement possible as they yield and compress. The lift NEVER REALLY REACHES A DEAD END and incentive is there to keep pushing (6 seconds or more) to seek the deepest possible penetration into the pads. It's a lot more comfortable to put forth a truly maximum effort at the top due to the gentle give, and the body is 'tricked' into greater and greater exertion! Eventually, of course, the body reaches ITS limit of push--but it's practically impossible to ever completely squash those pads (especially with a sufficiently heavy barbell)!

To implement this bumper rack training into, let's say, a squat program I use three positions--parallel, 3 inches above paralle, and 3 inches below (three consecutive holes throughout the sticking point range). I go for one maximum exertion at each position after a regular (though limited) squat session or, at times, devote a workout solely to the rack, using a BRIEF warmup to get to the top weight. I train twice weekly.

I must emphasize the necessity for using only ONE all out attempt at each position. If you can do more than a single set you aren't putting forth enough physical and/or mental effort or the weight is too light. I use as much weight as I can just get up with from each of the three imposed bottoms. I add five pounds to each position EVERY workout. After a few weeks of this progression, when the weight starts getting up there, it's amazing how little push you can apply into the bumpers, but it's always a challenge to try to crush them!

After the six second push at the top, if I'm not completely burned out, I like to lower the bar to one inch above the bottom pins, hold for six seconds, then try for another push back up into the pads. Believe me, this is such intense work that you'll have no need for further reps or sets! When done with concentration, four max efforts are performed in this compound movement (two starts, two finishes).

Start easy on this program and gradually build up to heavier and heavier weights. Eventually you'll have days when the five pound increase will prove just a trifle too much and you won't quite be able to make it up the four inches to the bumpers. Don't let this get you down--in fact, feel good about it--you've truly worked a max rep! In this case simply hold at the stuck position for six seconds or so, trying like crazy the whole time to touch the pads. I've found when this has happened to me that not only could I still add five more pounds the following workout, but also would have gained the strength to reach the top with the increased load!

As an indication of how well this routine has worked for me, before its inception I had a top competition squat of 450 at 148. Within months I set four state records, did an official 530, and made PL USA's top ten in that lift! My rack poundages at the time consisted of 585 just above parallel, 530 at parallel, and 445 three inches below. Now, I achieved the gains honestly (without drugs), am not a 'natural' or a fast gainer (though I do tend to specialize on the squat), and do not even have good body leverage for the movement (other than being short and having a plump rump!) I'm sure a lot of guys who are better blessed physically could make greater and more rapid gains than I--if only they'd give this new rack wrinkle a chance!

I've found sticking points are no longer a problem, proper body position for maximum force is learned, and the all important drive from bottom is increased tremendously. Want an honest to goodness shortcut to power? All it takes is a rack, a couple of bumper pads, and enough conviction to give it a sincere try!

(1) HARD INITIAL LIFT FROM DEAD STOP
(2) MAX PUSH INTO BUMPER (6 SECONDS)
(3) SLOWLY LOWER TO 1 INCH ABOVE PIN
(4) HOLD ABOVE BOTTOM PIN (6 SECONDS)
(5) PUSH BACK TO TOP AND INTO BUMPER
(6) 1 MAX SET A PARALLEL, ABOVE, BELOW

SPECIAL ADVICE TO THE BODYBUILDER

by
Iron Man Author - Dennis B. Weis

15 Information Packed Chapters of the most ADVANCED hard core bodybuilding techniques EVER!!!

POWER TRAINING PROGRAMS ARE AN IMPORTANT PART OF THIS 144 page book. Send $6.95 plus $1.00 for postage to:

Iron Man Magazine Dept: P/L
P.O. Box 10
Alliance, Nebraska 69301

OTHER BOOKS BY THE AUTHOR
The Powerlifters Manual $3.95 plus 50¢ postage.

GO ALL THE WAY

We Guarantee 100-300 pounds added to your total within one year!

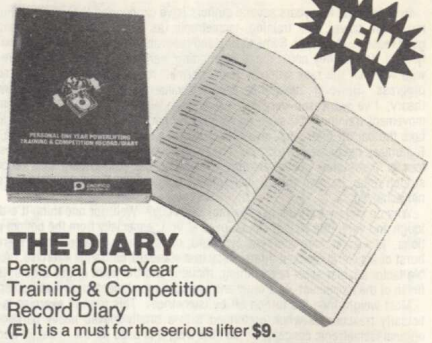
THE TRAINING SYSTEM

Just published, fully illustrated*

(A) Body building for Powerlifters **$6.**
(B) Squat System **$6.**
(C) Bench Press System **$6.**
(D) Dead Lift System **$6.**

NEW

*All four—**$20.—You SAVE $4.**

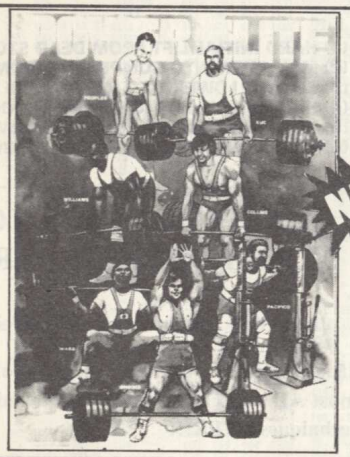


NEW

THE DIARY

Personal One-Year Training & Competition Record Diary

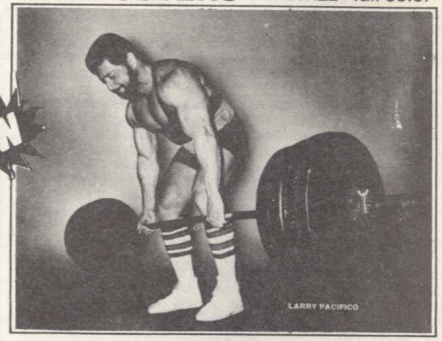
(E) It is a must for the serious lifter **$9.**



THE POSTERS

17x22" full color

NEW



(F) The Power Elite Past & Present, from original painting **$5.**

(G) Larry Pacifico—photo/art **$5.**

(add 25¢ Postage and Handling)

POWER ELITE (H) T-SHIRT

50% Cotton/50% Polyester. Flaunt it with this winner.
(H) White on Red, Red on White, Navy on Yellow, Navy on Sky Blue **$5.75**

THE WAIST (I) WASTER

Rubber/Elastic. Wear with exercise or street clothes. 26-30 (S), 30-34 (M), 34-38 (L) 38-46 (XL)
(I) $10.95 or **(2) @ $19.95**

MORE SUPER VALUES

(J) SUPER SUIT 1 Sizes 26-46, White only **$25.**
(K) SUPER SUIT 2 Sizes 24-46, Royal Blue, Red, Navy **$32.** (Plus *free* T-Shirt)

(L) SUPER WRAP 2
1 pair **$7.**, 2 pair **$13.** 3 pair **$18.**

(M) Bill Pearl's **"Keys To The Inner Universe"** 638-pg. Encyclopedia/1600 Illustrations **$25.**
(Add 10% Tax and Shipping; Outside U.S.A. add 25%)

SUPER BELT by Bob Morris
(N) Regular Thickness **$33.**
(O) Double Thickness **$62.**
(P) Double Thickness. Suede **$75.**

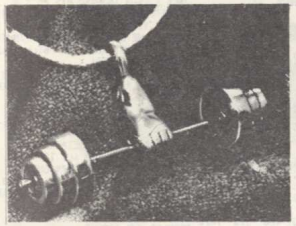
(Q) SUPER LIFTING HAND STRAP
1 pair **$6.**, 2 pair **$11.**, 3 pair **$15.**

WITH POWER ELITE

YOUR OWN PERSONALIZED GENERAL TRAINING SYSTEM ON CASSETTE $24.95

NEW

Just let us know what your present training system is and we will first analyze, and then customize a completely personalized **POWER ELITE System just for you! (T)**



THE PIECE 2"x1"

exclusively crafted for P.E.
(R) Gold Plated **$36.**
(S) Solid Sterling Silver **$58.**

NEW

CHAIN NOT INCLUDED

SEND FOR OUR FREE, EXPANDED CATALOG

THE MATCHED LUGGAGE SYSTEM

finest available, heavy-duty Nylon, Rustproof zippers, Wet/Dry Compartments, Red/White/Blue.

ALWAYS GO IN STYLE

NEW

(U) Jacket **$26.**
(V) The Workhorse 24 x 12" **$35.**
(W) The Spa Bag 18 x 9" **$26.**
(X) The Caddy-All (unique) 11 x 8" **$24.**
(Y) The Garment **$27.**

ORDER FORM—PLEASE PRINT

ITEM DESCRIPTION	CODE LETTER	QUANTITY	COLOR(S)	SIZE, WAIST OR WEIGHT CLASS	OTHER INFORMATION	PRICE

SHIPPING*	$
SUB-TOTAL	$
Check or Money Order TOTAL	$

NAME

ADDRESS

CITY/STATE ZIP

Mail to: **Pacifico Enterprises**
P.O. Box 14152 N.R. Br.
Dayton, Ohio 45414

PACIFICO ENTERPRISES

*Most prices include tax and shipping in the U.S.A. Outside U.S.A. add 10% for Surface Mail and 20% for Air Mail for Postage and Handling. Satisfaction Guaranteed. Allow two weeks for delivery.

FOURTH ANNUAL PURDUE OPEN-(KILOS)
12/6-7/80-W. LAFAYETTE, IND.

52 KG				
A. TUITE*	85	47.5	117.5	250
56 KG				
M. DOSS	142.5	90	165	397.5
D. CLAUSMAN	110	92.5	172.5	375
E. TODARO*	132.5	77.5	157.5	367.5
B. LUCAS	122.5	85	152.5	360
60 KG				
F. RUETTIGER	200	135	232.5	567.5
P. KACAMB	207.5	117.5	202.5	527.5
M. PYCLIK	157.5	105	170	432.5
T. MOBLEY*	110	62.5	132.5	305
67.5 KG				
J. HALLADA	220	152.5	217.5	590
L. DESANTIS	202.5	137.5	227.5	567.5
I. MENDOZA	192.5	142.5	205	540
M. VERHULST	197.5	117.5	210	525
J. HARE	170	120	200	490
R. WALTON	155	125	172.5	452.5
S. RETHERFORD	157.5	92.5	185	435
R. PRIVOZNIK	145	97.5	190	432.5
J. MUMAW	150	87.5	180	417.5
S. HIRSHBLOND	147.5	87.5	177.5	412.5
A. BALDWIN	137.5	107.5	165	410
D. WATSON	115	92.5	155	372.5
S. RESCH	125	87.5	157.5	370
D. NEUMAN	-	-	-	-
75 KG	562	344.5	551	1477
S. PHILLIPY	255	155	250	670
T. BARDUSCH	227.5	132.5	227.5	587.5
P. MALONE	217.5	120	235	572.5
J. YEATS	192.5	122.5	240	555
R. TAYLOR	217.5	137.5	200	555
M. LARSON	217.5	155	205	537
H. COLEBERT	185	135	197.5	517.5
L. BOYNTON	187.5	107.5	215	510
T. PHIA	187.5	117.5	197.5	502.5
G. EUDALY	162.5	105	210	477.5
T. CRUMB	157.5	102.5	205	465
P. TROUT*	112.5	50	147.5	310
B. MASUOKA	-	-	-	-
D. HORNER	-	-	-	-
82.5 KG				
J. MOYLAN	250	160	265	675
P. WOLF	215	152.5	215	582.5
E. KOPKOWSKI	210	107.5	217.5	535
R. GAMMON	177.5	117.5	227.5	522.5
D. HOLMAN	140	75	182.5	397.5
M. STERNBERG*	115	65	112.5	292.5
90 KG				
L. TRAUB	252.5	160	290	702.5
M. ORR	262.5	160	275	697.5
M. STAHL	215	152.5	227.5	595
V. VANDIVIER	197.5	140	240	577.5
E. MERRIWEATHER	205	95	205	505
100 KG				
R. ZIMMERMAN	305	205	280	790
R. EVERETT	285	205	290	780
B. BONOVAN	230	117.5	282.5	630
F. GNERLICH	227.5	127.5	247.5	602.5
R. SMITH	205	162.5	230	597.5
D. TOLLE	200	115	215	530
P. MANNING	215	-	-	-
H. GRESHAM	-	-	-	-
110 KG				
D. REED	362.5	200	345	907.5
A. JACKSON	365	210	312.5	887.5
M. MITCHELL	265	177.5	265	707.5
O. KIRK	262.5	152.5	255	670
M. FERGUSON	172.5	127.5	205	505
125 KG				
P. CONTRERAS	340	232.5	317.5	890
J. MAGEE	262.5	205	300	767.5
SHW				
K. YOHNKA	205	102.5	240	547.5

LIGHT BEST LIFTER: F. RUETTIGER
2ND LT BEST LIFTER: S. PHILLIPY
HVY BEST LIFTER: D. REED
2ND HVY BEST LIFTER: A. JACKSON
WINNING TEAM: PURDUE PL TEAM
* DENOTES FEMALE LIFTER

WOMEN'S PLACEMENT IN THE MEET:
1ST 3 PLACES BY COEFFICIENT TOTAL
1ST PLACE: E. TODARO
2ND PLACE: T. MOBLEY
3RD PLACE: A. TUITE
THANKS TO PAT MALONE FOR RESULTS.

PURDUE COLLEGIATE CHAMPIONSHIPS-12/6-7/80

52 KG				
A. TUITE*	85	47.5	117.5	250
T. KENNEY*	67.5	42.5	100	220
56 KG				
D. CLAUSMAN	110	92.5	172.5	375
B. LUCAS	122.5	85	152.5	360
K. BURKHARDT	125	70	137.5	332.5
60 KG				
M. PYCLIK	157.5	105	170	432.5
T. MOBLEY*	110	62.5	132.5	305
67.5 KG				
M. VERHULST	197.5	117.5	210	525
J. HARE	170	120	200	490
D. KEISER	155	92.5	200	450
R. PRIVOZNIK	145	97.5	190	432.5
M. FEASTER	130	137.5	160	427.5
J. MUMAW	150	87.5	180	417.5
S. HIRSHBLOND	147.5	87.5	177.5	412.5
A. BALDWIN	137.5	107.5	165	410
D. WATSON	125	92.5	155	372.5
S. RESCH	125	87.5	157.5	370
75 KG				
M. CALUBRESE	222.5	122.5	232.5	577.5
T. PHIA	187.5	117.5	197.5	502.5
G. EUBALY	162.5	105	210	477.5
T. CRUMB	157.5	102.5	205	465
D. WALLACE	147.5	97.5	155	400
P. TROUT*	112.5	50	147.5	310
B. MASUOKA	-	-	-	-
82.5 KG				
R. CRAFT	235	145	257.5	637.5
P. WOLF	215	152.5	215	582.5
E. KOPKOWSKI	210	107.5	217.5	535
D. HOLMAN	140	75	182.5	397.5
90 KG				
J. LAHAIE	190	175	240	605
E. MERRIWEATHER	205	95	205	505
100 KG				
B. BLEADON	282.5	177.5	282.5	742.5
B. NICHOLS	245	165	250	660
C. LAMB	217.5	197.5	237.5	652.5
110 KG				
K. WALD	260	160	262.5	682.5
SHW				
K. YOHNKA	205	102.5	240	547.5

* DENOTES FEMALE LIFTERS.
LT BEST LIFTER: M. VERHULST
HVY BEST LIFTER: B. BLEADON
1ST PLACE TEAM: PURDUE PL TEAM, 2ND: INDIANA UNIV PL TEAM.

AMERICAN CUP-12/14/80-SAWMILL CREEK LODGE, HURON, OH

114				
C. KESTEL	225	115	260	600
132				
B. KRAUSE	370	265	470	1105
T. CRABTREE	275	200	335	810
148				
J. WARNER	585	280	570	1435
B. WAHL	555	295	555	1405
J. PULLIZI	450	280	480	1210
J. COLE	430	325	430	1185
R. GRAMHN	340	295	430	1065
165				
J. TOPSOGLOU*	645	360	600	1605
S. SNYDER	530	350	555	1435
M. OLESZEK	460	275	505	1240
T. POKORNY	260	-	-	-
181				
J. WILSON	700	400	575	1675
B. GILL	565	305	580	1450
E. STANFORD	530	335	580	1445
T. POWELL	465	315	480	1260
198				
B. KYLE	610	420	580	1610
D. KENNE	590	330	625	1545
R. TATKOWSKI	615	335	560	1510
M. KLEIN	485	305	600	1390
J. BIACCI	470	360	540	1370
J. CROCKETT	450	300	525	1275
V. DIBARI	350	330	400	1080
G. BRANDBERRY	590	375	BMB	-
220				
T. WILSON	705	415	680	1800
D. WILSON	600	490	610	1700
G. BURCH	615	390	625	1635
G. DRESCHEL	615	370	560	1545
M. WATERFIELD	500	420	600	1520
242				
D. SCHNEIDER*	825	430	760	2015
J. BURCH	710	430	640	1780
D. SCHWEINFURTH	615	400	635	1650
J. KING	585	345	640	1570
R. CHAFFIN	570	350	525	1445
275				
T. MEYERS	640	450	620	1710
K. GAYDISH	615	420	630	1665
SHW				
B. BRADFORD	610	415	655	1680

* BEST LIFTERS.
JACK WILSON INJURED HIS BACK, UNFORTUNATELY. JERRY CROCKET WENT 9 FOR 9, VITO DIBARI WAS THE BEST 50+ LIFTER. HE GOT A WR 355 BP 1/2 WAY UP IN HIS 1ST MEET. SHW BILL BRADFORD WEIGHED 360!.
"THE MEET LASTED 12 HOURS. ROGER ESTEP MCD AND DID A GREAT JOB. HE IS LOOKING HUGE AGAIN, SO DON'T COUNT HIM OUT, PEOPLE. SPECIAL THANKS TO MRS. WATERFIELD, SCORE-KEEPER. AND BEST LIFTER OF THE WHOLE DAY, TOMMY LAZZARA WHO LOADED AND SPOTTED ALL 12 HOURS. I EXPECTED A SMALL TURN OUT IN LIFTERS WITH THE MEET BEING HELD IN DECEMBER. EVERYONE HAD A GREAT TIME."
THANKS TO DAVE WADDINGTON FOR RESULTS AND REPORT.

PAT'S POWER PRODUCTS brings you the new

MIRACLE SUIT

The Powerlifting Uniform you've been waiting for!

LONG HOURS OF EXPERIMENTAL RESEARCH HAS LEAD TO THE DEVELOPMENT OF THE ULTIMATE POWERLIFTING UNIFORM. THIS SUPERIOR LIFTING SUIT IS OFFERED IN A VARIETY OF COLORS AND 14 SIZES (20-46). STATE SIZE WHEN ORDERING AND SECOND CHOICE IN COLOR.

AVAILABLE COLORS: MEDIUM BLUE, NAVY BLUE, BLACK, RED, WHITE, BROWN, GRAY, WINE, RUST, GREEN, AND CREAM. (others on request)

30 DAY GUARANTEE..... $33.50

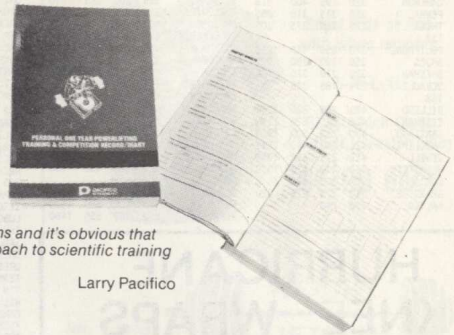
FREE REPLACEMENT IF RIPPED BEYOND USEABILITY
6 OR MORE SUITS AT $28.00 EACH

PAT'S POWER PRODUCTS
R.R. 2
Fort Branch, IN 47648
PHONE: 812-753-4639

NAME _____ PHONE _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____
WEIGHT ___ HEIGHT ___ CHEST ___ HIPS ___ LEGS ___
Size _____ Color Choice: 1st _____ 2nd _____

FINALLY-THE TRAINING SYSTEM that really WORKS

The Pacifico Enterprises' *System*, recently introduced, already racks up the *testimonials* AND the power to say, "it is the best"... what else would you expect from the most successful name in Powerlifting!



THE DIARY
A must for any serious lifter. It's a Personal One-Year Training & Competition Record-Diary. You know where you stand every day. Keeps you honest at only **$9.**

"We sold over 400 in the past 4 months and it's obvious that lifters are taking this intelligent approach to scientific training seriously."
Larry Pacifico

THE TRAINING SYSTEM
It's tested, tried *and* proven. Possibly the most successful, best-written and fully-photographed set of courses ever introduced:

"BODYBUILDING FOR POWERLIFTERS" $6. Tells you the importance of building a thick foundation, to absorb the heavy poundages used in Powerlifting...and much more.

"BENCH PRESS SYSTEM" $6. For both the beginner and advanced lifters. This course will help you add up to 100 pounds to your Bench Press.

"SQUAT SYSTEM" $6. Newly developed and refined techniques for the advanced and beginners. You will easily add up to 100 pounds to your Squat no matter what your weight class of competition.

"DEAD LIFT SYSTEM" $6. This program has been developed for the *normal* beginner or advanced Deadlifter. (The Deadlifter who is *not* anatomically built for this lift. Most record-holders have a perfect physique, including extremely long arms, for this lift.)

BUY ALL FOUR AND SAVE $4.

"I have followed the Pacifico courses on the Bench for 2 years and my improvement has been obvious." **Mike Bridges**

"The Pacifico courses have taken my total up over 300 pounds in the past year." **John Topsoglou**

"I have improved 575 pounds on my total in the past 19 months with the Pacifico System." **Steve Daugherty**

"I have never been more motivated by my improvement since I've been using the Pacifico method." **Terry Dillard**

Larry Pacifico is available for Seminars and Demonstrations. Write for further information.

Training Books—Regularly ..... **$24.**
(Buy all four and save $4.) ..... **$20.**
Diary—Regularly ..... **$9.**
(Buy all five items and save $6.) ..... **$27.**

ITEM	PRICE
TOTAL	

All prices include Tax and Shipping in U.S.A. Outside U.S.A. add 10% Surface Mail or 20% Air Mail.

NAME _____
ADDRESS _____
CITY _____
STATE _____ ZIP _____

PACIFICO ENTERPRISES

MAIL TO:
PACIFICO ENTERPRISES
P.O. BOX 14152 N.R. BR.
DAYTON, OHIO 45414

NEW JERSEY STATE-12/14/80
ENGLEWOOD, NJ

114				
WILLEM	240	160	265	665
JESIOLOWSKI	235	120	280	635
WORDELL	200	175	250	625
123				
CAMERON	320	195	400	915
PENNA, M	355	215	315	885
THIBAULT	270	160	375	805
132				
POLIFRONE	370	250	470	1090
AMJCS	350	190	380	920
SHEEHAN	325	210	370	905
DEVAULT	275	185	325	785
148				
BILLERO	420	290	530	1240
EISSMAN	425	245	520	1190
SANTIAGO	430	240	500	1170
PHILLIPS	425	240	490	1155
JEWELL	425	225	390	1040
WEINSTEIN	360	240	420	1020
BOTTAS	380	205	425	1010
GRAESSLE	310	225	375	910
BALTER	390	240	-	-
165				
PENNA, R	585	385	610	1580
DEMARIA	515	360	540	1415
WENZEL	475	390	530	1395
SCARANDA	415	250	530	1195
CHAMPIAN	370	235	500	1105
181				
SIMON	530	360	545	1435
SZIGETHY	555	290	585	1430
KURLOWICZ	515	375	500	1390
DAVIGNON	465	305	530	1300
HALLENBECK	475	320	505	1300
INTEMANN	430	285	525	1240
RANIERI	370	330	540	1240
KOKESH	450	270	515	1235
PETRIDIAS	445	300	480	1225
BRUMBACH	455	270	500	1225
BARCLAY	440	245	505	1190
GALASSO	425	265	430	1120
CASO	350	260	470	1080
MARINELLI	375	245	450	1070
HANSBURG	405	210	375	990
HORLEY	325	175	450	950
198				
CAPUTO	635	400	650	1685
GREEN	550	400	580	1530
PIRRELLO	550	360	550	1460
HONER	500	355	540	1395
VISCONTI	465	275	540	1280
SHIPON	450	300	455	1205
RICCI	400	275	450	1125
BUCHBAUER	385	285	440	1110
WILSON	435	210	455	1100
220				
METCHIKIAN	660	395	585	1640
SNITKIN	575	360	635	1570
ADDESSO	625	365	575	1565
BARAGO	535	380	600	1515
COPLAND	525	390	590	1505
MACHIN	550	355	565	1470
JONES	485	360	560	1405
MARTIN	470	300	580	1350
PATURNO	420	305	575	1300
ELWOOD	410	360	500	1270
242				
MORELLI	670	425	660	1755
MELILLO	595	450	665	1710
CARINI	610	430	605	1645
MAGOVERO	490	360	550	1400
HECKMAN	-	-	-	-
275				
ROMANIELLO	620	385	585	1590
SISCA	600	345	600	1545
LUBOW	-	-	-	-
SHW				
SADOWSKI	665	480	635	1780
SMITH	625	370	620	1615
DRESCHNER	-	-	-	-

TEAM WINNER: MAX'S IRON DEN.
"IN THE 114S IT WAS ALL KEN WILLEM. IN THE 123S STUART CAMERON WON VIA A 400 LB DL, A TEENAGE RECORD. GLEN POLIFRONE TOOK THE 132S WITH A DISTRICT RECORD DL. PAUL BILLERO'S 420 SQUAT AND 530 DL WON THE 148S. THE 165S SAW SOME GREAT LIFTING: RAY PENNA'S 585 SQUAT, 385 BENCH 610 DL FOR 1580 TOTAL; SECOND WENT TO FAIRLAWN'S JOHN DI MARIA WITH A 360 BENCH AND 540 DL. JOHN WENZEL'S DISTRICT AND STATE RECORD 390 BENCH GAVE HIM THIRD. IN THE 181S IT WAS NEW MILFORD'S DON SIMON. IN THE 198S JOHN CAPUTO TOOK 1ST WITH 635, 400, 650 FOR 1685. MIKE GREEN SET TWO TEENAGE RECORDS, A SQUAT OF 550 AND A TOTAL OF 1530. MIKE METCHIKIAN COPPED THE 220S WITH A 660 SQUAT. YALE FOOTBALL PLAYER, JOE MORELLI WON THE 242S WITH A REAL DEEP 670 SQUAT AND A 1755 TOTAL. LARRY MELILLO WAS SECOND WITH A 1710. RICH LUBOW, WHO HAD PLANNED A BIG DL, BOMBED WITH THREE HIGH SQUAT ATTEMPTS AT 650 OPENING THE DOOR FOR BILL ROMANIELLO. THE SUPERS WAS ALL PAUL SADOWSKI. PAUL ATTEMPTED A 720 LB SQUAT. HE HAD A 1780 TOTAL. "THE JOB OF REFEREE IS A THANKLESS ONE. THESE PEOPLE WHO CONTRIBUTE SO MUCH TIME AND EFFORT OFTEN GO UNRECOGNIZED. OUR SPORT WOULD BE NOWHERE WITHOUT HARD WORKING DEDICATED PEOPLE SUCH AS FRED ROBINS (FORMER STATE CHAMPION), ANDY GARRITANO (FORMER COLLEGIATE NATIONAL CHAMPION), LARRY PRESBY, BOB LEE (FORMER STATE CHAMPION), PETE GRIMM (FORMER STATE CHAMPION), MIKE RONCHI, DON RUTTENBERGER & BILL HORWITZ (FORMER WORLD CHAMPION), WHO ARE CALLED UPON TO MAKE VERY TOUGH, SPLIT SECOND DECISIONS AND WHO DO A VERY COMMENDABLE JOB. I WOULD ALSO LIKE TO THANK JOHN FALCONIO FOR ANNOUNCING.

RONALD PANISSIDI
N.J. ASSOCIATION AAU
CHAIRMAN

THANKS TO RON PANISSIDI FOR PUTTING ON THE MEET, FOR THE RESULTS AND FOR THE REPORT.

OKLAHOMA COLLEGIATE CHAMPIONSHIPS
12/13/80-NORMAN, OK

WOMEN'S DIV				
D. PHIPPS	203	121	281	606
E. GENTRY	148	88	214	451
D. BROOKS	154	88	176	418
J. SMALLEY	137	82	154	374
K. VAUGHN	181	99	-	-
114				
D. BROOKS	154	88	176	418
J. SMALLEY	137	82	154	374
K. VAUGHN	181	99	-	-
123				
D. PHIPPS	203	121	281	606
E. GENTRY	148	88	214	451
132				
M. BARNETT	336	209	407	953
R. NORTHCUTT	281	236	391	909
D. PORTER	236	176	236	650
148				
K. REED	451	297	507	1256
B. WEAVER	407	297	424	1135
P. COFFMAN	330	248	402	981
T. GRISHAM	336	253	435	1025
S. WHITE	275	-	-	-
165				
B. CLAYTON	468	358	523	1350
B. ANSELME	451	352	501	1306
V. TUBBS	352	259	418	1030
181				
R. SMITH	545	330	666	1543
B. HAINES	518	330	556	1405
T. MITCHELL	540	308	512	1361
S. WYRE	446	259	462	1168
J. TERRELL	391	242	468	1102
B. EADES	341	231	402	975
B. PURDY	462	297	-	-
W. WORKMAN	451	-	-	-
198				
R. HENSHAW	540	385	562	1488
E. JEFFERSON	518	330	628	1477
J. BOEN	435	264	501	1201
B. HARDEN	402	303	451	1129
B. ELLARD	551	325	-	-
220				
G. CHRISTENSEN	578	424	578	1581
M. WIMMER	424	319	435	1179
L. MILLER	391	281	490	1162
242				
T. PUCKETT	518	281	523	1322
B. CARPENTER	457	297	496	1251
E. MEINBERG	-	-	-	-
275				
M. HITCHCOCK	650	374	705	1730
M. FERRARA	462	369	551	1383
J. BUMPASS	501	264	600	1366
SHW				
L. DUNHAM	512	358	551	1421
D. QUALLS	253	154	308	716

* OUTSTANDING LIFTER
TEAM SCORING: OKLA ST UNIV: 60
OKLA UNIV-58.
THANKS TO WAYNE RAGSDALE FOR RESULTS.

HURRICANE KNEE WRAPS

HURRICANE WRAPS ARE THE STRONGEST AND MOST DURABLE KNEE WRAPS ON THE MARKET

THEY GIVE YOU MAXIMUM SUPPORT WITHOUT RIPPING OR TEARING

HURRICANE WRAPS ARE NOW BEING WORN BY MANY NATIONAL AND WORLD CHAMPIONS

****

The wrap that won't wear out or lose it's support 'only' cost: 1 pair 10.00, 5 prs. 45.00, 10 prs. 82.00

NAME _____ Ph. _____
ADD. _____
_____ state zip No. of Prs. _____

Pat's Power Products
RR 2 Fort Branch, IN 47648

7th ANNUAL
Southeastern Powerlifting Championships

April 18th, 1981 — **Chattanooga, Tennessee**

OPEN - NOVICE - MASTERS - WOMEN'S DIVISIONS

Tennessee *Virginia*
Mississippi *Alabama* *Georgia*
Florida *S. Carolina* *N. Carolina*

for information write to:
EDDIE BODKIN
P.O. BOX 526
CHATTANOOGA, TENNESSEE 37401

1980 EASTERN STATES NOVICE
CHAMPIONSHIPS-12/13/80-WHITMAN,MA.

114				
V. KINZEL	135	105	245	485
123				
D. SANDERSON	220	105	230	555
148				
R. COURNOYER	435	250	460	1145
B. GUILMETTE	390	260	435	1085
T. VENTI	400	225	455	1080
J. KOSTA	375	275	400	1050
D. PAGE	380	200	430	1010
M. VENTI	375	215	380	970
N. BERKO	330	245	390	965
G. MATTSON	275	220	450	945
R. DEMAIO	325	190	350	865
D. ROBINSON	300	160	375	835
R. CAMACHO	245	210	250	705
J. MUTO	-	-	-	-
S. BISHOP	-	-	-	-
165				
E. MAYE	500	300	550	1350
L. CAPLAN	400	240	400	1040
G. LEAL	375	225	440	1040
D. BOYLE	385	225	425	1035
J. MARINO	375	240	400	1015
J. CLIFTON	315	225	385	925
E. CRUZ	235	200	300	835
J. FROST	315	205	315	735
J. BISANTI	-	-	-	-
T. MACMILLAN	-	-	-	-
181				
D. VANGEL	515	330	575	1420
J. GENTILE	470	295	540	1305
D. BRUNELLE	450	285	485	1220
A. SILVA	440	285	470	1195
M. GETCHELL	390	285	410	1085
J. STEELE	350	230	475	1055
C. ROSA	325	225	450	1000
J. TUCKER	-	-	-	-
198				
M. STATEN	550	330	630	1510
J. LAFRANCE	505	385	525	1415
T. CAPUTO	465	310	600	1375
J. SVIRSKY	475	315	565	1355
B. REARDON	510	275	525	1310
G. REYNOLDS	500	285	490	1275
S. BARKER	440	295	500	1235
N. WILLETTE	450	285	500	1235
K. WIDISKY	420	325	425	1170
J. BELLEMARE	380	220	420	1020
V. CUPO	325	175	415	915
R. CAPACHIONE	-	-	-	-
220				
F. MUCCIO	585	340	550	1475
P. MAZZA	450	385	550	1385
S. BRALEY	510	285	580	1375
S. O'LEARY	450	280	535	1265
M. PATELIS	410	325	405	1140
E. MELENDEZ	540	-	-	-
F. POULIN	-	-	-	-
242				
B. GIANCOLA	590	380	540	1510
A. SULLIMA	500	275	475	1250
B. DUKE	350	200	450	1000
275				
J. ANDERSON	640	350	650	1640
M. OULLETTE	525	360	525	1410
S. SANSONE	505	250	525	1280
J. SHEEDY	400	250	420	1070
J. VERRIA	430	-	-	-
M. BLAKE	-	-	-	-
EXTRA LIFTER -242#				
G. KOSTAS	600	405	650	1655

MC: MICHAEL CAPACHIONE
OFFICIALS: JOE ZARELLA, DENIS RENO, CHUCK JOHNSON, BRUCE TAKALA,ERNIE HACKETT, BARRY CHEPREN, GEORGE PARIGIAN, SAUL SHOCKETT, GREG KOSTAS, STEVE SANDERSON, DAN RANAHAN.
MANY THANKS TO THE MEMBERS OF THE IRON GYM WHO LOADED, SCORED, TOOK TICKETS, SETUP, ETC.
THANKS TO GREG KOSTAS, MEET DIRECTOR, FOR RESULTS.

WOMEN'S MEET-12/20/80-AURORA, ILL

123				
E. TODARO	285	170	345	800
D. FRANTZ	305	170	365	840
132				
K. LEONARD	270	130	310	710
181				
M. STERNBURG	310	135	285	730

SANCTION #8183

"THIS IS THE RESULTS OF A SMALL SANCTIONED CLUB MEET FOR A FEW OF MY GIRLS. I HAVE 4 MORE OTHER GIRLS ON MY TEAM BESIDES THESE, INCLUDING WORLD CHAMPION MISSY ORTH.

ERNIE

THANKS TO ERNIE FRANTZ FOR RESULTS AND REPORT OF THIS MEET-HELD AT THE FRANTZ HEALTH STUDIO

POWERLIFTING Classification T-shirts

Royal Blue or Red with white lettering

S-M-L-XL

State which Class (IV,III,II,I,Master,Elite)

$6.99 each

Also available in white with scarlet trim with blue and red lettering, OR white with blue trim with blue and red lettering.

$8.99 EACH

WEIGHT LIFTER'S TM
WAREHOUSE
5542 SOUTH STREET
LAKEWOOD, CA 90713
213-920-1232

(California residents add 6 per cent sales tax)

Premier Health Equipment is designed and constructed to give long life under heavy use. Made from heavy duty steel, it is designed for use in a gym, health club, school or even a home!

COMPLETE LINE OF EQUIPMENT

Benches, incline benches, pec decks, power racks, scott benches, hack machines, standing calf & seated calf machines, squat racks, cable crossovers, lat isolators, tricep isolators, Lat pull machines, leg extension, leg press, pullover machines, dumbbells, barbells, Olympic sets and much much more. All machines available as plate loading or selectorized units.

ORDER YOUR CATALOG TODAY!

Premier
HEALTH EQUIPMENT

Why take a chance when now the best is available to all?

Send $1.00 to :
Premier Health Equipment
125 North Guadalupe
San Marcos, TX 78666

DEALER INQUIRIES INVITED

NEVADA OPEN NOVICE- 1/17/81
LAS VEGAS, NV.

WOMENS DIV	MALONE	FORMULA		
S. JARVIS	140	80	205	425
D. CANDELARIA	320	150	355	825
C. FISHER	240	115	315	670
A. JOHNSON	290	165	400	855
K. KELLY	270	135	310	715
J. SWENDSEN	300	145	340	785
L. HILL	165	130	BMB	
MENS DIV -106#				
K. COOK 114	165	125	215	505
D. SAMPLES 123	190	175	215	580
L. PRESS 132	230	185	310	725
T. SCHIAVO	305	225	370	900
P. TRUJILLO	260	230	360	850
M. EIRCHELE	275	165	385	825
F. BURCHART 148	250	210	360	820
G. WYATT	330	225	420	975
J. JACONETTI 165	305	235	340	880
J. MROTEK	390	255	475	1120
T. CONRAD	400	235	455	1090
J. CAMPANELLA	360	265	425	1050
A. FISCHETTI	365	240	405	1010
F. ELDER	350	225	415	990
L. REGO	320	250	415	985
C. FERNANDEZ	310	215	425	950
L. DICE	320	250	345	915
G. MYERS	260	230	340	830
B. COOPER	235	205	365	805
D. SIMONS 181	300	-	-	-
K. KUNTZMAN	420	275	480	1180
S. GILMORE	390	365	400	1155
D. MANN	400	260	450	1110
R. HETZEL	380	275	445	1100
K. SANDERCOCK	400	270	415	1085
N. SHORE	335	275	435	1045
J. GURLEY	375	210	440	1025
K. MAYEDA 198	290	210	280	780
D. TIERNEY	465	340	510	1315
B. MOULAS	475	275	475	1225
J. CAZACUS	420	270	480	1170
F. RODRIGUEZ 220	375	275	BMB	
M. BECKERLE	500	360	600	1460
J. ROBERTSON	540	335	580	1455
R. FORMHALS	380	365	570	1315
K. LOLO	420	320	490	1230
L. KEEP	415	340	540	1195
S. SKIPWORTH	135	360	SCRATCHED	
SHW				
R. KNIGHT	475	265	450	1190

"OUR 3RD ANNUAL OPEN NOVICE MEET WAS QUITE SUCCESSFUL, DESPITE THE FACT THAT WE HAD TO CHANGE SITES BECAUSE OF A WRESTLING MATCH. WE HAD 46 ENTRIES COMING FROM MISSOURI, NEW MEXICO,UTAH, ARIZONA, CALIFORNIA, AND OUR LOCALS. SPECIAL THANKS TO ALL OF THE COMPETITORS FOR COMING TO THE NEVADA NOVICE CHAMPIONSHIPS, ESPECIALLY FOR THOSE WHO TRAVELED SO FAR FOR OUR MEET. I WOULD ALSO LIKE TO RECOGNIZE 46 YEAR OLD PAUL TRUJILLO FROM LAS CRUCES, NEW MEXICO, WHO JUST STARTED POWERLIFTING. I WOULD LIKE TO WISH HIM EXTENDED GOOD LUCK. ALSO TO THE ARIZONA WOMEN FOR THEIR AMAZING PERFORMANCE IN OUR SPORT, ESPECIALLY TO ELITE LIFTER DEBBIE CANDELARIA, WHO TOTALED 825 AT 122½ BODY WT. I WOULD LIKE TO WISH DEBBIE AND ALL OF HER TEAM MEMBERS MUCH SUCCESS AND GOOD LUCK. I WOULD ALSO LIKE TO THANK MARK BECKERLE FOR ATTENDING OUR MEET, AND RECEIVING THE OUTSTANDING LIFTER AWARD; HOPEFULLY MARK WILL CONTINUE, BECAUSE HE WILL BE A GREAT ASSET TO OUR SPORT, AND LASTLY, I WOULD LIKE TO THANK ALL THE PEOPLE WHO HELPED RUN THE MEET, ESPECIALLY FRAN STIVERS, SUSAN STIVERS, SHERRI MENAKER FOR KEEPING SCORE CARDS, EXPEDITING, AND ANNOUNCING OUR MEET, AS WELL AS THE SPORTERS, LOADERS, AND JUDGES, ESPECIALLY GARY MENAKER, GABE STIVERS, ED AMMERMAN, DAVID SNYDER, DEAN PICKLE, AND JOHN AND WAYNE FOR SPOTTING. MAY THE LORD GUIDE YOU, PROTECT YOU, AND BRING YOU MUCH SUCCESS IN 1981.

TO POWERLIFTING,

KEN TRUJILLO

THANKS TO KEN TRUJILLO FOR RESULTS AND REPORT. KEN DESERVES MUCH CREDIT FOR BRINGING LIFE TO THE SPORT IN NEVADA WHERE IT WAS ALMOST NON-EXISTENT BEFORE.

POWER SUIT The original made by Spanjian to increase your Squat. Natural color. sizes XS(32-34), S(36-38), M(40-42), L(44), XL(46), XXL(48) (Send height and bodyweight info).....$20.00

LIFTING SUIT 100 per cent stretch nylon...S-XL...Navy, Maroon, or Royal Blue...Suits are trimmed in white...(Other colors/sizes can be ordered for $17.00).....$14.00

SUPER WRAPS an excellent training wrap.....$5.00

SUPER WRAPS II THE Competition wrap.....$7.00

TRAINING STRAPS (send fist measurement).....$5.50

CHALK Magnesium carbonate, for a non-slip grip. Per pound (eight 2 ounce blocks).....$7.50

T-SHIRT Weightlifters Warehouse t-shirt. Colors: Navy, Royal, Gold. Sizes: S-M-L-XL.....$6.00

Mastercharge/VISA accepted

California residents please add 6 per cent sales tax

WEIGHT LIFTER'S WAREHOUSE ™

5542 SOUTH STREET
LAKEWOOD, CA 90713
213-920-1232

DEFY GRAVITY

POWERLIFT REGULARLY

model 1A
1A comes in kelly, gold, or navy

KEEP AMERICA STRONG

USA POWERLIFTING

model 2B
2B comes in lt. blue, gold, or tan

TWO Powerful Designs

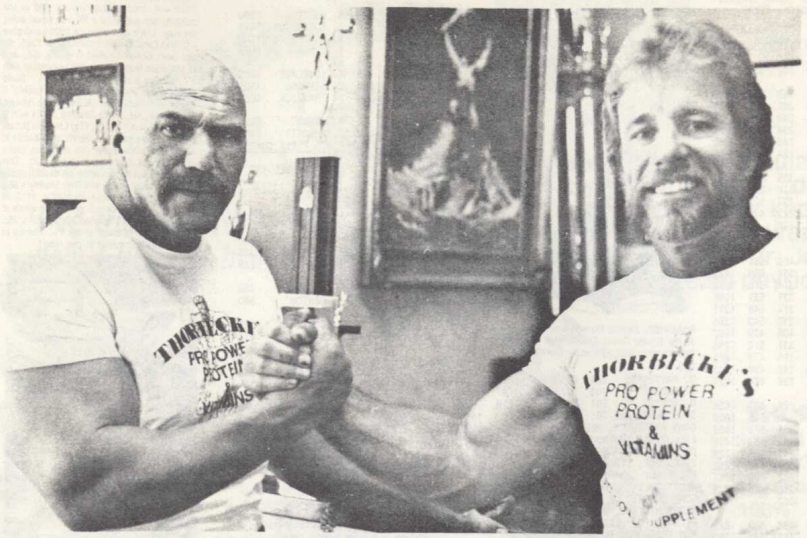
$7.00 each
S,M,L,XL

These designs are silk-screened on high quality T-shirts. Also available on All-American (red, white & blue) tank tops.

Check or money order to:
Jeff W. Temple 1850 NW 42 terr.
Suite R401 Lauderhill, FLA 33313

Questions? Leave message for Jeff (toll free) 1-800-327-3665 and I'll get back to you. Ask about CUSTOM WORK for your gym or meet.

Name _____
Street _____
City _____
State _____ Zip _____
(circle one) T-shirt 1A 2B Tank Top 1A 2B
Color _____ Size _____



'Thorbecke's is all I use' says SuperStar Billy Graham, seen here shaking hands with the developer of Thorbecke's Protein and Vitamin Supplements, Brick Darrow. For further information on Thorbecke's products turn to page 49

BOOK REVIEW

Special Advice to the Bodybuilder/Dennis Weis

Published by Iron Man on nice slick paper, this book contains many photographs of top stars of the game, plus an abundance of good, useful information on such items as diet, physique contest preparation, the proper training procedures for various bodyparts, and there are some power routines included.

Most notable was the obvious sincerity conveyed by author Dennis Weis...he truly wants each and every reader to make good, solid, meaningful gains. Furthermore, Dennis is not just a preacher...he's transformed his own physique through the very methods he expounds in this inexpensive and usable volume. *SPECIAL ADVICE TO THE BODYBUILDER/Dennis Weis.....$6.95 plus $1.00 handling from IRON MAN Magazine, Dept. P/L, P.O. Box 10, Alliance, Nebraska 60301*

The TEXAS Newsletter It's been a fixture in that part of the country for many years and represents a major reason why Texas Powerlifting is where it is today. Apparently, according to reader John Bishop (Class of '73, TCU), the newsletter needs a shot in the arm in the way of contributions and someone new to continue the work. For those who wish to maintain this valuable service, please send your contributions to TPBA, Box 761, Cedar Hill, Texas 75104. Mr. Bishop sent in a check for $25, but anything will do....DON'T LET OVER A DECADE OF FINE WORK FOR POWERLIFTING GO DOWN THE DRAIN!!!

ERROR 132 lber, Jeff Williams, did not have his fine 270 bench listed on the TOP 100 list..we apologize for that oversight. It's doubly important because Jeff was injured at that meet, trying a 292 bench. He avoided surgery and after 8 months is back up to 205 and feeling optimistic.

NOW IT'S OFFICIAL!! Meet official, Mike Shines, informs me that the date for the Nationals in Boise, Idaho has been set for **JUNE 13th and 14th**. Plan now for the first big national meet to be held in this part of the country!

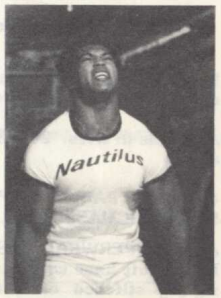
WHO'S WHO IN POWERLIFTING

Whether you're a Big Name or No Name, send in your picture and details to this new feature.

Ken Ellison started lifting at age 9. Now at 13, his best lifts are 245-170-280 at a bodyweight of 109. He's got 12 in. biceps, 20 in. thighs, and a 35 in. chest. He is trained at the Elgin YMCA by Bob Pleticha. Ken eats only health food, no sugar-salt-or sodium nitrate. He takes 91% protein and multi-vitamins and when he grows up he wants to be a pro powerlifter.

Bill Davis met a major personal goal by squatting 800 at the Gateway Open in St. Louis. Bill went 9 for 9 at that meet and would like to thank Dr. Ken Leistner, Mike Wittmer, and Richard Frederick D.M.D. for all their help and encouragement. Bill has now enrolled at Auburn University and will be lifting for them at the National Collegiates, hoping for 826-501-793-2121

John Kuc has done much Public Relations work for Powerlifting through his demonstrations at schools in the Pennsylvania area. As part of his final workout for the 1980 Worlds, John made a presentation at Lehighton Jr. High School, which was filmed by WBRE Television (CH 28) for 'KidsWorld'..we need more of this to get Powerlifting into the public's eye.



Kevin Tolbert of the Naval Academy is the recipient of the Strongest Shall Survive Meritorious Award from the Professional Strength Coaches Association. Lifts of 500x15 in the squat, 675 deadlift, 300x5 power clean, as well as a 4.49 sec. 40 yd. dash identified him the Collegiate footballer who had best utilized weight training to improve his performance.

2ND ANNUAL GREATER TEXAS CLASSIC
12/13/80-ARLINGTON, TEXAS

114				
E. CAMPBELL	203	132	254	589
132				
R. POINDEXTER	270	192	375	837
148				
T. HAYATAKA	474	369	485	1328
B. BERARDI	408	281	496	1185
S. HARRISON	452	248	474	1174
G. BALCOM	413	259	424	1096
R. SOMMERS	402	248	402	1052
L. CRAWFORD	358	221	-	-
165				
M. FORD	601	336	644	1581
D. GAY	491	319	529	1339
M.CHAPRE	535	297	502	1334
D. HILL(M)	441	243	474	1158
T. BARNETT	402	220	-	-
D. CANALESS	524	-	-	-
181				
J. ROBERTS	540	402	551	1493
T. JACKSON	468	369	584	1421
P. FESSLER	562	314	512	1388
J. SCHMIDT	473	331	551	1355
L. MISTRIC	451	314	545	1311
R. BETTIN	485	259	540	1284
J. ALLEN	380	408	479	1267
V. RADISI	413	331	512	1256
C. ROBLES	452	314	479	1245
W. JOHNSON(M)	402	248	490	1140
M. BULLOCK	341	259	474	1074
198				
M. WATKINS	611	424	621	1656
R. KOFNOVEC	634	330	645	1609
M. RIPPETOE	524	341	573	1438
W. PHEA	474	369	573	1416
B. MCCLAREN	496	347	485	1328
W. ADAMS	413	331	518	1262
J. PETTITT	441	342	408	1191
S. MCAUTHUR(M)	325	298	413	1036
H. JONES	325	297	-	-
220				
D. MARKEN	672	468	689	1829
L. MARKEN	678	441	661	1780
J. SABONIS	606	419	755	1780
M. BANDERA	551	364	600	1515
M. JONES	474	331	550	1355
242				
S. BENHAM	623	407	623	1653
G. BOWLING	568	369	633	1570
H. HUDSON(M)	568	397	600	1565
B. PACKER	622	320	600	1543
B. HINOMAN(M)	380	424	413	1217

QUALIFIED...Dennis Marken won Best Lifter at the Greater Texas Classic and made the Seniors entry total. *photo by Thornton*

275				
D. PATTERSON	689	440	667	1796
P. BRODEUR	705	397	645	1747
D. MARTIN	501	353	656	1510

SPECIAL THANKS TO: DOUG PATTERSON, MEET DIRECTOR; BILL BIGSON, ANNOUNCER; DAVE ANDERSON, ANNOUNCER; DEBBIE DEAN, EXPEDITOR; STACI FORD, SCOREKEEPER; LINDY CHAMPION, SCOREKEEPER; SCOTT DULIN, JUDGE; CLAY PATTERSON, JUDGE; JOE MC COY, JUDGE; KATHY MISTRIC, WORKED DOOR; RICHARD POINDEXTER, WORKED DOOR; TOM KELCHNER, EQUIPMENT; JOHN PETTITT, EQUIPMENT; CHRIS SULLIVAN, LOADER; BOB COOK, LOADER; JOHN TYREE, LOADER; JIM DREW, LOADER; TIM JACKSON, LOADER; JOE JOYNER, LOADER; MIKE SHARPE, PROGRAM; JULIE BURNS, PROGRAM; BILL STARR, PROGRAM. THANKS TO MAC BARBELL FOR RESULTS.

CANTON OPEN-12/13/ CANTON, NC

114	
D. SIMMONS	355
132	
G. SHELEY	865
T. JOHNSON	725
P. GEITEKANST	645
C. BANKS	620
D. SIMMONS	375
148	
M. HARTSELL	1110
M. MCELRATH	1055
D. BIRCHFIELD	950
R. COOPER	895
S. PONDER	511
165	
L. WELHUNT	1590
A. CAMPOS	1285
N. SWANNIGAN	1165
T. JONES	1115
J. GASH	1105
G. PARKER	1060
181	
J. DENTON	1505
F. GRAHAM	1380
J. SIEBERT	1350
R. HELLER	1320
K. PARDIO	1270
198	
D. BOST	1705
D. NORRIS	1560
R. REITTINGER	1425
M. GENTRY	1400
T. SASSER	1390
220	
D.-FERENCE	1540
R. WILLIAMS	1430
W. PENCE	1420
R. BUMGARNER	1420
242	
J. HOWIE	1590
W. EDGERSTON	1415
W. CARTER	1300
B. LONG	1175
275	
C. LOVELACE	1775
D. SIMMONS	1535
F. TRAYWICK	1055
SHW	
P. WRENN	2275
J. BURNETT	1485
BENCH PRESS CONTST	
123	
B. STILLWELL-1ST	
132	
G. SHELEY	215
148	
M. HARTSELL	300
165	
J. LINDSEY	360
B. GOODALL	245
B. FARMER	215
181	
J. SIEBERT	350
J. DENTON	340
198	
D. BOST	415
E. WOOD	410
221	
F. DOMOWITZ	380
R. WILLIAMS	355
242	
J. HOWIE	350
275	
C. LOVELACE	465
SHW	
P. WRENN	525

THANKS TO NELSON KELLY FOR RESULTS

As Don Simmons reports, with 43 lifters (2 female) this isn't a small contest anymore, and Nelson Kelly and Russ Jones run it smoother each year. 2 platforms made it a fast meet with judging being the only inconsistency, but as Don says they're still learning and next year should be much improved. Paul Wrenn lifted to qualify for the Seniors...2275 ought to do it, don't you think? Lloyd Wehunt lifted well..tried a State Record 670 in the deadlift, and managed a PR 590 squat along the way. Lloyd passed on the trophy and gave it to Alan Campos who totaled a good 1285. At 181 Jerry Denton coasted in with a 1505 and at 198 Dave Bost 'tore up the pea patch' with a 1705 plus a shot at the Elite mark. David Norris came 2nd with 1560 after taking 2 weeks off to hunt deer. At 242 it was Johnnie Howie (yes, Mr. North Carolina 1979) with a 1590 aggregate. At 275, Clay Lovelace put up a 1775, with a good 465 bench, plus a miss at 490. 2nd place Super (no shame in that!) John Burnett benched a strong 425...Don says watch out for him when his deadlift starts to move. Also notable was Gary Shelley's 865 total at 132 and Mike Hartsell a 1110 at 148, plus Daddy Don will get beat to death at home if he doesn't mention son Donnie's 355 total in his 2nd contest at age 11. Thanks to Don for the information in this report.

WINNER Jerry Denton with a 570 squat at 181 *photo by Don Simmons*

CAL STATE MEET DATE CHANGE Glenn Maur informs me that Jay McVeagh's California State meet has been moved from Feb. 21 back to Feb. 15 due to a military alert at George AFB on the previous date. For further info, contact Jay at 714-274-5648 or 714-247-4800

MBS SUPERSUITS

The famous SPANJIAN SUPERSUITS are now offered in FOUR COLORS.

SUPERSUIT II (stronger material)
Navy Blue, Royal Blue, Scarlet Red $32.00*

SUPERSUIT Natural Color (White) $24.00*

Do Not accept substitutes! These suits are custom sized to fit for greater support.

Available in sizes: 26, 28, 30, 32, 34, 36, 38, 40, 42, 44

ONE FREE PAIR OF SUPERWRAPS WITH EACH SUIT PURCHASED!

Also...SUPERWRAP I SALE--3 pair--$12.00*. Heavy duty knee wraps cut to official length with zig-zag stitched ends to insure no fraying. PLUS...SUPERWRAP II now available at $7.00 per pair, $13.00 for 2 pair, $18.00 for 3 pair.

Orders processed same day as received
Immediate Delivery

***Overseas orders add 20 per cent for shipping**

Name _____

Address _____

City _____ **State** ___ **Zip** _____

Check or Money Order must accompany orders.

Indicate 1st, 2nd, and 3rd color choice

SUPERSUIT II $ _____

Navy Blue ___ **Royal Blue** ___ **Scarlet Red** ___

SUPERSUIT (natural color) $ _____
SUPERWRAP I Quantity ___ $ _____
SUPERWRAP II Quantity ___ $ _____
State size or height and weight

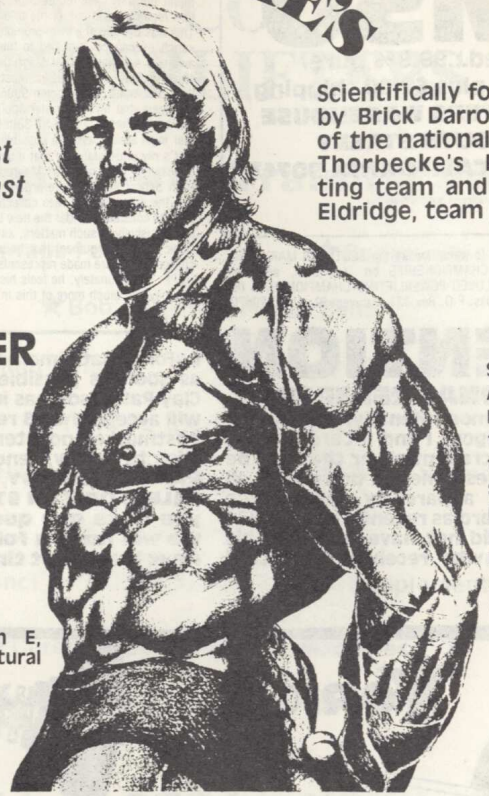
size ___ **height** ___ **weight** ___

Mike Bridges Systems
P.O. Box 14152 N.R. Br.
Dayton, Ohio 45414

THORBECKE'S

'I've tried the rest ..now I use the best

Scientifically formulated by Brick Darrow, coach of the nationally known Thorbecke's Powerlifting team and Dr. John Eldridge, team physician



THOR POWER PROTEIN & VITAMINS

THOR PAC
Special Amino Acid Chelated Formula for 100% assimilation. 30 day supply in convenient zip-lock packets for morning and evening dosages
$17.00

THOR POWER
Fortified with Vitamin E, Lecithin and Papain, Natural Milk, Soy and Eggs.
4 lbs....$25.00

DAVE DRAPER
MR. AMERICA-MR. WORLD-MR. UNIVERSE

MAIL YOUR ORDER TO:

THORBECKE'S
P.O. BOX 57
SCOTTSDALE, AZ
85251

NAME _____
ADDRESS _____
CITY _____
STATE _____ ZIP _____

DMSO

(undiluted...99.9% pure)
8 oz.--$12.00 plus $2.00 shipping
WEIGHTLIFTERS WAREHOUSE
5542 SOUTH STREET
LAKEWOOD, CALIFORNIA 90713

California residents add 6% Sales Tax

TWO MORE MEETS to watch for are the SOUTHERN MARYLAND OPEN/CLOSED BENCH PRESS CHAMPIONSHIPS on May 30th, and the SOUTHERN MARYLAND OPEN/CLOSED POWERLIFTING CHAMPIONSHIPS on June 27th. Contact Chuck Carnobas, P.O. Box 431, Patuxent River, MD 20670

Pacific Northwest Problems

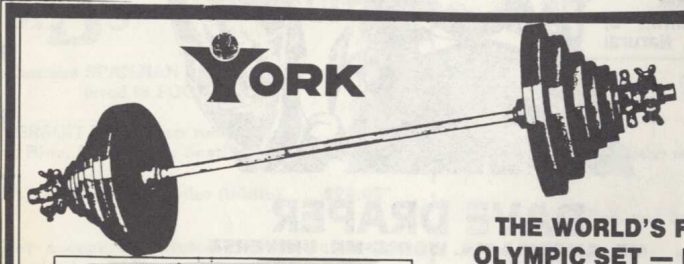
Joe Zarella has removed Willy Bils as Association Chairman for the state of Washington, as the new USPF Constitution allows, based on 'overwhelming complaints'. Mr. Bils has requested copies of the complaints in order to respond to them, but they have not been provided. In addition, Willy has initiated legal action regarding the use of the title 'Pacific Northwest Open' by Jeff Magruder. This was the title of a meet promoted by Willy last year. Disputes regarding meet sanctions can be appealed to the National Chairman for resolution. Joe has awarded sanction to Jeff Magruder for the Pacific Northwest Open Championships on February 21&22 (contact Magruder's Fitness Center, 16129 Redmond Way, Redmond, Washington 98052 (206-883-2727) for further information) on the basis that Mr. Magruder applied for sanction first. Incidentally, Willy Bils can be reached at 14410 NE 38th No. 1116, Bellevue, Washington 98007. Further legal action seems a possibility in this matter.

It's my understanding that much of this problem is due to a personal dispute between Mr. Bils and Mr. Magruder as well as incidents at a Washington State High School meet, where arguments broke out regarding rules, judge's calls, and the disposition of fees collected for USPF-AAU cards, but there is another point to consider. Under the new USPF constitution the President can act swiftly and decisively in such matters, as opposed to operation under the previous AAU Code. Willy's argument that he was not allowed to defend himself against the charges that were made represents his view of the new order of things under the USPF. Unfortunately, he feels his only means of appeal is through the courts. We may see much more of this in the future.

ATTENTION
INTERNATIONAL REFEREES!!

USPF Secretary Ramona Kenady informs me that ALL USA Category I and II Card holders must renew their credentials or they will be invalidated! At presstime we don't have all the specifics, but apparently one referee who received his card as recently as the 1979 Senior Nationals did not have to renew his card, but anyone who received their card before that time had better get it renewed as soon as possible. IPF General Secretary Clay Patterson has informed Ramona that he will accept the $8 renewal fee as long as it is postmarked no later than March 31st. If you wish to renew, send in your check for $8 to RAMONA KENADY, 5040 CHEHALIS DR. N., SALEM, OREGON 97303 (503-393-1949). IF you have any questions, contact her. We will have a follow-up bulletin in the next issue, but time is getting short.

YORK



- The Power Wrap — 7.00/pr. (Lab-tested for Durability)
- Chalk — 6.00/lb.

THE WORLD'S FINEST OLYMPIC SET — NOW AT BARGAIN MAIL-ORDER PRICES

180K or 400 lb	350.00
York Power Bar	175.00
York Oly. Plates	.60/lb.

(Shipped Direct From Factory — You Pay Freight)

Send Money Order to:

LINCOLN BARBELL CO.
443 No. 48th
Lincoln, NE 68504
• Integrity in Products and Prices

EAST COAST POWERLIFTERS

For All Your Power Training Supplies

★Superwraps I and II ★Supersuits
★Bob's Custom Power Belts
★Lifting Belts ★Chalk
★Training Shirts and Shorts
★Contest Information ★Wrist Straps
★Powerlifting U.S.A.
★Davinci's "COMPETITIVE EDGE" Supplements
★Corbin & Gentry Muscle Machines
★Body Building Supplies Also Available

ALL IN STOCK NOW!
at YOUR Headquarters for Power...

BOSTON HEALTH EQUIPMENT

347C PLEASANT ST. MALDEN, MASS. 02148
(617) 324-8596