

INTERVIEW

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

Bettina Altizer as interviewed for PL USA by Bob Gaynor



Bettina Altizer squatting big at the 1992 ADFFA Women's Nationals

BOB: Give some personal information about yourself?

BETTINA: My name is Bettina Charisse Altizer, and I live at 4455 Laurelwood Dr., Room 30, Virginia 24018. I am 30 years old.

BOB: What do you do for a living?

BETTINA: I am an attorney with the law firm of Altizer & Altizer.

BOB: How many years have you been training and competing?

BETTINA: I have been training for 9 1/2 years and competing for 9 years.

BOB: How did you get started?

BETTINA: I began my powerlifting career when I attended the University of Virginia. My roommate played volleyball for UVA and was required to lift weights to supplement her sport. I started to go with her to the weight room to spot her, and eventually got the lifting "bug." I progressed quickly and was soon lifting more than my roommate. An experienced lifter saw my potential and recommended that I speak with the assistant strength coach at UVA, who happened to be World Champion John Gamble. I went to see John, who was impressed with the size and strength of my legs. He put me on a training program. Within three months, I competed in my first meet, the USFF Virginia State Championships, which I won and broke two state records. I have been hooked on this sport ever since.

BOB: What are your best lifts?

BETTINA: Squat-418.87; Bench-242.51; Deadlift-374.78; Total-1036 weighing 129 but competing in 132 lb. class.

BOB: What are your future goals?

BETTINA: As far as my lifts are concerned, my goals are a 450 lb. squat, a 250 lb. bench, and a 402 lb. deadlift weighing 129 pounds. Within the sport, I am working toward the goal of having the IOC recognize powerlifting as an Olympic sport. Additionally, in order to support and promote the sport of powerlifting, I would like to become an international referee under the WDPFF, and I would like to be on the Executive Committee of the ADFFA.

BOB: What are your views on steroids?

BETTINA: I have dedicated my entire athletic and powerlifting career to drug free competition. That not only includes steroids,

lifter will be in gym day in and day out lifting with the same intensity day in and day out. The only way for a drug free lifter to get strong is to train persistently and passionately.

BOB: Who are your heroes, or those you admire, in the sport of Powerlifting?

BETTINA: My heroes, at least early in my career, were John Gamble and Glenwood Crockett. John was my coach for the first two years of my career. He was always bigger than life to me - not just his pure size, which was approximately 295 lbs, but the size of his heart and the magnanimity of his personality. Mr. Crockett, for those historians of powerlifting, competed as a master lifter in the 165 lb. class in the 1970's and early 1980's. Glen also helped train me. When I knew him, Glen was 50 years old and could lift a ton. From what I remember, he squatted 530, benched 325, and deadlifted 560, plus he was drug free. His strength of spirit and body and constant encouragement gave me the idea that perhaps I could be a champion too, even if I was drug free, with hard work and dedication.

BOB: What are your other interests or hobbies?

BETTINA: None, besides the usual reading and travelling.

BOB: Are there any other comments that you would like to make?

BETTINA: I would like to ask all powerlifters and everyone else

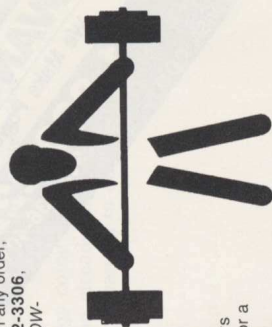
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involved in the sport of powerlifting do what they can to unite this sport and to put it into the Olympics. With all the various factions and all the different nationally motivated individuals who create a new powerlifting organization simply for the dollar, our sport is so diluted that it will never have the national and international recognition and media coverage that it deserves.

STATE TITLES: Champion, Virginita; 1992, 1991 United States Powerlifting Federation Best Lifter Award; 1991 American Powerlifting Federation; 1991 Natural Athletes Strength Association; 1990 American Drug Free Powerlifting Association; 1990 United States Powerlifting Federation.

RECORDS: American Drug Free Powerlifting Association; 129 lb weight class, 1992, 1991 World; Squat, 418 lbs; Bench, 225 lbs; Total, 1003 lbs; 1992, 1991 American; Squat, 418 lbs; Bench, 232 lbs; Total, 1008 lbs; 1992, 1991, 1990 National; Squat, 402 lbs; Bench, 232 lbs; Total, 1008 lbs; 1990 State; Squat, 396 lbs; Bench, 225 lbs; Total, 955 lbs; American Drug Free Powerlifting Association; 139 lb weight class, 1990 American; Bench, 235 lbs; 1989 National; Bench, 225 lbs; Natural Athletes Strength Association; 132 lb weight class, 1991 World; Squat, 402 lbs; Bench, 205 lbs; Total, 970 lbs; 1991 American; Squat, 418 lbs; Bench, 231 lbs; Total, 1001 lbs. U.S. Powerlifting Federation 132 lb weight class, 1992 State; Squat, 418 lbs; Bench, 242 lbs; Deadlift, 369 lbs; Total, 1036 lbs.

office. Make a difference and give something back to your sport.

QUALIFICATIONS SUMMARY: Number One powerlifting world ranking in weight class; world strongest drug free female powerlifter; accomplished athlete, attorney, and scholar; best competitive lifts; Squat, 418 lbs; Bench, 242 lbs; Deadlift, 374 lbs; Total, 1036 lbs weighing 129 lbs.

World TITLES: Champion, World Drug Free Powerlifting Association - 1992 Derby, England Best Lifter Award; 1991 Bendigo, Australia Best Lifter Award.



Bettina Altizer is arguably one of the best drug free female bench pressers in the history of Powerlifting.

but any other type of drugs - illegal or otherwise. Any muscle/irreparable side effects, especially in women, such as hair growth on the face, deepening of the voice, and other side effects with which I am sure most people are familiar. It also mystifies me as to why powerlifters would want to assume the health and legal risks of taking steroids and spend a ton of money on these illegal drugs just to compete in the amateur sport of powerlifting, which provides absolutely no financial benefit to the lifter. Our sport isn't for my legal career by consuming substances that have been proven to be harmful to my vital organs, that are illegal, and that cause irreparable side effects, especially in women, such as hair growth on the face, deepening of the voice, and other side effects with which I am sure most people are familiar. It also mystifies me as to why powerlifters would want to assume the health and legal risks of taking steroids and spend a ton of money on these illegal drugs just to compete in the amateur sport of powerlifting, which provides absolutely no financial benefit to the lifter. Our sport isn't for my legal career by consuming substances that have been proven to be harmful to my vital organs,