

INTERVIEW

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

JUDY GEDNEY as interviewed for PL USA by Fred Rice

PROFILE: SUBJECT: Judy Gedney. AGE: 57. MARITAL STATUS: Married to Roger Gedney for 35 years. Roger is known as "The Great One" by the Athletes for Christ Team which he coaches at the Salvation Army Gym in Macomb, IL. He has been retired from the P.E. Department for 4 years, but still goes in to help out in the weight training classes.

HOMETOWN: Macomb, IL. **JOB:** Employed by the Physical Education Department at Western Illinois University, teaching kinesiology, principles and methods of strength enhancement, gymnastics, weight training, and riflery. **INTERESTS:** Besides lifting, Judy is involved in Bible studies and missionary work in Haiti, to which she and Roger travel a couple of times a year, and they ship approximately 300 lbs. of clothing and other items each month. Many people they have met through powerlifting provide Haitian orphans with clothing and school tuition. This has been an added blessing not only to the Gedneys, but also to the people living in the poorest country in the Western Hemisphere. **HEIGHT:** 5 feet. **WEIGHT CLASS:** 97 lb. for open national and international; usually 104 for smaller meets and masters, because this does not involve cutting weight. **TRAINING WEIGHT:** 100-102 lbs. **EQUIPMENT USED IN COMPETITION:** Suit; Inzer Z or Dynamo (made by Pat Malone's mother) Bench; Shirt; Pat Malone's mother made Belt; Pat Malone Kneecaps; Double gold line. **EQUIPMENT USED IN TRAINING:** Trains without equipment when doing higher reps on squats; puts suit and belt on for 5s, but leaves straps down; does not use suit for deadlift except in contest; does not use belt for deadlift until going fewer than 5 reps.

FR: HOW DID YOU GET STARTED LIFTING, AND HOW OLD WERE YOU AT THE TIME?
JG: At age 39, I was in my 12th year of coaching the WIU women's gymnastics team when I first saw powerlifting. Friends Howie and Becky Sokol visited one spring. Becky was a powerlifter; when I saw what she was doing in her training, I realized that this might be just the activity my gymnasts

still be training and competing; amazingly the body continues to hold up.

FR: WHAT ARE SOME OF THE TITLES YOU HAVE WON AND RECORDS YOU HOLD?

JG: I won the ADFPA Open Women's Nationals and Masters Nationals this past April. Since the origin of the ADFPA I have missed one of the open championships and placed second once; other than that I have taken first place each year. There are women who are stronger than I am; success has often times been a matter of good coaching strategy. I've been the 97 lb. WDPFF Open World Champion all but 2 years since the inception of that organization in 1988. I was the 1986 IPF Women's World Champion in the 97 lb. division. As far as records are concerned, I hold all the current WDPFF open world records except for the deadlift, and at one time had several IPF world bench press records and the deadlift record.

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

JG: I was chairperson of the Women's Committee of the USPF in the early 80s. Most of our women at that time wanted drug testing, and we voted to drug test the Women's Nationals. This concept was not favorably received by all within the USPF, and as a result of disagreements about this our USPF Women's Committee was dismissed. I then approached Brother Bennet about the ADFPA at the suggestion of Ernie Frantz and others, and became involved with the ADFPA near its origin.

FR: WHAT LEADERSHIP POSITIONS HAVE YOU HELD IN THE USAP/ADFFA AND THE WDPFF?

JG: Within the ADFPA I have been chair of the Referee's Committee and a member of the Executive Committee for many years. I was one of the committee members that started the international negotiations in order to form the WDPFF. I've attended all the WDPFF Congresses as a voting representative, and have been Secretary General for ap-



Judy Gedney is good at all the powerlifts, but exceptional in the deadlift.

needed to develop leg power. Roger made up a training program for Z of my gymnasts and a graduate student. I joined the training sessions as a means of learning firsthand what the gymnasts were going through. 6 weeks into training 2 of us entered a meet; during this competition we found out to my surprise that I was within 5 lbs. of the IPF bench press World Record in the 97 lb. division. Returning to the role of an athlete seemed inviting so I

proximately the last four years. Roger and I continue to travel quite a bit to assist various meet directors in running powerlifting events.

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

JG: My definition of unification is unification of all drug-tested groups. If others wish to have non-drug-tested organizations, that's fine. I believe that the ADFPA has been the only credible name in U.S. drug free powerlifting. I would love to have the drug-free people unified under the ADFPA title.

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

JG: For me to keep my weight down is a major, major problem! I'm one who would love to exist on judge, homemade cookies, candy, and coffee. My diet is very strange. I'm on a really low fat diet, which Roger helps with, as he's kind of a "fatophobic," due to some physical problems he's had and his research on the subject of cancer and heart disease. We eat lots of vegetables and other carbohydrates. I have rice quite often. We have some fruit trees, and I have lots of fruit. My diet is

pretty boring, and I doubt if very many people could stand to eat as I do. My fill food is popcorn without butter or oil. I may add a little sugar to it occasionally to give it a little more flavor. Supplement-wise I take vitamin C, calcium, and the antioxidants (E, B, A, and selenium).

FR: WHAT ARE YOUR BEST LIFTS?

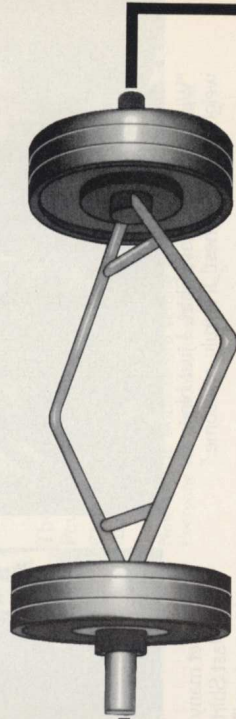
JG: My best deadlift is 328 lbs. at about 100 lbs. bodyweight. I did this at a meet in Indiana, and then the next week in Reading, England I did 319 for a world record. My best bench is 172, and my best squat 295, weighing about 99 lbs.

FR: WHAT IS YOUR TRAINING PROGRAM NOW, AND DOES IT DIFFER ANY FROM WHEN YOU WERE YOUNGER?

JG: I used to train each lift twice per week. In my hypertrophy phase at that time I would warm up and then do 5 sets of 10. In my 40s I dropped down to 4 sets of 10. When I turned 50, I went to 3 sets of 10, but now I only squat once per week, deadlift once per week, and bench twice per week. All of my deadlifting is done off a 4 inch box. I only deadlift off the floor at a meet. In the hypertrophy phase my training is done at a 10 rep max (training to failure

TO ADD?

JG: I have been blessed by the encouragement of many dear friends and training partners throughout the years. My strength has been a gift from God, no doubt about it. I see that my lifting is a platform that He can work through. It's heart-breaking to me when my behavior is not pleasing to God. It is my hope that anything people would see in me would be pleasing to Him and a reflection of Jesus Christ. It is my hope that some of this might encourage other women (especially) to train with weights. We need to make clear to people that the benefits from resistance training are far more important than simply enhancing one's self to compete. Research clearly verifies that stressing the spine vertically (as in squats and deadlifts) increases bone density along with the muscular strength improvement we see taking place. People who train with weights are going to be healthier, more mobile, less prone to injury and less concerned about the aging process. As we consider the bodies of the master lifters we see that they remain not only strong looking, but that they also appear younger than others who do not train.



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