

# INTERVIEW

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

## CYNDI REGAN as interviewed for PL USA by Bob Gaynor

**BG:** Give us some personal info.  
**CR:** I am 45 years old. I have a masters degree in Education. Presently I work for the University Of Illinois and am a Youth Development Educator. I have been competing in Powerlifting for 13 years.

**BG:** Cyndi, how did you get started?  
**CR:** I actually got started out of curiosity. I was a racquetball player and basically used the weight room for strengthening my legs for lateral movement. One day while doing my routine, I was interrupted with loud groaning coming from the squat rack.

My attention became occupied with watching two young guys in their twenties staining with 205 lbs. Since I was already pushing 220 lbs. on the Universial with one leg, I thought "You've gotta be kidding." But, because I am not one to try to intentionally blow someone's ego, nor do I like to set myself up, I waited until they left.

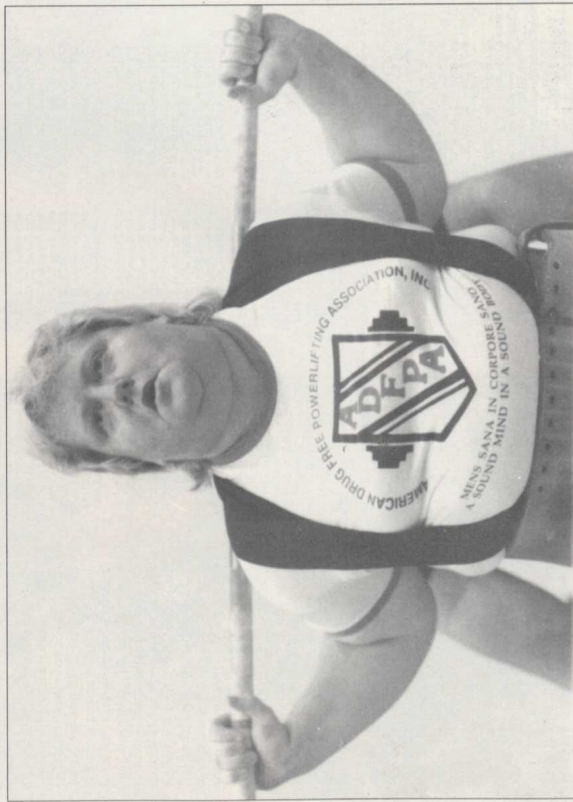
I went over and squatted the weight easily. I then added some more weight. I kept going until I got to 265 lbs. at which time a young man who had been watch-

need to get a life! I am impressed with the amount of weight some of the users can do, but I am not impressed that it takes them and their friends to do it. I'm certainly not impressed with the lying that goes along with it either! But there is something to be said about bliking the public into believing someone is good or the best in their sport. The bottom line is if you can live with cheating and know people are watching you I guess, then, you can convince yourself you are good!

**BG:** What about drug testing?  
**CR:** I'm for it! There needs to be more of it! It also needs to be done impartially. If you say you are not a user, then you should have no fear of being tested anytime or anyplace. Some people feel the embarrassment of urinating in front of an observer of the same sex is asking too much of them to establish for the lifting world that they are clean. I personally have had this luxury many times. In one sense I am glad, in another I doubt the validity of RANDOM chosen testees. The probability of being tested out of a given number is not as of-

ten as it turns up. Sometimes I fear the other, we test those we know are clean so as to keep the spotless or near spotless record we have been known for - letting, perhaps, the user slip by. They begin to establish themselves as a reputable lifter in a drug-free organization, until someone when they hit a RANDOM sampling I personally would like to see a muscle biopsy of the Elite lifters. My money says there would be a lot of scrambling, and excuses by some.

**BG:** Do you follow any special diet?  
**CR:** Not really. I try to eat lots of complex carbs, and I watch the fat content. Since I am not actually trying to



Cyndi Regan at the 1992 ADFFPA Women's Nationals in California. Her drug free world records are very impressive.

### USA All Time TOP 100 Squatters-1981 compiled by HERB GLOSSBRENER

845	28MAR83	Kellum, A.
844	06APR83	Bridges, M.
837	11JUL82	Herring, C.
800	26MAY88	Conner, J.
782	08JUL84	Coan, E.
782	14DEC85	Gaugler, R.
766	13MAY83	Wagner, R.
766	12SEP87	Wagner, J.
766	12SEP87	Cain, R.
755	07MAR81	Wright, D.
755	12FEB88	Rochie, P.
740	27JUL91	Smith, R.
740	17APR88	Smith, R.
733	24JUN86	Cox, D.
727	09MAR91	Aston, H.
725	28MAR82	Peterson, D.
725	28MAR82	Payson, C.
722	26MAY79	Hatfield, F.
722	20MAY89	Wright, S.
715	09DEC79	Waddle, R.
715	09DEC79	Waddle, R.
710	24APR88	Black, R.
705	17SEP72	Barnes, J.
705	17SEP72	Barnes, J.
705	02MAR85	Bettes, R.
705	15MAY91	Colla, D.
705	22NOV87	Phillips, M.
705	04JUN88	Auld, S.
705	30SEP89	Mooney, D.
705	30SEP89	Jones, G.
705	02JUN90	Overholzer, T.
705	15SEP70	Overholzer, T.
705	27AUG83	Strubbe, G.
705	14FEB87	Allen, T.
705	30MAY88	Schneider, R.
705	30MAY88	Stamper, W.
702	30OCT82	Volpe, D.
700	14DEC80	Wilson, T.
700	30APR83	Roy, M.
700	05JUN85	Penson, P.
700	05JUN85	Williams, N.
700	15MAY91	Williams, R.
700	05MAY91	Mahello, T.
700	20JAN82	Adams, P.
700	30JAN83	Adams, P.
700	20MAR83	Smith, W.
699	15MAR82	Grondin, J.
695	13OCT85	Barquera, M.
695	09MAY87	Soccacette, A.
694	01FEB82	Wahl, B.
694	01FEB82	Wahl, B.
690	01MAR86	Eisman, T.
688	01FEB82	Zelinski, M.
688	19DEC86	Bryant, G.
688	28JUN87	Hitchcock, K.
688	19NOV88	Chellin, P.
688	31JUL92	Parker, J.
685	02DEC78	Stone, L.
683	13FEB82	Kerbeck, V.
683	22JUL84	Thomas, W.
683	22JUL84	Thomas, W.
683	08JUN88	Voski, J.
683	08JUN88	Voski, J.
683	27MAY89	Davis, K.
680	10SEP88	Beaudette, R.
680	08APR89	Houston, C.
677	14FEB88	Patton, M.
677	14FEB88	Patton, M.
677	17JUL88	Confessore, C.
675	15MAR86	Richardson, K.
675	25JUN88	Jain, R.
675	25JUN88	Jain, R.
675	02DEC89	Caruso, S.
675	14SEP91	Anderson, B.
672	12JUL80	Anderson, B.
672	12JUL80	Anderson, B.
672	12JUL80	Anderson, B.
672	15APR84	Law, D.
672	07DEC85	Barnette, S.
672	07DEC85	Pierce, D.
672	07DEC85	Pierce, D.
672	02DEC86	Peterson, C.
672	02DEC86	McQuillo, J.
670	10JUL93	Parrish, D.
670	09JUN85	McQuillo, J.
670	19JUL89	McQuillo, J.
670	05DEC92	Cope, J.
666	07MAY81	Paul, R.
666	07MAY81	Paul, R.
666	07MAY81	Aston, P.
666	5DEC81	Leon, J.
666	20JAN82	Mosbacher, T.
666	20JAN82	Mosbacher, T.
666	20JAN82	Wimpfahl, R.

**ALL TIME COMMENTARY.** Early last year Tony Kamand took over the top position of all time, dropping Ball to 2nd and the immortal Mike Bridges to 3rd spot. I was witness to Mike's 837 which was a perfect lift and will always be deeply etched in my mind. His legend lives on. What a collection of greats left their mighty squats to be immortalized: Coan, Gaugler, Wright, Hatfield, the list goes on. Take note - a sequence of lifters who have done 705 is not out of order, although it may seem so. Those who made their lift on a kilo bar get credit for being slightly heavier. Over half the men on the list surpassed 700. For all practical purposes, Jim Grudzen did too as his 317.5 kg. squat is actually 699.97 lbs. Talk about splitting hairs. Overholzer's 705 is the oldest mark, going back to 1970. You can thank the grand-daddy of wrapping for your supportive equipment today.

Herb Glossbrenner



Mike Bridges with 837 at the 1992 Seniors

## Performance Powders...

How much have you been paying?

OKG 99.5% 100 grams	\$19.50
OKG 99.5% 300 grams	\$57.00
Creatine Monohydrate 99.6% 100g	\$10.50
Creatine Monohydrate 99.6% 300g	\$30.00
KIC Keto Isocaproate 50 grams	\$30.00
Arginine P/tyrosine/Lysine 100g	\$15.00
Anti-Cat Anticatabolic mix 260 grams	\$22.50
Colostrom 36 75 grams	\$13.50
Dymetadine 25 100 tabs	\$8.00
Ephedra Extract 100 dose 41.7g	\$8.50
Mumie (Russian) 33 dose packet	\$12.50
Yohimbe Pwd. (powder) 100 grams	\$6.50
MCT Oil 16 oz.	\$6.50
"Designer" Whey Protein 95% 2lb	\$27.00
"Low Heat" Whey Protein 80% 2lb	\$13.50
Arginine/OKG 2.1 300 grams	\$28.75
GABA 100 grams	\$12.50
Vanadyl Sulfate 10mg 150 tabs	\$12.00

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