

INTERVIEW

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

C.L.: What brings you to Venice, Anthony?

A.C.: I'm in California to do the "Carol and Marilyn" show, and while I'm here I'm just making the rounds ... a shoot for "Powerlifter Video", some photos for Ned Low's column ...

C.L.: I hear you've got a new sponsor. When did you become affiliated with Global Nutrition?

A.C.: They approached me for endorsement about two months ago, and I just signed with them two weeks ago. As their main spokesperson, I'll be doing print work, commercials, shows, exhibitions, and demonstrations for them.

C.L.: What else have you been up to since our last interview?

A.C.: Since the last time we talked, I've been doing more convention work, including a lot of bodybuilding shows. I do demo lifts, endorsements, and autograph signings. I've even had the opportunity to speak to the audiences, not only about Powerlifting and what I've been doing as an athlete, but also to talk about my faith and share my experiences in the ministry. It's been a lot of fun!

C.L.: What kind of response do you get at bodybuilding shows as a powerlifter?

A.C.: Very positive, actually. I think everybody departs from the same basic foundation. It's good to be big, but bodybuilders respect strength, too. They don't want to be all show and no go. That's the bottom line: strength is the foundation for everything in the world, and the strong will survive, right?

C.L.: Do a lot of the bodybuilders come up and ask you for tips on working out?

A.C.: As far as strength tips, yes, especially bench press advice. Since I don't look like a bodybuilder, however, I think sometimes their pride gets in the way and prevents them from asking me more.

C.L.: Tell me how your ministry work is going?

A.C.: My ministry base is called

ANTHONY CLARK

interviewed for PL USA by Chris Lydon M.D.



Happy Anthony... getting ready for a try at an 800 bench press at the Mr. O.

DWO, Detroit World Outreach. The administrative headquarters are in Detroit where I've got a secretary who schedules my appearances. I speak at churches, schools, and conventions. You name it! If someone wants to hear me speak, I'm there.

C.L.: What sort of topics do you cover? Do you have a rehearsed speech or do you tailor your talk to the audience?

A.C.: A little of both. I talk about being the best you can be. I talk to fathers about men being men, about taking responsibility for raising their kids. I try to give motivational, uplifting speeches. Basically, I speak from the heart.

C.L.: Do you speak to children's groups?

A.C.: Oh yeah! Schools, Fellowship of Christian Athletes, booster clubs. In fact, I was out in Santa Ana three months ago where I

spoke to 16 different schools. It's always gratifying when I hear from kids who say I encouraged them to better their lives. I've had kids, who first heard me speak when they were serving time in detention centers, say to me, "Mr. Clark, remember me? I heard you speak four years ago and you really motivated me to get my life together. Now I'm a teacher."

C.L.: By the way, what's going on with that ruling by the IPF that doesn't allow the reverse grip bench press?

A.C.: I can compete nationally with the USPF using the reverse grip, but I can't compete internationally with the IPF unless I switch to the conventional grip. Even if I were to bench 800 pounds with the reverse grip, it won't count as a world record. The lift won't make it into the Guinness Book because they go by the IPF.

I'll reiterate what I said to you during our last interview. This ruling is unfair. They say it's for safety reasons, but no one has ever gotten hurt with the reverse grip. I believe the ruling is politically motivated.

C.L.: If you can't use the reverse grip in international competition, what's going to happen when you qualify to compete internationally with the USPF?

A.C.: Well, my goal is to press 800 pounds with the reverse grip, then return to the conventional grip and bench 800 pounds. I want to do it both ways.

C.L.: How much do you think you could press with the conventional grip right now, without training?

A.C.: Maybe 700 pounds. But I'm off-season right now. I would guess that my conventional press is about 50 pounds less than my reverse grip.

C.L.: Does that mean that in the future you're going to train both ways so that you will continue to be 50 pounds stronger in federations that permit the reverse grip?

A.C.: Basically, I just want to hit 800 pounds using both methods. I want to show the world that my success with the reverse grip wasn't just a fluke.

C.L.: Well, what about after that?

A.C.: That's it.

C.L.: That's it? The end of your Powerlifting career?!

A.C.: No, I mean I'll stop chasing the bench press. Unless someone breaks my record, I'll have to come back with more.

C.L.: The last time we spoke you were in the process of writing a book with John Schaeffer. What's up with that project?

A.C.: The book's almost ready. It's called "The Winning Factor", and it's going to be awesome! We decided to add a couple detailed chapters on nutrition which we're finishing up with now. It's scheduled to hit the stands in early Fall. We talk about training techniques, stretching, weight training for youths, motivation, diet, and lots of other topics.

C.L.: What's your main focus right this minute?

A.C.: I'm training hard for the Olympia Contest. You heard right, the Olympia. Global Nutrition is sponsoring me to do a

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