

# CAMPEONATO ERICANO DE POTENCIA



A proud and happy U.S. team with their team trophy as well as other first place trophies and some commendable lifts. All photos by Benjamin.

everything, including the silverware that you had to clean very carefully on the corner of the dirty tablecloths which the waitress refused to change.

A swim in the pool and a cool night's sleep brought a fresh outlook to everyone Friday morning. That is, until we arrived in Valencia. We learned that Mr. Torrealba had no money, and could not pick up the equipment from the air freight office in Caracas unless he was given \$900.00 by someone to pay air freight and import duties. The "gift" he was looking for from the Americans was not available.

What had happened to the \$12,000.00 he was supposedly guaranteed by his government? True, he was supplying us two meals per day, and hotel accommodations (I use the term accommodations loosely), but that could hardly be costing twelve grand.

By 11:00 A.M., the Canadian representatives, Bill Jamison and Bill Gvoich, had arrived along with the delegations from Bolivia and Puerto Rico. With the Puerto Ricans as interpreters, Clay started negotiations to clear up the problems.

From what I could gather while sitting

## Deadlifting By '66 Dodge Lights or The Pan-Am Power Championships

As Told To Peary Rader By Roger Benjamin

11:30 P.M. in Valencia — a fly, feces, dirt and cowboy infested open air livestock pavilion — 95 degrees. Clay Patterson approaches the platform for his first bench press at 468.5 lbs., and the lights go out.

Mentally catalogued stories of South American death and destruction at soccer games, in which things didn't go as the fans wished, raced through my mind and knotted my stomach. I made my way to Cindy Glasgow, and Mrs. Snitkin, and grabbed all the USA gear I could put my hands on. The cowboys were getting restless, shouting, whistling. I became scared, trying to figure out how to get the women to a safe place if anything happened.

As quickly as we lost our lights, we suddenly lost our cowboys. I guess their curiosity was satisfied, and they split, all 200 of them (approximately).

During this 4 or 5 minutes of pandemonium,

our very resourceful lifter-coach, George Lugin, got Baez, the 123 lb. Puerto Rican, to talk our Venezuelan Police Escort "Odd Job" into driving his car opposite the platform and turning the lights on. Hence, the title to this story: "Deadlifting by the lights of a 1966 Dodge Dart" or "Make Weight by not Drinking the Local Water, and Ending Up With Amoebic Dysentery Anyway."

Strange way to start an article, you're thinking. Well, it's not half as bizarre as the schedule of events that befell a very strong group of individuals traveling under the name of the "1976 Pan Am Powerlifting Team." Strong, not only of body, but mostly of will. From the non-complaining, even supportive presence of the women on the trip, to the sheer guts of 114 lb. John Redding, finishing a meet, throwing up between attempts and relinquishing his place on the team roster so our extra lifter could win team points, in the event he failed to finish competition.

We departed Tuesday, May 11, as a team from Miami, arriving in Caracas, Venezuela at 11:30 P.M. A short night's sleep found us all in the Los Americanos Restaurant, trying to figure out why breakfast was costing each of us \$8.00 to \$10.00! (We soon learned that "Gringos" were fair game for anyone who wanted to take you, and most everyone wanted to!)

We took a light training session (480 lbs. was all they had) at the Caracas YMCA, and then ate, and got more nervous contemplating what awaited us in Valencia.

Thursday morning we departed for Valencia, 17 people, with luggage for 22 or 23, on a bus with 15 seats. Three hours and many stiff joints later, we arrived at the American City Gymnasium and Karate School in Valencia. Words cannot describe the pit this place was. Equipment from 1935, dirty, open air, and the owner was our Meet Director!

After hunting for him for 3½ hours, he showed up, and took us to our hotel in Porto Cabello. Depression was setting in, and team morale was dropping. The man would not give our coaches a straight answer on the meet site, awards, who was coming, why there was no publicity, where the equipment was that Clay Patterson had sent him, or if, in fact, the meet was going to take place. The hotel we checked into didn't help the team morale either, to say the least. It was 20 yards from Lake Valencia, which gave a nice cool breeze at night, but the breeze brought the stench of oil into our barren, dirty rooms. Along with that, it brought a light film of salt and oil that covered

there, Torrealba first wanted us to stay a "week" extra and give him time to raise the money. (The man was not short on guts!) An offer was finally made by the Bolivian delegation to get the sets out of hock, and Clay told them they could have the equipment for free if they could bail it out. All of a sudden, Miguel Torrealba was very interested in pursuing a few avenues to keep the equipment! It seems the thought of someone else procuring that gift was very unsettling to the man who just minutes earlier stated he had no possible way of raising the funds.

The negotiations ended with some delegates going to look over the meet site, while we walked the area bidding our time and trying not to face the almost sure conclusion to this mess — there was a very good chance that we would not have a 1976 Pan Am Power Meet.

We spent a restless night, and Saturday morning we were bused to the meet site. Keep in mind, we had no idea what we would be lifting on, or where, or when weigh-ins were to be held, or how accurate the antiquated scales were that we had been checking on, or even if we would lift at all!

As you can imagine, the mental aspect of competition was gone. Four of us who trained for world records at this competition, had come to the full realization that the scales would not be certified. Rick Crain was so depressed that he went crazy on the food Friday night and as a result, failed to make weight. Not a disciplined act, I'll agree, but under the circumstances, everyone on the team understood.

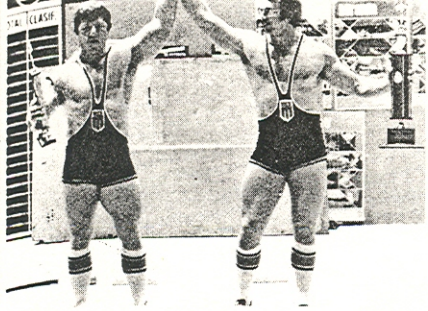
We arrived at the rodeo grounds at approximately noon. The scene was chaos! Horses and cowboys were everywhere, riding or leading their mounts from the stable directly across the area designated for

**EDITOR'S NOTE —** We should title this report "One Man's Opinion" as we have not talked to others of the team, but probably they would tell the same story of the plans and conduct of the meet. Certainly the team can be happy that they came home with the team title and most of the other first places. That can't be too bad and I'm sure our men did well in spite of any adverse conditions they might have encountered. Your editor is reminded of contests he has lifted at which were more primitive than you could believe, but we had fun and thought nothing of it.

Ricky Crain with a tremendous squat of 562 while weighing 150. In the lower photo Carl Snitkin makes a squat of 711.







Glasgow and Benjamin had a real battle for first place in the 242 class, with Benjamin finally winning after being far behind on the first two lifts. A good dead lift has won titles for a lot of men.

competition. There was a beautiful scoreboard made up, but no platform, no weights, no scales, and no meet director! At this point my personal feeling was to give up. We had been had!!

But then, as news reached us that Torrealba had not cleared the equipment, a pickup load of plates, one pair of squat racks, a sectioned rubber platform and two benches arrived, followed by a car with a fairly new scale and a brand new European Olympic bar. The knurlings were almost non-existent, but it was a bar, nonetheless. Morale jumped 100 per cent. We were going to lift! At this point, we didn't care about the smell, the flies, or the lack of an audience, we were going to hoist some steel.

Our first casualty was 114 lb. John Redding. He hadn't felt good all morning, and immediately following weigh-ins, he became violently ill. We were all concerned, and it kind of brought us together. John still wanted to lift, but he decided to be an extra lifter in the event he was not able to finish the meet.

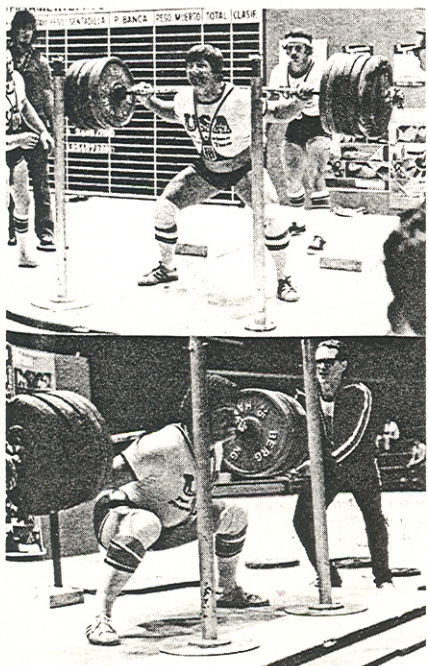
For me, I believe that was the turning point. John was thinking more of the team and the other lifters than he was of himself.

As it turned out, John did finish the meet, and defeated his closest competitor by 400 lbs. He did not take a first place trophy home, but for my money, he was the best man in Valencia that day.

Try as we might, we just couldn't get a fire going under 123 lb. Gary Kucipak. He only managed to complete 3 out of 9 attempts, but still totaled a respectable 942 lbs., and placed second for the USA team. Gary was competing behind a seasoned Olympic lifter, Fernando Baez, and I feel he was slightly awed and overwhelmed by a man who was setting world records before most of us could roll a bar across the floor.

The only entry at 132 was a gentleman of

Glasgow with his 539 squat, and in the lower photo Clay Patterson makes a very low squat with 650.



Powerlifting. Louis Ramos of Puerto Rico. This man is a sight to behold. Lean, muscular, handsome, articulate, and terribly strong. He put together a 1184 total, which included a beautiful 501 lb. deadlift.

With no USA entry at 132, and Ricky failing to make weight, we all had to go conservative and total to assure the increasingly valuable team points.

Joe Spack, Mr. Consistent, at 165 lbs., put together his efforts for a 1400 total and nailed down second at 165 for the USA. But the show of the day, in my opinion, was Ricky Crain, the lightweight turned middleweight through the powerlifter's curse, appetite! Rick was "on" like I've never seen him, and keep in mind, he was only 1.25 lbs. over the limit, so the attempts he completed were within reason, had he made weight. Herb Gowing picked his poundages, and Rick hit 6 for 6 on squat and bench, finishing with 562 and 330.5 respectively. He opened and closed his deadlift at 567.5, as a jump to over 600 to break the 1500 barrier was stopped short by severe cramping. Still, 1460 lbs. was a great performance under these circumstances.

The USA light-heavyweight was the experienced Jesse Hurst of Houston, Texas. Jesse has unorthodox form, but it works for him. At the advice of the coaches he altered his form on the squat, and I felt it caused him to miss an attempt. After that he lifted personal records in the bench press, 402 lbs., and the deadlift, 639 lbs., for an excellent 1515 total, and another first place for the USA. At 198, Vince (the hinge) Anello defeated his Puerto Rican competitor by 863 lbs. Known for his unbelievable deadlifting strength and unusual back development (hence, the nickname), Vinny was hampered by the smooth bar and only pulled 650, as 717 pulled from his grip twice after lifting it easily both times. His 1630 total and first place went down as another 10 points for the Yanks.

The 100 kilogram Class (220.5 lbs.), saw two USA lifters put on the only really competitive lifting of the meet. I was matched against Bob Glasgow from Plano, Texas. They say the meet doesn't start until the bar is on the floor, and in this case, it was true. Bob surpassed me 639 to 617.5 in the squat, and buried me 457.5 to 391.5 in the bench press, so I was staring at an 86.5 lb. gap going into the deadlift. Bob only got his opener with 600.5, so I needed 694 to sew up a win. I missed it once on balance (remember, we were in the dark, and depth perception was not possible because we couldn't focus on anything). I came back and completed it three minutes later due to a combination of orangutan like appendages, and Clay Patterson standing in front of me for depth perception, and the man I was attempting to defeat shouting words of encouragement to me.

Clay Patterson at 242, along with lifter-coach George Lugin, were alone and coasted

to a 1-2 finish via 1768.5 and 1592 lbs. respectively. This class was not without excitement though, as Clay had to repeat a 650 deadlift three times in order to get it all the way up before his grip gave out.

Big Carl Snitkin lifted well in the Super heavyweight division, completing a total of 1862.5 lbs., which included a tremendous 711 lb. squat.

My dreams of standing on the winners dais, the Stars and Stripes suspended over me, choking on tears of pride as the Star Spangled Banner was played, never came true. Halfway through the presentation of the awards the lights came on, so I was able to read the inspiring inscription on my trophy: Donated by Guayana Lunch Bar.

## SECOND ANNUAL PAN-AMERICAN POWERLIFT CHAMPIONSHIPS

April 15-16, 1976 - Valencia, Venezuela

x Pan-American records

Flyweight — 52	
G. Redding (U)	x182.5 x92.5x197.5x472.5
E. Massanet (P)	155.0 90.0 120.0 365.0
N. Godoy (B)	120.0 75.0 150.0 345.0
Bantamweight — 36	
F. Baez (P)	165.0 107.5 182.5 450.0
G. Kucipak (U)	157.5x122.5 147.5 427.5
A. Natera (V)	
Featherweight — 60	
L. Ramos (P)	172.5 137.5 227.5 537.5
Lightweight — 67	
G. Centeno (V)	160.0 97.5 210.0 476.5
Middleweight — 75	
R. Crain (U)	x255.0 150.0 257.5x662.5
J. Spack (U)	220.0 132.5 287.5 640.0
E. Plaza (P)	192.5 152.2 501.5 572.5
Light-heavyweight — 82	
J. Hurst (U)	215.0x182.5x290.0x687.5
H. Valero (V)	162.5 135.0 220.0 507.5
C. Torrez (P)	167.5 87.5 170.0 420.0
W. Lopez (P)	197.5
Middle-heavyweight — 90	
V. Anello (U)	x157.5x187.5 295.0x740.0
F. Acobe (P)	100.0 110.0 137.5 347.5
100 Kilo — 92	
R. Benjamin (U)	280.0 177.5x315.0 772.0
B. Glasgow (U)	290.0 207.5 272.5 770.0
R. Santiago (P)	205.0 170.0 250.0 625.0
Heavyweight — 125	
C. Patterson (U)	x295.0x212.5x295.0x802.5
G. Lugin (U)	272.5 177.5 272.5 722.5
Superheavyweight — 132	
C. Snitkin (U)	322.5 205.0x317.5 845.0
J. Perez (P)	255.0 160.0 265.0 680.0
P. Dominici (P)	295.0 155.0 227.5 677.5
Referees: Bill Jamison, Canada; Bill Guioch, Canada; Gilberto Gonzales, Puerto Rico. Meet Director: Miguel Torrealba.	
Weights are listed in kilos	
U — United States	
P — Puerto Rico	
B — Bolivia	
V — Venezuela	

## SMALTZERZ ON TRAINING

By Bill Penner

Here's what Zigmund Smaltcerz, world champion in the flyweight, had to say behind the scenes: "This year I prepared myself for the championship by the Soviet method. I didn't get carried away with limit poundages as I have done in past years. Perhaps because injuries were pursuing me. My wife, Daunta, who works as an economist in international trade, has always said to me: 'stop training, get out of sports. You are home so little. You neglect me and your son.' (my son Tomash is four-and-a-half years old). But now, I think, she is becoming kinder. I will beg my wife another year, up to the Montreal Olympics.

"Of course it is difficult for me. I am older than everybody else at this championship. I have lifted weights for thirteen years. But I still have the desire to train and perform.


"We athletes, I think, deserve a good word. The heavy barbells are a difficult life. The flyweight category, in my

opinion, is unnatural. Here in Moscow I began the meeting with baths, always shedding weight. By always eating little, strength wanes; Nassiri lost because of dehydration. To no purpose did he transmigrate to this category. He was Olympic champion in the bantamweight class. If he would have remained there, he could now be a winner.

"I like the Japanese Takehuti. He is calm and technical, but his tactics are still mediocre. And Voronin, Alexander is stronger than any of us, my word of honor! He could snatch 110 and jerk 140. Even more, if he learns how to compete properly, for the time being he is not psychologically ready for the battle with weights in competition.

"Sucz and Kesegy, who performed well here, will be strong for the Olympiad; other rivals will appear, but I think whoever wins on the Olympic platform will snatch 107.5 and jerk 142.5. I hope to prepare myself for such results. I am healthy and I have the desire to work with the 'iron.' Earlier I used to lift up to 20 tons in training sessions. Now I have grown wiser. I don't wear myself out. I have found the optimum load and results have grown."



I CAMPEONATO PANAMERICANO DE POTENCIA									
Nº	NOMBRE	PES. ESTAD.	PESO	SENTADILLA	P. BANCA	PESO MUERTO	TOTAL	CLASIF.	
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
12									
13									
14									
15									
16									
17									
18									
19									
20									
21									
22									
23									
24									
25									
26									
27									
28									
29									
30									
31									
32									
33									
34									
35									
36									
37									
38									
39									
40									
41									
42									
43									
44									
45									
46									
47									
48									
49									
50									
51									
52									
53									
54									
55									
56									
57									
58									
59									
60									
61									
62									
63									
64									
65									
66									
67									
68									
69									
70									
71									
72									
73									
74									
75									
76									
77									
78									
79									
80									
81									
82									
83									
84									
85									
86									
87									
88									
89									
90									
91									
92									
93									
94									
95									
96									
97									
98									
99									
100									

# PAN-AM POWER REPORT

By G. Lugin  
as told to S. Willingham

ON HIS THIRD ATTEMPT, Christopher Columbus discovered Venezuela or "little Venice" as the early Spaniards called it. The USA, 478 years later, was celebrating its bicentennial and its powerlifting team was attempting to capture the Second Pan-American Powerlifting Championships as a birthday present in that South American country.

Despite the United States' determination, things were not really "hunky dory," due primarily to the host country's "manana" attitude, such as:

If you have never taken your squat warm-ups off an elevated bench press apparatus...if you have never lifted in the middle of a sandy, open-aired horse pavillion...if you have never in your life deadlifted in the dark, with the platform lit only by an arc of car headlights...if you have never attempted to psyche yourself while artillery fire could be heard in the surrounding mountains...if you have never had to sidestep horse dung, or if you haven't had to be careful about where you waited, exhausted and dehydrated, in your three-minute recovery period, then you, hombre, have never really lifted under adverse contest conditions.

If we had the space, we would salute those underprivileged Americans who all but gave their lives (and that was in question, as Viasa Airlines circled between Caracas and Maracaibo, trying to decide where to land), to represent Uncle Sam for these Championships.

Thank you fellow persons for a job well-done! You will never forget that week that was! And now, on with the report...

### 114 pound class

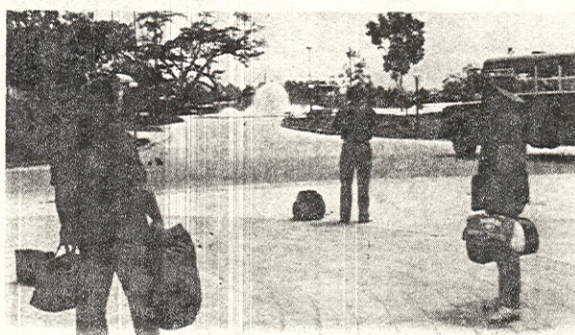
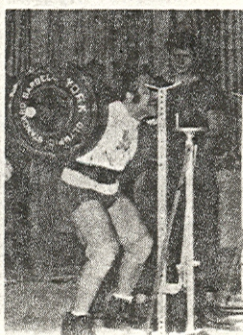
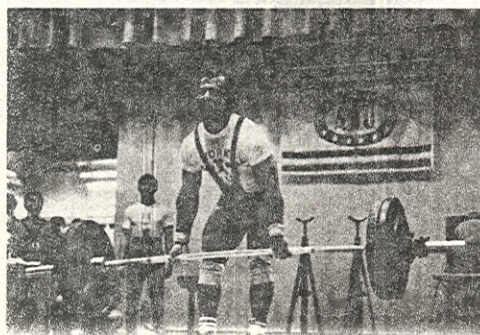
John Redding (USA) was headed for the showers as he was vomiting just minutes before the introductions. Head coach, Herb Gowing, and head AAU honcho, Clay Patterson, huddled and "wisely" scratched John from team point consideration. Redding took some medication for the

(cont'd. on p. 63)

114-lb. class	Squat	Bench	D- Lift	Total
J. Redding (USA)	*402¼	*203¾	*435¼	*1041½
E. Massanet (PR)	341½	198¾	264½	804½
N. Godoy (BOL)	264½	165¾	330½	760½
123-lb. class				
F. Baez	363¾	236¾	402¼	1003
G. Kucipak (USA)	347	*270	325	942½
132-lb. class				
L. Ramos (PR)	380¼	303	501½	1184½
148-lb. class				
G. Centeno (VEN)	352½	214¾	462¾	1030½
165-lb. class				
R. Crain (USA)	*562	330½	567½	*1460
J. Spack (USA)	485	292	633¾	1410½
E. Plaza (PR)	424¼	336	501½	1261½
181-lb. class				
J. Hurst (USA)	473¾	*402¼	*639¼	*1515
H. Valero (VEN)	358	297½	485	1140½
C. Torrez (PR)	369¾	192¾	374¾	936¾
W. Lopez (PR)	435¼	—	—	—
198-lb. class				
V. Anello (USA)	*567½	*413¼	650¼	*1630½
F. Acobe (PR)	220¼	242½	303	766
220-lb. class				
R. Benjamin (USA)	617¼	391¼	*694¼	1702
B. Glasgow (USA)	639¼	457¼	600¾	1697
R. Santiago (PR)	459½	374¾	551	1385
242-lb. class				
C. Patterson (USA)	*650¼	*468¼	*650¼	*1768½
G. Lugin (USA)	600¾	391¼	600¾	1592
Superheavyweight class				
C. Snitkin (USA)	710¾	451¼	*699¾	1862½
J. Perez (PR)	562	352½	584	1498½
Pedro Dominicci (PR)	650¼	341½	501½	1493

\*—Pan-Am record

Key to countries: BOL—Bolivia, PR—Puerto Rico,  
USA—United States and VEN—Venezuela.





# Pan-Am Championships

(cont'd. from p. 9)

"revenge" (cramps, nausea and diarrhea) and by the time the lifting started, he had partially recovered.

In fact, he recovered enough to piece together four Pan—Am records. He started the squat safely with 303 and went on to 402¼ by way of 352½ to stomp Wayne Osborne's (Canada) record by 132¼ pounds.

John repeated his conservativeness with a 176½ bench start. His next attempt was with 193 pounds and 203¾ was his successful third-attempt bench press.

Redding opened the deadlift with 408, a record. For his second, he asked for 435¼. He made it and said no to a third attempt. Redding made eight out of eight but we had lost 12 team points. Isn't hindsight wonderful?

Neftali Godoy (Bolivia) and E. Massanet (Puerto Rico) battled it out for the silver and bronze. As it finished, Massanet made eight out of nine attempts compared to Godoy's five out of nine and therein lies the story.

Godoy started his squats with 264½ and missed it twice before making a success with it on his last attempt. The last thing we needed at that time was another "bomb". Massanet started with 308½ after observing Redding's 303 opener. The crafty Puerto Rican jumped to 325, then to 341½ and succeeded.

Godoy opened his benches with 154. Three minutes later he took 165¼. Massanet started with 171, followed by Godoy's third attempt miss with the same weight. The bar jumped to 187½ and so did the Puerto Rican. He ended with 198½.

The deadlift started with Massanet taking, within nine minutes, 242½, 264½ and a 281 miss. He was through with an 804½ total. After Godoy watched the Puerto Rican complete his deadlifts, he saw an opening for the silver and maybe the gold since Redding "looked half-dead." The Bolivian started with 286½ and jumped to 330½ for another success. Godoy then went for victory with 380¼ which he missed. Had he made it, he would have beaten Massanet by five pounds.



But then came Redding! His performance, which has already been mentioned, was a touch of class. Eight out of eight; a truly remarkable performance for a man suffering from nausea and recurrent chills. John Redding's 1041½ Pan-Am record total was inspirational to the whole team!

### ***123-pound class***

Fernando Baez (Puerto Rico) repeated as Pan-Am champ, minus 17½ pounds. He totaled 1020 last year in his country (the '75 host); 1002½ this year in Venezuela.

Gary Kucipak became the second USA "casualty." Kucipak completed only his first attempts. He missed 363¾, 281 and 252½ in the three power lifts.

Gary is better than his 942¼ indicates but it was still fine lifting when you consider the prevailing conditions. Gary's 2nd place removed the "goose egg" next to the USA and nine points were posted on the board.

### ***132-pound class***

Luis Ramos (Puerto Rico) made seven out of nine and left no doubt that he wanted to lift. He was the only featherweight entered. His 1184½ total was 95½ pounds off the pace set last year by E. Hernandez (USA) but it was an improvement over his own 1130, which got him 2nd last year.

### ***148-pound class***

This was the second class in a row with only one competitor. Gerson Centeno (Venezuela) would have placed 5th last year with his total of 1030 but, of course, this year, the three-year veteran of the soccer wars, took the gold medal. It was the host country's one and only.

A powerlifting rookie, Centeno found himself all alone in the class when Rick Crain (USA) failed to make weight. Undaunted, Centeno opened his squats with 352½ and then failed with 385½. He repeated it for a success on his third, however. On the bench, he flowed from a 198¼ to 214¾ and then failed with 225¾. His deadlifts rang three for three as he started with 374¼ and ended with 462¾. His second attempt was with 418¾.

### ***165-pound class***

Joe Spack (USA) was the defending champion—one of four who returned. "Mr. Spock," that is Mr. Spack, was self-descriptive. "I'm like a computer...I'm programmed to lift at a certain time..."

Crain, the overweight lightweight, who kept us entertained with his guitar while we were bussed throughout the countryside by the Venezuelan Army, entered the 165's.

After the squat, however, Spack wasn't entertained by the fact that he was 77 pounds down to Crain. Spack opened with 446¼, completed 479½ and then made 485. Then Crain had center stage for nine minutes. He opened with 501½, a Pan—Am record. Rick moved up to 540 for a success and another record. His last was with 562.

Eliezer Plaza (Puerto Rico), last year's silver medalist, made two successes in the squat with 402¼ and 424¼ before missing with 435¼. In the bench, however, Spack and Crain were blind-sided by the Puerto Rican. Plaza, by way of 314 and 336 registered the highest bench press among the lighter classes. His 347 was close also, but the scoreboard showed an "X."

The deadlift finished whatever threat Plaza sent up. He made 451¾, 501½ but missed 512½. Crain made 567½ and Spack opened with 595.



and waited six minutes while Crain missed twice with 606¼. It should be pointed out, however, that at this point Crain was suffering from leg cramps. Joe then went on to make 633¼, enabling him to crack the 1400-barrier which won it for him last year.

Spack then needed 694¼ to tie Crain (and to lose on bodyweight) but he took 650. Even that proved too much for him, but his improved total was good for 2nd place. Crain's winning total was 1460.

### 181-pound class

Jesse Hurst really crushed his competitors in this division and made it the "class" class. He upped last year's total from 1370 to 1515 and if anyone wants to know what the word *power* means in powerlifting, all they have to do is watch Hurst of Prairie View A&M lift weights.

Jesse started his squats after everyone else in the class had retired for the night. Wilfredo Lopez (Puerto Rico) was right on Jess' heels, though, registering a 435¼ finale when Hurst opened successfully with 440¼. Jess then made 473¼ before missing with 496 on his last attempt, his only miss of the contest.

Carlos Torrez (Puerto Rico) only made his first attempt with 369¼; he was stopped cold twice with 374¼. Herbert Valero (Venezuela) completed his first and second squats with 319½ and 358 respectively and looked a distant fourth at this early point.

But strange things happened! Lopez bombed with a 292 bench press. Torrez only attempted his opener, a light 192½. Valero, on the other hand, completed 297½ on his third attempt after missing it on his second. Jesse H. had a long rest but then he had to hop to it. He did and made benches with 358, 391¼, and 402¼.

Torrez clinched third with his only deadlift, 374¼. Valero, lifting in his home country, didn't give up. He took 440¼, made 485 and missed 518.

Meanwhile, Jess opened with 600¼ and moved on to 639¼ before calling it quits for the night. He had, indeed, established himself as an international performer!

### 198-pound class

All eyes were on Vince Anello in this class. Of course, the fact that there was only one other competitor, Fernando Acobe (Puerto Rico), may have had something to do with this.

But it probably wouldn't have mattered how many competed. Vince is just too tough! Weighing only 196, Vince set three new Pan-Am records. He squatted with 567½, which was 37½ pounds more than he did in 1975. He also out-benched himself in regard to the '75 meet, 413¼ to 391¼ and had expected to place the deadlift "out of sight." Instead, with a "slippery" bar and no lights, he took a sub-token opener with 650¼ and jumped to 716¼ for two misses. The bar just rolled out of his hands.

Acobe hung in there and pieced together a six-attempt total of 766. As Roger Benjamin said, "Vince could have won just by deadlifting"...almost!

### 220-pound class

This class was to have featured three of the USA's top 220-pounders but international rules prevent three lifters from the same country in one class...so, Gowing and Patterson decided that George Lugin would have to lift in the 242 class.

Lugin went along with the plot although in his heart he knew that Roger Benjamin would have given the 242-pounder (Clay Patterson,

himself) a run for his money.

As it developed, Benjamin and Bob Glasgow clashed in the 220s in one heck of a battle. Glasgow hit with 639¼ on his second-attempt squat. His first had been 617¼ and his last, a miss with 655¼. Roger opened with a 573 squat and worked up to 617¼ through 600¼.

The benches, too, belonged to Glasgow although he only made one out three, his second attempt with 457¼. Benjamin, meanwhile, had succeeded with 374¼ and 391¼ before missing with 402¼. After the first two lifts, Benjamin was still in good shape as he was just 88½ pounds behind Glasgow and was well-known for his deadlifting power.

What Roger didn't figure on (and no one else did either) was that he'd deadlift in the dark on a slippery bar. It seemed as though the bar was covered with an ointment. Advantage, Glasgow, as they say in tennis. Roger's dreams of hoisting 740 were lost "in the grease."

Glasgow opened with 600¼ for a success. He then jumped to 628¼ and missed it twice. All he could do was wait and watch Benjamin "hustle" the gold back to Nebraska. Roger, after missing his opener with 694¼, made it on his second attempt for a Pan-Am record and a total of 1702, off somewhat from Marv Phillips' 1975 total of 1795.

Ramon Santiago (Puerto Rico) closed the door on 3rd place with a five out of eight 1385 total.

### 242-pound class

Patterson and Lugin found themselves all alone in this class. Patterson went after records; Lugin went for team points. Patterson opened his squats with 622¼. Lugin, a very light 221, opened with 551 and then went on to miss 578½. Clay took his second with 650¼ and succeeded. Lugin ground-out 600¼ for white lights and Patterson made a bad miss with 666¼ on his third attempt.

Clay started his benches with 468¼ and missed 490½ twice, although it was about this time that the lights went out in Valencia and the platform was encircled with cars. And this is how we finished lifting—by car-light. Lugin did sub-par in the benches, even for him. He completed 374¼ and 391¼ before missing with 407¼.

In the deadlifts, Lugin took his opener with 600¼ and called it quits. He made five out of seven. Patterson started his deadlifts with two misses with 650¼. He was really in a corner then but he came through with his third attempt with the same weight and upped his own Pan-Am total record another 93½ pounds. Patterson had made only four out of nine. Both men were disappointed, but then, this wasn't Irving, Texas.

### Superheavyweight class

Connecticut, the fifth state to ratify our constitution, donated Carl Snitkin as our "super." Puerto Rico threw two men at Carl. One, Pedro Dominici, looked like a wrinkle-free Paul Anderson, but that's where the similarity ended. Pedro was no Paul on the platform. Carl coasted to a six out of seven victory. His only miss was his last bench with 457¼.

Jose Perez sneaked past teammate Dominici by 5½ pounds. This was surprising since Dominici weighed 308 and Perez 243¼. Carl, by the way, weighed in at 245. This guy has a future. And so does powerlifting. We're growing!



CAMPEONATO  
NACIONAL DE POTENCIA

PRIMERA DIVISION PESO PLUMAS PESO M



PAN AM GAMES - 1976