



This issue, in place of the usual Iron Grapevine, we are presenting some of the many letters we have received in response to the first *IGH*. In subsequent issues, a “Letters” section will be a regular feature. But since we received so many letters, we wanted to share their information. In fact, we received many others and we will draw on them in later issues. We invite your comments. We also call your attention to the new feature (page 9) focusing on significant birthdays and other iron game events.

The Raders Reply

Just received and read the new *Iron Game History*. It contains articles and features, we believe, that will be of interest to the readers.

I’m sure the magazine was lots more work than you had anticipated. Seems like that’s always the case. Sure a nice little magazine. You did a good job on this first issue and I’m sure you will find more things to do with it as time goes on.

We’d like very much to make a trip down that way, and maybe sometime we will do just that. It would be so good to see some of our friends again and get all the news of the iron game.

Peary & Mabel Rader
Alliance, NE

Naturally, it is satisfying to hear kind words from readers. But to hear kind words from the Raders goes beyond satisfaction.

Pacifico Now Bodybuilding

Your new venture is very interesting. I would like to see more. Enclosed is a check for one year.

Your information on Jack Elder was incorrect. Howard Stupp (you have met him) at the age of 76 pulled 512 pounds at the 1988 Masters Nationals. He will be 78 on April 5th. Howard is an old Olympic lifter who switched to pro wrestling under the name of Chief White Owl.

I’m bodybuilding now and will compete at the Masters Nationals on June 16/17 in Houston. I will weigh 176. I won the Metropolitan title last Sept. weighing 185.

Larry Pacifico
Dayton, OH

Larry—nine time world powerlifting champion—has the honor, at least we hope it’s an honor, of having been the first to send in his subscription. As for Jack Elder’s deadlift, it did exceed the national record in the middleweight division.

News From One of the Loprinzi Brothers

Received your note along with the *Iron Game History*. I think it is great just the way it is and I can’t see where it could be improved.

We are still pumping iron besides swimming and brisk walking. It is such a habit that we can’t quit. Your publication has arrived at the perfect time.

Sam Loprinzi
Portland, OR

Circuit Training in WWII

First of all, thanks for the copy of *Iron Game History*. It was interesting and I appreciate your sending it.

Secondly, I was watching TV last night and saw the program: “The Incident,” starring Walter Matthau. It dealt with German prisoners of war in this country and brought back some memories. Inasmuch as weight training was involved, I thought you might find some of them interesting.

During the latter part of WW2, I was stationed at Camp Forrest General Hospital in Tullahoma, Tennessee. My assignment was Recreation, Reconditioning, Education, etc. for 10,000 German prisoners of war. The hospital was divided into a 2500 bed medical-surgical unit, a 5000 bed convalescent unit, and a 2500 bed protected personnel unit (prisoner hospital employees). I had two Americans (clerk-typists) working with me in the office; the remainder were German prisoner assistants, about 100 in number. None of these were experienced in weight training instruction. To make the Reconditioning program more interesting and productive, I devised a set of exercise apparatus and had it installed on a field behind the hospital. These were patterned after the apparatus developed by Willie Currie at Fort Benning, Georgia. However, to simplify the instruction routine I arranged the pieces of apparatus for each station in units of six, there being 12 different stations.

The 12 consisted of five pulleyweight stations, four barbell stations, one leg press station, one wrist roll station, and one abdominal board or sit-up station. Only one exercise was performed at each station. The exercises used were: 1. two arm curl (pulleyweight), 2. one arm sideward pull (pw), 3. chest forward pull (pw), 4. overhead raise (pw), 5. backward pull (pw), 6. two arm press (barbell), 7. squat (bb), 8. stiff-legged deadlift (bb), 9. rise on toes (bb), 10. leg press (lp), 11. wrist roll (wr), and 12. sit-up (ab). I arranged the apparatus in this manner so that by assigning five men to each piece of apparatus, 30 would be assigned each station and could complete one exercise in a relatively short period of time. One instructor was assigned to each station. The groups were rotated throughout the stations on a given signal. With this arrangement we were able to run 360 men through a complete exercise workout in 75 minutes.

The weights were all concrete and pipe or rope and obviously non-adjustable, so I had to compromise on the resistance. The pulleyweights and wrist rolls weighed 10 lbs. each, the barbells 40 lbs., and the leg press 100 lbs. I don’t

know who established the first circuit with weights. This program was established in 1944, although nothing was ever written about it. I am enclosing a few photographs to give you an idea of the setup. Also, I am enclosing a reprint from the German hospital newspaper, *Das Echo*.

You may not have noticed, but three of the books I sent you—two green hardbacks, one a chest book by Hoffman, one by Willoughby and Weaver, and Inch's book on Strength—have different bindings (all originally were paperback). These were done by German prisoners of war at the hospital.

I had very few problems as far as the German prisoners were concerned. One reason was that I eliminated all those of officer rank and dealt only with enlisted men. A second reason might have been that when I pulled OD (officer of the day) duty, I would meet in the Rec hall with my sports instructors and others where we had one barbell. Fortunately, I was able to outlift them all. Such news travels fast in a camp such as that.

My first assignment on entering the reconditioning field in the Army was to Fourth Service Command Headquarters in Atlanta, Georgia, where I was to write a manual of exercises for hospital patients. Just as I finished it, Army Headquarters in Washington ordered all such material forwarded there to be included in an Army manual on the subject. Much of my material wound up in TM 8-292 Physical Reconditioning. This was put together by C. H. McCloy and through this contact he and I became very good friends.

Jack R. Leighton
Spokane, WA

*Dr. Leighton had a long and distinguished career as a writer and professor in the field of physical education. His book, **Progressive Weight Training** (New York: Ronald Press Co, 1961) is a model of clarity. Dr. Leighton was among the first individuals to donate his private collection to the Collection here at UT. Regarding his reference to Bill "Willie" Curry, we will have an article by Curry in a future issue.*

A Better Way of Living

Thank you for thinking of me and forwarding the copy of *Iron Game History* to me. I do hope for your success with this new periodical and its dedication to the iron game. It changed my young life to a much better way of living. One day, I'll jot it down and send it on to you. Much success and good health to you and yours.

Terry Robinson
Century City, CA

We hope all of you take the time to "jot it down" as we'd like to include your stories in future issues of IGH.

Willoughby Dedication

Thank you for your note and copy of the first issue of *IGH*. I am happy to see the history of weight-training documented and memorialized.

I've been threatening to write my autobiography for many years—but find it's the hardest thing in the world for me to do. I'm making progress, though. I've enrolled in a local class "writing your autobiography" starting this next Tuesday.

Your dedication of the first issue to David P. Willoughby surprised and pleased me very much. I didn't know him personally but admired very much both his drawings and his writings. His classic articles in Bernarr McFadden's *Physical Culture* were like a physical training bible to me in those first early years of bodybuilding.

There has never been any reason for me to go to Austin, but now I look forward to visiting there in the near future.

Walt Marcyan
Canyon Lake, CA

*Many readers know that Walt Marcyan was a real allrounder in physical culture besides being the publisher of the magazine **Physical Culture** and one of the founding fathers of the Universal line of weight training equipment.*

Congratulations

Iron Game History is a terrific idea. You have lined up an excellent group for the editorial board. Congratulations on an already outstanding production.

Charles Moss, M.D.
Los Angeles, CA

Regarding Roark

Your new magazine should be a winner. I really enjoyed the *Roark Report*. It was the only thing I subscribed to. I looked forward to getting it.

On April 7, 1990, I will be in Benbrook, Texas as a part of the Strength Training and Athleticism NSCA Event. I don't know how close, or far, I will be from you but if possible I will try to get by to say hello. I will be talking to the directors and get more information and get back with you.

My wife is writing a check for a subscription for your new magazine. I certainly wish you luck. I don't know anyone who could do a better job.

Bill and Judy Pearl
Phoenix, OR

World's Oldest Iron Gamer

Enclosed is my check for \$25 for a two year subscription to your new magazine, along with my sincere wishes for your success.

Now that Milo Steinborn is deceased, I think I am the world's oldest iron pumper—since 1913; oldest competitive swimmer—14 world records from the ages 83 to 96; and one of the oldest tracksters—16 world records.

I was glad to read the article about John Y. Smith—I distinctly recall that when he won that strength test the long-shoremen and loggers began to drop out at about 400 Pounds in the deadlift.

I can barely deadlift a 100 dumbbell for about 15 reps now—presume I could have lifted a 160 or 170 pound dumbbell in my prime.

However, I did lift 340 with one hand—with a locked thumb—once. The price for this was splitting the skin on each side of my thumbnail—haven't ever tried it since.

Collister Wheeler
Portland, Oregon

Dr. Wheeler is a retired dentist and a true physical marvel. He, like Milo Steinborn, was born in 1893 and earlier this year he had his 97th birthday. He enclosed a few of the records he has kept through the years and they demonstrate that although much strength fades with time, much remains. We have included only one lift but later we may devote an article to this remarkable man. He made the lifts while weighing around 155.

Deadlift

Age 55	Age 73	Age 88	Age 97
370x3	320x1	270x1	195x3

Nebraskan Hercules

Enclosed is my membership for your new *Iron Game History*. I find it a special interest that you are using Hercules as your logo. We have a fiberglass statue of Hercules that is 8 1/2 feet tall in our strength museum.

Good luck with your new endeavor. I hope everything works out.

Boyd Epley
University of Nebraska-Lincoln

Boyd Epley is, quite certainly, the country's most well-known strength coach, having served in that capacity at the University of Nebraska for well over a decade. A pioneer in his profession, Epley was the prime mover in the establishment of the National Strength Coaches Association (now the National Strength and Conditioning Association).

Greetings from Anderson

Thank you for your recent letter and publication. It is good to hear from you and know that John and Angela Grimek are going to stop by. They are a real joy. They have visited us several times here at the Home. Since Milo Steinborn passed away, they do not travel in this direction as often as before. Wishing you the very best,

Paul Anderson
Vidalia, Georgia

Weightlifter's Newsletter

I had planned to send you a well thought out, organized and typed reply. However, if I wait until I have time for that I may never reply. So here goes.

I like your publication, very much. Sure you're crazy but a few thousand diehard strength fans will be quite pleased. I will be.

I'll put you on my mailing list and I'll give your publication free plugs in future newsletters.

Denis Reno
30 Cambria Road
West Newton, MA 02165

For those who don't know, Dennis Reno is the editor since (gasp, pant) 1969 of a wonderful newsletter about competitive lifting, called Weightlifter's Newsletter— \$15.00 per year at the above address.

Gripes about "Grapevine"

The product is very good—but you must drop those bells out of the "Grapevine." And put in pictures. Old timers are just as vibrant and fun loving as the guys of today. Love it!

Bob Kennedy
Brampton, Ontario

Bob Kennedy is the publisher-editor of Muscle Mag International, one of today's leading "muscle magazines." What do other readers think about the "bells" in "Grapevine" ?

Father/Son Lifting Champions

Congrats on great job with *IGH*. I have followed your careers over the years. Bob Hoffman was always quite proud of you. I have been involved in the game since 1950 and shared the lifting and posing platforms with many of the greats of that era. My son Richard was in the Olympics in '88 and is a four time National WL Champ. We are the only father and son (that I know of) to win the Nationals. (I won in '58.)

John Grimek has got to be the Greatest of all time. He looked wonderful at this year's Oldtime Strongman dinner! Does anyone know how he trains at 80?

Fred Schutz
Chicago, Illinois

Fred and his son are, indeed, quite a team. As for the one and only JCG, perhaps we can coax him to reveal some of the methods he has used to reach (as he will this June) his 80th birthday in such a frisky condition.

On Roark and Accuracy

Enjoyed *IGH*—enclosed is my subscription for two years.

I do believe in the value of accuracy—Joe Roark must not. I suggest he research The All-Round Weightlifting Association and he would find that there are records for all types of "one-handed" lifts—including the one-handed bench press. With respect to the term "clean"—the bar is lifted clean of the floor and brought to the shoulders in a series of movements (as practiced on the continent)—thus you have a "continental clean."

We may know that a barbell, or correctly a bar-bell, and a dumbbell, or correctly a dumb-bell, are used for different types of lifting. *The Oxford English Dictionary*, second edition, 1989, defines bar-bell as: "a steel bar weighted with a ball

of iron at each end, used as a dumb-bell.” Perhaps Philippe Harlman, *Marilyn Monroe and the Camera*, may have been guilty of using a dictionary! By the way, is it “weightlifting,” or is it “weight-lifting?”

With respect to Roark it is time to cut the bull!
 Dale E. Friesz
 Fairfax Station, Virginia

Roark Responds

Concerning my mention of the one hand bench press, I regret that it was clumsily put on my part.

Regarding “Continental,” however, let me suggest a look at the following. George Kirkley in *Health & Strength* (July 9, 1953, page 44 and July 23, 1953, page 43) explains the two hands clean and jerk. Then, in the August 20, 1953 (page 41) issue, he explains the two hands “Continental jerk.” Notice he does not call the lift the two hands “Continental and jerk” but the “Continental jerk.”

Keeping in mind that in *Health & Strength*, (September 16, 1933, page 353), John Valentine says of Leo Gaudreau that he is “one of the four men in America who is recognized as an authority on facts and figures relating to strongmen,” I suggest we look next at the only article Gaudreau ever wrote for *Lifting News* magazine (May 1957, page 10) in which he explains some weightlifting terms. The fifth paragraph is here quoted.

“Since the accepted European method of performing a two hands jerk placed no restriction on the methods used to lift the weight to the shoulders, the Austrians and Germans took advantage of this and lifted the bar to the waist and from there pulled it in to the shoulders with another heave, or rolled it up on their big bellies and thick chests. The French frowned on this sort of thing and always qualified reports of German and Austrian lifting by adding that the lift had been ‘incorrectly’ performed. The English speaking world was a little more generous and described it as a ‘Continental pull-in’ which became shortened to ‘Continental.’ It has been misused by saying ‘Continental Jerk’—there is no such thing. In its most abbreviated form it can only be ‘Continental and jerk.’ Another misuse of the term by some present day writers who should know better, is when a Continental pull-in is referred to as a ‘Continental Clean.’”



MAY:

3	1897	Dr. Frederick Tilney (died May 3, 1977)
4	1890(5?)	Clevio Massimo (died 1975)
4	1907	Wilbur (Wib) Schartzberger
6	1874	G. W. Rolandow (died Dec 6, 1940)
6	1884	Katie Sandwina (died Jan 21, 1952)
10	1925	Stan Stanczyk
11	1873	Al Treloar (died Feb 28, 1960)
11	1911	Gord Venables (died May 27, 1975)
14	1910	Bill Good
14	1962	Welder-Hoffman law-suit heard by jury Jules Parent (died?)
18	1863	Joe Assirati
21	1905	Louis G. Dymeck granted curl-bar patent (#2508567)
23	1950	Gene Massey (died Nov 1, 1975)
26	1949	Hermann Goerner married Elsie in Berlin
27	1922	Norb Schemansky
30	1924	

JUNE:

2	1951	Joe DiPietro wed Lorraine Osborne
5	1908	Bob Nealey
6	1890	Ottley Coulter (died Dec 17, 1976)
8	1914	Joe DiPietro
8	1944	Randy Watson
9	1936	Lloyd Lerille
9	1968	Bob Bednarski clean and jerks 486 1/2
11	1911	Chick Deutsch
11	1922	John McWilliams
13	1868	Joseph Vanderzande
13	1944	Elmer Farnham killed in action at Normandy
17	1950	Rudolf Mang
19	1946	Roman Mielec
20	1939	Tony Garcy
22	1910	Ray Van Cleef (died May 26, 1964)
22	1926	Jack Delinger
24	1944	Alan Calvert died, (born 1865)
26	1955	Tom Platz
27	1959	Bob Hasse wed Lily Koonz
27	1975	Arax died
28	1882	Maxick (died May 10, 1961)
28	1942	Frank Zane
29	1929	Pete George