



Just as this issue of *Iron Game History* was going to press, we learned that one of our dearest friends, Dr. Al Thomas, had passed away. He died on 17 April 2008 at age 77 after a lengthy battle with prostatic cancer. From our first issue, Al was a member of the editorial board and a frequent contributor to this journal. He was a prolific author and wrote for many muscle magazines and academic journals over the years. In the 1970s his *Iron Man* series on gender equity was ground-breaking; and those articles helped launch the sports of women's powerlifting, women's bodybuilding, and women's weightlifting. That series helped me, and many other women of that era, to reconcile the disparate issues surrounding women and strength. Please see the next issue of *IGH* for more information on the legacy of this important Iron Game figure.

—Jan Todd



Since 2002, the back issues of *Iron Game History* that are more than 12 months old have been available free of charge on the website of The LA84 Foundation. The LA84 Foundation was formed with part of the surplus from the 1984 Los Angeles Olympic Games. The Foundation has two main areas of outreach: it works to encourage youth sports and coaching education in the Los Angeles area, and it also plays a leading role in encouraging scholarship in sport studies. Dr. Wayne Wilson directs the Foundation's research efforts, and one of the main initiatives he has undertaken is the creation of a digital library containing both Olympic materials and easily searchable digitized copies of the leading journals in the field of sport studies. The back issues of the prestigious *Journal of Sport History* are included in the LA84 Foundation digital library, for example, as are those of many other journals in the field, including our own *IGH*. Since 2002, when we agreed to allow *IGH* to become part of the Foundation's digital library, our back issue sales have diminished somewhat. However, as can be seen, being part of this wonderful service has allowed us to reach many thousands more people and to spread the history of physical culture to a much wider audience.

Dear *IGH*:

I have attached usage statistics showing the number of downloads of *Iron Game History* from the LA84 Foundation website at www.LA84Foundation.org, from 2002 through 2007. For our purposes "downloads" measure activity within a "session." A "session" refers to an individual article being opened. If a user opens one article, it counts as one session. If the article is two pages long and includes a photograph on the second page, and if the reader views both pages, that session would involve three downloads. In 2007 there were approximately 140,000 sessions and 240,027 downloads. As you can see, *IGH* downloads have increased 10-fold over the past six years.

Iron Game History Downloads per Year, 2002 – 2007.

2007 =	240,027
2006 =	217,676
2005 =	109,555
2004 =	106,111
2003 =	88,680
2002 =	24,146

Thank you for making *IGH* available to scholars and the general public. I look forward to continuing to work with you to provide access to this valuable resource.

Wayne Wilson
Vice President for Research
LA84 Foundation



Dear *IGH*:

I have always enjoyed *Iron Game History* but especially liked the November 2007 issue, Vol. 10, No.1. I was profoundly touched by the article, "Strong Wind Versus Weak Tree – My True Story." I was born in South Carolina just a little after Hubert was born in Swainsboro, Georgia. His heart-wrenching story brought back memories that had lain dormant for years. Yet, I can understand why Peary Rader did not publish Hubert's story at the time. Nevertheless, as you noted, had Rader not empathized in some way, he would not have kept the article for so long in his files. Although some of the conditions to which Hubert refers no longer exist, I am glad Rader preserved the article for posterity and am grateful that you printed it.

Your article "Pudgy Stockton: The Bell of the Barbell" brought back memories of when, as a young paperboy, I saved my money to buy *Strength & Health*, *Iron Man*, *Your Physique*, and others. I remember reading about Pudgy (I always wondered why she was called Pudgy), her husband, and the Muscle Beach gang. She was strong, beautiful, and healthy. I was saddened to read that she had passed. The article about Katie Sandwina was fascinating. She was a large, powerful, beautiful woman: a professional athlete in a man's profession. You changed emphasis when you covered Vera Christensen. She represented a physique more along the slender lines. She advocated for the use of weights by women and showed women how to exercise to improve their figures (for men we say physique). These three women are a far cry from the steroid-enhanced women often seen in physique contests today.

Jerry S. Byrd
Washington, DC



Dear IGH:

Congratulations to you and Terry on another great issue of *IGH* (Volume 9, Number 4). I'd like to add a few comments:

1. Re: 2007 Arnold Contest—great photos and great article. I'm glad you set the record straight about the stone lift—other sources gave a different height and weight claiming that the stone was 525 lbs. and lifted over a 50" bar-- rather than your corrected version of 522 lbs. over a 48" bar. A tremendous feat in either case. By the way, what is the diameter of the stone?
2. The article on Bill Colonna's picnic was also a gem.
3. The piece on Hermann Goerner was excellent! Very well-researched. Kudos to all three gents—Gherardo Bonini, Joe Roark, and the late Mark Kodya. There's a minor error on p.27, under the sub-heading "The Sources and Records of the Two Hands Clean and Jerk." The conversion you list for 157 kg is 355 lbs.—the correct conversion is 346 pounds.
4. An important piece of information was left out about one-hand deadlifts—there are many different lifts that are referred to as a one-hand deadlift. The U.S. All-Around Weightlifting Association accepts the idea that the barbell can be straddled when lifted, or the barbell can be lifted in front of the lifter as in a conventional two-hand deadlift (the front lift being much more difficult). It's too bad we don't know which style Goerner

actually used except in the case of where he did the one-hand deadlift with 602 and the regular deadlift with 653 in the difficult (heels-together) British style. Also, in the early Twentieth Century, just getting the weight off the floor was referred to as a deadlift in some quarters. Again, it could be done either as a straddle lift or with the bar in front of the lifter.

The only known photo of Goerner doing a one-hand deadlift, or something akin to it, is one of him straddling a stone which is clearly marked "660" referring to 660 German *pfunden* (pounds which each equal half a kilogram). The 660 *pfunden* equals 727 imperial pounds.

Dale Harder
Castro Valley, CA

Many thanks for the kind words about this issue of IGH and for the catch about the mis-type on the weight of one of Goerner's jerks. I did most of the editing and calculations and I struck the wrong key and didn't notice it on my final proofing. I agree with your assessment on the Goerner piece, although had Mark not died I think it would have been more complete and fully referenced. But even though it wasn't in final form when he left us we still wanted it to see the light of day because of the work he and Gherardo and Joe had put into it.

Goerner has always been of special interest to me, and I've thought for a long time that the big one-hand deadlift could only have been done as some sort of a partial deadlift in a straddle position. Even so, based on the available research, Goerner was very great performer.

Regarding the diameter of the 522 pound stone, Steve Slater says that it was 21.5" I had Steve make three "stones" of the exact same dimensions and texture but with substantially different weights so that we'd have a good warm-up stone, a record stone, and a fall-back stone that would allow us to provide some separation between the men who were unable to put the big stone over the bar. We used the same two "light" stones this year but Steve added three pounds to the heavy one. Steve, by the way, sells all kinds of strongman equipment online at: www.slatershardware.com. Jan and I (and all the competitors at the Arnold) will attest to the fact that he makes great equipment and is himself a very strong man. He organizes our stage crew each year (many of whom work at Slater's Hardware in Lancaster, Ohio), and he helps construct and manage our equipment. We could not do the show without him. —Terry Todd

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