

MABEL RADER: A CHAMPION FOR WOMEN'S LIFTING

by Kim Beckwith
The University of Texas at Austin

On 30 April 1988 United States' Weightlifting Federation (USWF) President, Murray Levin, called 70-year old Mabel Rader to the front of the room. They were in the middle of the first USWF National Weightlifting Championships in which the men and women competed together. Levin held in his hands a plaque that represented the creation of a new annual award to be given to "an outstanding contributor to women's weightlifting." Mabel was the first winner of the award, which is only fitting since it was named the Mabel Rader Achievement Award.¹ No honor was ever more justly deserved.

Although men's weightlifting was contested at the 1896 Olympic Games, women's lifting was fighting the good fight for the same recognition well into the last decades of the twentieth century. Mabel was a pioneer in this battle for acceptance and agency for women on the lifting platform. Although, she was never a competitive lifter herself, Mabel used many of her other talents and qualities to engage in the push for equality. A large part of Mabel's success was the family business—*Iron Man* magazine. This essay examines Mabel Rader's contributions to the world of lifting, with a special focus on the role she played in the struggle to admit women to Olympic Weightlifting. This is the first scholarly treatment of her life and the enormous contributions she made to women's sport. It is long overdue.

THE NEBRASKA FARM GIRL

Mabel's parents, Jerry F. Kirchner and Mamie L. Kirchner, were farmers. They were some of the "Kincaiders" who used the Kincaid Act of 1904 to farm in the rural Sandhills of Nebraska.² According to the 1920 census, the family arrived in Nebraska by 1914 after briefly living in Kansas and a longer stint in Oklahoma. Mabel Lovera Kirchner was born on the family homestead in the Nebraska sandhills in June 1917, the youngest of nine siblings.³ The family lived in a sod house with a dirt floor. Her moth-



Mabel Rader used her organizational skills, and unstinting dedication to the principle of equality to fight for women lifters to be welcomed on the platform.

er, Mamie, died when Mabel was seven years old and her father, Jerry, was not able to keep the family together. Due to the lack of a centralized family, Mabel moved often and lived with a different family nearly every year. However, Mabel was expected to attend school. During her grade-school days, she walked or rode a horse to the various one-house, country grade schools in and around Mullin, Nebraska. By the time she was to start high school, she had followed several of her older brothers and sisters to Alliance, Nebraska. She worked for her room and board with the families with whom she resided by performing housekeeping chores and nanny duties for each family. "I would get up and help for a while, go to school, and then come back home when school was out and do some more work," Mabel remembered, "That was my life."⁴ Mabel met her future husband while in high school.

Born in Peru, Nebraska, in October 1909, Peary Rader found the Iron Game when his father bought him a Farmer Burns wrestling course at age 12. This "stimulated a very intense desire for physical development" which became his "major ambition in life." Because of this early interest in building his body, he continued to study anatomy and physiology. Not happy with his 5'11" 128-pound frame, Peary tried many of the early lifting programs that were popular, including Earle Liederman's bodybuilding course. Although he initially met with little success, he eventually learned the value of heavy squats and became the local heavy-weight champion on the competitive lifting platform. This success led him to open his own gym so others could benefit from his knowledge.⁵

Eight years Mabel's senior, Peary quit after only two years of high school to help with the family finances. He went to work at the Emerson Street School where his father also worked as a janitor and maintenance worker, which was also Peary's first job. One of Mabel's older brothers went to school with Peary and he introduced them at Alliance Christian Church in 1935. They hit it off and married in 1936, a year after Mabel graduated high school.⁶ That same year, Peary pulled a broken hecktograph[sic] pan (a primitive ditto-like machine) from the trash bin of the school where he worked. He fixed it

and printed a badly typed pamphlet that he titled *Super Physique*; it had a drawing of John Grimek on the cover. Starting with the second issue, however, he called it *Iron Man* and the Raders ran it for the next fifty years. Isolated in western Nebraska, Peary wanted to keep in touch with fellow Iron Gamers and to spread his knowledge and passion for lifting, therefore he began *Iron Man* magazine. It became known as the most trusted magazine in the Iron Game and both Raders shared equally in its production.

THE FAMILY BUSINESS

Although the middle of the Great Depression was not a good time to start a business, they managed to make it work. A tireless worker, Peary indicated on the 1940 census that he had worked eighty-four hours in the week prior to the census documents arriving at his door. Those hours probably didn't include any of the time he devoted to the new magazine since he only indicated his custodial job at which he made \$900/year (slightly below national average for rural males.)⁷ During his free time, he wrote articles to help his friends become better lifters and develop better physiques. To "scratch that itch" that often occurs when someone is bitten by the lifting bug, Peary often traveled to competitions in order to lift, to officiate, or to take notes so that he could comment on the event in his growing publication.

By 1940 the Raders also had two small boys to care for—Jack and Gene—and so Mabel's ability to travel to meets with Peary was curtailed for a time. However, she helped in the office—managing the books, handling subscription orders, and shipping books and products to their customers. Unlike Peary's interests in physique development and competitive lifting, Mabel had grown up working for her room and board with no time for extra-curricular activities.⁸ She had learned to be a responsible and hard-working young woman early in life due to her constantly being shifted from family to family. Therefore, when she first saw Peary lifting she believed "it was the dumbest thing I ever saw in my life."⁹ But, Mabel understood that Peary loved everything about lifting. When interviewed in 2004 for her induction into the USA Powerlifting's Hall of Fame she commented, "I couldn't get him to quit, so if you can't change 'em, join 'em. I didn't just stand by, I got involved. It was our life!"¹⁰

In a 2015 interview when asked how she became involved in traveling and working alongside Peary, the 97-year-old Mabel responded rather energetically, "Oh, that is easy. I just told him." Even though the traditional

gender roles of the era, combined with the fact that lifting weights was not a socially-approved activity for women, dictated that the normal state of affairs would be for Peary to leave Mabel at home with the boys while he went on these trips, the boys must have been a bit demanding during Peary's absence, because Mabel ended up telling Peary, "If you're going to these [events], then I'm going too."¹¹ She exercised some unusual feminine forwardness and just decided that she would go with him; occasionally the kids traveled with them, but most of the time they stayed with their grandmother Rader.¹² That simple decision—to travel with her husband to these various activities—would have a great impact on future women who expressed interest in various strength sports. Mabel enjoyed traveling with Peary to places as far as Hawaii and Rome or as near as staying within the state boundaries to help in any way she could with the various lifting sports that were becoming popular in the United States, and around the world, during the mid-to-late twentieth century.¹³



Although the weights "didn't cotton" with her, Mabel helped Peary with everything he did, even if that meant being the resistance for a strength exhibit at a local school.

MABEL AND THE WEIGHTS

How much she actually lifted herself is a bit vague. Peary said she "trains with weights and loves to run" in a 1969 biographical letter; Mabel herself admitted that she trained "very little"—the weights just "didn't cotton with me."¹⁴ Therefore, even though she didn't compete herself—not that there was any real opportunity for women to do so early in the century—she kept score, judged, compiled paperwork associated with the running of a meet, and took photographs to use in the magazine.

According to Peary, she took photos at all the major contests they attended, which was why he pleaded with C. Robert "Bob" Paul, the United States Olympic Committee's Press Chief, for credentials for Mabel to assist him at the weightlifting event at the 1972 Olympic Games in Munich. Peary indicated that she would "take between 400 and 500 photos of the lifting" and he would do the write-ups.¹⁵ A similar request was made for "M.L. Rader" to attend the 1976 Montreal Games, but apparently they were both denied—not by Bob Paul, but by the event organizing committees—since she only went to the earlier 1960 Rome Olympic Games.¹⁶ That Peary went to such lengths to take Mabel with him is testament to how important she was in his life and work. Peary admitted to a writer for *Strength & Health* magazine that Mabel was "the finest wife a man could have" and that "I could not have done the things I have without her help."¹⁷

An important "first" for women was that Mabel

obtained her Amateur Athletic Union (AAU) referee's certification for weightlifting. In fact, Peary told Bill Starr in 1969 that Mabel was the first woman ever to obtain a National Referees card.¹⁸ This was no mean feat because the AAU required anyone taking the referee exam to have at least five years of experience with the sport in order to be eligible to take the exam. All her years of helping Peary with the sport allowed Mabel to get her referee's certification. However, she did not stop with weightlifting. Physique contests, or what modern day scholars would call bodybuilding shows, often followed the weightlifting events, so many of the same judges would be used for these competitions as well. Therefore, Mabel obtained her referee's card for the sport of bodybuilding. She must have been a competent judge because in September 1973 Mabel wrote in her Weightlifting Committee Report that she had been "asked to be one of the seven judges for the Mr. America contest" that year. That was quite an honor and as far as Mabel knew, it was "the first time a lady has been asked to serve in this capacity."¹⁹ In the 1960s, the sport of powerlifting started to gain popular traction with the strength athletes; therefore, Mabel became certified for that sport as well, making her the first female to simultaneously hold an active national referee's card in the three sports.²⁰

Because of their involvement at so many meets, and their witnessing of many bad and controversial calls, both Peary and Mabel held refereeing in high regard. At a 1967 National AAU Weightlifting Committee meeting, Peary advocated for a referee's clinic to be held before all weightlifting meets that would cover "knowledge required of competent officials." Furthermore, as a sign of the intermingling of the three lifting sports at the time, he believed that "balanced referees should not only be able, but be willing to officiate powerlifting and physique competitions," and not just weightlifting events.²¹ A few years later in 1969 Peary speculated, "Officiating would be much better if we had more women officiating. They see things that most men don't and are fair and impartial. They are unafraid to call lifts as they see them."²² Mabel was a "balanced referee"—to use Peary's words—and she officiated events in all three sports for many years. In fact, Chris Dickerson, the 1982 Mr. Olympia winner, remembered both Peary and Mabel sitting in the judges' chairs during many of his contests in the 1970s.²³ When Mabel began pushing women to become competitors, one of the first things she advocated was for women to become referees. However, it was hard because of the five-year rule; most women involved in the sport had been so for much

less than five years and therefore were not eligible for the exam. Mabel pushed for changes in this rule, and eventually (many years down the road), adjustments were made to the rulebooks to reduce this lead-time, but it was a barrier for many of the earliest female lifters.

Participating in such a male-dominated field, not as a competitor, but as a female official, unfortunately meant that Mabel had to develop a thick skin. Many of the men did not view her very kindly when she accompanied Peary to the meets, much less welcome her in a position of power. "They didn't accept me around very much," Mabel remembered, "for a long time."²⁴ Being a gender-barrier bender, if not breaker, was "very difficult for me, but I stuck. I just ignored it—the feeling against me . . . some of them [the lifters] were rather rude to me. But I just hung in there."²⁵ Mabel would not be swayed. She stuck it out, and ultimately, most men in the field acknowledged her because of the fairness, the hard work, and the dedication she poured into the sport.



US Weightlifting Federation's President Murray Levin presents Mabel Rader the newly created Mabel Rader Achievement Award at the 1988 Women's National Championships. Excitedly looking on is Judy Glenney, the person who took over the Women's Committee Chair responsibilities and a pioneer in her own right. Photo by Bruce Klemens

In 1969 Mabel became the Mid-Western Region AAU Weightlifting Chair, taking over from Peary when he was forced to step down due to AAU term-of-office rules. Peary claimed that "she was doing most of the work as Secretary of the Committee she might as well have the title too . . . She is doing a much better job than I did." He believed that this was another first for women in weightlifting leadership positions.²⁶ As the Mid-Western Region Chair, she kept the lifters of the region up-to-date on the goings-on of the lifting world through the pages of *Iron Man* and the *Mid-Western AAU Weightlifting Newsletter*. She kept up with memberships, meet announcements and results, mailing referee exams when requested by her Region's state chair-persons, and giving referee clinics and exams at competitions as necessary. She held this position until at least 1976 because she wrote in the self-published January 1976 *Mid-Western AAU Weightlifting Newsletter* that Bill Clark in Missouri would be holding the first meet "for the ladies in both power and Olympic on February 14."²⁷

In 1977, the AAU announced that it was sanctioning the first official powerlifting contest open only to women lifters. Called the All American Women's Open, the contest was held in Nashua, New Hampshire, on 17 April 1977. AAU Powerlifting chair, Joe Zarella, ran the contest and held a meeting afterwards so women lifters could consider how to move forward. Jan Todd, then living in Canada, had been pushing for a women's committee to be formed, and so at the meeting they held elections to form the first Women's Committee. Cindy Reinhardt

was named as the first chairperson, with Mabel Rader and several other women lifters elected as members.²⁸ In his post-meet report, Terry Todd claimed that this meet would be considered "the official birth of women's competitive lifting—power or Olympic."²⁹ Although women lifters like Ivy Russell in England in the 1930s, Jean Ansorge in Michigan, and Abbye "Pudgy" Stockton in California in the 1940s either competed themselves or held lifting meets for women, the idea that women could actually lift and compete in weightlifting never really caught on.³⁰ The 1977 "All Girls" Meet, as the *Muscular Development* writer called it, and its 27 lifters, however, represented a solid start to what has become the most popular strength sport for women. One indicator of just how popular it has become, is the fact that in 2019 more than 350 women competed at the collegiate national championships.

Mabel continued to support women's powerlifting by serving on various AAU, United States Powerlifting Federation (USPF), and American Drug Free Powerlifting Association (ADFPA) committees. When Jan Todd was elected Women's Committee Chair after Cindy Reinhardt left in 1979, Mabel was on the Women's Executive Committee. The issue that forever changed the face of the sport of powerlifting pertained to drug-testing and it was fought most vehemently in the women's ranks with Todd at the forefront.³¹ Jan pushed for drug-tested competitions and Mabel was her solid supporter. Mabel and Peary had written about the apparent increase in the use of drugs in their magazine during the 1960s and 1970s and it was easy to see they were against them. When the powerlifting organization split into two in 1981 over drug-testing ideals—the United States Powerlifting Federation (USPF) that replaced the AAU in 1978 (against testing) and a new federation, The American Drug Free Powerlifting Federation that mandated drug testing in all meets, Mabel and Peary moved their affiliation to the new group. Mabel and Peary stayed with the drug-free faction.³² Mabel added to her referee duties and became an official drug-testing referee. Looking back in 2004, Mabel thought it "was going a little overboard having to watch them in the bathroom," but she also understood that "not everybody had a conscience."³³ Some lifters would do anything to win.

THE FIGHT FOR WOMEN'S WEIGHTLIFTING

However, this wasn't the only thing she was involved in during these exciting, but turbulent years. Because of her constant advocacy for women's lifting Murray Levin, president of the USWF, appointed Mabel as the first chairwoman of the Weightlifting Federation's Women's Committee in 1980. Now she was in charge, not just



Mabel Rader, as we go to press, is 104 years old. This picture is from her 100th birthday party in 2017. Family and friends gathered in Alliance, Nebraska to celebrate: L-R, Mabel, son Gene Rader, Janice (Gene's wife), son Jack Rader, and Terry Todd.

in a supporting role. She immediately got to work calling and writing people that she thought could help women's lifting. Because of their forty-plus years of publishing *Iron Man*, she had contacts among lifters, officials, and sponsors. She arranged to have information printed in *Iron Man* and other similar publications. She also contacted the male weightlifters and coaches who had wives or girlfriends lifting. These men responded and began recruiting other women. Like the women of powerlifting had done a few years earlier, Mabel almost immediately petitioned the USWF Executive Committee for permission to hold a women's national competition. However, unlike the relatively new sport of powerlifting, the established Weightlifting Federation had rules that indicated lifters must be male and had a much more historical and ingrained resistance to women lifting weights. This prompted a heated discussion about the proposition at the Board's 1980 annual meeting in Colorado Springs.³⁴ Many men were opposed to the idea of women lifting and they voted against the women's national competition; however, an equal number of men saw no reason to hold them back. Murray Levin eventually broke the 5-5 tie in favor of the women. Mabel excitedly sent letters to her readers:

Good News! A date and place are now firm for the Women's National Weightlifting Championship!! They will be held in Waterloo, IA on May 23rd [1981]. Joe Widdel will be the Meet Director. . . I'm getting this information to you now so there will be time to schedule training for best results. There has been a lot of interest shown concerning this first Nationals and we are hoping for a good turnout. There have been reports of possible two or three teams entered. That would be just great!!³⁵

As part of her foundation-building process, Mabel began the *Women's Weightlifting Newsletter*. In the

Newsletter she drummed up excitement such as the above announcement for and from the women. She posted meet information, published meet write-ups, and alerted women to issues that concerned them, for example the progress of designing new lifting attire for women and new weight-in policies. She highlighted women, such as Mary Beth Cervenak who lifted against men and won, or Rachel Silverman's setting of records in California.³⁶ Athletes' Representative Judy Glenney submitted training hints for the women, including titles such as, "A Little Help for a Weak Jerk," "Get on the Stick with your Pull!" or "Try a Little Bodybuilding."³⁷ Mabel also posted notices in women-friendly publications like Bill Clark's *Missouri Valley AAU Weightlifting Newsletter* and Michelle Greenspan's *Powerful Times*.³⁸ Levin thought of Mabel and Judy Glenney, as the "anchor in getting the [women's] program off the ground" because of their early efforts to get women involved.³⁹

In 1983, after two successful national competitions and a growing populace of women lifters, Mabel reached out to Tamas Ajan, the General Secretary for the International Weightlifting Federation. She informed him, "The sport [weightlifting] is growing very fast here in the States and it seems to be quite popular. I'm wondering what your thoughts are concerning getting Women's Olympic Weightlifting started in other countries . . . I have heard from Mr. Danesi in Italy saying he is interested in getting it started in Italy. I know Canada has some women lifters who are competing."⁴⁰ Ajan replied, "As you know, according to the present Constitution of the IWF, weightlifting is only for men, therefore up to now we have not dealt officially with women's weightlifting. However, life goes on and a demand of this kind has been arising all over the world." He further commented that he had "raised this subject before the IWF Executive Board two years ago already, but that time my colleagues thought it was too early to speak about it." He intended to bring it up again at the Board's next meeting in Erevan, USSR, on 18 October 1983 and invited Mabel to come and participate in the meeting.⁴¹

However, Mabel never got the chance to respond to his request from her position as Chair of the National Women's Weightlifting Committee since she was replaced by Judy Glenney. Ajan sent Rader another letter in September 1983 requesting her to come to the meeting, but Mabel responded by saying she was no longer the Chair and, although she would have liked to come, "felt what I wrote would no longer carry much weight." Ever the champion of women's lifting she implored Ajan that "with all the material I have sent you concerning the Women's Weightlifting in the United States, you will be able to make a fine presentation for us. We are depending on you!!"⁴²

The process by which Mabel was replaced by Judy Glenney as Chair of the women's committee is unclear. Judy remembers Murray Levin just out-right telling her that she would be the new Chair and she thought that maybe he had decided that the women's program was not moving fast enough.⁴³ Murray remembers that an election occurred because the other women lifters wanted someone younger than the 66-year-old Mabel and an actual lifter to lead them.⁴⁴ Maybe the women's eyes had been opened to the possibilities that lay before them and they had the proverbial bit of independence between their teeth and



Mabel Rader was the first woman to hold referee cards for the three major strength sports: powerlifting, weightlifting and bodybuilding. The fact that she did so without ever lifting on a platform herself is remarkable.

they were running with it. By whichever means the transition occurred, Mabel was hurt even though she put on a stoic face in her last *Newsletter*. "Since this is the third year of the Women's Organization," she wrote, "the National Chairman of the Weightlifting Committee, Murray Levin, felt there should be an election of officers. He had previously appointed the Women's National Chairman. The election resulted in Judy Glenney."⁴⁵

According to Judy Glenney, the leadership change resulted in a "falling out" between the two women. Mabel took it "very hard. I tried to make it the best as I could, but it was not easy on her after being in that position and then having it taken away from you." Sadened about the situation because she held nothing but the utmost respect for Mabel for all her contributions to both weightlifting and powerlifting, Judy "couldn't pacify Mabel in any way; it was just hurtful to her. I held out

an olive branch on a couple of occasions, but [the situation] wounded her pretty deep."⁴⁶ Mabel may have held it against Judy, but she felt more betrayed by Levin, and many years later said she believed that she was merely a "scape-goat" for the men who didn't think she would have much impact in developing a women's program.⁴⁷ If so, how wrong those men were.

The IWF Executive Board decided in 1983 to eliminate the "for men only" clause and began "to control women's weightlifting on the national level." However, they were more cautious about world level competitions and wanted "at least 12-15 countries guaranteed."⁴⁸ Once again, Mabel supported the women by expressing her concern to Ajan about expecting high numbers at the outset. She believed that if you offered them the chance, the women would come and participate.⁴⁹ In the end, she was correct. Women competed internationally for the first time at the 1986 Pannonia Cup in Budapest, Hungary. The first Women's World Championships occurred in Daytona Beach, Florida, in 1987. Eventually, the women accomplished their ultimate goal—recognition by the International Olympic Committee and entrance into the 2000 Olympic Games—more than one hundred years after the men.

Age forced the Raders to slow down in the mid-to-late 1980s and they sold *Iron Man* to John Balik in August of 1986. Peary passed away in 1991 and Mabel hasn't been involved in the Iron Game since. In 2017, Mabel celebrated her 100th birthday with over one hundred attendees present. Most, however, did not know of her experiences within the lifting world. Terry and Jan Todd attended and commented that, other than themselves, there seemed to be only one other person that knew Mabel from her work at meets in the past.⁵⁰ Jan Todd gave a speech that shared some of Mabel's past to the many great-, great-greats-, and great-great-great nieces and nephews that came to honor their matriarch. While the information may have been new to the family, her legacy is firmly in place in the annals of women's lifting. Her tireless energy, her forward thinking, and her ability to use the contacts and pages of *Iron Man* magazine to promote and advertise lifting for women gave Mabel a unique and immensely influential position. She attracted, encouraged, and sometimes cajoled women to be strong in more ways than simply lifting a barbell, and even though Mabel never competed herself, she should be remembered as a pioneer for working as an administrator in the world of men's lifting; for being the first woman to be a referee in all three sports; and, most importantly, for being one of the first feminist voices to speak out and fight for women's right to lift weights and be strong. Her quiet, matronly demeanor was a powerful weapon that swayed many male officials to say "yes" to women's lifting. All women lifters are in her debt.

NOTES

1. Bruce Klemens, "The USWF Nationals," *Iron Man* 47, no. 10 (October 1988): 79; "USWF Establishes Awards," *Weightlifting USA* 6, no. 3 (1988): 2.
2. For more information about the Kincaid Act and the Nebraska Sandhills, see: Arthur R. Reynolds, "The Kincaid Act and Its Effects on Western Nebraska," *Agricultural History* 23, no. 1 (January 1949): 20-9. Accessed at <http://www.jstor.org/stable/3739379>. Mabel mentioned living for a brief time with the family of an older sister that lived in the Sandhills, Mabel Rader telephone interview with Jan Todd and Kim Beckwith, 16 May 2015.
3. According to the 1920 census only seven children still lived at home. 1920 United States Census, Cherry County, Enlow, Nebraska.
4. Mabel Rader interview.
5. Peary Rader letter to Bill Starr, 21 Jan 1969, *Iron Man*-Rader Collection, 2011 - Box 12 Files - Rader Biography folder, Stark Center. Hereafter, this collection will be referred to as IM-RC.
6. Mabel Rader interview.
7. 1940 United States Census.
8. Mabel Rader interview.
9. Michelle James, "Pioneer of Women's Powerlifting—Mabel Rader," *USAPL Women's Hall of Fame* 2004, viewed at: <http://www.usapowerlifting.com/womens-hall-of-fame/mabel-rader/>.
10. *Ibid.*
11. Mabel Rader interview. For information about social acceptance of lifting and traditional gender roles, see: Jan Todd, *The Origins of Weight Training for Female Athletes in North America*, *Iron Game History* 2, no. 2 (April 1992): 4-14.
12. Mabel Rader interview.
13. Terry Todd, "Expansion of Resistance Training in US Higher Education through the mid-1960s," *Iron Game History* 3, no. 4 (August 1994): 11-16.
14. P. Rader letter to Bill Starr; and Mabel Rader interview.
15. For more information on C. Robert Paul see, "Remembering Bob Paul," <http://www.teamusa.org/News/2011/January/18/Remembering-Bob-Paul>; and "Remembering Bob Paul & His Olympic Legacy," *CoSIDA Digest*, February 2011: 14-5. Peary Rader letter to C. Robert Paul, 8 Dec 1971. IM-RC, Correspondence Files - Peary Rader folder.
16. Peary letter to C.O.J.O. '76, Bureau d'accreditation-press, 1 July 1976, IM-RC, Peary Rader and Olympic Correspondence Folder; Mabel Rader interview.
17. P. Rader letter to Bill Starr.
18. *Ibid.*
19. Mabel Rader, "Weightlifting Committee Report," 9 Sept 1973. IM-RC, Correspondence Files - Mabel Rader folder.
20. Mabel actually counted men's and women's powerlifting as two different sports and therefore believed she had referee status in four sports, Mabel Rader interview; James, "Pioneer of Women's Powerlifting."
21. Ralph Countryman, "Meetings of the National AAU Weightlifting Committee," *Iron Man Lifting News* 14, no. 1 (September 1967): 15.
22. P. Rader letter to Bill Starr.
23. Chris Dickerson conversation with Terry and Jan Todd and the author, 26 May 2015, Fort Lauderdale, FL.
24. Mabel Rader interview.
25. *Ibid.*
26. P. Rader letter to Bill Starr.
27. Mabel Rader, *Mid-Western AAU Weightlifting Newsletter*, 28 January 1976: 1. Todd Collection, Powerlifting Files, From Mabel Rader-Women Folder, Stark Center.
28. For Women's Committee membership, see Joe Zarella mailing to Peary Rader, "National Committee Appointments, 1977-78 National Powerlifting Committee," October 25, n.y., Todd Collection, Powerlifting Files, USPF Miscellaneous, Stark Center. Information on the competition can be found in Terry Todd, "Women's Power Championships," *Iron Man* 36, no. 5 (July 1977): 50, 56-8; and Al Thomas, "All-American Girl Power Championships," *Muscular Development* 15, no. 4 (July/August 1977): 42-4, 67.
29. T. Todd, "Women's Power Championships," 50.
30. Jan Todd, "Weightlifting," Karen Christiansen, Allen Guttmann and Gertrud Pfister, eds., *The International Encyclopedia of Women and Sport* [NY and Great Barrington, MS: Berkshire Reference Works/Macmillan Reference, 1999]: 1260-1264.
31. Jan Todd, "'Chaos Can Have Gentle Beginnings,' the Early History of the Quest for Drug Testing in American Powerlifting: 1964-1984," *Iron Game History* 8, no. 3 (May/June 2004).
32. *Ibid.*
33. James, "Pioneer of Women's Powerlifting."
34. Levin interview.
35. Mabel Rader letter, 20 February 1981. Mabel Rader File, IM-RC.
36. See Rader, Mabel, *Women's Weightlifting Newsletter*, n.d.
37. *Ibid.* 4; Rader, Mabel, *Women's Weightlifting Newsletter*, September 1982: 3; Rader, Mabel, *Women's Weightlifting Newsletter* No. 7, 22 August 1983: 1.
38. Greenspan's New England publication developed as outreach of her all-women's gym and its byline was "a newsletter network for women in weight training, bodybuilding, powerlifting, and weightlifting."
39. Kim Beckwith, "The Spark Which Lights the Fire of Women's Lifting": Judy Glenney, a Pioneer of US Women's Weightlifting," North American Society for Sport History Annual Meeting, Glenwood Springs, CO, May 30-June 2, 2014; and Murray Levin Letter to Women's Weightlifting Competitors, n.d., Judy Glenney Papers, Xerox copies at H.J. Lutchter Stark Center.
40. Mabel Rader letter to Tamas Ajan, 31 March 1983, Mabel Rader File, IM-RC.
41. Tamas Ajan letter to Mabel Rader, 26 April 1983, Mabel Rader File, IM-RC.
42. Tamas Ajan letter to Mabel Rader, 28 September 1983; and Mabel Rader Letter to Tamas Ajan, 7 October 1983, Mabel Rader File, IM-RC.
43. Glenney interview.
44. Levin interview.
45. Mabel Rader, "Editor's Message," *Women's Weightlifting Newsletter* No. 7, 22 August 1983: 1.
46. Glenney interview.
47. Mabel Rader interview with Jan Todd, 2000.
48. Tamas Ajan letter to Mabel Rader, 23 November 1983, Mabel Rader File, IM-RC.
49. Mabel Rader letter to Tamas Ajan, 8 December 1983, Mabel Rader File, IM-RC.
50. Conversation with Terry and Jan Todd upon their return from the birthday celebration, 19 June 2017.