

# AMERICAN MADE: HOW JUDY GLENNEY PIONEERED THE INTERNATIONAL WOMEN'S WEIGHTLIFTING MOVEMENT

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On 17 September 2000 Judy Glenney reported to her first assignment as a member of the officiating jury for women's weightlifting at the Sydney Olympic Games. It was a moment like no other in her life; it was her dream come true. She had been working toward this moment since her first weightlifting competition in 1972 in Little Rock, Arkansas. While she would rather have been one of the women getting ready to compete, that barbell had been unloaded and stowed over a decade earlier. Simply being in Sydney and being part of the first Olympic Games in history that allowed women to participate in weightlifting was more than enough. It represented the culmination of almost 30 years of work to get women's weightlifting recognized by the United States' Weightlifting Federation (USWF, currently USA Weightlifting), the International Weightlifting Federation (IWF), and the International Olympic Committee (IOC). While not discounting the role that Mabel Rader played, as discussed in the last issue of *Iron Game History*, this paper explores the journey that Judy Glenney took, and the roles that she played to make this historic moment a reality.

Born Judith Ann Zimmerman in Portland, Oregon, in March 1949, Judy spent most of her school-age years in the small town of Bend, Oregon.<sup>1</sup> Living in an activity-oriented family within a recreationally active community, Judy was not hampered by ideas that women should not participate in sports. She grew up snow skiing, playing tennis, and throwing a football or

baseball around with both her father and older brother. She participated in as many sports as she could throughout high school, excelling in basketball and the sprint races and hurdles on the track team.<sup>2</sup>

When it was time to pick a college in 1967, she chose Pacific University—a small, private, Christian school west of Portland—because she would not get lost in the crowd, and it allowed her to continue participating in multiple sports. A physical education major, Judy played intercollegiate volleyball, basketball, tennis, field hockey, and sprinted on the track team.<sup>3</sup> She craved competition and desired to eventually test herself at international levels. Toward the end of her collegiate career Glenney decided that, even though she loved sprinting, she was not fast enough to compete at an elite level. She had toyed with the shot and discus in high school, so she began to think that she might be eligible for further competition by becoming a thrower.<sup>4</sup> She began training with the throwers thinking her

size—5'7" and about 150 pounds—would help her go to the next level, but she found that she had to compete against much larger women, some of whom weighed 200 pounds or more. If she was going to compete with these women, she knew she had to build her strength. Even though resistance training for her other sports was non-existent, she knew by looking at the size of the throwers and the stories being circulated that they lifted weights.<sup>5</sup> Therefore, she began looking around for help and found it in a most unusual place—Campus Crusade for Christ (CCC).

Judy's family-life growing up had re-



**Judy Glenney nee Zimmerman's 1967 high school senior picture from Bend High School in Oregon.**

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volved around the church, so she became involved with the CCC ministry while at Pacific University. Fortunately for women everywhere, she took a summer job at their headquarters in Arrowhead Springs, California, in 1970. While at Arrowhead Springs, Judy cleaned the CCC facilities and kept everything in good order. The complex at Arrowhead Springs had undergone significant renovations in the years prior to Glennie's arrival. As part of those renovations, the CCC added a weight room to facilitate the training of their Athletes in Action ambassadors, national champion weightlifters Russ Knipp and Gary Glenney.

Both lifters had trained with Bob Hoffman at York Barbell in York, Pennsylvania. Many lifting aficionados at the time considered York to be the Mecca of American lifting because Hoffman had coached the most successful US lifting teams during the 1940s, 50s and 60s. By 1970, Knipp had already lifted in the 1968 Olympic Games and was training for Munich in 1972. He held multiple national and international titles and had broken the world record for the press numerous times. Knipp's face had also appeared several times on the cover of *Strength & Health* magazine.<sup>6</sup> Now he led the Athletes in Action evangelism efforts. When Judy went to the gym on an errand for another CCC staff member looking for Knipp, the head of the weightlifting team and therefore in charge of the weight room space, Judy found Gary Glenney instead. An accomplished Olympic weightlifter himself, Gary held multiple titles, but only at the national level. Gary found Judy wandering around the weight room and showed her the facility. He taught her some basic strength training exercises like bench pressing and squatting and, because Judy became fascinated with the explosive snatch and clean and jerk exercises, he showed her those too. Having found a kindred

lifting soul, Gary and Russ trained Judy through the summer. When Judy returned home to Oregon at the end of summer, Gary claimed, "we dated through the mail," for the next year.<sup>7</sup> Judy graduated with her bachelor's degree in physical education in 1971; she and Gary married later that summer in Arrowhead Springs. Because of Gary's notoriety in the weightlifting world, a short blurb even announced his wedding in *Weightlifting Journal*.<sup>8</sup>

Soon after the wedding, Judy and Gary joined Russ, his wife, and several other athletes to begin touring the country visiting high schools, colleges, and military bases as the Athletes in Action Weightlifting Team. According to Judy, "Lifting was just the vehicle to get us inside the door, to get their attention" and then they could conduct their Christian ministry.<sup>9</sup> Little did Judy realize at the time, but it also allowed her to begin her "lifting ministry" to women she met along the way. Her demonstrations of strength along with her feminine, but lithe and athletic, physique may have planted a seed in more than one woman's mind as to the possibilities opening for women in the near future. Athletes in Action also published magazines and a training manual in which Judy addressed the women's concerns and tried to dispel the myths surrounding women and weights:

You've heard all your life that "weightlifting" is very harmful

for girls. Well, since you won't be doing weightlifting, you're safe. You're only using light weights with your exercises. It won't give you big, bulgy muscles, either. This is because you won't be using heavy weights, and then, girls have a little layer of extra fat in their bodies to round them out. Weight training can actually en-



**Gary and Judy Glenney traveled with Campus Crusade for Christ's Athletes in Action ensemble demonstrating weightlifting and providing Christian ministry. This image appeared in their *Weight Training Manual*. It was the mid 1970s and no doubt the conservative, faith-based organization preferred Judy to appear in a dress.**

hance the girl's figure rather than hinder it. It firms and trims and develops the muscles as they were meant to be, so that takes care of another fallacy—using weights makes you unfeminine. . . it really makes you more feminine.<sup>10</sup>

As the Athletes in Action group traveled across the nation, eventually settling down in Tulsa, Oklahoma, Judy practiced what she preached and continued to improve her own strength and technique. When Gary and Russ entered competitions as they prepared for upcoming national and international meets, Judy went with them and helped. At a meet in Little Rock, Arkansas, in either December 1971 or February 1972, they invited her to lift with them; her first time actually competing in a meet. Judy finished with an 82-pound press (the press was eliminated from competition after the 1972 Munich Olympic Games), an 82-pound snatch, and a 132-pound clean and jerk.<sup>11</sup> The most significant development, however, was that Judy had been bitten by the Iron Bug.

Bob Hoffman had ruled the Weightlifting arm of the Amateur Athletic Union (AAU) for decades, but by the early 1970s, his control over the organization was waning. New leadership emerged from within AAU Weightlifting in the late 1960s and early 1970s, and Bill Starr proclaimed in his 1971 editorial for *Weightlifting Journal*, "The 1970s are going to be known as the decade of change in American weightlifting. The National Weightlifting Committee has broken away from the 30-year domination of the York organization."<sup>12</sup> The AAU Weightlifting Committee, to which Starr referred, encompassed not only the sport of Olympic lifting, but also powerlifting and physique contests in the early 1970s. One man, the AAU Weightlifting Committee Chair, who was an unpaid volunteer, controlled all three of the Iron Game sports. When the three activities were fairly small, one man could run them; however, the sports of powerlifting and bodybuilding were increasing dramatical-

ly in popularity and membership at this time, and several contemporaneous AAU newsletters reveal mounting frustrations. In 1973 Bob Crist, the National Weightlifting Chairman, had had enough and decided that each of the three sports needed a separate coordinator, but they would still report back to him. He appointed Murray Levin as the Olympic lifting representative.<sup>13</sup> Levin entered the position with \$300 in his budget and a severe image problem for Olympic lifting. Lifters en masse were beginning to migrate away from weightlifting and toward powerlifting, so the Olympic membership coffers were declining. The larger concern of the decade was keeping the sport alive.<sup>14</sup> Adding women's lifting would help solve that problem.

Also helpful to the cause of women's weightlifting was the passage of Title IX in 1972. Educational institutions that received federal money of any sort had to provide equal sporting opportunities for men and women. Even though the AAU's Weightlifting Committee did not fall under this educational umbrella, it brought attention to women's non-participation in various sports due to the lack of opportunities and, it looked wrong. Organizations, such as weightlifting, where men had historically reigned supreme, had to become more open to women.

These attitudes, along with the traditional mores of the time that women should not overly exert themselves, created barriers for the female athletes of the 1970s, and Judy had a front row seat. Trying to find weight room facilities that allowed women in the gym while on the road with Athletes in Action proved challenging, but Gary and Russ always figured out a way to get Judy in so she could train with them. Judy remembers hearing the occasional disgruntled comment from men when she entered a weight room with Gary and Russ, and several challenged her right to lift in some of the early contests, but she also encountered women who voiced their concern about her lifting.<sup>15</sup> In 1973, for example, Judy performed, "a fairly significant squat" in a skirt (she still had to adhere to the Athletes in Action's preferences), when Peggy, one of the



**Gary and Judy often lifted in the same competitions before a severe knee injury limited Gary's lifting days. Above, they are holding trophies won at a local meet in the mid-to-late 1970s.**



non-athletic wives of another couple in the touring ensemble, called Judy over after her lifting feat, and confided in a whisper, “You know, if you continue to lift like that your parts will fall out.”<sup>16</sup> As entertaining as this may sound today, this attitude toward female athletes was not uncommon during the nineteenth and most of the twentieth centuries.<sup>17</sup> Judy intuitively knew otherwise and kept training.

In the early 1970s, weight training was merely a means to an end for Judy; she still dreamed of competing in the Olympics in track and field. According to a September 1972 letter written to *Iron Man* publisher Peary Rader, Gary had begun training and preparing for the 1976 Montreal Games and Judy was “training hard for the 220 meter and 440 meter and may try a few of the field events in preparation to make the USA team, also in ’76.”<sup>18</sup> By modern standards the idea of weight training for enhanced sport performance may not seem out of the ordinary, but in 1970 it was not common, even for men.<sup>19</sup>

During the next few years Judy found, however, that she really enjoyed the lifting aspects of her training and, even better, she did not have to gain bodyweight to compete against larger competitors as she did in track and field. She continued to train and looked for meets that would have her; however, there did not seem to be many weightlifting contests for women in the 1970s. In fact, there were none. She had read in older issues of *Strength & Health* that women such as Abbye “Pudgy” Stockton lifted in and coordinated women’s AAU-sanctioned meets in southern California in the 1940s, but they never “caught on” and had disappeared.<sup>20</sup> Judy complained to Gary that there were no opportunities for women, so he helpfully suggested that she try to revitalize women’s lifting.<sup>21</sup> Judy, therefore, began to think that the best way to attract women lifters was for her to be seen competing and be a role model for other women.

When Judy competed, Gary usually had to talk with the meet director ahead of time to make sure it was okay, just as he did at her first

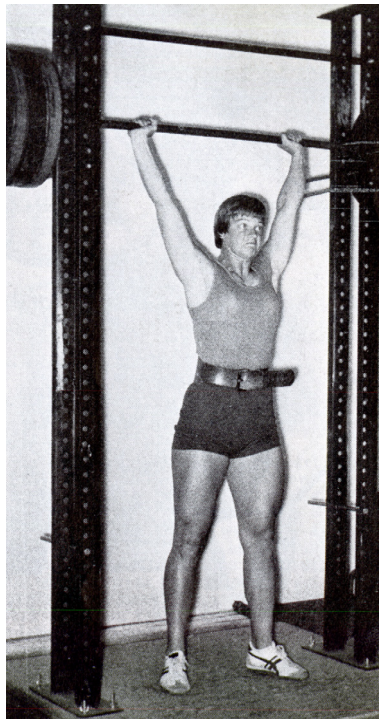
meet in Little Rock, Arkansas. Some meet directors were fine with Judy lifting as a guest lifter, which meant no rewards and no recognition in the results, while others did not want her lifting at all. The men who opposed the idea of women competing often cited the IWF rules that quite distinctly indicated “lifters must be male,” that the weighing-in of athletes must be in the nude, and of course, that those weigh-ins had to be conducted by male officials since there

were not many women officials in all of weightlifting.<sup>22</sup> Judy was lucky; when a meet director allowed her to lift, Gary would be the official who weighed her. However, other women did not have a well-known, national champion, weightlifter husband come to their assistance. According to reports, some male officials adhered unapologetically to the nude weigh-ins thinking to run the women off. Some women did not care and weighed in anyway; others said it was creepy and felt that the officials were ogling them.<sup>23</sup>

Judy remembered seeing no other women lifting at the meets she attended, but there actually were a few other female lifters out there pressing the boundaries like Judy.<sup>24</sup> Although, they encountered the same challenges as Judy, they were supported by men like Denis Reno and Bill Clark who tried to do the right thing. Denis Reno encouraged the training of and competition by women through his

*New England Association AAU Weightlifters’ Newsletter*. In December 1974 when reporting the results for the Willimantic Open Weightlifting contest, he observed the following:

Holyoke’s Sue Murray and Nancy Lowe who recently were winners in the Adirondack Jr. Olympic contest, continue to compete under the watchful eye of New England Chairman Armand LaMarr. Armand says that the enthusiasm and desire to improve is stronger with the girls than it is with any of the boys he trains. Although there are a few techni-



**Judy performs overhead lockouts in this image that appeared in the July 1978 issue of *Iron Man* magazine. Articles highlighting female Olympic lifters were rare during the 1970s.**



**Judy Glenney exhibits great technique and form while performing the snatch exercise at a local meet in what appears to be a recreational facility.**

calities which make it difficult for women to compete in weightlifting, the interest is strong with a growing number of women who wish to compete.<sup>25</sup>

He went on to suggest “that a national committee . . . be formed [to] investigate a way to inaugurate either women’s weightlifting competition or to somehow officially include women in our present competition[s].”<sup>26</sup>

Bill Clark in Columbia, Missouri, must have read Reno’s comments because he found a way to “include women in our present competitions.” He believed that allowing the women to compete against other women was only common courtesy and the fair thing to do.<sup>27</sup> This attitude prompted him to apply for and, ultimately, receive an AAU sanction for an all-women’s contest on 14 February 1976. Many years later, Clark remembered that he simply ignored the “for men only” rule and when he applied for the competition sanction, he did not call attention to the fact that he intended it to be just for women.<sup>28</sup> Mabel Rader, the AAU Midwestern States Weightlifting Chair, helped him advertise the contest when she announced in her newsletter: “Bill Clark is holding a weightlifting meet for the *ladies* in both power and Olympic on February 14. This is a *first* as far as we know and should be very exciting . . . This will be a regular AAU sanctioned meet. I would really like to attend, but we have already promised to attend the power meet at Brookings on that day.”<sup>29</sup>

Clark had a few female lifters at his gym, including his daughter, and wanted to get women’s lifting off the ground. Clark admitted that he had heard about Judy and invited her to lift in the meet in the hope she would inspire more women lifters.<sup>30</sup> Glenney, even though she had to drive five hours from Tulsa, Oklahoma, excitedly agreed to come just so she could lift with other women.<sup>31</sup> Clark told Gary and Judy when they arrived, “It won’t be big, but it will be a start.”<sup>32</sup> It really was a tiny meet with only five total lifters, but they combined the Olympic lifts and the powerlifts to get in a lot of lifting for the women, and since it was an officially sanctioned meet, to establish some women’s records

in the process.<sup>33</sup> Both Reno and Clark were several years ahead of the curve, but it illustrates that the women did have some supporters among the men.

Once powerlifting began having national competitions for women in 1977, more and more women began showing up in the meet results published by the AAU regional weightlifting newsletters, which continued to cover all three of the Iron Game sports. Women competed wherever they could, and that meant on both the weightlifting and powerlifting platforms. Judy even strayed into a few powerlifting events, including the United States Powerlifting Federation’s (USPF) Women’s National Powerlifting Championships in January 1980, and the inaugural Women’s World Powerlifting Championships held in New England in May 1980.<sup>34</sup> The dramatic increase in female participation in powerlifting following the sanction of a women’s national championships encouraged Judy and others to fight for the same recognition on the weightlifting platform in the late 1970s. It proved to be an effective argument.

Because of her instruction and training with Gary and Russ, Judy developed into a “class lifter” according to Bill Clark.<sup>35</sup> She had great form and technique, but she did not really know what to do to advance the cause of women everywhere. Once again, Gary came to her rescue; he began introducing Judy to the men in the administrative ranks of the United States Weightlifting Federation (USWF) that were supportive of the women’s plight.<sup>36</sup> The most

important person in her network of contacts was Murray Levin, whom Judy considered to be one of her most valuable supporters within the USWF. Levin held the National Chair position for the USWF from 1975, when the sport became totally autonomous from powerlifting and physique, until 1988.<sup>37</sup> During his tenure as Chair, Levin dramatically enhanced the overall image of US weightlifting. In 1978 he hosted the Men's World Weightlifting Championships in Gettysburg, Pennsylvania, and gained the friendship of the Chinese team. In one of his conversations with the Chinese delegation he asked about the number of women training with weights in China. Levin claimed that their response was "one hundred thousand women in the schools and universities."<sup>38</sup> One possible reason for so many Chinese women participating in resistance training may have been a product of Cold War era politics. During this time many countries used the sporting arena instead of the battlefield to wage ideological war. They used the large international competitions to "prove" the supremacy of their political ideology; the more medals won, the more supreme the economic system.<sup>39</sup> As a result of this view, many Eastern Bloc countries, and allies including China, spent millions of dollars developing their athletes with a particular emphasis on their women's programs. The Soviets, for example, capitalized on the Western indifference toward elite female athletic performance to win eleven out of thirteen dual meets with the United States in track and field between 1958 and 1975.<sup>40</sup>

For Levin, the sheer number of Chinese women lifting weights convinced him that American women should be lifting competitively and recognized for their efforts. Another key factor that helped advance women's weightlifting in the United States was the dramatic underperformance on the men's side.<sup>41</sup> That poor showing of the men's team can partly be blamed on powerlifting, which was drawing talented, young lifters away from the technically difficult sport of weightlifting. Additionally, drug scandals around the globe were becoming increasingly common, and the IWF and IOC demanded that the sport's national governing bodies clean up their acts. For Levin, these issues, along with the 1980 boycott of the Summer Olympic Games in Moscow, were a nightmare to deal with, but he also recognized that they created opportunities for the women. He believed the addition of women would bring a desperately needed glamour into the flagging sport.

## THE WOMEN'S COMMITTEE & NATIONAL RECOGNITION

Murray appointed Mabel Rader to be the first Chairperson of his newly organized Women's Committee in early 1980. Bill Clark helped her get the word out by making an announcement in his 20 February AAU newsletter: "Mabel Rader is the new national chairman . . . of Women's Weightlifting. She's starting from scratch and needs input from all interested. She'd like to generate enough interest to have at least some regional meets this year."<sup>42</sup> Clark continued helpfully, "Weightlifting for the gals is a fine sport. It tends to bulk less than power and streamlines the body for those dirty old chauvinists such as Yours Truly who enjoys the sight of a finely-turned female."<sup>43</sup> Mabel and her husband Peary had been involved in weightlifting, powerlifting, and bodybuilding since the 1930s when they began to publish the highly respected *Iron Man* magazine. They had traveled to many of the World Championships, as well as the 1960 Rome Olympic Games, as judges, meet officials, and photographers. As a result of their lengthy involvement in several facets of the Iron Game, the Raders knew most of the folks involved in each of the competitive lifting sports.<sup>44</sup> Mabel was already the AAU Weightlifting Chairman for the Midwestern States and knew the workings of the national federation; it was a logical choice for Levin to have Mabel lead this new venture.

One of the first things Mabel did was start pressing the USWF board members for permission to hold a women's national competition. She had witnessed the rise in women's participation when powerlifting allowed a women's national championship contest, and she had read the letters sent to *Iron Man* magazine about women's increased interest and their quests to compete. "The only way to get things off the ground," Mabel believed, "is with a National meet."<sup>45</sup> As the Women's Committee Chair, she used the pages of *Iron Man* to begin sending out notices to women and the men who coached women. Judy, who had moved to Farmington, New Mexico, by this time (Gary had been hired to serve as pastor for the San Juan Bible Church), had been the focus of a lengthy article published in *Iron Man* in July 1978, and she had met Mabel at an earlier meet, so she was happy to help; this was the sort of action she had been wanting all along.<sup>46</sup> Judy reached out to James J. Fox, Executive Director of the USWF, in September 1980 to obtain the names and addresses of the AAU Regional Chairmen to begin

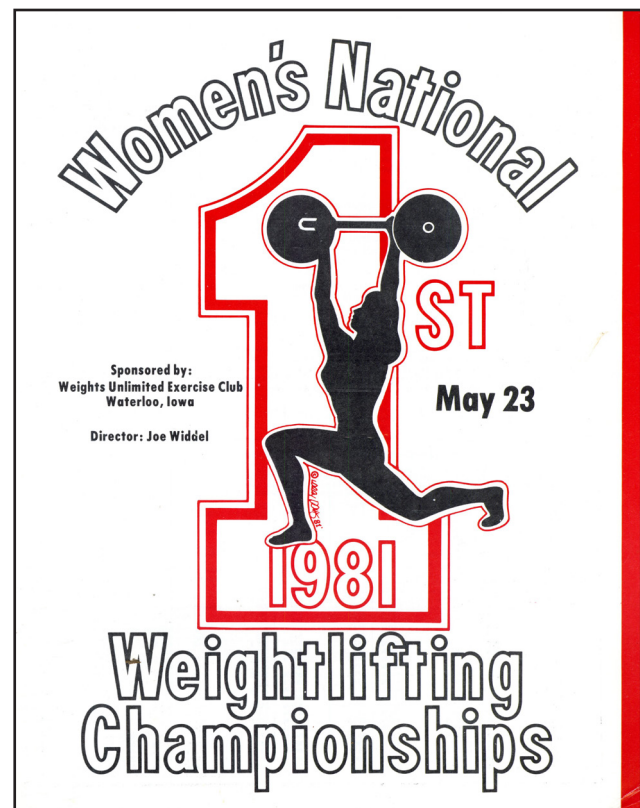


spreading the word about women's weightlifting and to drum up support for their proposed national championships.<sup>47</sup> Judy and Mabel contacted the Regional Chairmen asking them to put in their AAU newsletters information about the new Women's Committee, which also encouraged interested women to contact them. The duo of Mabel and Judy were a force to be reckoned with. However, Levin cautioned them that they needed to develop "rules and regulations to govern the women's program."<sup>48</sup> Rader and Glenney would need to establish body-weight classes, competitive attire policies, qualifying totals, weigh-in procedures, and "a lesser meet . . . before attempting to start at the top. It is too premature for a national championship. The program should first get off the ground."<sup>49</sup>

Judy and Mabel complied and decided to have the same weight classes as the powerlifters to avoid confusion. They required the same competitive outfits as the men, "a lifting suit with a vest" (and a non-supportive bra), but they did not want qualifying totals for the first few meets. Mabel advised, "We need to get the girls together, mostly for information and possibly a clinic to learn more about the lifts and how to train for them. I believe there are lots of women who are interested, but they do not know how to go about training." She also inquired if Judy would be able to conduct a few lifting clinics for the women's development.<sup>50</sup>

By the 29 November 1980 USWF Committee meeting in Miami, and their ensuing December 1980 meeting in Colorado Springs, the women had ironed out these items with Levin, and the proposal for a women's national competition was brought to the USWF Committee for discussion. Apparently, the administration was divided: about half the men supported the women's venture, but half of them did not want to spend money on the women, preferring to invest more money in the junior's program.<sup>51</sup> Murray let the other members vote since he believed he should hold himself, as the chairman, apart from the voting. However, the vote ended in a 5-5 tie. Murray held the crucial tie-breaking vote; this was the chance he had been waiting on, he stood up and said, "I want them in."<sup>52</sup> Prior to the vote, Mabel had walked out of the room and Murray Levin recalled finding Mabel crying outside the meeting room when he gave her the good news.<sup>53</sup> She had such a passion for the women's quest she could not bear the thought of loss, and because of the heated discussion, she believed that the women had lost.

Once the approval was gained, the wom-



**The first Women's National Weightlifting Championships took place in Waterloo, Iowa, on 23 May 1981. This is the cover of the program provided to attendees.**

en really got to work. Dottie Schubert and Sara Smith joined Mabel and Judy on the Women's Committee.<sup>54</sup> They struggled to find a site and director to host the first women's competition. Originally, the meet was to be held on 11 April 1981 in Cleveland, Ohio, at the Olympic Health Club run by John Schubert with Dottie, his wife, as the point of contact.<sup>55</sup> It is uncertain why the Schuberts could not complete the deal, but the multi-time national champion Joe Widdel in Waterloo, Iowa, decided at the last minute, that he could direct the meet for the women at his gym on 23 May.<sup>56</sup> Judy and Mabel worked hard to make sure the first Women's National Championship was a success. Mabel took care of the meet details while Judy acted as the personal relations-type person that dealt with the athletes. As a compromise to the USWF's desire for "a lesser meet" and to present a positive image at the national competition, Judy and Mabel required the women to have lifted in at least one previous meet. The women did not disappoint.

The women's first national undertaking was a success with 29 women representing 14 clubs in attendance. Judy lifted in the 148 pounds bodyweight class and displayed her nearly ten years of experience well; she finished

with a total of 380 pounds—higher than any other woman's total in the meet and a shoo-in for the Best Lifter award. Women's lifting was off and running! Afterwards, Levin sent a letter to the competitors complimenting them on their "first class championships." He also informed the women that he had reappointed Mabel since she was "totally familiar with the program and has already done much work in organizing it." However, he wanted to give Judy an official title so he suggested to the women, "You also need someone active in competition and also dedicated, and I cannot think of anyone better than Judy Glenney to be your athletes rep. These two will be your anchor in getting the program off the ground." To keep tabs on their progress and to provide support when needed, he appointed himself, Bill Jamison, and Rudy Sablo as a committee of USWF officials to work with the Women's Committee. Levin also encouraged Mabel and Judy to coordinate "a women's newsletter listing meet results, rulings that we adopt, anticipated meets, and possibly records and training ideas." "Ours is the only federation in the world to have women's weightlifting," he informed the women, "so we are a first and many will be watching us to see if the program catches on."<sup>57</sup>

Mabel began the desired newsletter for the women when she typed up a short report and included the results of the first national competition on a single sheet of paper.<sup>58</sup> In the second newsletter, Mabel began advertising meets for women, including Pat Malone's Women's Open Weightlifting meet on 4 October 1981 in West Lafayette, Indiana. She encouraged women to "enter as many weightlifting meets as possible for the experience of lifting before an audience and also to perfect your form. Enter men's meets, if necessary."<sup>59</sup> Beginning with Newsletter #3 Judy wrote articles such as "Variety: The Spice of Your Training Life", "A Little Help for a Weak Jerk," "Get on the Stick with Your Pull!" "Deadlift for a Purpose," and "Overload on Partial Movements."<sup>60</sup> The newsletter grew as the women's movement grew; from a one-page letter of results in 1981 to an eight-page glossy-paper mailer filled with the latest news pertaining to women's weightlifting in 1983.

Attendance and participation at the national competition rose in the ensuing years—46 women traveled to St. Charles, Illinois, in 1982, and 60 lifters made it to Mil-

waukee, Wisconsin, in 1983. Judy lifted in and won her weight-class in both of these championships earning the Best Lifter Award again in 1982 and runner-up in 1983. Joe Widdel wrote in the 1982 report that Glenney was not at her best, but "could sleep through the meet and still win the [Best Lifter] award."<sup>61</sup> The women's technique and strength improved as the women continued to train and became more experienced. Judy had been lifting for ten years and she had been coached by national and world champions; her technique was superb according to those who saw her lift. Judy became a hero for the women. They looked up to her and wanted to lift like she did.<sup>62</sup>

In 1983 after the third successful national championships were over, the women had an election for the Women's Committee Chair position. The women decided that they want-



**Judy Glenney is shown here snatching 176 pounds on her third attempt at the 1981 Women's National Weightlifting Championships. It was a narrow miss; she received credit for 165 pounds. The contest was the first nationally sanctioned weightlifting contest for women anywhere in the world.**





**Rachel Silverman and Judy Glenney earned the Best Lifter awards at the 1982 Women's Weightlifting National Championships. Silverman totaled 259 pounds (114.5-pound weight class) and Glenney totaled 369 pounds (148-pound weight class.)**

ed someone younger and an actual lifter to represent their cause. Mabel Rader had been a tireless and passionate advocate for women's weightlifting, but she was in her sixties and would not have been confused with an active lifter. The athletes chose Judy; she had already won three gold medals, two best lifter titles, and set several American records in the first three women's national championships. Although Dan Ruchames' report indicated Mabel had been elected Secretary, she did not mention the position when listing the results of the election in her last newsletter to the women.<sup>63</sup> In the same newsletter, Judy thanked Mabel "for all the struggles and efforts she's gone through to put us women on the boards. . . . She broke through seemingly closed doors to bring together an organization we can be proud of. We all owe her a lot."<sup>64</sup>

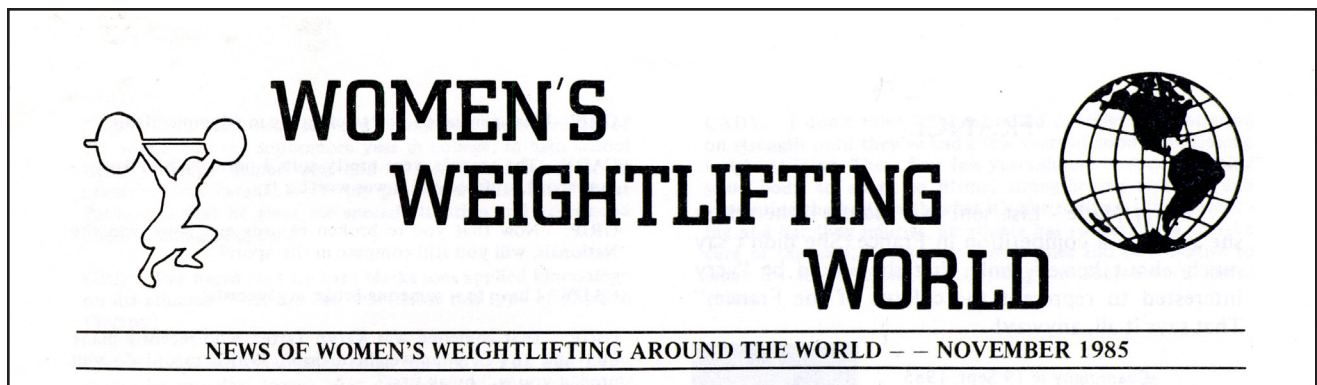
### **PUSH FOR INTERNATIONAL RECOGNITION**

During her last year of work on the Women's Committee, Mabel had been in contact

with Tamas Ajan, the General Secretary of the IWF, in an effort to get international recognition for the women's sport. Ajan gave Rader the good news in November 1983 when he assured her that "the IWF Executive Board [had] discussed and approved in principle weightlifting for women." This milestone for the IWF included a desire to work through the national federations on the issue, to discuss "special rules" for women's weightlifting (e.g. bodyweight categories, age groups), and "to organise world championships only if the participation of at least 12-15 countries is guaranteed."<sup>65</sup> Although Mabel responded negatively to the "unreal" requirement of 12-15 countries for a world contest, Judy was ecstatic because she now had a goal.<sup>66</sup> The "in principle" clause meant that women's weightlifting was approved on an exhibition basis only. This was hugely important because the clauses which caused women so much grief in the early days were removed or modified in the rulebook. Lifters could now be male or female, and weigh-ins for the women would be conducted by a female official.<sup>67</sup>

The next hurdle was to gain approval for a Women's World Championship. Glenney kept pushing Ajan, but she also had to gain the support of her own USWF Board members. She attended USWF Board meetings to ask for money for the women's program. Murray Levin described her as "nervous" prior to entering an early budget meeting and remembered Judy asking for advice about the amount of money to ask for. Murray told her, "Ask for \$10,000 but take \$3,000."<sup>68</sup> "I had no problem being in the room with the men [on the Board]," Judy remembered, "however, I realized I was invading their space."<sup>69</sup> According to the Minutes of the Board of Governor's meeting in March 1984, she had been granted a \$4000 budget, which she used for travel expenses, her newsletter, a postal meet, and the national championships.<sup>70</sup>

The international organization now recognized women as lifters, but the women still had not lifted internationally. Judy and the Women's Committee dreamed up ways over the next few years to get more countries involved. In March 1984 she wrote to 120 national governing bodies within the IWF informing them of a "postal meet" for women. Her committee would "collect the best lifts of the women lifters worldwide and publish them, presenting an award to the 1<sup>st</sup>-3<sup>rd</sup> place lifters in each of the bodyweight categories."<sup>71</sup> Judy suggested that each country delegate one person to provide the results for their country's women. She hoped the postal



This masthead appeared at the top of Judy Glenney's international newsletter, "Women's Weightlifting World." November 1985 was the first issue and September 1989 seems to be the final issue (12 issues in total.) Glenney published the newsletter to attract more women lifters to the cause and to keep women around the world up-to-date on issues important to them.

meet would be "the forerunner of a worldwide women's movement and the forerunner of a true world championship."<sup>72</sup> By September she had received 18 responses, from which "a mere handful" had indicated they had women lifters and agreed to send results. Encouraging the women to keep their spirits up at the dismal response, "most of the nations responding," she explained, "were not of the Eastern bloc countries; many barely had a *men's* team."<sup>73</sup>

By March 1984 Judy had also earned her Class II International Referee's card; the first and only woman in the world to do so.<sup>74</sup> In doing so, she embodied and reiterated a message that had originated with Mabel Rader: women should get involved at contests and start working on their own referee cards. "Helping out and officiating at local meets," Judy explained to the women, would help them clear the biggest hurdle: "five years of experience in lifting or officiating."<sup>75</sup> They needed more female referees, especially if they were headed toward international competition.

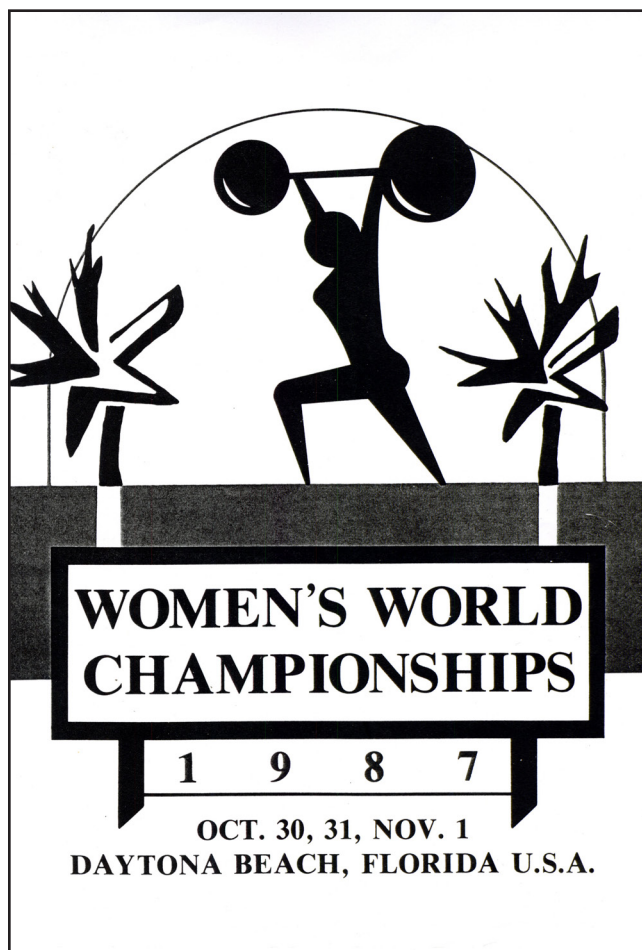
One of the requirements to obtaining permission to hold a world meet was to obtain proof that at least ten countries would participate; this was a lower number than Rader had received in 1983. By August 1985 Ajan and the IWF Secretariat had agreed to give "full support" to another letter-writing initiative by Glenney to find those ten nations who would be willing to compete in a women's world championships contest.<sup>76</sup> Glenney was able to gain the needed information and in November of the same year, Ajan wrote a letter informing her that "under the auspices of the IWF I would like to organise next year the 1<sup>st</sup> International IWF Weightlifting Tournament for Women." In doing so, the IWF "wish[ed] to size up the interest of the ladies for this kind of activity and weigh the possibility and

chances of a future World Championship."<sup>77</sup> Victory was coming slowly, but surely for the women. This news also gave Judy a reason to start a women's newsletter geared toward the international scene: *Women's Weightlifting World*. Her first issue contained information about lifting in China, Great Britain, and France. Kim "The Grip" Goss provided a Personality Profile on Carol Cady. Women could check meet results and update their calendars with upcoming meets, as well as check out the women's American Records.<sup>78</sup> Future issues held to the same format and lasted until at least September 1989.

Budapest, Hungary, hosted the first international contest for women—the 1986 Pannonia Cup competition—on 23 March. Aside from the fact that Tamas Ajan personally invited Judy to attend the Cup as a lifter, she was considered a lock to represent the US because of her competitive track record. The purpose of the 1986 National Championships in the minds of many was to determine the two women who would accompany Glenney to Hungary.<sup>79</sup> Unfortunately, Judy suffered a shoulder injury during the snatch competition and had to withdraw, but the USWF decided she could still travel with US delegation—Colleene Colley, Arlys Kovach, and Giselle Shepatin—as an international referee and team coach.<sup>80</sup> At the Pannonia Cup, believing the women's event to be a *non*-event, nothing more serious than an "opening act" for the men's lifting the following day, IWF President Gottfried Schödl, and General Secretary Tamas Ajan, were immensely surprised when the crowd went wild for the 23 women representing five nations. Judy described Schödl as being "totally against women lifters" initially, and Ajan as a "shrewd businessman" who, even though he was originally against women lifting, came to understand how the women's pro-

gram could benefit the sport as a whole.<sup>81</sup> After the meet was over Judy wrote an editorial in her April newsletter to thank the many people who had helped get women to that point in history, including Mabel Rader, Harvey Newton, and Murray Levin. The best she left for last: "Through his [Tamas Ajan's] persuasion and enthusiasm of the women we were accepted as a bona fide part of the weightlifting theater. The curtain has just been lifted, Act I completed, and the performance was a hit. Stay tuned for Act II. The best is yet to come!"<sup>82</sup>

Act II came in the form of the first World Weightlifting Championships for women. Ajan wrote to Glenney in June 1986, shortly after the Pannonia Cup, to inform her that the IWF Executive Board had approved the first world contest for women to be held in 1987 in Florida. To support the endeavor, they published in the IWF newsletter a call to "all National Federations to establish women's sections and promote their ladies to the World Championship."<sup>83</sup>



The contest program for the first Women's World Weightlifting Championships in 1987 depicted a woman lifting large weights overhead and the palm trees of sunny Florida.

He also conveyed the "the best thanks and gratitude of the IWF for your enthusiastic work as our women's coordinator. However, the IWF Executive Board decided that the ladies' activities are now so widely spread that they have to be directed from the IWF Secretariat. So we are trying to take over the lot from you, but of course we continue to count on your expert help in the future."<sup>84</sup> After all that she had done, now the international federation wanted to take over the whole show. Many might have been upset; Judy just started thinking about the final challenge—Olympic recognition.

Daytona Beach, Florida, hosted the first Women's World Championships from 29 October through 1 November 1987. It was a rousing success, 100 lifters from 21 countries competed—more than double the IWF goal for athlete participation.<sup>85</sup> Murray Levin crowed about the meet's success in his December letter to the USWF membership. He praised Glenney and believed the US would be respected as "the innovator of the best thing in weightlifting since discs were used instead of solid barbells."<sup>86</sup> Even Gottfried Schödl sent Judy a letter congratulating her:

I was very impressed and feel it as a highlight in my career as an official. Your dream became true! This First Women World Championship in Daytona Beach was a powerful step into the future of a new development with positive consequences we can not overlook . . . I would like to thank you for your long and strong efforts in the interest of women weightlifting and I feel sure that all our strong women around the world will join my gratitude.<sup>87</sup>

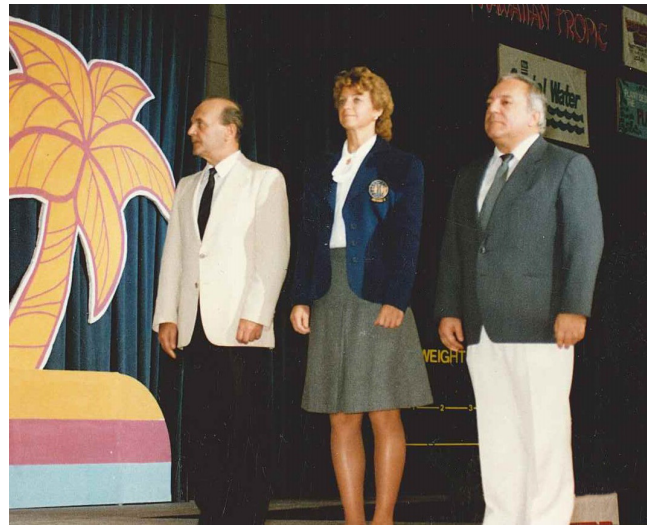
Because of the success, Schödl and the IWF confirmed their willingness to organize a second Women's World Championships, encouraged their nation members to "organize national championships and international tournaments for your women competitors," suggested a Women's World Cup series to begin in 1993, established the women's world records, and informed the women of their intention to "enter into preparatory negotiations with the Programme Commission of the IOC to put women's weightlifting on the programme of the Olympic Games," if the women's movement kept progressing in a positive manner.<sup>88</sup>



This last bit of news was music to Glenney's ears. She had stayed focused on the ultimate prize in the lead up to the first World Championships. Almost three full months before the contest Judy had already tried to "capitalize on the momentum" being gained by hosting a world event. She hoped that the IWF would present women's weightlifting to the IOC at the upcoming 1988 Seoul Olympic Games.<sup>89</sup> Ajan kindly responded with shared sympathy, but informed Glenney that the Olympic program was determined four to six years in advance, and they needed at least two or three successful world championships, as well as evidence that the sport was practiced in 50 countries.<sup>90</sup> The IWF, by indicating in their end-of-year newsletter that they were considering the idea, kept the fire within Judy blazing. It was so hard to stay patient, time was running out for her; the younger, incoming women were beginning to surpass her abilities on the platform, but Judy persevered.

In another move to improve the involvement and education of women in the US, the Women's Committee proposed to the 1987 USWF Board to have the 1988 men's and women's national contests on the same weekend. Ultimately approved, this simple act saved everyone money by reducing travel to only one competition site, allowed the men and women to support each other, let them put faces to the names on the results and record lists, and gave women an opportunity to attend the various national committee meetings.<sup>91</sup>

At the combined 1988 Men's and Women's National Championships on 29 April - 1 May in Minneapolis, Minnesota, one of the highlights for Glenney (other than getting second place in her weight class) was the presentation of the first USWF Mabel Rader Achievement Award. Intended to identify someone who demonstrated outstanding contributions to women's weightlifting, this award naturally was given to Mabel as the "prime mover" in getting the women's movement started.<sup>92</sup> Not long after the 1988 World Championships in Jakarta, Indonesia, in early December, Judy again wrote to Ajan asking if there had been any movement on the Olympic recognition front. However, she knew there would be problems. There had been multiple positive drug tests at the 1988 Seoul Olympics (five of the ten positives were from Weightlifting) and the IOC "does not look rather favorably on the sport of weightlifting," Glenney allowed. "But having the women included with their 'clean slate' may help," she suggested, try-



**Although Judy Glenney didn't get to compete at the first Women's World Weightlifting Championships in Florida, she did get to officiate due to her IWF Class II referee status. Here she stands with IWF President Gottfried Schödl (left) and IWF General Secretary Tamas Ajan (right).**

ing to remain positive.<sup>93</sup> The concern about the IOC recognition was the one remaining question mark for Glenney.

The year 1989 was a momentous year for Glenney. She decided to step down from the chairmanship of the Women's Committee. She informed the women of the USWF in a letter and told them they had "an opportunity to help decide the direction of the program with a change of administration." She encouraged interested parties to send in resumes and goals for the organization and she would post them so everyone could be ready at the next national committee meeting.<sup>94</sup> The year also saw some of their work lead to fruition when the USOC training center in Colorado Springs began offering training clinics for women, as well as the men. Glenney and other lifters had discussed this idea at least as early as 1983 as a way to gain solidarity and training advice; it was finally going to happen in 1989.<sup>95</sup> Also, Master's level female lifters, those aged 40 and older, noticed an announcement that they would be included in the 1990 Masters National Championships in Baton Rouge, Louisiana, for the first time.<sup>96</sup> More and more dreams were becoming reality.

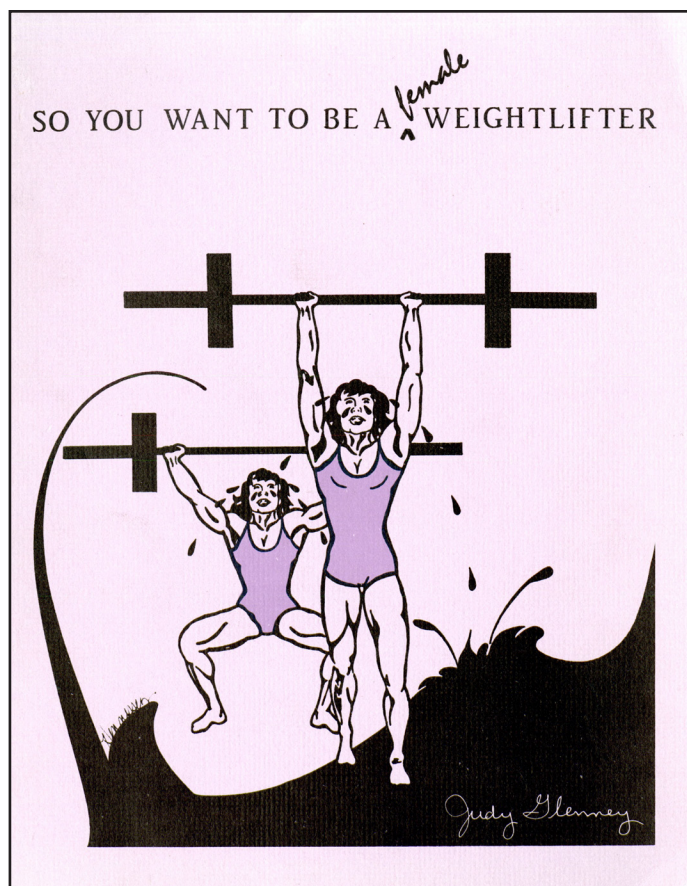
Glenney had a group of women around her that helped organize and pursue those dreams. They had become just as invested and motivated in the running of the women's program. Women such as Mary Beth Cervenak and Karyn Tartar, who had been working with Glenney since their elections as Vice Chairman/Records Chairman and Athletes' Representa-

tive, respectively, in 1983. Karen Derwin and Rachel Silverman joined the officers' club in 1985 as Vice Chair (Cervenak retained the Records Chair) and Secretary/Treasurer, while Jody Anderson took over as Vice Chair, and Giselle Shepatin took Cervenak's Records Chair position in 1987. Glenney was confident the women's program was in good hands and could step down and move on to other things. For her efforts, the USWF awarded Judy with the 1989 Mabel Rader Achievement Award at the national championships.<sup>97</sup>

She receded from national committee work and took on more international duties, but she was also more than likely led to this decision by the fact that she had become pregnant. She delivered her and Gary's only child, Scott, in September 1989, but she still attended meets, especially when it symbolized another first for the women. She helped officiate at the Olympic Sports Festival in Oklahoma City in late July to keep her referee's card valid and to experience the newest, large-meet competition for the women.<sup>98</sup> Judy returned to the Olympic Festival platform in 1990 as an athlete, placing fourth in her weight class. She also spent that year completing a book project she had been working on—*So You Want to be a Female Weightlifter*.

Judy's training book, *So You Want to be a Female Weightlifter*, hoped to fill "a void in women's weightlifting." This 70-page book was not designed for the women who wanted to stick to the light weights, it was designed for women who wanted to be competitive lifters and handle heavy weights.<sup>99</sup> Advertisements for the book proclaimed that it would serve as "a useful tool for women getting into weightlifting."<sup>100</sup> In an easy-to-read style and with quite a bit of humor, Judy explained the differences between bodybuilding, powerlifting, and Olympic lifting. The majority of the book was spent teaching the clean and jerk and the snatch, as well as basic assistance exercises for each, using plenty of pictures to illustrate what she described in the text. She advised that even though the reader would get general knowledge of the competitive lifts, her book was not intended to take the place of a knowledgeable coach. She provided information on conditioning, flexibility, speed, strength, and program design. She also discussed what to expect at a competition and basic nutritional advice.

As Judy rolled into the 1990s, she con-



Judy Glenney wrote *So You Want to be a Female Weightlifter* in 1989 for women who wanted to lift heavy weights and compete. Its cover, shown above, illustrates muscular women sweating and clearly exerting great amounts of effort. Judy wanted there to be no mistake that this was a demanding sport.

tinued her quest for Olympic recognition. A return letter from USWF President Jim Schmitz let Judy know that 1996 Atlanta Games acceptance "doesn't look too good."<sup>101</sup> However, he included materials from Ajan confirming that the IWF had submitted an "official request" in December 1989 followed by "a presentation at the Commission's meeting in July, 1990."<sup>102</sup> Ajan listed several of the "principles, facts, and arguments" used by the IWF in an effort to convince the IOC to approve their request. They discussed 1) the rising popularity of women's weightlifting around the world (around 55-60 countries holding contests yearly); 2) the addition of women would "make more colourful the Olympic programmes and increase the number of women's programmes being on the Games"; 3) like the men, only the top totals (not individual snatch and clean and jerk contests) would receive medals; and 4) if necessary for acceptance, the IWF was prepared to create "a qualifying system for the 1996 Olympic Games (for both, men and women) which would foresee an increase



of cca. 20-25% only” compared to the current number of male lifters in the Games.<sup>103</sup> The IOC had turned down this same proposal in 1990, but they took it up again after the Atlanta Games ended. One of the IOC’s overall concerns when examining their entire program was the lack of women’s sports, so the resubmittal of the arguments was timely from that perspective, but it did not do Judy and women’s weightlifting any good in the early 1990s.

Because of her visibility and reputation in the international arena, Judy was appointed to the IWF’s International Technical Committee from 1992 to 1996 to help address issues pertaining to women. For example, she helped to implement usage of a 33-pound bar (versus the men’s 44-pound bar) with a slightly smaller diameter grip for women’s smaller hands. Judy’s comment, “I had to protect my women,” sums up how she viewed her responsibilities and actions on the committee.<sup>104</sup> Judy and Gary moved to Vancouver, Washington, by 1994, and she kept in touch during these years with Lynne Stoessel-Ross, the Women’s Committee Chair, about Olympic recognition. Judy gives much credit to Stoessel-Ross for doing most of the “heavy lifting” regarding the final push into the Olympic Games.

In 1996 shortly after the Atlanta Games had concluded, the IOC finally voted to put women’s weightlifting onto the 2000 Olympic Games’ program as part of their plan to incorporate more women into the spectacle. Judy could finally take a deep breath and relax; her dream had finally come true. But her influence was far from over. From 1999 to 2018, Judy touched a new generation of novice lifters while teaching at Clark College in Vancouver.

## CONCLUSION

Described in 1984 by Richard Reno, as “the spark which lights the fire of women’s lifting,” Judy had been passionate about the women’s program; but when reflecting years later, she knew she had had to proceed carefully.<sup>105</sup> “I was never out to prove that I was as strong as a man or that I was going to break this barrier of men’s sport,” Judy proclaimed. “You win more with honey than you do by smacking them upside the head.” Instead, Judy encouraged women to perfect their lifting techniques and get stronger. In doing so, they “let [their] lifting do the loudest talking.” They sent the men an important message: “I can be strong. I can be a woman. I’m not floundering around out there with the weight flopping over my head.

I look like a lifter.”<sup>106</sup> In the end, Judy was correct; women were accepted as lifters. In May 1995 the USWF Board of Governors voted Judy into the USWF Hall of Fame in York, Pennsylvania.<sup>107</sup> In 2013 Judy was honored for her trailblazing efforts by the IWF at a grand celebration for the thirtieth anniversary of women’s weightlifting.<sup>108</sup> At the gathering in Poland, Dr. Tamas Ajan reminded Judy of the promise she gave him thirty years earlier when she was pushing him to help her push the boundaries of women’s sport, “Women’s weightlifting will go on with or without you.”<sup>109</sup> While it would have gone on with or without Ajan, it is certain that the sport would not be where it is today without the vision and efforts of Judy Glenney.

## NOTES

1. Bend sits on the eastern edge of the Cascade Mountains in the central part of the state. The town had a population of 11,409 in the 1950 Census.
2. Judy Glenney interview with author, 27 May 2014. See also Judy Glenney, *Uplifting Dreams-The Story of the Pioneer of Women’s Weightlifting* (self-published, 2019).
3. J. Glenney interview with author; and Al Thomas, “Judy Glenney, The Evolution of an Olympic Lifter,” *Iron Man* 37, no. 5 (July 1978): 39.
4. Knowing she wanted to compete as an athlete, Judy read everything she could on female stars in track and field (see Glenney, *Uplifting Dreams*, 47), so it is possible that she read about Cynthia Wyatt’s success as a thrower in *Strength & Health* magazine: Cynthia Wyatt as told to Tommy Kono, “Cindy Wyatt Wants to be a Champion,” *Strength & Health* 30 (November 1962): 28-9, 56-8.
5. Jan Todd, “The Origins of Weight Training for Female Athletes in North America,” *Iron Game History* 2, no. 2: 4-14.
6. See Covers, *Strength & Health* (October 1967) and (April 1968).
7. Gary Glenney interview with author, 27 May 2014.
8. Bill Starr, “The Daisey Chain,” *Weightlifting Journal* 1, no. 3 (Sept/Oct 1971): 21.
9. Al Thomas, “Judy Glenney,” 58.
10. Judy Glenney, “A Word to the Girls,” *Athletes in Action Weight Training Manual* (Arrowhead Springs, CA: Campus Crusade for Christ, Inc.: no date), 21; and Judy Glenney, “For Girls Only!” *Athletes in Action Magazine* 6, no. 1 (Summer 1973): 12-13.
11. The date of the Little Rock, Arkansas meet is unclear. Judy remembered December 1971 in J. Glenney interview with author, but in Glenney, *Uplifting Dreams*, 96, (and all other sources) she indicates the meet was in 1972.
12. Bill Starr, “From the Editor’s Desk,” *Weightlifting Journal* 1, no. 7 (1971): 3.
13. *New England Association AAU-Weightlifters’ Newsletter #16* (1 March 1973): 3, 9.
14. For a discussion of the decline of American weightlifting, see John Fair, “The USA vs the World: An Analytical Narrative of American, World, and Olympic Weightlifting Results, 1970-1992, Part 2,”



*Iron Game History* 12, no. 4:30-53.

15. Glenney, *Uplifting Dreams*, 84-87.

16. J. Glenney interview with author.

17. For more information on women and physical activity, see: Patricia Vertinsky, *The eternally wounded woman, women, doctors and exercise in the late nineteenth century* (Manchester, UK: Manchester Univ. Press, 1991); Martha H. Verbrugge, *Able-bodied womanhood, personal health and social change in nineteenth-century Boston* (New York: Oxford Univ. Press, 1988); and Jan Todd, *Physical culture and the body beautiful* (Mercer, GA: Mercer Univ. Press, 1999).

18. Gary Glenney letter to Peary and Mabel Rader, 19 Sept 1972, Glenney folder, Rader Collection, Stark Center.

19. For information on the introduction of strength coaches and strength training into the collegiate and professional football ranks see, Terry Todd, "Al Roy: Mythbreaker," *Iron Game History* 2, no. 1: 12-16; Jason Shurley and Jan Todd, "'If Anyone Gets Slower, You're Fired': Boyd Epley and the Formation of the Strength Coaching Profession," *Iron Game History* 11, no. 3: 4-18; and Jason P. Shurley, Jan Todd, Terry Todd, *Strength Coaching in America: A History of the Innovation That Transformed Sports* (Austin: University of Texas Press, 2019).

20. Pudgy Stockton, "Barbelles," *Strength & Health* (August 1944): 11, contains the first discussion of organized Olympic weightlifting competitions for women and a list of the best lifts done by women to that time. *Strength & Health* (April 1947) contains a report of the first contest. Pudgy Stockton, "Barbelles," *Strength & Health* (August 1948) contains discussion on the second competition (5 women), 18 January 1948. Six women competed on 2 April 1949 in a contest held at Marcy's Gym in Los Angeles. See Jan Todd, "The Legacy of Pudgy Stockton," *Iron Game History* 2, no. 1: 5-7, for more information.

21. Glenney, *Uplifting Dreams*, 77.

22. "International Weightlifting Federation Technical Rules - Participants," *US Weightlifting Federation Official Rules 1981-1984* (Indianapolis, IN: US Weightlifting Federation, Inc., 1981), 42; and Letter, Tamas Ajan to Mabel Rader, 26 April 1983, Mabel Rader Folder, Todd Collection, Stark Center. For many years Mabel Rader was the only female referee at the competitions.

23. Jan Todd interview about lifting in the 1970s.

24. Gerard Carey letter (1 June 1974) to the editor, *New England Association AAU-Weightlifters' Newsletter* 26 (29 July 1974): 11. Carey mentions a girl, a 15-year old Ann Turbyne, training at his gym to improve her shot and discuss state high school records. Ann Turbyne represented Team USA in the shot at the boycotted 1980 Moscow Olympic Games, held several world powerlifting records, and was inducted into the University of Maine Sports Hall of Fame in 1987. Denis Reno, "Willimantic Open Weightlifting Contest," *New England Association AAU-Weightlifters' Newsletter* 29 (15 December 1974): 18.

25. Denis Reno, "Willimantic Open Weightlifting Contest."

26. *Ibid.*

27. Bill Clark to Jan Todd telephone interview, 14 July 1998.

28. *Ibid.*

29. Mabel Rader, Weightlifting Chairman, *Midwestern AAU Weightlifting News Letter*, 28 January 1976: 1.

30. Clark interview.

31. Glenney, *Uplifting Dreams*, 120-123.

32. *Ibid.*, 121.

33. *Columbia Daily News*, 22 February 1976. For the women's records see "Women's Records," *Missouri Valley AAU Weightlifting Newsletter* 19, no. 3 (21 May 1979): 6; and "The Record Book - Region Eight Women," *Missouri Valley AAU Weightlifting Newsletter* 20, no. 3 (6 April 1980): 4.

34. Mike Lambert, "Women's Nationals," *Powerlifting USA* 3, no. 9 (March 1980): 6-10. No mention of Glenney was found in Tony Fitton, "Women's Worlds," *Powerlifting USA* 3, no. 12 (June 1980): 6-9, but it may be due to a poor performance. Notice of her making the world team can be found in "Women's Corner," *Powerlift-*

*ing USA* 3, no. 9 (March 1980): 9. Glenney mentions lifting in the first Women's World Powerlifting Championships, Glenney, *Uplifting Dreams*, 248.

35. Clark interview. As evidence of his coaching ability, Gary Glenney was also listed as the national coach for the Oklahoma District in 1976, see "National Coaches as of February 1, 1976," *New England and Region I-Weightlifter's Newsletter* 40 (7 March 1976): 19.

36. Glenney, *Uplifting Dreams*, 139.

37. In March 1976, Murray Levin announced to the weightlifting community that "Olympic Lifting, Powerlifting, and Physique will now be completely independent and autonomous [sic] as three different sports and will govern themselves accordingly as three distinct bodies, with different rulings and administrations to carry out their will." See, letter from Murry Levin "To: National Olympic weightlifting Committee of the AAU of USA," *New England and Region I-Weightlifter's Newsletter* 40 (7 March 1976): 9.

38. Murray Levin interview with author, 23 May 2014; and Murray Levin interview with John Fair, April 2013.

39. Thomas Hunt, *Drug Games: the international policy of doping and the Olympic Games 1960-2008* (Austin: University of Texas Press, 2010); and Dominic G. Morais and Jan Todd, "Lifting the Iron Curtain: Paul Anderson and the Cold War's First Sport Exchange," *Iron Game History* 12, no.2: 16-39.

40. Joseph M. Turrini, "'It was Communism Versus the Free World': The USA-USSR Dual Track Meet Series and the Development of Track and Field in the United States, 1958-1985," *Journal of Sport History* 28, no. 3 (Fall 2001): 427-471; and Dong Jinxia, "A Reflection on 'Factors Determining the Recent Success of Chinese Women in International Sport,'" *International Journal of the History of Sport* 15, no. 1 (1998): 206-210.

41. The US men went from winning four gold, two silver, and one bronze medal in the 1956 Olympic Games, to one gold, four silver, and one bronze medal in 1960, to one silver and one bronze medal in 1964, to one bronze medal in 1968, to one silver medal in 1976.

42. "Women's Weightlifting," *Missouri Valley AAU Weightlifting Newsletter* 20, no. 2 (20 February 1980): 7.

43. *Ibid.*

44. For more information on the Raders and *Iron Man* magazine, see Terry Todd, "Our best man gone, Peary Rader (1909-1991)," *Iron Game History* 2, no. 1: 1-4.

45. Letter, Mabel Rader to Judy Glenney, 24 October 1980, "Women's Wt. Lift History" folder, Todd Collection, Stark Center.

46. Al Thomas, "Judy Glenney," 38-39, 58.

47. Letter, James J. Fox to Judy Glenney, 17 September 1980, "Women's Wt. Lift History" folder, Todd Collection, Stark Center.

48. Letter, Murray Levin to Judy Glenney, 30 September 1980, "Women's Wt. Lift History" folder, Todd Collection, Stark Center.

49. *Ibid.*

50. Letter, Rader to Glenney, 24 October 1980.

51. Mabel describes her opinion of the attitudes of many of the male administrators in her Letter, Mabel Rader to Tamas Ajan, 8 December 1983. Mabel Rader folder, Todd Collection, Stark Center.

52. Levin interview with author.

53. *Ibid.*

54. "Murray Levin's Letter," *Deni Reno's Weightlifter's Newsletter*, 4 January 1981: 18.

55. "AAU Convention Notes," *Strength & Health* 49, no. 2 (March 1981): 63.

56. Letter, Mabel Rader to Judy Glenney (and other women lifters), 20 February 1981, Mabel Rader folder, Todd Collection, Stark Center.

57. Letter from Murray Levin to Women's Weightlifting competitors, undated, Judy Glenney folder, author's collection.

58. Mabel Rader, "1<sup>st</sup> National Women's Weightlifting Championships," results and letter about the meet. She had handwritten "#1" in the top corner of the document which was included in a set of documents she considered her Women's Newsletters. Ma-

- bel Rader folder, Todd Collection, Stark Center.
59. Mabel Rader letter, 21 September 1981. She had handwritten “#2” in the top corner of the document which was included in a set of documents she considered her Women’s Newsletters. Mabel Rader folder, Todd Collection, Stark Center.
60. Judy Glenney, “Variety: The Spice of Your Training Life” and “A Little Help for a Weak Jerk,” *Women’s Weightlifting Newsletter*, no date: 3-4; Mabel had handwritten “#3” in the top corner of the document which was included in a set of documents she considered her Women’s Newsletters. See also, Judy Glenney, “Get on the Stick with Your Pull” and “Deadlift for a Purpose,” *Women’s Weightlifting Newsletter*, September 1982: 3; and Judy Glenney, “Overload on Partial Movements,” *Women’s Weightlifting Newsletter No. 6*, 11 March 1983: 2. Mabel Rader folder, Todd Collection, Stark Center.
61. Joe Widdel, “Women’s National Olympic Championships,” *Iron Man Lifting News* 42, no. 5 (July 1982): 48i.
62. Ruth Welding Interview with the author, 29 March 2022.
63. Dan Ruchames, “1st National Women’s Weightlifting Championships,” Denis Reno’s Weightlifter’s Newsletter 85 (13 July 1981): 10; Mabel Rader, “Editor’s Message,” *Women’s Weightlifting Newsletter No. 7*, 22 August 1983: 1.
64. Judy Glenney, “A Message from the New Women’s Olympic Weightlifting Chairwoman,” *Women’s Weightlifting Newsletter No. 7*, 22 August 1983: 1. In 1988 the USWF began an honorary award in Mabel’s honor—the Mabel Rader Award—given annually for contributions to women’s weightlifting.
65. Letter, Tamas Ajan to Mabel Rader, 23 November 1983, Mabel Rader folder, Todd Collection, Stark Center.
66. Letter, Tamas Ajan to Mabel Rader, 8 December 1983.
67. Judy Glenney mentions it being “in principle” and explains the requirements for world championships in “Women’s Lifting,” *Weightlifting USA* 2, no. 4 (1984): 8. The IWF website also mentions it being “in principle” on their historical timeline. “Women’s World Championships Update,” *Weightlifting USA* 4, no. 5 (1986): 8. “Women Lifters Soaring Towards Olympic Height,” *World Weightlifting*, no. 4, 1996: 9.
68. Levin interview with author.
69. J. Glenney interview with author.
70. “Minutes to the Board of Governor’s Meeting, March 12, 1984, USWF National Convention” *Weightlifting USA* 2, no. 3 (1984): 3.
71. Letter, Judy Glenney to All National Weightlifting Governing Bodies in the IWF, 5 March 1984, Glenney folder, author’s collection.
72. Ibid.
73. Judy Glenney, “Women’s Lifting,” *Weightlifting USA* 2, no. 4 (1984): 18. Jenó Boskóvics, “World Weightlifting Exclusive Interview—How Can Women’s Weightlifting Get Admitted to the Olympic Games?” *World Weightlifting* 2 (1989): 34; interviews in this article on why they did not have a women’s program as of 1989 found that the USSR “have not met any substantial demand or interest from the girls yet;” Romania said “fans of women’s weightlifting must fight for the victory. Unfortunately, in Romania we have not even done the initial steps;” Czechoslovakia “for the moment does not wish to initiate the development of female weightlifting centrally and the small competitions we have today do not yet evoke sufficient interest;” and the German Democratic Republic “doctors are strongly against it. They are afraid that it would eliminate female beauty and deform the women’s body.” All of these informants, however, concluded that their governments should look into the issue a bit deeper.
74. “USWF News—Glenney Becomes International Referee,” *Weightlifting USA* 2, no. 2 (1984): 2.
75. Judy Glenney, “Women’s Lifting,” *Weightlifting USA* 2, no. 2 (1984): 9.
76. Letter, Judy Glenney to Tamas Ajan, 3 July 1985; Letter, Tamas Ajan to Judy Glenney, 15 August 1985, Glenney folder, author collection.
77. Letter, Tamas Ajan to Judy Glenney, 22 November 1985, Glenney folder, author collection.
78. *Women’s Weightlifting World*, November 1985.
79. Glenney, *Uplifting Dreams*, 176-177.
80. Kim Goss, “Women’s Olympic Lifting Nationals,” *Iron Man* 45, no. 5 (July 1986): 55-56; “Records Fall at the National Women’s Championships,” *Weightlifting USA* 4, no. 2 (1986): 3.
81. Both Levin and Glenney remember the crowd going crazy when the women lifted.
82. Judy Glenney, “Editorial,” *Women’s Weightlifting World* (April 1986): 2. For more information about the 1986 Pannonia Cup see, “U.S. Women Capture Medals in International Competition,” *Weightlifting USA* 4, no. 2 (1986): 1.
83. Letter, Tamas Ajan to Judy Glenney, 12 June 1986, Judy Glenney folder, Todd Collection, Stark Center.
84. Ibid.
85. “Karyn Marshall Wins World Title for US, China Walks Away with Team Title,” *Weightlifting USA* 5, no. 5 (1987): 1-3.
86. Letter, Murray Levin to All USWF Members, Athletes, Coaches, Officials and Administrators, especially “3. Women’s Weightlifting,” December 1987.
87. Letter, Gottfried Schödl to Judy Glenney, 13 November 1987. Judy Glenney folder, Todd Collection, Stark Center.
88. “Women in Weightlifting,” *IWF Newsletter No. 10* (November 1987): 2-3; and “Women’s Weightlifting,” *Weightlifting USA* 5, no. 6 (1988): 2.
89. Letter, Judy Glenney to Tamas Ajan, 5 August 1987. Judy Glenney folder, Todd Collection, Stark Center.
90. Letter, Tamas Ajan to Judy Glenney, 27 August 1987. Judy Glenney folder, Todd Collection, Stark Center.
91. Letter, Judy Glenney to All Women Lifters, 1 February 1988, Judy Glenney folder, Todd Collection, Stark Center.
92. Bruce Klemens, “The USWF Nationals,” *Iron Man* 47, no. 10 (October 1988): 79.
93. Letter, Judy Glenney to Tamas Ajan, 30 January 1989. Judy Glenney folder, Todd Collection, Stark Center. This same quote was also used in Jenó Boskóvics, “World Weightlifting Exclusive Interview,” 35.
94. Letter, Judy Glenney to All Registered Female Athletes, Judy Glenney folder, Todd Collection, Stark Center.
95. Judy Glenney, “Women’s Lifting,” *Weightlifting USA* 1, no. 5 (1983): 10.
96. Judy Glenney, “Attention: Masters Lifters,” *Women’s Weightlifting World* 12 (September 1989): 3.
97. Image of USWF President Jim Schmitz presenting Judy Glenney with Mabel Rader Award, *Weightlifting USA* 7, no. 3 (1989): 6.
98. “U.S. Olympic Festival-’89,” *Weightlifting USA* 7, no. 4 (1989): 4-5. Glenney, *Uplifting Dreams*, 214-215.
99. Judy Glenney, *So You Want to be a Female Weightlifter* (Farmington, NM: Glennco Enterprises, 1989).
100. For example, see Advertisement for *So You Want to be a Female Weightlifter*, *Weightlifting USA* 7, no. 3 (1989): 16.
101. Letter, Jim Schmitz to Judy Glenney, 9 February 1991, Judy Glenney folder, Todd Collection, Stark Center.
102. Fax Message, Tamas Ajan to George Greenway (USWF Executive Director), 30 April 1991, Judy Glenney folder, Todd Collection, Stark Center.
103. Fax Message, Tamas Ajan to Vitali Smirnov (IOC Program Committee Chairman), 4 November 1991, Judy Glenney folder, Todd Collection, Stark Center.
104. J. Glenney interview.
105. Richard Reno, “Women’s National Olympic,” *Iron Man* 43, no. 6 (September 1984): 63.
106. J. Glenney interview.
107. “Notes...,” *Weightlifting USA* 13, no. 2 (June 1995): 4.
108. “USAW female athletes recognized as pioneers of sport,” USA Weightlifting online newsletter, 20 Nov 2013. <http://www.teamusa.org/USA-Weightlifting/Features/2013/November/20/Female-Lifters-Recognized-as-Pioneers-of-Sport>.
109. J. Glenney interview.