



Dear IGH,

Thank you so much for the *wonderful* article about Peary in *Iron Game History* and for the extra copies you sent.

We would also like to thank all those who wrote such kind and thoughtful sympathy cards and letters and made the calls we received after Peary's death. They all mean a great deal to us.

Mabel Rader & Family
Alliance, Nebraska

Dear IGH,

Today I received my first issue of your journal. To say I was overwhelmed would be an understatement; it's a marvelous publication. The articles were all very, very interesting, just the kind of material I had hoped it would be!

The story on Peary Rader was very touching; he was a great man, and has had an influence on my thinking and, of course, training. Being a collector in the physical culture field, I'm absolutely thrilled.

Through this publication I can, in some way, feel that I'm a part of a fraternity of real barbell men and women sharing this interest.

Once again, my best compliments to you all!!

Ulf Salvin
Kristianstad, Sweden

P.S. I may have some information for Mr. Roark regarding his backlift article, I will go through my files...

Dear IGH,

Your readers may be interested to hear that on March 21st, the anniversary of his passing, the late lamented Oscar Heidenstam Memorial Trust First Annual Dinner and Hall of Fame Awards took place. A sellout event..Guests were welcomed with a drink to begin a meeting of old and new friends. The dinner began, punctuated by speeches praising the guests of honour, Celeste Dandeker and Tracey Moore from the U.K. (Ballet), but the top spot went to Angela and John C. Grimek.

John spoke as only the muscle monarch can, giving first-hand accounts of legendary muscle matches including earlier Mr. America events and the historic 1948 Mr. Universe competition. He later gave me personally a rare insight and

odyssey through the golden ages of strength from Bernarr Macfadden, Liederman, Jowett, Atlas and Klein to today's "stars" of muscle and screen...all of whom, I believe, are in Grimek's debt for his fine example of devotion and determination in bodybuilding and strength.

Guests were many, including friends from the U.S.A. such as Russ Warner and Dr. Ken Rosa. Also present were Dave Prowse of Darth Vader fame, and former British weightlifting Olympic coach Al Murray.

It was a fine tribute to the iron game.

David F. Gentle
Hants, England

Dear IGH,

Just a note to commend you on your moving eulogy on Peary Rader. It far surpassed that found in any other publication. It is indicative of just how much of Peary's legacy lies with you and *Iron Game History*. Others will attempt to write about him but then hypocritically go right on about their business of putting the making of money as their number one priority; and they will attempt to do this with commercialism and even misrepresentation rather than the one thing that Peary represented and that is the TRUTH. He and *Iron Man* were a single oasis in a desert of market share competition.

He truly was unique in his love of the sport and the personal sacrifices he and Mabel made in their efforts to improve all three aspects of the iron game: bodybuilding, Olympic lifting and powerlifting.

Congratulations on both your efforts to keep what Peary represented alive and flourishing. It has certainly been a pleasure for me to support your efforts in publishing *Iron Game History*. I firmly believe you remain a last ditch effort to save and recognize the "roots" of the Iron Game. I also firmly believe that these roots deserve a lot more attention than they are getting. Consequently, I would like to ask both your opinions on several points.

I don't want to bore you with personal bio but I believe my credibility will perhaps be enhanced if you're aware of my background. I grew up with the Iron Game beginning in 1958 as a 14 year old who devoured every health, fitness and weightlifting magazine I could get my hands on. In college, I befriended and trained with Olympic hopeful, Barry Whitcomb. As a result of his urging, and after graduating from college, I took a delay in entering the Air Force to move to York to train. Ironically, in that summer of 1966, John Terlazzo told me to go the York "Y" to train. After riding on Barry's coattails for a few Saturday workouts at the famed York Barbell Club, I entered the Air Force where I took full advantage of my ability to travel and I visited Mabel and Peary Rader at their Black Hills Ave. home in Alliance; I trained at Bill Pearl's Pasadena Health Club (still "the" ulti-

mate model for a health club), the Duncan “Y” in Chicago, Timmy Leong’s in Honolulu, Vince Gironda’s in North Hollywood, Joe Gold’s original gym on Pacific Highway in Venice, and I viewed the 1968 Olympic trials at York where Barry introduced me to George Pickett. As a result of movies taken from the second row at the first two Mr. Olympias I met Larry Scott in Utah and befriended Chuck Sipes in California. I viewed the Women’s World Powerlifting Championships at the University of Lowell in Massachusetts where I saw Jan set that 535 pound record squat. Lastly, I viewed the 1980 Mr. Olympia in Sydney where Arnold came out of the woodwork.

The knowledge gleaned from those personal contacts over the years far outweighed anything I read or have read in the publications; and it is that disparity that continues through to today that prompts me to write to ask your opinions on what direction the Iron Game is presently headed. When I read about a “strength coach” for a professional team, I wonder how familiar he is with a power rack, partial movements and the Overload Theory behind the power rack.

When I attend an exercise equipment trade show and ask what research has been performed to justify the claims they make, the response is summed up by the following response to the question “What is your background and how did you design the CAM on your machines that you claim is the best in the industry?”: “I am a former CPA who liked to work out and I bought the company. I plotted the isometric strength level at seven points through the range of motion on twelve men I worked out with.” I question the validity of drawing such conclusions from such a limited sampling. The list goes on and on but I hope I’ve made my point that the entire fitness industry is inundated with commercialism and hype while experiencing a severe dearth of legitimate, tried and proven exercise research.

I honestly believe there is more well-founded advice in Bob Hoffman’s original York Barbell Course than in 90% of what’s published today. I have visited Dr. Kenneth Cooper at his Aerobics Research Center in Dallas and I see him as one of the few “gurus” speaking from a position of knowledge because what he professes is tried and proven. Clarence Bass, whom I visited in his home in Albuquerque, is another source I consider legitimate because he has likewise personally tried and proven anything he advocates. Cooper uses a sampling, of course, while Bass uses only himself, yet both of these resources are “legit”.

I’m not sure how much of what I’m relating to you is germane to what you’re endeavoring to accomplish with the Todd-McLean Collection but I would be most interested in hearing any comments you have regarding the commercialization of the present Iron Game and the apparent lack of awareness of the true roots to training. The general public appears to be in a continual search for a “new” program or device that

will give them “instant” success with little or no effort. Change for the sake of change rather than change for a better system seems to be the primary motivation.

J. Norman Komich
Beverly, Mass

*We both admit to experiencing a mixture of sadness and amusement when we attend sporting goods trade shows or drop in on a health club where we’re not known. The information and advice we overhear or solicit is often so strikingly incorrect that we have a hard time not grabbing the speaker by the lapels and giving him, or her, a good shake followed by a lecture. But we almost always just nod and move on, having come to the realization that we should use what energy we have to spread what we’ve learned about physical culture through the pages of **Iron Game History**. We would add, however, that although much of what passes for research these days is either done for commercial reasons or conducted by people with so little practical background that they don’t know which questions to ask or how to correctly interpret their own results, there is probably more solid scientific work being done in the field of strength training these days than ever before. Publications such as the **National Strength and Conditioning Association Journal** contain lots of information which either confirms something experienced iron gamers already knew or answers long-debated questions. The advantage those of us have who’ve been around awhile is that we have the background to separate the good from the bad. To condemn everything new and cling stubbornly to everything old seems to us a mistake, as no one has a corner on the absolute truth where exercise is concerned. Nor should we forget that the pages of some of the most popular magazines from the past contained commercially biased and incorrect information which would rival anything seen today. The problem is that there’s so very much more of it today because of the explosive growth of the fitness industry. We agree with your general conclusions and concerns, but perhaps we’ll have to content ourselves with the knowledge that our age and experience allow us to be discerning about what we see and hear and, by sharing what we’ve learned, to help those who’ll listen.*

