



THE STARK CENTER

Robert Goldman Papers

The H.J. Lutchter Stark Center for Physical Culture & Sports

The University of Texas at Austin

Finding Aid

Robert Goldman Papers: 29 Binders, 5 Boxes: 122 Folders, 7 Framed Materials: no date, 1937-2011 (122 files, 36 items)

Abstract

Robert (Bob) Goldman began as an athlete, foremost as a wrestler who had dreams of making it to the *Olympic Games*. Unfortunately, his knees could not stand the torque put upon them by that diversion and Goldman had to choose a different sporting route. He instead became proficient in both pushups and sit-ups, setting world records in each activity. Goldman studied muscle mechanics and steroid biochemistry for three years after graduating from Brooklyn College. He then matriculated at the Chicago College of Osteopathic Medicine, becoming a Doctor of Osteopathy. Through his erudition, Goldman became expert in how performance enhancing medications interacted with the bodies of athletes and also in the medical influences of fitness equipment. Goldman went on to found the High Technology Fitness Research Institute in Chicago. Moreover, he aided and continues to assist the International Federation of Bodybuilders (I.F.B.B.) in their efforts to rid their discipline of steroids and other performance enhancing drugs. In his spare time, Goldman amassed and continues to create a huge collection of antiques from around the world, enough that he transformed the Institute Building in Chicago into the Institute Museum and still had more for his ranch house.

Access

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Preferred Citation

Robert Goldman Papers, H.J. Lutchter Stark Center for Physical Culture & Sports, The University of Texas at Austin. *[There is no space between H.&J.]*

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Biographical Note

Robert (Bob) Goldman was born in Bedford-Stuyvesant, Brooklyn, New York in 1955. Goldman began his life as an athlete, most especially as a wrestler accomplished enough to be considered for the United States Olympic Team for the Summer 1972 *Olympic Games* in Munich, West Germany. Regrettably, his knees could not take the punishment and he had to drop out of contention immediately before the American national qualifying wrestling tournaments. During those Munich Games, Goldman was dismayed when he observed on television that the Russian gymnasts could do many more handstand pushups than their American counterparts. He was determined to personally challenge Russian superiority in this physical activity. Goldman eventually achieved eighty handstand pushups in forty-three seconds and, on another occasion, 321 in a row, setting two world records. He also performed 13,500 consecutive sit-ups. As a result, Goldman got his name enumerated in the Guinness Book of World Records. Goldman further accomplished two more world bests for strength along with numerous other unofficial personal awards and superlatives, leading to his induction into the World Hall of Fame of Bodybuilding and Physical Fitness in 1980.

In the late 1970s, after completing his pre-med graduate degree at Brooklyn College, Goldman began three years of postgraduate lessons in muscle mechanics and steroid biochemistry. He later moved to Chicago, Illinois, and continued his education at the Chicago College of Osteopathic Medicine. Goldman studied and developed into a Doctor of Osteopathy (meaning he performed an additional two thousand hours of biomechanics and manipulative medicine) focusing on Sports Medicine. Furthermore, Dr. Goldman became an expert regarding sports doping, that is, the use of drugs by athletes in an attempt to improve their sporting performances. By 1983, Dr. Goldman was the Medical Research Editor for *Muscle Illustrated* magazine, a bodybuilding publication. He later brought and continues to offer his proficiency in the matter of drug concerns to the International Federation of Bodybuilders (I.F.B.B.) as the head of



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their Medical Commission and of all anti-doping I.F.B.B. efforts in over 180 countries. Dr. Goldman, with the aid of Dr. Ronald Klatz, wrote the 1984 book Death in The Locker Room: Steroids and Sports; in an effort to explore the dangers that the medications posed to athletes. He and Dr. Klatz followed that tome up with The E-Factor: The Secrets of New Tech Training and Fitness for the Winning Edge (1988) and Death in the Locker Room II: Drugs and Sports (1992). Moreover, Dr. Goldman became the Chairman of the Sports Medicine Committee for the Amateur Athletic Union (A.A.U.), enrolled as a member of the National Academy of Sports Medicine (N.A.S.M.), and founded the High Technology Fitness Research Institute in Chicago. Dr. Goldman is presently the Chairman of the American Academy of Anti-Aging Medicine (A4M).

Dr. Goldman worked with Dr. Manfred Donike of West Germany, another drug specialist who created one of the first tests for anabolic-androgenic steroids. Dr. Donike's portable assessment for the substances became famous at the 1983 *Pan American Games* in Caracas, Venezuela. Several American athletes left on the eve of testing, raising speculation that they might have taken steroids, though that was never conclusively proven. Anabolic-androgenic steroids are derivatives of the male hormone testosterone that have been altered to aid more in the building of proteins and muscle without likewise unduly increasing male sexual characteristics (as pure testosterone would). Steroids can produce benefits like shorter recovery times after both training and injuries, making them quite attractive to the world class competitors at events like the *Olympic* and *Pan American Games*. The medicines have developed into a major problem in many sports, most expressly in bodybuilding, due to the fact that one of the major foci of the discipline is the extent of muscularity possessed by its participants.

Just as for Charles Yesalis, the doping expert from Pennsylvania State University, another passion for Dr. Bob Goldman turned out to be keeping steroids and other performance enhancing drugs out of the hands of children and adolescents. Dr. Goldman and others ascertained that kids, and principally boys, were beginning to use steroids and supplementary drug combinations as early as Middle School (6th through



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8th grades in the United States, generally ages 11 through 14). Steroids can be especially hazardous to kids and young men and women both while going through and just after puberty. This is because these substances are able to alter the equilibrium of the male hormone testosterone and the female hormone estrogen. Such hormonal imbalances are capable of leading to all manner of health problems. Moreover, it is believed that abusing steroids can, in some cases, cause a dangerous increase in ferocity and anger known as “roid rage”. This effect can turn normally mild mannered men and women into out of control menacing people prone to viciousness; and into individuals whom cannot control their tempers, sometimes resulting in horrific consequences.

An additional truly startling detail to consider is that steroids may not even advance athletic achievement very much in the first place. Studies have been prepared displaying the psychological steroid effect. The general public believes the treatments are the only things helping them when it is, in fact, their strength training providing the populace with the majority of the escalation in performance or musculature that they see. Unfortunately, since many people trust that they are deriving all of their benefits from the pills, those individuals take more and more medications until they are ingesting perilous amounts, mistakenly thinking that consuming more drugs will lead to better athletic and muscular outcomes. Therefore, a significant percentage of people end up taking appalling risks in the pursuit of dubious results.

Dr. Bob Goldman, an accomplished artist himself who has had his works displayed in museum exhibitions, has a passion for collecting antiques and art pieces from around the world. Some of the treasures in his assemblage are human-sized and larger statues, carvings of horses and model warships. Dr. Goldman has amassed a truly massive amount of these materials, many of which are on display at the Institute Museum that he founded in the Institute Building in Chicago and at his ranch house.



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Scope and Content

29 Binders, 5 Boxes: 122 Folders, 7 Framed Materials: no date, 1937-2011 (122 files, 36 items)

The Robert Goldman Papers comprise twenty-nine binders and five boxes containing 122 folders, with a further seven pieces of framed material. Twenty-seven of the binders relate to the drug and medical equipment policies of countries around the world and two additional binders discuss the international competitiveness of the United States pharmaceutical industry and the pricing of prescription drugs globally. The folders deal with four books: Death in the Locker Room: Steroids and Sports, Death in the Locker Room II: Drugs and Sports, and The E-Factor: The Secrets of New Tech Training and Fitness for the Winning Edge (all by Drs. Robert Goldman and Ronald Klatz) and The Male Hormone by Paul de Kruif. They moreover cover steroids, other performance enhancing drugs, sports, sports medicine and one folder comprehends information about antiques. The framed materials encompass 1 book jacket and 6 bodybuilding event posters autographed by various competitors at those occasions.

Collection Arrangement

29 Binders, 5 Boxes: 122 Folders, 7 Framed Materials, no date, 1937-2011 (122 files, 36 items)

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Box 1, Folder 2: Acupuncture, 1981-1984 (1 file)

Box 1, Folder 3: American College of Sports Medicine (A.C.S.M.)-General, no date, 1975-1982 (1 file)



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Box 1, Folder 28: Detection and Drug Testing, no date, 1965-1987 (1 file)

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Box 1, Folder 31: The E-Factor: Permission Letters, 1987 (1 file)

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Box 2, 24 Folders: Bob Goldman: Photographs-Peripheral Nerve Injuries in Sports, no date, 1945-1996 (24 files)

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Box 2, Folder 2: Hamstrings, 1978 (1 file)

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Box 2, Folder 7: Knee Rehab, 1972-1987 (1 file)

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Box 2, Folder 9: Muscle Biopsy, 1980 (1 file)

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Box 5, Folder 8: Thermography-Osteopathic Manipulative (O.M.) Techniques, 1982 (1 file)

Box 5, Folder 9: Thrust-Osteopathic Manipulative (O.M.) Direct Action Techniques, 1981 (1 file)

Box 5, Folder 10: Wilms Tumor, 1970-1981 (1 file)

Box 5, Folder 11: Women's Bodybuilding, 1982-1983 (1 file)

Box 5, Folder 12: Dr. John Ziegler (Father of Anabolic Steroids): Part 1, no date (1 file)

Box 5, Folder 13: Dr. John Ziegler (Father of Anabolic Steroids): Part 2, no date (1 file)

Country Binders Regarding International Medical Policies, no date, 2001 (27 items)

Country Binder 1: Afghanistan, Saudi Arabia, Pakistan, Israel, Turkey, Lebanon, Kuwait, Uzbekistan, Jordan, Kazakhstan, 2001 (1 item)

Country Binder 2: Australia, New Zealand, no date, 2001 (1 item)

Country Binder 3: Bosnia and Herzegovina, Italy, Finland, Denmark, Andorra, Estonia, Armenia, Luxembourg, Norway, Romania, Belgium, Austria (Trade Contacts for every country), 2001 (1 item)

Country Binder 4: Cambodia, Laos, Mongolia, Macao, no date, 2001 (1 item)

Country Binder 5: Canada, Colombia, no date, 2001 (1 item)

Country Binder 6: China (People's Republic of): Part 1, 2001 (1 item)

Country Binder 7: China (People's Republic of): Part 2, 2001 (1 item)



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Country Binder 8: Germany, Spain, France, The Netherlands, Switzerland, Ukraine, Czech Republic, Sweden, Poland, no date, 2001 (1 item)

Country Binder 9: Hong Kong, 2001 (1 item)

Country Binder 10: India, 2001 (1 item)

Country Binder 11: Indonesia, 2001 (1 item)

Country Binder 12: Japan: Part 1, 2001 (1 item)

Country Binder 13: Japan: Part 2, 2001 (1 item)

Country Binder 14: Malaysia, 2001 (1 item)

Country Binder 15: Mexico, Costa Rica, Dominican Republic, Brazil, Argentina, Chile, Honduras, Guatemala, Ecuador, Venezuela, Puerto Rico, Panama, Peru, Other Countries, 2001 (1 item)

Country Binder 16: The Philippines, no date, 2001 (1 item)

Country Binder 17: Russia, Georgia, 2001 (1 item)

Country Binder 18: Singapore, no date, 2001 (1 item)

Country Binder 19: South Africa, Egypt, Ghana, Congo, Nigeria, Kenya, Tunisia, Zimbabwe (Trade Contacts only for each country other than South Africa), 2001 (1 item)

Country Binder 20: South Korea, North Korea, 2001 (1 item)

Country Binder 21: Sri Lanka, Bangladesh, Myanmar (Burma), Bhutan, The Maldives, Nepal, 2001 (1 item)

Country Binder 22: Taiwan, no date, 2001 (1 item)



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Country Binder 23: Thailand, 2001 (1 item)

Country Binder 24: United Kingdom, Iceland, no date, 2001 (1 item)

Country Binder 25: United States: Food and Drugs, no date, 2001 (1 item)

Country Binder 26: United States: Medical Equipment, Trade, etc., 2001 (1 item)

Country Binder 27: Vietnam, 2001 (1 item)

Drug Binders, no date, 1991-2000 (2 items)

Drug Binder 1: Economy: Global Competitiveness of the United States
Pharmaceutical Industry, no date, 1991 (1 item)

Drug Binder 2: Economy: The International Pricing of Prescription Drugs, no
date, 2000 (1 item)

Framed Materials, 1984-1990 (7 items)

Framed Book Jacket for Death in the Locker Room: Steroids and Sports, by Dr.
Robert Goldman and Dr. Ronald Klatz, 1984, 16" x 29" (1 item)

Framed Poster for *I.F.B.B. XXIV Mr. Olympia*, Los Angeles, California, 9/10/1988
(autographed by competitors), 16" x 24.5" (1 item)

Framed Poster for *I.F.B.B. Women's and Mixed Pairs World Amateur Bodybuilding
Championships*, San Juan, Puerto Rico, 10/7/1988 (autographed by competitors), 16
5/8" x 24.5" (1 item)

Framed Poster for the *Arnold Schwarzenegger Classic*, Columbus, Ohio, 3/11/1989
(autographed by competitors), 19" x 25" (1 item)



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Framed Poster for the *43eme Championnat du Monde Amateur de Bodybuilding* (43rd World Championship of Amateur Bodybuilding), Paris, France, 11/4/1989 (autographed by competitors), 15 5/8" x 21" (1 item)

Framed Poster for the *Arnold Schwarzenegger Classic*, Columbus, Ohio, 3/3/1990 (autographed by competitors), 19" x 25" (1 item)

Framed Poster for the *I.F.B.B. Women's and Mixed Pairs World Amateur Bodybuilding Championships*, Mexico City, Mexico, 10/7/1990 (autographed by competitors), 16" x 22.5" (1 item)