



IRON GAME HISTORY

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REG PARK: THE PASSING OF AN ICON

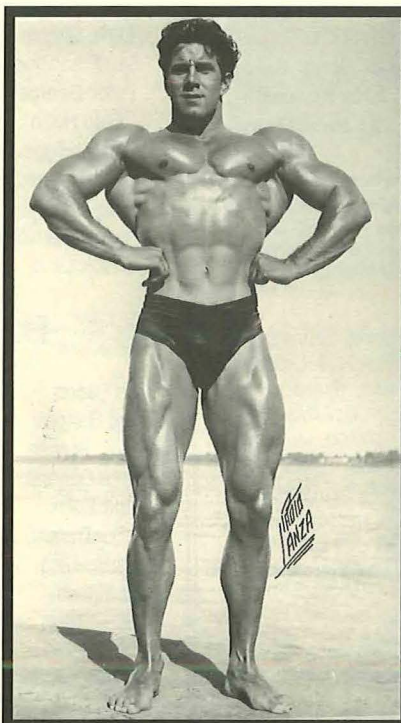
David P. Webster, OBE

Editor's Note: As most fans of the Iron Game know, one of history's greatest bodybuilders, Reg Park of Great Britain and South Africa, passed away on 22 November 2007 after a long struggle with skin cancer. Reg's passing has been reported in newspapers and magazines around the world, and Governor Arnold Schwarzenegger even issued a press release about Park, which is reprinted in its entirety on page five. Park's physique signified a significant evolution in the history of bodybuilding. At 6'1" and 225-235 pounds his combination of size and muscularity had never been seen before. His massive sharpness gave birth to a new physical aesthetic that became a template for bodybuilders such as Dave Draper and Arnold Schwarzenegger in the 1960s, and as a film star his herculean body inspired many young men to head to the gym. Few physique men have had such an impact on our culture.

As a tribute to Reg, we include two articles in this issue by men who knew him well. The first is by long-time *Iron Game History* author and man of all seasons David P. Webster, whose interest in physical culture paralleled Reg's own in many ways. The Webster article is an adaptation of a piece on Reg which David published

recently in *Health & Strength's* April 2008 tribute issue to Reg. If you have not seen that issue, it is a remarkable compendium of Reg Park reminiscences and can be ordered by writing the *H&S* offices via email at: royston@daelnet.co.uk. The second piece about Reg was written by Joe Weider for his forthcoming book, *Bodybuilding As I've Seen It*, which will be published by The University of Texas Press in 2009. We are grateful to both men for sharing their memories.

—Jan and Terry Todd



Physique photographer Tony Lanza took this shot of the still growing Reg Park on Reg's first visit to the United States.

Reg died on 22 November 2007 at age 79, and within 48 hours newspapers all over the world were carrying the sad news. Rarely has a bodybuilder's passing had such a swift and sympathetic reaction. Partly because of the current wealth of information about Reg's titles and career I will leave out these aspects. Instead, this will be a very personal look at the life of this great man, with examples of how he touched the lives of many people and influenced them in positive ways.

Reg and I were born within months of each other in 1928, but hundreds of miles apart. Wartime circum-

stances—numerous bombings and a close escape—uprooted my family and we settled for the duration of the War in the West Riding of Yorkshire, where Reg was born and bred in Leeds. Although I may have been best in physical education at the school I attended, my classmates let me know in no uncertain terms that there was another kid in the district who could easily beat me. They were dead right—that kid was Reg Park, and in the regional championships he ran 100 yards in 10.3 seconds at 16 years of age! This was no ordinary boy. Reg's photos appeared in *Health & Strength* and the *Health & Strength Annual*, which was published during the war years in spite of paper shortages. These photographs were astounding. This was a boy of the same

age as me, but with the physique of a very well-built man of 6 feet in height.

We went into the army at the same time, both being posted to Scottish depots—Reg to Nairn and myself to Gordon Highlanders barracks at the Bridge of Don. Naturally, I was still training hard and got time to train and leave to compete in strand-pulling. News filtered from Nairn barracks, and Reg's reputation was now awesome, completely overshadowing my efforts. It could have given me an inferiority complex but instead I shone in reflected glory, as I knew so much about Reg's achievements and potential. We were both put on a draft to Singapore but I was taken off the boat passenger list to become a physical training instructor at Redford bar-

Iron Game History

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racks, Edinburgh. Reg also became a P.T.I. in what was then called Malaya.

Posted to Fort George I lost touch with Reg's activities, but not for long. One day a soldier passing the gym saw some of us wrestling; I had become a member of Alex Munro's wrestling club and had persuaded my fellow P.T.I.s to incorporate self-defense and wrestling into our schedules. The passer-by asked if he could join us and, chatting after a good bout, he told me that he had wrestled in the Far East with a soldier possessing an incredible physique who had been a big attraction. I guessed, and he confirmed, that it was Reg Park. Reg had a good laugh later when I told him that I kept on hearing about him wherever I went.

In the great annual shows the Spartan Club had at the Music Hall, Aberdeen, Reg's appearances filled every one of the 1,420 seats, and many people without advance tickets were turned away. Usually boys from Powis School would do a gymnastic display or hand-balancing, and they loved Reg, who was always kindly and joked with them. As their physical education teacher I could see how he inspired the lads, and so I followed this up by incorporating Reg's philosophies into their education. For example, I used to have short, very informal discussions while the lads were changing. "How many hours sleep do you lads get?" would be an opener, and having heard some answers I would then tell them that Reg was a great believer in adequate sleep, especially when he was still growing—and so on. By personalizing health hints with references to Reg, their hero, as the example, the advice was readily accepted. Because the informality of the Reg Park anecdotes did not appear as planned lessons, they were more effective. Dennis Law, who became a great international footballer, was one of those lads.

Reg Park set new and very high standards in building the male physique, raising the prestige of British bodybuilding worldwide. He could stand alongside the greatest overseas contestants and not be out-classed. After Reg married Mareon, a lovely and charming ballerina, his posing routine became quite classical, no doubt influenced by ballet, and



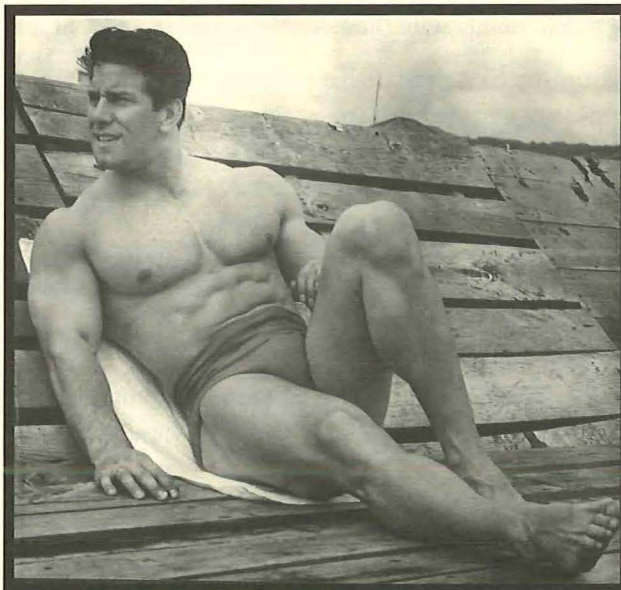
David Webster, shown here with Reg and his wife Mareon in 1998, knew Reg for more than 60 years.

Photo by Alex Thompson.

it was beautifully choreographed to the dramatic "Legend of the Glass Mountain." What's more, in the pre-steroid era, Reg was one of the strongest of all bodybuilders. He *officially* broke British records at least eighteen times and he was never fully extended; Reg deliberately increased his records by only a few pounds at a time as organizers invariably asked him to attempt a record at their show so they could use this in their pre-publicity and then in their show reports.

He always delivered the goods. Reg often broke British records in dumbbell pressing, and I know he did a press behind neck with 300 pounds, squats with 600 pounds, and was the first Briton to bench press 500 pounds. (I believe Wag Bennett may have done 500 pounds in the gym before Reg did but not before an official referee). Reg probably exceeded all these lifts, but I can certainly guarantee the authenticity of those quoted. Naturally they were all done without special bench press shirts and other special clothing and, quite definitely, without the use of steroids. Mr. Park was the real deal.

Reg was his own man and he stuck by his principles in spite of various tempting offers. Evidence of this is seen in his publishing endeavors and he pro-



This shot of Reg sunbathing was taken by Jack Matsumoto of Honolulu in 1952.

duced a good monthly magazine—*The Reg Park Journal*—with his own line of products. This changed the look of British physical culture magazines. He gave lots of space to competition weightlifting and specialized methods of training and he publicized promising bodybuilders and made others household names. I was proud to be a regular contributor to *The Reg Park Journal*, often using pen names. Many people warned Reg about the difficulties facing publishers of muscle mags but it worked well for him with some aid from his father, who looked after things while Reg was travelling.

Reg's parents were fairly affluent and had a very comfortable home, and I met his parents on many occasions. Even so, I still learn new things about Reg's life. About 20 months ago ex-coal miner Kevin (the Rev) Collings presented Reg with the miner's lantern Kev had used down the pit. Reg was delighted and told us that his grandfather had been a miner, and that the lamp was a fine memento of the man who Reg said had "brought me up." I was surprised to hear this for the first time. Like Kev the Rev, Reg was a very generous man. For example, a strength enthusiast, Bert Lightfoot, told me that Reg sold him the genuine original Inch Dumbbell for only £50 although it was worth a small fortune. Bert wrote that he passed it on to David Prowse for the same price.

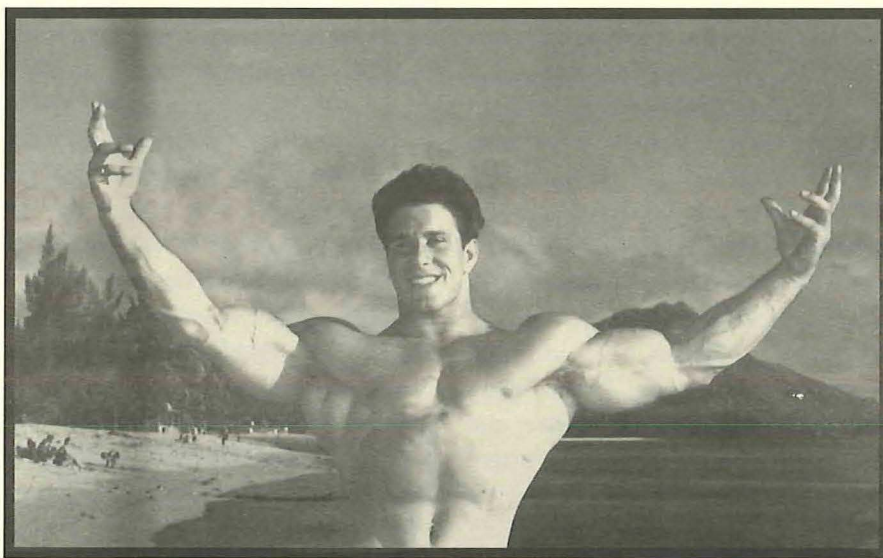
While Reg had the weight he loaned it to us free of charge for a challenge at the Music Hall, Aberdeen. Supposedly, nobody but Thomas Inch had ever lifted the famous dumbbell off the ground since the turn of the century, and because of the two World Wars the Inch Dumbbell had dropped out of sight. Reg had done some shows in London with Inch and had acquired the weight, so we included "the challenge" at one of our major events. Henry Gray, the Highland Games champion of 1954 pulled the bell well up his torso. The rest is history. If Reg had not acquired the famous weight it might have

been dumped like much of Inch's memorabilia, and this important iron game implement would have been lost.

Reviewing Reg's career indicates the breadth of his interests and his sheer versatility; he was a world class bodybuilder, a national record holder in weight and powerlifting, a magazine publisher and editor, a film actor, and a family man with a talented wife and gifted off-spring who are also great achievers. His wife, Mareon, is the sister of Johnny Isaacs, Mr. South Africa, and a Mr. Universe prize winner. Reg's son Jon-Jon was a swimmer of international repute and has a very successful personal training business in California. Reg's daughter, Jeunesse, has recently been in New York to

receive an important United Nations award.

I will greatly miss my annual meetings with Reg and Mareon at the Arnold Classic in Columbus, Ohio. Arnold was one of the many who was inspired by Reg and they maintained close contact. Both men have always been very true to their bodybuilding roots. Last time



One of the most impressive shots of Park ever taken is this photo displaying the mass and fullness he'd achieved by the late 1950s. This shot was taken on the Waikiki Beach in Honolulu with Diamondhead behind Reg's left arm.

we met at Arnold's event Reg was in great shape. "Feel these," he said, thumping his stomach. I tapped his abdominals with my knuckles, and it was like knocking a piece of granite. There was no superfluous flesh, just muscle.

I have known and admired Reg Park for over sixty years and I have never heard a bad word said about him. Reg was the ultimate role model for bodybuilders. He was totally dedicated to competition bodybuilding, but once he married lovely Mareon and started a family he, rightly, put them above everything else. Even with a change in priorities Reg still trained every bit as hard and his list of titles and awards continued to grow. I have seen for myself the wonderful, adventurous, fulfilling, worthwhile, and exemplary life he has led. Little wonder Reg was adored by his family, friends, and fans. All who knew and loved him will sorely miss him.

Arnold Schwarzenegger Remembers Reg Park

A Press Release from the Office of the Governor
November 22, 2007



Dave Draper (left), Reg Park, and Arnold Schwarzenegger competed head-to-head in the 1970 Professional Mr. Universe in London. Reg was then 42. Schwarzenegger won that day, signalling the beginning of a new era for bodybuilding.

Maria and I express our profound sadness on the death of Reg Park. Other than my parents, there may be no single person who had more to do with me becoming the person I am today than Reg. I first saw him on the cover of a muscle magazine when I was a kid in Austria in 1962. The photo was Reg in his Hercules film role, and I wanted to be just like him. He was so powerful and rugged-looking that I decided right then and there I wanted to be a bodybuilder, another Reg Park—and I could not have found a better hero to inspire me.

I read every article about him. I saw him in his movies. I found out what his training regimen was and made it my own. He was a three-time Mr. Universe, and when we met and began working out together, it was Reg who impressed upon me how hard I would have to work if I wanted to achieve my dreams. I'll always remember him making me do calf raises with 1,000 pounds at 5 o'clock in the morning. It really woke me up that he worked out so hard day and night.

He is the reason I was motivated to become Mr. Universe myself and come to America and make movies. And he was like a second father to me. Reg was a wonderful role model in so many ways. He was a

gracious and proud champion who lived every day of his life to the fullest and was loved by everyone in bodybuilding, where he was known as "The Legend." And he was an astute businessman who used his intelligence, instincts and eternal optimism to become a tremendous financial success.

Reg was one of a small group of people in my life who was always there to support me. Whether it was winning bodybuilding competitions, starring in a new film or becoming Governor, there was always a note and kind words from Reg. That pumped me up and helped inspire me for my next goal.

As a young man, I lived and trained with Reg in South Africa. There, I saw another side of him that was impressive. That was the loving, doting father to Jon-Jon and Jeunesse and the devoted husband to Mareon, his incredible wife of more than 50 years. I didn't grow up in that kind of environment, but it really impressed me. Seeing him so free with his hugs and kisses and affection, I realized that's the kind of father and husband I wanted to be.

Reg was a dear friend, an extraordinary mentor and a personal hero. I will miss him dearly. Our deepest condolences and prayers go out to Mareon, Jon-Jon, Jeunesse, his entire family and his many, many fans and admirers.

—Arnold Schwarzenegger

My Memories of Reg Park

Joe Weider

Reg Park was born in Leeds, England in 1928, and by his early twenties he had become not only the greatest bodybuilder to have come from Great Britain but also one of the greatest of all time. What's more, Reg was the primary role model for history's most famous bodybuilder—Arnold himself—who happily tells anyone within earshot that when he decided to become a competitive bodybuilder, the man he most wanted to look like was big Reg Park. In any case, I'm happy to say that I was there when Reg's fame exploded and that I was able to play a role in his success. I hasten to add that Reg helped me, too; his rock-hard, massive body provided me with photographic opportunities that pushed the sales of my magazines to record heights in the early Fifties. I think—and I believe Reg would have agreed—that back in those days the two of us had what biologists call a “symbiotic” relationship, which simply means that we each brought something to the table and helped one another.

Reg's beginnings, as is the case with many bodybuilders, were somewhat modest, although he was anything but the sickly, weak youth we so often read about who supposedly only became strong and physically developed when he began lifting weights. As a child, Reg was larger than most of his schoolmates and he loved sports, particularly active ones like soccer and rugby. Even so, he always wanted to be even larger than he was. He was quite tall for his age, but he yearned for more mass—more bulk. Finally, when he was in his late teens, he stumbled upon the secret, and I remember him telling me about it in one of the earliest interviews I did with him for our magazines. He said that, “I was 17 when one day, visiting a swimming pool in London, I was struck by the impressive physique of Dave Cohen, a bodybuilder of considerable reputation, and one I soon learned had a whole-hearted and unselfish interest in the sport. I walked over and spoke to him, and we immediately became fast friends. It is to Dave that I give full credit for my start in weight training. I trained with him and made swell gains for almost a year.” Unfortunately, the training of these two young men was interrupted by

world events, and they were swept up in the maelstrom of World War II. Reg, like so many of his countrymen, joined the service as soon as he was 18 and served as a physical training director stationed in Malaya. He returned home in 1948 just in time to travel to London to see John Grimek win the Mr. Universe contest and John Davis win the gold medal in the heavyweight division in weightlifting at the Olympic Games.

Reg was very impressed by John Davis—considered at that time to be the strongest man in the world—and by all the other great lifters, but he told me that nothing matched the dramatic effect John Grimek's herculean development and masterful posing had on his impressionable mind. Reg was young and didn't fully realize it, but John Grimek had a body and the ability to display it that was beyond that of any other man in history, up to that point. Although Grimek was by then 38 years old he still trained with real passion and was still in his prime. We have to remember that in 1948 there were almost no other men in the world with muscular development and posing ability that came anywhere close to his. Bodybuilders were still rare creatures, and the impact of the amazingly thick, yet graceful Grimek was—for people from that era—almost like seeing someone from another planet. But Reg beheld Grimek in all his masculine glory and later told me that, “All my old enthusiasm returned and I trained like I had never trained before . . . soon after, I won the Mr. Britain title. I then came to America . . . the trip being a gift to me from my parents.”

Reg, who was an only child, maintains that he had “the most wonderful parents in the world.” He says that they both encouraged him in his training from the very beginning, adding that as much as his father backed him, his mother was even stauncher in her support. He told me that “she was the one who saw to it that I had plenty of sleep, lots of wholesome food and time to train. I remember when I practiced my first ‘bench’ press that I used a rather weak box to lie on and that it gave way and the weight came right down on my nose. My mother strapped it up like a professional and thanks to her I

still have a good nose.”

As young Reg trained, his naturally large bone structure combined with his fierce dedication to the hard work the training demanded resulted in rapid gains in size and strength. Soon the teenaged girls in his neighborhood began to notice the muscles sprouting over Reg's ample frame, and they began to drop by to watch him pump up. Leeds is a relatively small city, and so most of the young people his age knew one another. Accordingly, as he grew, so did his local fame. He once told me with a smile and chuckle that, “I did get a lot of ambition to use really heavy weights when the girls

came around to see me train. You might say they inspired me to new heights. And I do think it's a good idea to have others watch you as you train—and what could be better than a group of pretty girls?” Even at a young age, however, Reg was always drawn to girls who were interested in being fit and healthy—not just to girls who took their youthful beauty for granted. He told me on his first trip to the U.S. that he had always felt that way, adding that, “I'm a healthy young man and I like energetic, fun-loving girls of all sorts, but I especially like girls who are shapely. But I know I'd never be happy with a girl for long if she didn't have a good personality and an interest in self-improvement and health. I'd certainly never marry a girl who wasn't healthy and fit, and willing to stay that way. I'm not so young that I don't realize how quickly good looks can fade, but good health is a thing that can be maintained for years and years if you take care of yourself. I know that physical culture will always be a part of my life, and I want a wife who feels the same way.” As things turned out, Reg got his wish, as he later married Mareon Isaacs, a professional dancer who, as a consequence, had a terrific figure and a love of exercise. Their son, Jon-Jon, followed his dad's footsteps and eventually moved to California where he operates a personal training facility in the Los



Reg Park is flanked by his parents in this photograph taken in 1951 during a visit with Joe Weider (second from left) in London for the Mr. Universe contest. Charles A. Smith, one of Weider's writers, is on the far left.

Angeles area.

After Reg graduated from high school in Leeds, and following his two-year hitch in the service of his country, he enrolled in a local business college and took a two-year diploma in Business Administration. Even then, he was ambitious and had hopes of one day opening his own business in some aspect of physical culture. As always, his parents fully supported him in his efforts and aspirations. One thing that's little known and appreciated in the United States, especially more than 60 years after the fact, is that the food rationing in Great Britain during World War II didn't end when the Germans sued for peace. Rationing continued for some years, and this makes the muscular development Reg was able to achieve in such conditions all the more remarkable. Protein, in particular, was in short supply for years—years that coincided with Reg's formative period of training. He did the best he could, of course, which because of his wonderful family was much better than most, but he told me when we met that he had been hungry for years and was still hungry. And I certainly watched with amazement at the way he devoured steaks, chops, and any type of meat. The first thing he said when he got off the plane and took his first steps on American soil was, “I'd really love to have a big steak and then take a workout at Abe

Goldberg's Gym." So we fed him, and I took almost as much pleasure as he did as he plowed through his huge meal. I'm not suggesting that Reg ate in a boorish or uncivilized way, because he has always been a perfect gentleman in his behavior. I'm just trying to convey how easy it was to imagine the privations of war just by watching the keen pleasure he took as he savored that big New York Strip. It was his first steak in over five years.

I supported him during his first trip to the States, as I was anxious to see what this *wunderkind* my brother Ben had told me about could do with modern equipment and adequate food. I still remember how ready Reg always was, when the noon hour arrived, to go to Dom Juliano's home and fill up on the delicious Italian meals Dom's mother served to Reg and her son. His favorite food was veal chops, and he often ate three, along with multiple servings of vegetables and pasta. I told him that he should up his daily protein intake by at least 200 grams a day, and get his carbohydrates from the most nutritious foods. He followed my advice with a grateful smile. Some months later, on a swing through Florida to spend some time with Dr. Frederick Tilney, Tilney saw him in action and sent in this report, "It's something to see this Herculean Giant sitting at the dining table, wearing only trunks, doing full justice to huge steaks, legs of lamb, roast chickens, roast beef, plus all that goes with them. He EATS! You can't build the kind of muscular development he has unless you do eat—and substantially, too."

Another thing besides his ravenous hunger and limitless potential that set Reg apart when he arrived in the United States was that he was totally unfamiliar with many of the training devices we took for granted. He had never had regular access to a leg press machine or a lat machine, for example, or an incline bench or squat rack. He had read of these things, and seen them in the magazines, but he had never had a chance to really use them. We have to realize that this was many decades ago—back in the day when almost everyone in both Great Britain and North America believed that weight training was bad for you and should be avoided at all costs. As hard as it is to believe, when Reg came to the U.S. in 1950 for the first time there were only six weight training gyms in England. Six. Think about that. In any event, he was like a hungry child in a candy store when he first saw Abe Goldberg's great gym with all its equipment, as it was the most modern gym in the city at that

time. Reg overdid it on the first day, of course, and was duly sore, but he quickly got into the swing of things under the tutelage of Dom Juliano, Abe, and Marvin Eder, who absolutely amazed Reg with his strength, as Marvin amazed everyone else.

I want to back up a few weeks now and return to the second day of Reg's first visit to North America. After his big steak and overzealous workout, Reg got a good night's rest and was ready for whatever came. First, I took him to see Sig Klein's legendary gym in downtown Manhattan, and as soon as Sig got a good look at the burly Briton he said, "My God, you must be the guy Grimek's been telling me about." Sig proudly showed his visitor around the studio, and Reg was properly impressed by the antique but very usable old barbells and dumbbells that filled Sig's studio, as well as by the marvelous photographs of the greats of the past; the oil painting of Professor Attila, Sig's late father-in-law and the man who taught Sandow how to be a stage strongman; and by Sig's matchless collection of antique beer steins depicting scenes of weightlifting in Germany and Austria. After this very pleasant visit, we went next to the studio of Lon Hanagan, one of the top physique photographers in the world, so that Lon could capture for posterity the amazing muscles Reg had been able to build with only the primitive equipment and rationed food available to him in England. Barton Horvath, a respected bodybuilder in his own right, was writing for me at that time and I had asked him to meet us at Lon's studio so he could interview Reg. Clearly, Reg made a powerful first impression on Barton.

My first impression of him was his hugeness. Standing 6'1" in his stocking feet and weighing 225 pounds of solid muscle, in clothes he was one of the most impressive figures I had ever seen. From tip to tip his shoulders measure more than 24" across. Clothed, as he was, with jacket and topcoat, his shoulder span must have been about 30"—and that's some spread. His column-like neck also drew my attention. A size 19 shirt fitted snugly . . . As he took off his shirt my eyes bulged. His trapezius development was absolutely the most massive I had ever seen. The undershirt was next, revealing a 51" normal chest,

shoulders round as grapefruits, pectorals the size of half of a football, upper arms that swell the tape to well over 18", and all this tapering down to a perfectly muscled, 31" waist . . . After Reg donned a pair of posing trunks the perfect modeling of his full, round thighs and shapely calves could also be seen.

During the photo session we learned, remarkably enough, that Reg was not in top shape because he had only been able to do sporadic training during the month prior to departing for the U.S. This news, coupled with the giant standing before us, made us all realize—me, Lon, and Barton—that we were fortunate to be in the presence of the sort of man who only comes along once in a very great while. We were extremely proud to witness the launching of a career that we believed would reach the very pinnacle of the bodybuilding world. Reg was so large, so shapely, so young, and so relatively inexperienced that all three of us old hands saw him for what he was—a great big diamond-hard diamond in the rough. Ben had told us that with Reg's height and great breadth of bone he was truly unusual, but that he had to be seen in person to be fully appreciated. The photographs resulting from that first shoot with Lon and later ones that were taken in Florida by Russ Warner created a sensation in my magazines and made Reg an instant celebrity. Fans everywhere were hungry for more and always more about this young colossus, and I did my best to satisfy their appetites. I even commissioned Reg to write a series of articles in which he would outline his training methods, body part by body part, and this series proved to be one of the most popular we had ever run.

By the time Reg left for home after being in North America for several months he was great friends with a lot of the people in "The Gang"—people like Marvin Eder, Dom Juliano, Barton Horvath, Charles A. Smith, Dr. Frederick Tilney, and—I think I can safely say—myself. By the time he left, Reg and I had become training partners while he was in New Jersey and I wasn't away on business. I like to think I showed him a few things, and I certainly know that I benefitted at least as much by trading set for set with such a prodigy of muscle, even though I used less weight. I was just in my early thirties myself, and I was anxious to build as much muscle and strength as possible. I realized, of course, that just as nature had made Reg almost four inches taller

than I was, nature had also provided him with a larger bone structure and a greater capacity for developing lean mass, so I was a little jealous of him. The main feeling I had about Reg, however, was pride—pride that weight training, the activity I loved and promoted and through which I made my living—could produce so godlike a man at such a young age. Through the living example of Reg in the flesh I could see more clearly into the future—a future that would produce men whose development would equal and even surpass the level Reg had reached. For me, Reg was like a window to the world that lay ahead for bodybuilding, and I was extremely grateful to have such a man working for me, representing my company, and helping me to advance the cause of physical culture.

Later that same year, I convinced Reg to enter the NABBA Mr. Universe contest in London, and young as he was I expected him to win easily. I had seen Steve Reeves a few months before the contest, and because of his interest in acting he was so slender that I didn't even think he could pack on enough lean bodyweight by the time of the contest to be a major factor. Actually, because of how Steve looked, I didn't even think he would enter the Mr. Universe contest. But to the amazement of almost everyone, Steve demonstrated such a fierce desire to win the event that he managed to gain over 30 pounds of solid muscle and eke out a victory over Reg. To be honest, there was little to choose between them, and both were splendid representatives of the Iron Game at its best. The following year, however, I knew no one could stand against Reg in London as he was even larger and more muscular than he had been the year before. One of the reasons for my certainty was that prior to the contest he spent a good deal of time in New Jersey and once again we worked out together. So I was able to witness his dedication and obsession up close, and to see how that dedication and obsession pushed his body to higher levels of development. As he and I trained in the run-up to the 1951 Mr. Universe contest I decided that just as I was training with him I'd make the trip with him to London and enter the contest myself. I knew I had no chance to beat Reg, of course, or to beat the other top bodybuilders who would be competing, but I wanted to show solidarity with Reg, for whom I had real affection. I also wanted the readers of my magazines to know that I practiced what I preached. Some of my competitors had occasionally accused me of not being willing to let people know how I really looked,

implying that I was all talk and no action—that I had no real strength or muscle size.

Thus it was that Reg and I went to London to compete in the contest that was then widely acknowledged to be the best run and most fairly judged bodybuilding event in the world. In fact, as my brother, Ben, and I built the International Federation of Bodybuilders we tried to pattern the way we ran our main contests after the NABBA Mr. Universe contest. To cover the contest, I assigned one of my best writers, Charles A. Smith, an Englishman who was then living in New Jersey and helping me with my magazines. The Mr. Universe contest was divided into three height categories, and Reg and I were both in the tallest, which was for men of 5'9" or above. This is how Charles described how eagerly Reg's countrymen had awaited his turn on the stage and how Reg looked when he finally appeared.

When Reg Park appeared the audience went wild. No words I can make use of could remotely describe this man's musculature. It is almost a year since I last saw him and his progress in that period has been nothing short of remarkable. His arms are huge. His deltoids are huge. His legs are huge. In fact, every individual part of his physique is terrific and yet blended with it is a shapeliness and definement that makes his development so outstanding. At no other period in weightlifting history has there been a man with such a wonderful combination of shape, size, definition and strength. The boy has everything. Even hardened officials gasped with amazement when Reg, slowly turning his back to the crowded auditorium exhibited his stupendous back, arms and deltoids. For my part, I have never seen anything to equal it.

When my turn finally came I did my best to remain calm and stepped out onto the platform to be judged by not only the officials but also by the practiced eye of the knowledgeable audience of physical culturists who had come from around the country and the world to see the sport's premier event. To the surprise of absolutely no one, I did not win and Reg was crowned Mr. Universe. When Reg's name was called, the crowd

went wild.

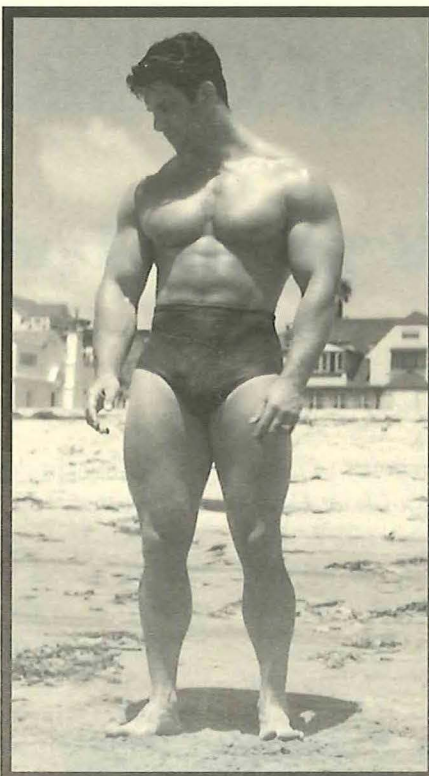
Reg then moved into the next stage of what proved to be a very exciting, eventful, and influential life. Prior to the Mr. Universe, he and I had worked out an agreement that would allow Reg and his father to be the primary distributors of Weider products in Great Britain through the Reg Park Equipment Company. Shortly after, he began *The Reg Park Journal*, a small but well-done bodybuilding magazine published in Leeds which ran from 1952 to 1959.

Following his victory in the Mr. Universe contest, Reg found himself the victim of what some have called the "Grimek Curse." The name resulted from the fact that after John Grimek won the Mr. America contest twice he was judged to be so superior to all other men that a rule was passed by the Amateur Athletic Union stating that anyone who had won the Mr. America crown was forever banned from entering the contest again. And even though the NABBA Mr. Universe never formally passed such a law, it was followed by that group more or less *de facto*. So Reg found himself somewhat at sea as far as competitive bodybuilding was concerned. He still trained hard, of course, as he truly loved the weights, and he stayed busy giving exhibitions all over the country. He made about £25 a show, which was a decent sum as £25 in 1951 would translate into approximately \$1200 today. And for the larger shows he got £50, or almost \$2500. Reg had always been unusually strong, and as he trained his strength continued to increase. By 1953 he was one of only two men who could bench press 500 pounds, the other being Doug Hepburn, the 290 pound Canadian Samson who won the World Weightlifting Championship in 1953. Reg could also do multiple reps in the squat with 600 pounds, press 300 pounds behind the neck, and do reps in the curl with 230 pounds with very little body movement. I know these figures are accurate, and not inflated like so many of the claims some bodybuilders have made about their strength. Reg was a genuinely large man with large muscles and a large appetite for strength, and he put in the work he needed to fully un-wrap his rare natural gifts.

Reg also did a bit of professional wrestling, but the pay in England back in the mid-1950s wasn't anything like it is in these days of weekly TV airings and huge Pay-Per-View bouts. Because of his name the promoters started out paying him well, but that rapidly moved down by 50% and then another 50%, and soon he was making less than he could make doing exhibitions. So he "packed it in," as the Brits would say. By 1958 his

wife, Mareon, had developed spots on her lungs and both of his young children were also experiencing health problems, so they decided to move to what they hoped would be a healthier climate. They considered Hawaii and California, but as his wife was from South Africa and had family there, they decided to move to Johannesburg and open a health club. Always a thoughtful man, Reg realized that it had been seven years since he had won the Mr. Universe contest and that, as a result, the level of his fame had considerably diminished. But another win at the NABBA Mr. Universe contest, he reasoned, would set him up well for a triumphant arrival in South Africa with all the bells and whistles he'd need to insure the success of his gym. He actually made this decision less than a month prior to the 1958 contest, but when he sent in his entry it was accepted and he went on to become the first man to win the NABBA Mr. Universe twice.

Reg's gym in Johannesburg was an immediate success, his wife and children flourished there, and he made his home there for almost 50 years. But the drama of his life had another major act to go before he could settle into the comfortable life of a successful gym owner and bodybuilding legend. Much of that act was thanks to his old friend and bodybuilding rival, Steve Reeves, who by 1959 had become an international film star in the Hercules movies. Beginning in 1960, quite a few other bodybuilders had cashed in on the "Sword and Sandal" film craze, and it was only a matter of time before Reg got a call asking him to come to Italy and star in a film. The call came from a producer who sent a first class roundtrip ticket and guaranteed expenses, and Reg duly arrived in Rome in late December of 1960. The film, in which he also portrayed the mythical hero Hercules, was quite successful and he went on to make four more over the next several years. It's interesting to compare Reg with Steve in their separate film roles as Hercules. Steve was the first to portray the hero, and his early films were such enormous successes that his later movies had somewhat higher production values than the ones starring Reg. But the bodybuilders of the world much preferred



This 1959 snapshot displays the rugged massiveness Reg had built through his hard training back in the pre-steroid era.

Reg's version of Hercules because he didn't drop 20 or 30 pounds of muscle to make the films as Steve had been required to do. Even without that difference, Reg was the larger man. Reg made the films weighing at least 230 pounds and, on the big screen, he looked absolutely enormous. Steve would have looked larger too, of course, had he not been bullied into losing weight by the producers and directors of his films. In any case, although those of us who were bodybuilders back in the late Fifties and early Sixties went to see every Steve Reeves film we possibly could, we were even more anxious to see Reg because he looked the way, in our heart of hearts, we knew the "real" Hercules must have looked.

Reg continued to train regularly, to look impressive, and to attend some of the major bodybuilding events throughout his long life and into his mid-seventies. Until he was overwhelmed by cancer, Reg was the picture of manly health. He had a wonderful life in physical culture, and his early photographs continue to inspire young bodybuilders all over the world. The word "legend" is often overused, but it is a word that fits Reg like the tailor-made suits he always had to have made to cover his massive frame.

It is significant, I think, that the sadness which overwhelmed the Iron Game last November when word arrived that Reg had died was so universal. The sadness was universal because his wide fame was the result of a combination of his strength, his peerless physique, his physical power, his film work, and his exceptional character. He was also the last bodybuilding legend to have reached his peak before the appearance of anabolic steroids. Because of this coincidence—and because Reg's strength and size were so extraordinary—he should serve as an example to young bodybuilders who are wrestling with the question of whether to take the anabolic shortcut or the hard road less travelled by. This is a question each man must answer for himself, but a young man could do worse than to choose the old-fashioned way and follow in the footsteps of the late, but unquestionably great, Reg Park.

The Lessons of Crisis:

Olympic Doping Regulation During the 1980s

Thomas M. Hunt

*Editors' Note: We'd like to take this opportunity to introduce Thomas Hunt, Ph.D. to the readers of **Iron Game History**. Dr. Hunt, who also has a law degree, is now an assistant editor on the **IGH** staff and will be working with us in the H. J. Lutcher Stark Center for Physical Culture and Sports as a curator. He is also teaching sport history for the Department of Kinesiology and Health Education here at The University of Texas. We are delighted to have Dr. Hunt on the staff of **IGH** and the Stark Center, and we are pleased to have this article, which is adapted from his doctoral dissertation.*

As demonstrated by the alarming number of drug scandals that seemingly appear in each fresh edition of our newspapers, performance-enhancing substances are increasingly noticeable features of contemporary sport and physical culture. Despite the sincere hopes of athletic officials, governmental leaders, and a large portion of the general public to deal with this situation, most current initiatives fail to adequately incorporate the lessons provided by previous attempts at the regulation of doping in sport. Because the Olympics are concurrently the world's most celebrated athletic spectacle and the one with the most extensive record of dealing with doping-related issues, this article traces the regulatory response of policymakers within the international Olympic movement to performance-enhancing drugs during the 1980s—arguably the most significant period in the history of the movement with regard to the construction of a global anti-doping structure.

While a large part of the 1980s was marked by

alternating improvements and relapses in regulatory development, the 1988 Seoul Olympics served as a turning point for doping control policy.¹ Canadian sprinter Ben Johnson's positive test for the anabolic steroid stanozolol in the wake of a world record-setting one-hundred meter sprint at those competitions focused public attention on the issue in a profound way. Government officials, taking note of this response, initiated investigations into the conduct of the movement, thereby pressuring Olympic officials to reform their policies.² Although it would take several years to be implemented, the agenda for a gradual expansion and consolidation of Olympic drug control policies was set as a result of these developments.³



Juan Antonio Samaranch of Spain served as president of the IOC from 1980 to 2001. He preferred to be called "Your Excellency."



In the aftermath of a silver medal performance in the 1976 Olympic marathon, U.S. runner Frank Shorter was asked whether he planned to compete in the upcoming 1980 Moscow Games. His response highlighted the degree to which performance-enhancing drugs had become necessary components to success in international sport. "Yeah," he affirmed, so long as "I find some good doctors."⁴ Policymakers in the Olympics were also attuned to this development. The chief American physician at the 1976 Games, John Anderson, for instance, predicted that "you'll see much more of a problem in doping control [in Moscow]." These remarks were informed by the IOC's dedication to developing expensive testing equipment while concurrently legalizing known stimulants such as the asthma medication terbutaline. The legalistic

nature of the IOC's approach moreover ignored the potential of education to redirect athletes' moral orientations toward the problem. Unless rectified, these deficiencies, Anderson argued, might cause a scandal in Moscow large enough to threaten the future of the movement. "I think in 1980," he stated, "it will become evident . . . that man has gone a bit too far in manipulating individuals, and it would seem to this observer that 1984 indeed will come [and go] without the Olympic Games."⁵

Despite such cynicisms, several sport administrators continued to claim that a slight retooling of the controls would curtail the use of ergogenic aids. Victor Rogozhin, chairman of the Moscow Games Organizing Committee's anti-doping panel, asserted prior to the event's opening that "we have conducted important research on improving methods of detecting steroid hormones and reducing the time necessary for the test. This will make it possible not only to increase the number of tests for this group of drugs, but also to carry them out according to the regulations established . . . by the Medical Commission of the [IOC]."⁶ Even USOC physician Daniel Hanley admitted that "the capacity of the labs in Moscow seems to be perfectly adequate, and the testing will be carefully overseen by the Medical Commission."⁷

Nevertheless, athletes and unscrupulous administrators on both sides of the Iron Curtain busied themselves with identifying loopholes in testing procedures. In order for their athletes to avoid detection, East German scientists implemented a protocol whereby administrations of detectable anabolic steroids were replaced with injections of Testosterone-Depot in the final weeks before contests. Significantly, these doses could not be differentiated through urinalysis from hormones normally found in the human body.⁸ Describing this "testosterone loophole," a USOC medical staff member remarked that "athletes seem to have the timing down to the minute as to how soon they have to 'get off' a drug to avoid detection." A large infrastructure was seen by him as a component of the "cat-and-mouse-game." "You'd also swear," the staff member continued, that "they had Ph.D. pharmacologists working for them to figure out how to beat tests almost faster than the anti-doping scientists can make them more sensitive."⁹

Fuel to these suspicions was provided by the defection of an East German sprinter, Renate Neufeld, who brought along the pills and powders that her coaches had required her to use; chemical analyses later deter-

mined they were anabolic steroids. "The trainer told me the pills would make me stronger and faster and that there were no side effects," she explained. Describing the extent of the state-sponsored program, Neufeld declared, "We all lived the same way, the general approach is the same."¹⁰ "You don't know what is being tried out," corroborated elite East German swimmer—and fellow defector—Renate Vogel, as to "what ingredients there are in the food, what is being injected. You cannot take a stand against it."¹¹

Despite their 1976 proposal to merely study the potential of performance-enhancing drugs in an expanded medical program, American officials took a more progressive stance in the run-up to the Moscow Games.¹² In November of 1978, a new USOC medical taskforce recommended the implementation of comprehensive drug tests at all national championships. Describing the proposal as "a positive step," USOC Executive Director Don Miller asserted that "we have to identify where drugs are being used to centralize our effort. The only way you can do this is through an effective drug testing program."¹³ Other Western nations also enacted more rigorous protocols. Still, the diffuse international sport system, in which individual organizations were free to enact their own preferences, reduced the likelihood that a global Olympic doping strategy could be created. IOC Medical Commission member Dr. Arnold Beckett thus complained that "one of the troubles is that there are no totally universal controls."¹⁴

The 1980 Winter Games in Lake Placid, New York, benefited, according to some officials, from a greatly enhanced drug-testing protocol. Dr. Robert Dugal, co-director of the competition's doping control effort asserted that "the system we're using is more sophisticated now. It can separate drugs more precisely and isolate the compounds." His colleague, Dr. Michel Bertrand, went further; "The equipment acts with the precision of radar," he claimed. "We are confident it will be a deterrent, because athletes who think they can risk trying us will be making a mistake."¹⁵ The head physician for the American team, Anthony Daley, likewise stated that "the old saying was the lab could tell you what kind of lettuce you ate for lunch two days before. Now, I think they could tell you how old the lettuce was. The tests are that sensitive."¹⁶

Other members of the Olympic medical establishment were less hopeful. Dr. Beckett of the IOC Medical Commission described the struggle between drug-dependent athletes and doping authorities as "a warfare"

in which actions were "ruthless." Asked whether his commission was prevailing, he replied, "No. We can only prevent the more serious aspects of the problem. We win some; we lose some. The war goes on." He perceived a particular danger from the involvement of unscrupulous physicians and sport administrators that either explicitly or implicitly supported the use of ergogenic aids; "Not all the blame should be put on the athletes," Beckett explained. "It goes much further up. The people behind them should be kicked out." As for the integrity of the Games, he asserted that "the competition should be between individual athletes, not doctors and pharmacologists. We don't want sports people used as guinea pigs to boost the doctors behind them."¹⁷ In the end, Beckett's pessimism was proved valid, as the protocol employed at the 1980 Winter Olympic Games in Lake Placid produced not a single positive indication of drug use among the 790 doping tests administered.¹⁸

The dangerous combination of new doping techniques and political machinations at the Games alarmed several other IOC officials. Having been asked about her perceptions regarding the movement's greatest challenges in the period between the Lake Placid Games and the Moscow Summer Olympics, IOC secretary Monique Berlioux answered that it was "the growing influence of politics in sport and the manipulation of athletes with drugs and the fabrication of an artificial human being."¹⁹ Still, problems related to drug usage would not be clarified in Russia.

In terms of Olympic medical policy, Moscow was a peculiar choice for the Summer Games. Although less notorious than the East German doping regime, it was widely believed that the Soviets sponsored a similar program. Confirmation of systematic doping by the Soviet Union came in 2003 when Dr. Michael Kalinski, former chair of the sport biochemistry department at the State University of Physical Education and Sport in Kiev, Ukraine, released a 1972 document detailing a clandestine Soviet project that concerned the administration of anabolic steroids to elite athletes.²⁰ As the 1980 Games neared, however, Soviet sport officials assured the IOC leadership that their regulations would be strictly applied. Indeed, Soviet efforts impressed Medical Commission chairman Alexandre de Merode during an October 1979 tour of the laboratory facilities in Moscow, which he described as "well-equipped."²¹ The accuracy of the chairman's observations was later called into question, however. Dr. Robert Voy, who became chief medical officer of the USOC in 1984, for example, argued that "after seeing their testing facilities in

Moscow firsthand and after realizing the Soviets' willingness to play these types of games, I simply cannot believe that [de Merode's] claim."²²

Whatever the status was regarding the level of equipment, something was deeply flawed in Moscow's doping preparations. Observers of the competitions, for example, became suspicious of drug usage after seeing the well-developed physiques of the athletes.²³ However, of the 6,868 gas chromatography tests, 2,493 radioimmunoassays, 220 mass spectrometry analyses, and forty-three alcohol tests, no positive results were reported.²⁴ While the IOC leadership basked in the glow of what they called the "purest" Games in the history of the movement, one of their number was not quite ready to be persuaded.²⁵ Manfred Donike, a West German physician on the Medical Commission, privately ran a series of additional tests on some of the urine samples from Moscow. Having developed a new technique for identifying abnormal levels of testosterone, involving measuring its ratio to epitestosterone in urine (Positive tests were set at a 6:1 ratio of the former to the latter.), he determined that the rumors of extensive doping were founded in fact. While he neither repeated the many thousands of tests listed above, nor looked for anything other than the testosterone/epitestosterone ratio, a full twenty percent of the limited number of specimens he tested, including those from an alarming sixteen gold medalists, had ratios that would have resulted in disciplinary proceedings if the screens had been official.²⁶

Consequently, these were not the "purest" Games in history; they were one of the dirtiest. Athletes had not cleaned up—they had simply switched to testosterone and other drugs for which the IOC did not yet have tests. The hypocrisy of the competitions was perhaps best described in a 1989 study by the Australian government: "there is hardly a medal winner at the Moscow Games, certainly not a gold medal winner," it reported, "who is not on one sort of drug or another: usually several kinds. The Moscow Games might as well have been called the Chemists' Games."²⁷ An IOC gadfly, Andrew Jennings, even cited an anonymous KGB colonel as stating that Soviet security officers, posing as IOC anti-doping authorities, had sabotaged the drug tests. Soviet athletes, the colonel professed, "were rescued with [these] tremendous efforts." In addition to remembering rumors of some involvement by the KGB, a member of the Bulgarian weightlifting delegation asserted that while his team did not receive prior notice of the lack of testing, widespread assurances on the situation were given to other non-boycotting nations. In

other words, Soviet officials were willing to share knowledge regarding the absence of effective screens, but not to the degree that it would impair the ability of their own athletes to finish on top of the Olympic medal tables (The Bulgarian weightlifters were excellent.).²⁸ Whether these claims were true or false, the question, then, was not how the doping policies had succeeded, but why they had failed so miserably.

In the immediate aftermath of the Moscow Games, the IOC Medical Commission continued to push for more robust doping regulations. Chairman de Merode was particularly concerned that the commission's jurisdictional limitation to the Olympic competitions was restraining its success in the field. He therefore pointed out to other IOC members that "it had been hoped to set up some kind of control between the Olympic Games. . . . It was essential to continue the work of approving neutral laboratories for doping testing in order that these could be used to test between Games."²⁹ Dr. Eduardo Hay replied that the politics of the international sport system might make such reform difficult. Preaching caution, he stated that "the Medical Commission of the IOC only had [*sic*] jurisdiction within the Olympic Games at present. It would be necessary to modify its role and work with the [International Federations] and [National Olympic Committees] if this authority were to spread to regional Games or international competitions in general." Explaining the nuances of an additional proposal for further tests, he continued that "rule changes would create major technical problems," so it was "better to retain the present procedure."³⁰ For a time, the IOC supported Hay's position.

De Merode made some progress by May 1982, however, in advocating inter-Games testing. Through negotiations with the international federations, for example, he strengthened an agreement with the International Amateur Athletics Federation for procedures through which laboratories could be recognized, and also established a universal set of sanctions for those IAAF track-and-field athletes caught doping between Olympic competitions.³¹ In addition, the results of Donike's unofficial screens in Moscow convinced de Merode that testosterone must be added to the IOC's list of banned substances. In a 1982 interview, Donike explained that "the increase in testosterone [use] is a direct consequence of the doping control for anabolic steroids. In former times, athletes . . . have to stop the use of anabolic steroids at least three weeks before the event. So they have to substitute. And the agent of choice is testosterone—testosterone injections."³² Due to his efforts, the

IOC announced that it was banning the hormone along with high levels of caffeine.³³

Such medical advances also led to rumors of a major doping cover-up at the 1983 World Track-and-Field Championships in Helsinki, Finland. Given that a number of world records were broken at the event, insiders were convinced of a connection with doping practices. Because the IAAF—rather than the IOC—was in charge of the drug screens, the "insiders" believed that the diffuse regulatory system of international sport played a major role in the controversy. USOC physician Robert Voy specifically blamed Primo Nebiolo, then president of the IAAF, for suppressing the positive tests. "There is no doubt in my mind," he later wrote, "that, at least in 1983, Nebiolo would not have pressed for honest, accurate testing in Helsinki."³⁴ Within the IOC leadership, Canadian delegate Dick Pound likewise stated that "something was very, very wrong with the testing procedures [in Helsinki]." He continued that "my feeling was that . . . there either were positives that were not acted upon by the IAAF or that there were directions not to test for certain compounds or substances." Indeed, according to Pound, "all over the world, people shook their heads and said (the testing) is not credible. . . . [The IAAF] was in serious jeopardy of becoming a laughing-stock because of the results."³⁵

Although test failures were not announced in Helsinki, later testimony revealed that some athletes did, in fact, test positive for performance-enhancing drugs at the competition. As an indirect consequence of the episode, athletes began to understand the accuracy of the new gas chromatography and mass spectrometry screens.³⁶ A controversy ensued at the 1983 Pan-American Games held in Venezuela, when Jeff Michaels, the American weightlifter, tested positive, after which twelve members of the U.S. track-and-field squad left before their events to avoid the screens. While these individuals were vilified, others deliberately performed poorly in order to avoid both vilification and/or drug screens (Only medalists were subject to tests.).³⁷ Several of those who remained were caught and punished.³⁸ Still more damning was the USOC's involvement in warning athletes of the doping protocols. After learning of the new testing procedures upon her arrival in Caracas, the American team's chief of mission, Evie Dennis, asked U.S. officials to alert their athletes of the screens.³⁹

Before the events, a few USOC officials also advocated pre-competition tests to prevent unexpected results. Speaking in July 1983, USOC member Jack Kelly stated that "one of the things that concerns me a

great deal . . . is what would be tremendously embarrassing to the [USOC], and hurt us greatly in future fund-raising, and things of that nature, if several of our athletes were tested for steroids . . . and barred from the Olympic Games.” He continued, “I would hope that the Medical Committee would be doing some preliminary testing with the likely athletes . . . to make sure that, when they go to the Games, that [*sic*] they are going to pass whatever tests may be used.”⁴⁰ USOC President William Simon later admitted that a number of American athletes prior to the 1984 Games failed pre-competition steroid screens, but were allowed to compete because participation was voluntary.⁴¹

The USOC continued its policy of testing American athletes in the period before the opening of the Los Angeles Olympic Games in the summer of 1984.⁴² Although drug screens were considered “formal” at the 1984 American Olympic Trials in the sense that sanctions were required for positive results, Dr. Voy later learned that many athletes were allowed to compete despite affirmative indications of doping.⁴³ In a self-incriminating report that was withheld until after the conclusion of the 1984 Games, USOC President F. Don Miller admitted that eighty-six athletes, including ten at the Olympic trials, tested positive for banned substances before the competitions in Los Angeles. The timing of this disclosure was, of course, likely motivated by the wish to avert pre-Games criticism of the American team.⁴⁴

The other components of the Olympic governance system, including the IOC and the Los Angeles Organizing Committee, were motivated less by moralistic concerns than by economic issues.⁴⁵ Historically, the host of the Olympic Games did not make a profit, and the debt-laden 1976 Montreal Games particularly served as a warning for officials in California that what mattered most was the bottom line.⁴⁶ The U.S.-led boycott of the 1980 Games in Moscow only made the situation worse. Within the IOC, a more commercially astute leader than Lord Killanin was elected to the IOC presidency in 1980 in the person of Spaniard Juan Antonio Samaranch.⁴⁷ Despite Samaranch’s intimate knowledge of financial considerations, the choice was not ideal for those wishing for robust drug regulations. According to Pound, the new president “always thought the IOC Medical Commission was dangerous” in that its activities might threaten the public image of the movement.⁴⁸

In Peter Ueberroth, the Los Angeles Organizing Committee was led by an individual with a similar commitment to economic success. As the former owner of

North America’s second largest travel business, he spearheaded an effort that would eventually yield an unprecedented \$250 million in profits.⁴⁹ Achieving this, however, led Ueberroth to neglect—or even suppress—the results of expensive doping tests that, should a public scandal occur, threaten the monetary contributions to his committee; indeed, the USOC’s refusal to disclose positive tests by U.S. athletes prior to the Games was likely linked to Ueberroth’s fundraising campaign. Due to its concern over expenses, the Los Angeles Organizing Committee additionally announced in April 1983 that it would not test for caffeine or testosterone unless the IOC provided convincing proof that the screens were scientifically justifiable.⁵⁰ In June, Dr. Anthony Daly, Medical Director of Olympic Health Services in Los Angeles, outlined the reasons for this position in a letter to de Merode. “We are certain,” he wrote, “that the goals of the IOC Medical Commission are precisely the same as those of the LAOOC—namely, not to permit dope testing which has not been scientifically validated to be performed on athletes during the 1984 Olympic Games.”⁵¹

By November of 1983, Ueberroth had come to believe that the expensive doping regulations constituted a direct threat to the economic integrity of the competitions. He thus wrote to Samaranch that the “drugs and doctors are not only controlling the Games of the XXIIIrd Olympiad, they are beginning to gain control of the whole Olympic movement.” Ueberroth was especially worried regarding the harmful effects that might derive from public disclosures of positive test results. While admitting that “the use of drugs must be curtailed in every way,” he also asserted that such an orientation had a limit. Implying that economic necessities might trump rigorous adherence to doping regulations in some instances, Ueberroth stipulated that “equally important the dignity of the Olympic movement must be preserved,” a comment which, in retrospect, seems ironic.⁵² To undercut anticipated media stories that “all athletes were doped,” Ueberroth moreover asked the IOC leadership to emphasize the fact that not all competitors were “drug addicts.”⁵³ To Ueberroth, integrity was apparently more a product of financial success than effective doping policy.

Balancing these competing interests, the Los Angeles Organizing Committee acquiesced to testosterone and caffeine screens in late-November 1983 after IOC medical authorities asserted that “these controls were scientifically perfect and not assailable as incorrect.”⁵⁴ Despite the accuracy of the tests, a more omi-

nous situation arose when it became known that some athletes were using a lesser-known substance called Human Growth Hormone (hGH) at the 1983 World Track-and-Field Championships.⁵⁵ Both scientific and economic hurdles prevented its inclusion on the IOC's list of prohibited substances for the Los Angeles Games. The November 1983 Medical Commission report stated that "a method of detection [for hGH] has been almost perfected . . . but there are very serious doubts as to the real effectiveness of this very costly treatment." The document therefore declared that "it would be premature to draw definitive conclusions and in any case it is out of the question that it be controlled in Los Angeles."⁵⁶

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enforced doping protocols in Los Angeles were largely unfulfilled, however. Although U.S. athletes won a spectacular eighty-three gold, sixty-one silver, and thirty bronze medals, not a single American was included on the list of those found to have been doping.⁶² Indeed, the fact that only twelve Olympians tested positive for performance-enhancing drugs showed that the IOC's doping control efforts had made little progress since the 1960s. Unfortunately, the absence of positive drug screens was perhaps due less to Olympic doping policies than with the destruction of test results before they could be disclosed to the public. Before the opening of the Games, the Los Angeles Organizing Committee had refused to provide IOC doping authorities with a safe. This resulted in the theft of a number of medical records at the competitions. With few exceptions, the consequent lack of evidence made sanctions impossible.⁶³

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As demonstrated by its aggressive reactions to

the blood doping scandal in Los Angeles, the 1984 Games served as a focusing event for the USOC. In March 1985, the organization announced a comprehensive plan calling for rigorous drug screens at all major events in the period before the 1988 Olympics opened in Seoul. In terms of punitive measures, the proposal included an escalating set of punishments; first offenses would result in one-year suspensions while a four-year suspension, which would preclude participation in Seoul, would follow a second finding of guilt. "Wherever the athletes compete," said USOC Director of Sports Medicine Kenneth Clark, "they'll be tapped on the shoulder and told it's time for the urine sample." While the USOC leadership was eager to accept the plan, the support of the national federations that governed individual sports was less certain. To his credit, USOC President David Prouty announced that the suggestion was "terrific" and that "philosophically, it meshes perfectly with what we want to accomplish."⁸⁵ By June 1985, however, the plan, which would go into effect at that month's National Sports Festival in Baton Rouge, Louisiana, had been changed to meet the approval of the national federations.⁸⁶ Although the USOC committed \$800,000 to a comprehensive testing regime, the enforcement mechanisms were significantly weakened. Rather than an escalating set of punishments controlled by the USOC, athletes would be sanctioned only at the behest of the national governing bodies of their respective sports.⁸⁷

These modest steps, though, did little to improve the situation in the four years before the next Olympic Games. Nationalist forces again played a part in weakening doping regulations in international sport at the 1986 Goodwill Games in Moscow. The U.S. team traveling to Russia was told that all competitors would be subjected to rigorous drug inspections after their events. As a result, the Americans reportedly ceased their anabolic steroid cycles well before the competitions. "What they found in Moscow, however," according to Dr. Voy, "was something quite unexpected. There wasn't any drug testing." Apparently, the U.S. squad was deliberately "burned" in order to foster the notion that the communist-bloc, despite its absence in Los Angeles, still reined supreme in elite international athletics.⁸⁸ While such machinations may have had perceived short-term political benefits, many Soviet athletes, like those in East Germany, were afflicted with subsequent medical problems. Prior to the 1984 Games, an unofficial study cited the wide-spread administration of performance-enhancing drugs to Soviet athletes as the primary reason for

their enormously high mortality rate, which had accelerated since the mid-1970s.⁸⁹ The actions by Soviet administrators at the 1986 Goodwill Games demonstrated that the report had little effect in moderating their policies.

Many of the national governing bodies and international federations that governed individual sports were equally reluctant to toughen their enforcement of doping regulations. In 1987, both the IAAF and its American counterpart at the national level, The Athletics Congress (TAC), managed to circumvent positive test results. At that year's National Outdoor Championships in San Jose, California, TAC officials avoided a finding of guilt for American discus champion John Powell by citing minor procedural errors in labeling his "A" and "B" specimens by Dr. Harmon Brown, head of the organization's medical committee.⁹⁰ Later that year, the IAAF weakened their testing system at the World Track-and-Field Championships in Rome by replacing IOC doping authorities Dr. Manfred Donike and Dr. Arnold Beckett with several less qualified and aggressive individuals.⁹¹ Demonstrating how far unscrupulous members of the elite sports establishment would go to avoid detection, Charlie Francis, then coach of Canadian sprinter Ben Johnson, told a colleague at the event that his protégé had gonorrhea to rationalize the presence of the steroid masking agent probenecid (which could be justifiably used as an adjunct in treating the disease) in his system.⁹²

Still, Samaranch was confident enough to claim in January 1987, "You may rest assured that we shall be very firm where doping is concerned. . . . It is a form of cheating which we cannot tolerate."⁹³ At the 1988 Winter Olympics in Calgary, he continued this theme. "Above all," he exclaimed, "such behavior makes a mockery of the very essence of sport, the soul of what we, like our predecessors, consider sacrosanct ideals." Samaranch thus resolved, "Doping is alien to our philosophy, to our rules of conduct. We shall never tolerate it."⁹⁴ Of course, the IOC's actions in the run-up to the 1988 Games often did not live up to Samaranch's lofty words. In an episode eerily similar to the theft of medical records at the Los Angeles Games, de Merode later admitted that he destroyed a list of names of fifty-five athletes who had been detected doping in the six months prior to the opening of the 1988 Games in Seoul.⁹⁵

Despite President Samaranch's assurances Francis's explanation in Rome following Johnson's positive test for probenecid foreshadowed deeper troubles for the Canadian sprinter at the Seoul Games. On September

24, 1988, Johnson defeated American track star Carl Lewis in the one-hundred meter sprint, lowering his previous world record to 9.79 seconds. Two days later, Francis, "about 42 hours after my life's greatest moment," was awakened by a knock on his door from Dave Lyon, manager of Canada's track-and-field squad. "We've got to get over to the Medical Commission," Lyon said. "Ben's tested positive." If the race had been the climactic event of Francis's and Johnson's careers, it was even more important for the future of Olympic doping policy. This was something that Francis himself realized: "The track federations had staged drug tests for 20 years," he later wrote, "and in all that time no major star had failed one—not officially, at any rate."⁹⁶ Upon being told that there was "terrible" news, Dick Pound asked IOC President Samaranch, "Has someone died?" Samaranch replied, "Is worse [*sic*]. . . Ben Johnson. . . He has tested positive."⁹⁷ Although the sprinter initially claimed that someone might have spiked his urine after the race, the IOC found Johnson guilty.

Observers of the event immediately realized the effect of Johnson's positive screen for the future of international sport. In the aftermath of the race, American sprinter Edwin Moses predicted that "this will change the history of the Olympics. . . . This will change a lot of people's lives."⁹⁸ Johnson's financial losses were personally catastrophic. In the immediate aftermath of his record-setting performance, the sprinter's manager, Larry Heidebrecht, said, "The total endorsement power that he has following the world record and gold medal would certainly put him into seven figures. . . . How many millions, I wouldn't want to speculate."⁹⁹ The economic windfall came to a sudden end, however, after the test results were made public. The Italian sportswear company Diadora, mirroring the actions of several other enterprises, immediately canceled its five-year, \$2.4 million contract with the runner, and the Japan-based Kyodo Oil Company terminated a marketing campaign featuring Johnson.¹⁰⁰ Estimating the financial loss for the sprinter, Heidebrecht later stated that the scandal cost Johnson a staggering \$25 million in endorsement deals.¹⁰¹ Johnson, as put by Canadian IOC member James Worrall, had thus "just been killed as an athlete, and probably his complete life has been ruined."¹⁰²

Though Johnson's was the most explosive, there were, of course, several other drug scandals in Seoul. A 1989 issue of the Soviet's official publication *Zmena* stated that a \$2.5 million laboratory aboard a vessel sailing off the Korean coast provided pre-competition screens to Soviet Olympians to make sure they were not

caught through official tests. Also, due to fears that instances of doping would be revealed, several athletes, according to the report, were not allowed to compete.¹⁰³ Without similar facilities, Bulgaria and Hungary both pulled their weightlifting teams from the Games after several of their athletes tested positive for performance-enhancing substances.¹⁰⁴ Not willing to allow a communist-bloc advantage, American sport officials were equally concerned with preventing drug scandals. At that time, U.S. rules had a loophole through which athletes were provided a one-time "inadvertent use" defense in the case of a positive test at a national competition; at the 1988 U.S. Olympic trials, eight track-and-field athletes found to be using the prohibited substance ephedrine escaped punishment through the clause. After a member of a prominent American team competing in Seoul was found with an abnormally high testosterone level, which should have resulted in the disqualification of the entire squad, U.S. officials convinced the IOC that the athlete's normal production of the hormone was elevated.¹⁰⁵

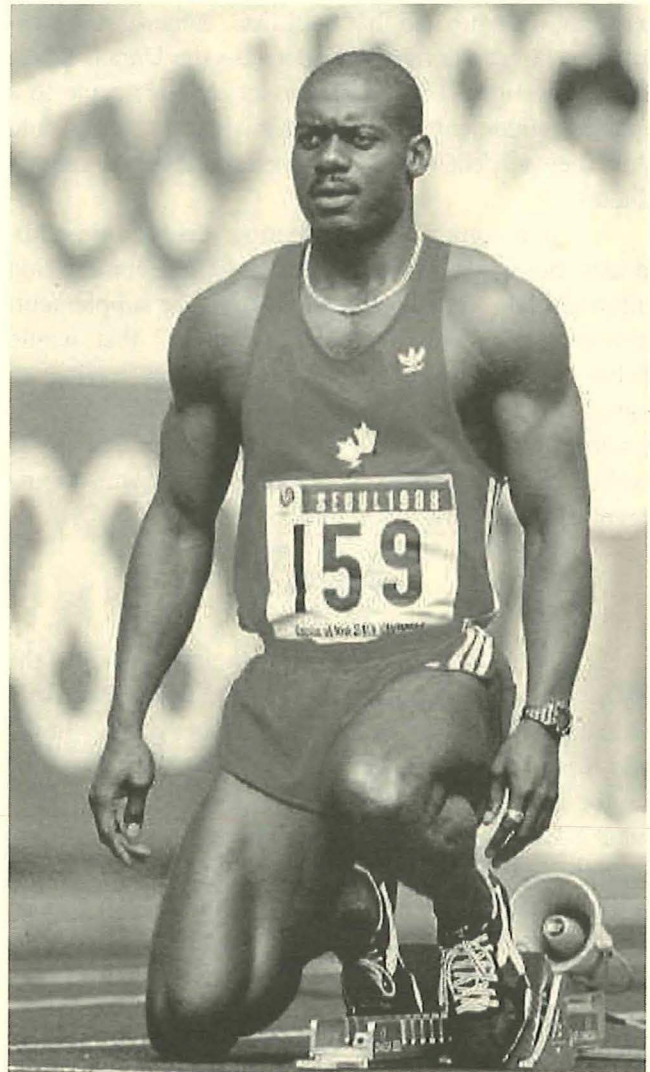
Despite the previous failures to eliminate drugs at their competitions, IOC officials optimistically portrayed these incidents as successes for their doping policies.¹⁰⁶ Taking a positive view that Johnson's test would catalyze future efforts with regard to the issue, Dick Pound proclaimed that "this is a disaster for Ben, a disaster for the Games, and a disaster for track and field. But let's turn this around to make the slate clean and show the world that we do mean business. We are prepared to act." More sensitive to the public perception of the Olympics, President Samaranch was cheerful in an interview: "We are showing that the system works," he proclaimed. "We are showing that my words are not only words, they are facts. We are winning the battle against doping."¹⁰⁷ Experts in the field, however, demonstrated that the president was mistaken. After the Games, USOC chief medical officer Dr. Robert Voy estimated that over fifty percent of those competing in Seoul used some form of performance-enhancing substance.¹⁰⁸

In addition to embarrassing Olympic administrators, the events in Seoul infuriated government officials in the home countries of banned athletes. The Canadian national government appointed Charles W. Dubin, Associate Chief Justice of the Supreme Court of Ontario, as chair of a special commission charged with investigating drugs in athletics.¹⁰⁹ After nearly ten months of public hearings, which resulted in 14,817 pages of testimony from 119 witnesses, Dubin issued his report. Arguing that Olympic doping policies were over-

ly-narrow, he wrote that while “the athletes who cheat must, of course, bear their full share of responsibility. . . the responsibility cannot be solely theirs.”¹¹⁰ “Until now,” Dubin continued, “the focus has been only on the athletes. It is obvious that a broader net of responsibility will need to be cast. Coaches, physicians, therapists, and others involved in the care and training of athletes cannot escape responsibility for the sorry state of sport today.”¹¹¹ Several IOC officials expressed similar beliefs. Canadian IOC member James Worrall declared, for instance, that “obviously, people behind . . . [Johnson] are responsible. . . Ben is a lad who will follow instructions. If he is told that something is good, he will believe it.”¹¹²

Exacerbating the situation were the organizational conflicts within the Olympic governance structure that prevented the promulgation and enforcement of a universal set of doping regulations. Describing the diffuse nature of this system, Dubin explained that the “failure of many sport-governing bodies to treat the drug problem more seriously and to take more effective means to detect and deter the use of such drugs has . . . contributed in large measure to the extensive use of drugs by athletes.”¹¹³ Pound similarly believed that Johnson was simply “a pawn in this, the host organization for the substance.” The sprinter’s use of steroids, Worrall concluded, “points up the tragedy of the whole system endemic in international sport.”¹¹⁴ The problems with the Olympics that Johnson’s test exemplified therefore required a wider range of enforcement mechanisms than had been previously provided.

While setting the agenda in terms of this policy development was relatively simple, actually accomplishing a coordinated approach to doping was far more complicated. The first step in this process occurred before the Seoul Games when de Merode chaired the first World Conference on Doping in Sport in late-June 1988. Attended by delegates from twenty-six countries, the meeting put forth the idea of an anti-doping charter to be signed by both private sports authorities and national governments.¹¹⁵ De Merode continued to push for this approach. According to a report of that meeting, he explained that a new working group composed of an international list of sports authorities would be “responsible for working out this strategy so that it is adhered to by all sporting nationals at a governmental level, and by all international authorities.”¹¹⁶ This was a point hammered home by Samaranch in a November 1988 speech. “In order to overcome the scourge of doping,” he asserted, “all our forces must be united and a concerted effort



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made by sports and civil authorities working together in perfect harmony.”¹¹⁷

Realizing that their scientists could not keep pace with the western pharmaceutical industry in terms of the development of new performance-enhancing substances, Soviet authorities took a surprising position of leadership in pushing for the implementation of de Merode’s universal system of control. At a UNESCO meeting held in November 1988, sports leaders from one-hundred countries signed a statement of support for the IOC’s proposed Anti-Doping Charter. Although there was no enforcement device under the statement, IOC official Alain Coupat claimed that “this is a big day for the I.O.C. . . . It means UNESCO recognizes that the fight against doping must be constructed on a global

basis, not by state, and that the I.O.C. is the best organization to direct the fight."¹¹⁸ Because the United States did not belong to UNESCO, Soviet officials came to a separate agreement with American leaders that would allow their respective doping experts to test each other's athletes.¹¹⁹

At a summer 1989 meeting, de Merode additionally began to advocate a new doping commission within the IOC. The commission would be supplemented with an IOC-run "mobile laboratory" that would enable a program of out-of-competition testing to begin.¹²⁰ Although de Merode preferred that the IOC remain in command of the body, his concept eventually resulted in the founding of an independent anti-doping organization in November 1999.



Observers of international sport during the 1980s thus witnessed a series of crises that collectively led to a paradigm shift in Olympic doping policy. In the early years of the decade, most policymakers believed that the issue was of secondary importance to the 1980 and 1984 boycotts. This conception led to a belief that the problem could be best addressed by either obscuring its true extent or by actively suppressing instances of doping. The effect of these strategies was exacerbated by a loose system of Olympic governance.¹²¹ The respective cover-ups at the 1983 World Track-and-Field Championships and Pan-American Games by the IAAF and the USOC demonstrated how this framework weakened drug initiatives. Although it was more progressive than national committees and international federations, the IOC also engaged in questionable behavior; uncertainties remain, for instance, as to Samaranch and de Merode's complicity in destroying test results at the 1984 Los Angeles Games.

In the end, these activities set the stage for the single most important event in the history of Olympic doping policy: the disqualification of Ben Johnson at the 1988 Games in Seoul. The concentrating effect of the episode was best put by Dick Pound, who wrote in 1989 that "there have been positive tests and disqualifications on other occasions, but never one which has attracted such scrutiny and created such concern."¹²² At last convinced as to the necessity of state intervention, the deeply embarrassed Canadian government called attention to the inadequacies of the existing system. The Soviet government, perhaps realizing that its teams

would be more successful in circumventing the new protocols than those of Western nations, also insisted on comprehensive reform. Although a universal doping authority would not come into existence for another decade, the consequent pressure on Olympic officials created a political climate conducive to its creation.

NOTES:

(IOCL refers to the Olympic Library in Lausanne, Switzerland)

1. While the 1980 Games demonstrated the continuing weakness of Olympic doping policy and the 1984 Los Angeles Games witnessed a doping "cover-up," testosterone was finally added to the IOC's list of banned substances in 1982. See Jan Todd and Terry Todd, "Significant Events in the History of Drug Testing and the Olympic Movement: 1960-1999," in *Doping in Elite Sport: The Politics of Drugs in the Olympic Movement*, ed. Wayne Wilson and Edward Derse (Champaign, IL: Human Kinetics, 2001), 78; Philip Hage, "Caffeine, Testosterone Banned for Olympians," *Physician and Sportsmedicine* 10, no. 7 (July, 1982): 15-17. The implications of the Johnson scandal for doping policy in international athletics is discussed in Judith Blackwell, "Discourses on Drug Use: The Social Construction of a Steroid Scandal," *Journal of Drug Issues* 21, no. 1 (Winter, 1991): 147-164. See also Bruce Kidd, Robert Edelman, and Susan Brownell, "Comparative Analysis of Doping Scandals: Canada, Russia, and China," in *Doping in Elite Sport: The Politics of Drugs in the Olympic Movement*, ed. Wayne Wilson and Edward Derse (Champaign, IL: Human Kinetics, 2001), 155-161.
2. For one policymaker's elucidation of how the test affected Olympic doping policy, see Richard W. Pound, *Inside the Olympics: A Behind-the-Scenes Look at the Politics, the Scandals, and the Glory of the Games* (Etobicoke, Ont. [Canada]: J. Wiley & Sons Canada, 2004), 53.
3. The interaction of private sports organizations and national governments on doping issues during the 1980s is briefly discussed in Barrie Houlihan, *Dying to Win: Doping in Sport and the Development of Anti-Doping Policy*, 2nd ed. (Strasbourg, Germany: Council of Europe Publishing, 2002), 160.
4. Shorter quoted in "Effect of Drugs to Aid Athletes Studied by U.S.," *New York Times*, 22 August 1976.
5. Anderson quoted in Neil Amdur, "Wider Olympic Drug Abuse is Seen," *New York Times*, 30 January 1977.
6. Rogozhin quoted in Barry Lorge, "IOC Gears Up to Detect Drugs, Ingenious Cheating in Moscow," *Washington Post*, 1 June 1979.
7. Hanley quoted in *Ibid.*
8. See Steven Ungerleider, *Faust's Gold: Inside the East German Doping Machine* (New York: Thomas Dunne Books/St. Martin's Press, 2001), 37-38. For a contemporaneous journalistic depiction, see Pete Axthelm and Frederick Kempe, "The East German Machine," *Newsweek* (14 July 1980), 50.
9. Quoted in Lorge, "IOC Gears Up to Detect Drugs, Ingenious Cheating in Moscow."
10. Neufeld quoted in John Vinocur, "East German Tale of Tyranny," *New York Times*, 11 January 1979. Several other defectors from the GDR provided similar information. These included shot-putter Ilona Slupianek and Dr. Alois Marder, a former East German sports physician. See Michael Getler, "E. Germans, Drugs: Hard Facts Missing," *Washington Post*, 27 May 1979.
11. Vogel quoted in "Sporting Scene," *National Review* 31, no. 41 (12 October 1979): 1280. This article also cites a claim by Vogel that she

had experienced medical difficulties due to the fact that she had been subjected to compulsory doping since age fourteen.

12. The 1976 program is outlined in "Effect of Drugs to Aid Athletes Studied by U.S."

13. Neil Amdur, "Mounting Drug Use Afflicts World Sports," *New York Times*, 20 November 1978.

14. Ken Denlinger, "Warfare on Drugs Increases," *Washington Post*, 12 February 1980.

15. Dugal and Bertrand quoted in Steve Cady, "Drug Testers Stiffen Olympic Procedures," *New York Times*, 7 December 1979.

16. Daley quoted in Denlinger, "Warfare on Drugs Increases."

17. Beckett quoted in Ibid.

18. There were 440 tests for stimulants and 350 tests for anabolic steroids. See "Olympic Athletes Cleared," *Washington Post*, 25 February 1980.

19. Berlioux quoted in Bill Starr, "Steroid Madness: Drugs and the Olympics," August 1980, p. 65, magazine clipping in International Olympic Committee Medical Commission Records, Folder: Los Angeles '84 Medical Matters, 1978-1983, IOCL.

20. Andrew Nynka, "Ukrainian Scientist Details Secret Soviet Research Project on Steroids," *Ukrainian Weekly*, 9 November 2003. The article was accessed on 22 December 2006 at: <http://www.ukrweekly.com/Archive/2003/450319.shtml>.

21. Medical Commission Report, Minutes of the 82nd General Session of the International Olympic Committee, 10-13 February 1980, Lake Placid, p. 24, IOCL.

22. See Robert O. Voy and Kirk D. Deeter, *Drugs, Sport, and Politics: The Inside Story about Drug Use in Sport and its Political Cover-up, with a Prescription for Reform* (Champaign, Ill.: Leisure Press, 1991), 112.

23. IOC Medical Commission member Dr. Arnold Beckett, observing the events in Moscow, said, "You see some of the shapes . . . and suspicions are probably justified." Beckett quoted in "I.O.C. Issues Doping Report," *New York Times*, 4 August 1980. A Russian sports journalist later laughingly told British journalist Andrew Jennings about the media's knowledge of the drug tests in Moscow: "Doping control in Moscow? . . . There was no doping control!" See Andrew Jennings, *The New Lords of the Rings* (London: Simon & Schuster, 1996), 236.

24. The number of drug tests in Moscow are provided in the Organising Committee for the 1980 Olympic Games in Moscow, "Doping Control at the Games of the XXIInd Olympiad," February 1981, p. 28, International Olympic Committee Medical Commission Records, Folder: Affaires Medicales aux Jeux Olympiques de Moscou 1980: controles du dopage et de feminale 1980, 1980-1987, IOCL.

25. De Merode quote from Ibid.

26. Donike interview by Terry Todd, 6 February 1982, referenced in Todd and Todd, "Significant Events in the History of Drug Testing and the Olympic Movement," 77. See also Terry Todd, "A History of the Use of Anabolic Steroids in Sport," in *Sport and Exercise Science: Essays in the History of Sports Medicine*, ed. Jack W. Berryman and Roberta J. Park (Urbana; Chicago: University of Illinois Press, 1992), 333.

27. Government of Australia, "Drugs in Sport," *Interim Report of the Senate Standing Committee on the Environment, Recreation and the Arts* (Canberra: Australian Government Publishing Service, 1989), p. 10, quoted in Houlihan, *Dying to Win*, 47.

28. In addition to those of Soviet athletes, the colonel also claimed that positives tests were suppressed for several Swedish and East German Olympians. See Jennings, *The New Lords of the Rings*, 235-236. According to a fellow English journalist, three Soviet security

agents were appointed to the Soviet Olympic Committee prior to the 1980 Games by KGB director Yuri Andropov. The KGB agents were Anatoly Gresko (who in 1971 had been thrown out of England for espionage), Semyon Nitkin (the controller for the notorious British double-agent Kim Philby), and V.I. Popov. See "Sporting Scene," 1280. The member of the Bulgarian weightlifting delegation wished to remain anonymous regarding these statements, which were expressed in a private communication to Terry Todd on 24 April 2008.

29. Minutes of the 84th IOC General Session, Baden-Baden, Germany, September 29-October 2, 1981, p. 28-29, IOCL.

30. Ibid., 29.

31. Prince Alexandre de Merode, "Report from the IOC Medical Commission," Annex 13 of Minutes of the 85th IOC General Session, Rome, May 27-29, 1982, p. 56-57, IOCL.

32. Todd, "A History of the Use of Anabolic Steroids in Sport," 332.

33. See Hage, "Caffeine, Testosterone Banned for Olympians," 15, 17.

34. Voy and Deeter, *Drugs, Sport, and Politics*, 104.

35. Pound quoted in Randy Harvey, "IOC Official Questions Drug Testing in Track," *Los Angeles Times*, 9 May 1989. See also Voy and Deeter, *Drugs, Sport, and Politics*, 104.

36. See Voy and Deeter, *Drugs, Sport, and Politics*, 102-105.

37. Voy and Deeter, *Drugs, Sport, and Politics*, 102-103.

38. These included one cyclist, one sprinter, one fencer, one shot-putter, and eleven weightlifters. Their most prominent member was U.S. weightlifter Jeff Michaels. See Todd and Todd, "Significant Events in the History of Drug Testing and the Olympic Movement," 79.

39. See Frank Litsky, "Some U.S. Athletes Leave Games at Caracas Amid Stiff Drug Tests," *New York Times*, 24 August 1983.

40. Kelly comments in Proceedings of the Meetings of the Administrative Committee and Executive Board of the United States Olympic Committee, 15-16 July 1983, New York, p. 190, USOCLA.

41. See "Some on U.S. Squad at Caracas Failed Drug Tests Before Games," *New York Times*, 27 August 1983.

42. See "The Daily Dope Dialogue," *Track and Field News* (February, 1985), 52; Todd and Todd, "Significant Events in the History of Drug Testing and the Olympic Movement," 83-84.

43. Voy and Deeter, *Drugs, Sport, and Politics*, 89-90.

44. See "86 Athletes Tested Positive," *New York Times*, 11 January 1985. See also Todd, "A History of the Use of Anabolic Steroids in Sport," 334; "U.S. Olympic Group to Weight Drug Test Plan; 86 American Athletes Failed 1984 Screening," *Chronicle of Higher Education* (23 January 1985). Prior to the 1984 Games, the public was told that all members of the U.S. track-and-field team had passed their drug tests at the Olympic trials. See "U.S. Track Olympians Pass Drug Tests," *New York Times*, 18 July 1984.

45. An award-winning study of the IOC's ascent as an economic power is provided in Robert Knight Barney, Stephen R. Wenn, and Scott G. Martyn, *Selling the Five Rings: The International Olympic Committee and the Rise of Olympic Commercialism*, Revised ed. (Salt Lake City: University of Utah Press, 2004).

46. For the economic failures in Montreal, see Nick Auf der Maur, *The Billion-Dollar Game: Jean Drapeau and the 1976 Olympics* (Toronto: J. Lorimer, 1976); Jack Barry Ludwig, *Five Ring Circus: The Montreal Olympics* (Toronto: Doubleday, 1976).

47. The best biography of Samaranch is David Miller, *Olympic Revolution: The Biography of Juan Antonio Samaranch*, Revised ed. (London: Pavilion, 1996). See also Juan Antonio Samaranch and Robert Parienté, *The Samaranch Years: 1980-1994, Towards Olympic Unity*,

Entrevues (Lausanne: International Olympic Committee, 1995).

48. Pound, *Inside the Olympics*, 67.

49. For Ueberroth's leadership in Los Angeles, see Kenneth Reich, *Making It Happen: Peter Ueberroth and the 1984 Olympics* (Santa Barbara, Calif.: Capra Press, 1986).

50. See "Drug Testing at Issue," *New York Times*, 29 April 1983. An anonymous member of the Los Angeles Organizing Committee admitted that the cost of the tests had a relationship to his organization's reluctance to use them in Elliott Almond, Julie Cart, and Randy Harvey, "[Analysis] The Olympic Dope Sheet is Redefined," *Los Angeles Times*, 13 November 1983. A clipping of this article was found in International Olympic Committee Medical Commission Records, Folder: IOC, *Commission médicale: Dopage – correspondance et articles de presse*, 1965-1977, IOCL.

51. Daly to de Merode, 8 June 1983, International Olympic Committee Medical Commission Records, Folder: IOC, Méd. Comm., Los Angeles '84 medical matters, 1985-1986-1994, IOCL.

52. Ueberroth to Samaranch, 14 November 1983, International Olympic Committee Medical Commission Records, Folder: Médicale: Dopage – correspondance et articles de presse, 1965-1977, IOCL.

53. Ueberroth quoted in Jennings, *The New Lords of the Rings*, 238.

54. Drs. Hans Howald and Donike provided this scientific testimony according to "Report on the seminar of the Medical Commission of the IOC," September 25-October 2, 1983, International Olympic Committee Medical Commission Records, Folder: IOC, SD1: Comm. Méd.: Rapp. Sessions, CE 1968-1984, IOCL. The final decision to test for caffeine and testosterone in Los Angeles is provided in "Report of the IOC Medical Commission," 24-25 November 1983, International Olympic Committee Medical Commission Records, Folder: IOC, SD1: Comm. Méd.: Rapp. Sessions, CE 1968-1984, IOCL. See also Annex 22, "Report of the Medical Commission Presented by Prince Alexandre De Merode, Chairman," in Minutes of the 87th IOC General Session, Sarajevo, 5-6 February 5-6, p. 90-91, IOCL.

55. See Almond, Cart, and Harvey, "[Analysis] The Olympic Dope Sheet is Redefined." For an early analysis of the future effect of HGH on sport, see Terry Todd, "Sports RX: The Use of Human Growth Hormone Poses a Grave Dilemma for Sport," *Sports Illustrated* (15 October 1984), 8.

56. "Report of the IOC Medical Commission," 24-25 November 1983, International Olympic Committee Medical Commission Records, Folder: IOC, SD1: Comm. Méd.: Rapp. Sessions, CE 1968-1984, IOCL.

57. At a broader level, Soviet officials listed the likelihood of unfair treatment in Los Angeles as one of the reasons for the Soviet boycott of the 1984 summer Olympics. See "Statement of the Soviet National Olympic Committee," 8 May 1984, reprinted in Edward H. Judge and John W. Langdon, eds., *The Cold War: A History through Documents* (Upper Saddle River, NJ: Prentice Hall, 1999), 220-221.

58. Ewald to de Merode, 9 November 1983, International Olympic Committee Medical Commission Records, Folder: Los Angeles '84 medical matters, 1978-1983, IOCL.

59. Carraro and de Merode statements from Minutes of the 88th IOC General Session, Los Angeles, 25-26 July 1984, p. 23, IOCL.

60. "Report of the Medical Commission Presented by Alexandre De Merode, Chairman," Annex 19 of Minutes of the 88th IOC General Session, Los Angeles, 25-26 July 1984, p. 74, IOCL.

61. De Merode comment from Minutes of the 88th IOC General Session, Los Angeles, 25-26 July 1984, p. 23, IOCL.

62. The medal totals for the Los Angeles Games is provided on the International Olympic Committee internet website: www.olympic.org (accessed 28 January 2007).

63. See Pound, *Inside the Olympics*, 67-68.

64. John Hoberman depicts IOC President Samaranch and de Merode, whom he describes as a "sometimes cynical and occasionally clumsy pragmatist," as the central figures of the cover-up. John Hoberman, "How Drug Testing Fails: The Politics of Doping Control," in *Significant Events in the History of Drug Testing and the Olympic Movement: 1960-1999*, ed. Wayne Wilson and Edward Derse (Champaign, IL: Human Kinetics, 2001), 244.

65. The best account of the destruction of the doping documents in Los Angeles is provided in Jim Ferstle, "Evolution and Politics of Drug Testing," in *Anabolic Steroids in Sport and Exercise*, ed. Charles E. Yesalis, 2nd edition (Champaign, IL: Human Kinetics, 2000), 386-387.

66. Pound, *Inside the Olympics*, 68.

67. Kammerer quoted in Hoberman, "How Drug Testing Fails," 244.

68. Pound's description of himself quoted from Frank Deford, Kostya Kennedy, and Richard Deitsch, "Just Say No," *Sports Illustrated* (16 December 2002), 48.

69. Pound, *Inside the Olympics*, 67.

70. Beckett quoted in Hoberman, "How Drug Testing Fails," 244.

71. This stance extended, of course, to future scholarship on the issue. Dr. Catlin wished to co-publish his recollections of the episode (with Craig Kammerer, the assistant director of the laboratory at the Games) in a medical journal. He was prohibited from doing this by de Merode. Catlin asserted, "I would not still be a member of the IOC medical commission if I had published a report without the co-operation of the prince." Catlin quoted in Jennings, *The New Lords of the Rings*, 242. This work includes a useful discussion of the cover-up (p. 237-243).

72. See Robert McG. Thomas, Jr., "U.S.O.C. Checking Use of Transfusions," *New York Times*, 10 January 1985.

73. This description of "blood doping" can be found in Houlihan, *Dying to Win*, 87-88.

74. Thomas, "U.S.O.C. Checking Use of Transfusions." For a contemporaneous legal analysis concerning the possible prohibition of blood doping, see G. Legwold, "Blood Doping and the Letter of the Law," *Physician and Sportsmedicine* 13 (March, 1985): 37-38.

75. "Cycle Group Bans Use of Blood Doping," *New York Times*, 19 January 1985. This article also describes the sanctions handed out to the officials involved in the scandal: Eddy Borysewicz, a team coach, and Ed Burke, director of the federation's Elite Athlete Program, were both suspended without pay for 30 days and received letters of reprimand. Former USCF President Mike Fraysse was also demoted from First Vice-President to Third Vice-President of the organization.

76. Miller comments in Proceedings of the Meetings of the United States Olympic Committee, Minutes of the Administrative Committee Meeting, 4 May 1985, Chicago, p. 140, USOCLA.

77. H[arvey] G. Klein, "Blood Transfusions and Athletics: Games People Play," *New England Journal of Medicine* 312, no. 13 (March, 1985): 854-856. See also Richard D. Lyons, "Expert Urges Ban on Blood Doping," *New York Times*, 28 March 1985. In January 1985, the Food and Drug Administration also requested that the Justice Department begin an investigation of the illegal "black market" distribution of anabolic steroids. See Todd, "A History of the Use of Anabolic Steroids in Sport," 338.

78. Carlgren's argument over the importance of doping to the direction of the Olympic movement is provided in Minutes of the 89th IOC General Session, 1-2 December 1984, Lausanne, Switzerland, p. 13, IOCL.

79. "Report of the IOC Medical Commission to the 90th Session of the IOC," appended as Annex 11 to Minutes of the 90th IOC General Session, 4-6 June 1985, Berlin, p. 85, IOCL. In addition, on page 22 of the minutes of this meeting, Dr. Eduardo Hay supported de

Merode's position despite the fact "it was not possible for the time being to provide that blood doping had been practiced" in Los Angeles.

80. De Merode statements, Minutes of the 90th IOC General Session, 4-6 June 1985, Berlin, p. 21, IOCL.

81. See "Drugs Used," *New York Times*, 6 August 1984.

82. See de Merode circular to International Sports Federations, National Olympic Committees, and IOC Accredited Dope Control Laboratories, 31 May 1985, attached to Annex 11, Minutes of the 90th IOC General Session, 4-6 June 1985, Berlin, p. 21, IOCL.

83. A description of beta-blockers is provided in Houlihan, *Dying to Win*, 91-92.

84. Minutes of the 90th IOC General Session, 4-6 June 1985, Berlin, p. 21, IOCL. See also de Merode circular to International Sports Federations, National Olympic Committees, and IOC Accredited Dope Control Laboratories, 31 May 1985, cited above.

85. Clark and Prouty quoted in Michael Goodwin, "U.S.O.C. to Seek More Tests for Drugs," *New York Times*, 24 March 1985.

86. Even then, only twenty of the thirty-eight national governing bodies supported the plan. See "U.S.O.C. to Begin Tests," *New York Times*, 25 June 1985.

87. See *Ibid.*

88. See Voy and Deeter, *Drugs, Sport, and Politics*, 111-112.

89. Vera Rich, "[Drugs in Athletics] Mortality of Soviet Athletes," *Nature* 311 (4 October 1984): 402-403. See also John Hoberman, *Mortal Engines: The Science of Performance and the Dehumanization of Sport* (New York: Free Press, 1992), 3; "Early Deaths of Soviet Athletes Due to Steroids? Magazine Cites 59 Cases in Which Banned Drugs Proved Fatal at Young Age," *Los Angeles Times*, 6 September 1984.

90. See Voy and Deeter, *Drugs, Sport, and Politics*, 106-108.

91. The replacements were Dr. Birginia Mikhaylova and Dr. Arne Ljungquist. See *Ibid.*, 108.

92. See Vyv Simson and Andrew Jennings, *Dishonored Games: Corruption, Money and Greed at the Olympics* (New York: S.P.I. Books, 1992), 169.

93. Samaranch quoted in "Executive Board Meeting of December," *[IOC] Olympic Review* (January, 1988), 21.

94. "Speech by H.E. Juan Antonio Samaranch, president of the IOC (93rd Session)," *[IOC] Olympic Review* (March, 1988), 82, 83.

95. See Michael Janofsky, "I.O.C. Criticizes Federation Steroids Rule," *New York Times*, 8 September 1989.

96. Francis and Lynon quoted in Charlie Francis and Jeff [with] Coplon, *Speed Trap: Inside the Biggest Scandal in Olympic History* (New York: St. Martin's Press, 1990), 1.

97. Pound, *Inside the Olympics*, 49. Pound's recollections of the 1988 Games are also recounted in Richard W. Pound, *Five Rings Over Korea: The Secret Negotiations behind the 1988 Olympic Games in Seoul* (Boston: Little, Brown, 1994). In it, Pound makes little reference to drugs, though.

98. Moses quoted in "Johnson Home in Disgrace; Canada Bans Him for Life Can't Run for Country or Get Funds," *Los Angeles Times*, 27 September 1988.

99. Heidebrecht quoted in "The Seoul Games/ Day 12 Notes Johnson Advertisements Canceled," *Los Angeles Times*, 28 September 1988.

100. See *Ibid.*

101. See Francis and [with] Coplon, *Speed Trap*, 7.

102. Worrall quoted in Michael Janofsky, "Johnson Loses Gold to Lewis after Drug Test," *New York Times*, 27 September 1988.

103. The ship was the *Michail Shalokhov*. See Voy and Deeter, *Drugs, Sport, and Politics*, 89.

104. "Team Lifted after 2d Drug Test is Failed," *New York Times*, 24 September 1988; "Weight Lifter Used Drug," *New York Times*, 29 September 1988.

105. Voy and Deeter, *Drugs, Sport, and Politics*, 109-110, 112.

106. President Samaranch asserted at a summer 1989 IOC General Session, for example, that "in Seoul, the Medical Commission had proved how seriously it took its work; the Olympic Movement was thus showing an example to [other] sports organizations." Minutes of the 95th IOC General Session, August 30 - September 1, 1989, Puerto Rico, p. 12, copy on file at the Todd-McLean Physical Culture Collection, University of Texas at Austin.

107. Pound and Samaranch quoted in Janofsky, "Johnson Loses Gold to Lewis after Drug Test." See also Todd and Todd, "Significant Events in the History of Drug Testing and the Olympic Movement," 90.

108. Michael Janofsky and Peter Alfano, "Drug Use by Athletes Runs Free Despite Tests," *New York Times*, 17 November 1988.

109. "[Sports People] Canadian Inquiry," *New York Times*, 6 October 1988.

110. Charles Dubin, *Commission of Inquiry into the Use of Drugs and Banned Practices Intended to Increase Athletic Performance* (Ottawa: Canadian Government Publishing Centre, 1990), xx.

111. *Ibid.*, 518.

112. Janofsky, "Johnson Loses Gold to Lewis after Drug Test."

113. Dubin, *Commission of Inquiry*, 519.

114. Pound and Worrall quoted in Janofsky, "Johnson Loses Gold to Lewis after Drug Test."

115. "Towards an Anti-Doping Charter," *[IOC] Olympic Review* (August, 1988), 350. A draft of the charter is provided in "International Olympic Charter Against Doping in Sport," *[IOC] Olympic Review* (November, 1988), 628-631.

116. "Report from the Commissions," *[IOC] Olympic Review* (November, 1988), 618.

117. "Speech by H.E. Juan Antonio Samaranch, President of the International Olympic Committee, Moscow, 21st November 1988," *[IOC] Olympic Review* (December, 1988), 670.

118. Coupat quoted in Michael Janofsky, "Drug Plan Gains Approval," *New York Times*, 25 November 1988.

119. See *Ibid.* The details of the agreement are provided in Maria Tai Wolff, "Playing by the Rules?: A Legal Analysis of the United States Olympic Committee-Soviet Olympic Committee Doping Control Agreement," *Stanford Journal of International Law* 25, no. 2 (Spring, 1989): 611-646. The official minutes of the IOC Session only briefly mention the new doping subcommittee. See Minutes of the 95th IOC Session, August 30 - September 1, 1989, Puerto Rico, p. 11, copy on file at the Todd-McLean Physical Culture Collection, University of Texas at Austin. This cooperative arrangement was later expanded to include Great Britain, Australia, West Germany, Sweden, South Korea, Italy, Norway, Bulgaria, and Czechoslovakia. See "11 Nations in Drug Test Accord," *New York Times*, 14 December 1989.

120. "Commission Reports," *[IOC] Olympic Review* (September-October, 1989), 443.

121. After the 1988 Seoul Olympics, de Merode described the Medical Commission's tenuous links with the international federations. He said that "the Medical Commission did have contacts with the IFs, but that these were *not always simple*." Emphasis added. Minutes of the 95th IOC General Session, August 30 - September 1, 1989, Puerto Rico, p. 12, copy on file at the Todd-McLean Physical Culture Collection, University of Texas at Austin.

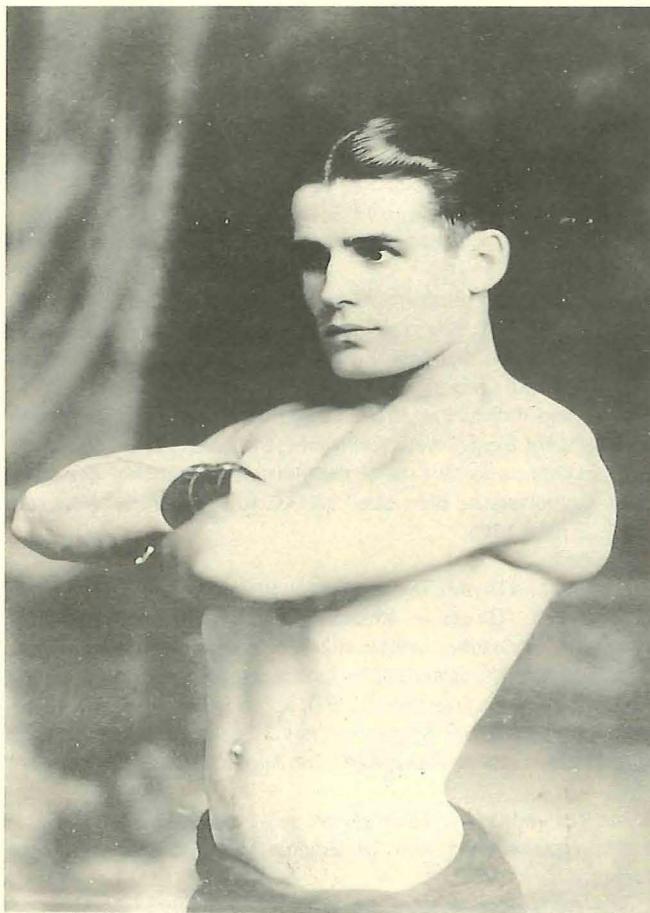
122. Richard W. Pound, "Reflections on Cheating in Sport," *[IOC] Olympic Review* (August, 1989), 390.

Gregory Paradise: The Original Pocket Hercules

Alton Eliason

My venture into the land of Paradise, (Nashua, New Hampshire) in September 1941 to visit a man who was possibly, or even probably, the strongest man on record, pound-for-pound, was an occasion that stands out as the epitome in a lifetime of wonderful memories of strongmen. Since I am, I believe, the oldest living being to have known and witnessed Gregory Paradise in action I feel obliged to relate this experience since his modesty has denied him the accolades and the place in the history of strongmen that he deserves. *[Ed. Note: Actually, Joe "The Great" Rollino, who is now 103 years old and possessed of an exceptional memory, met Paradise in about 1930. Rollino, only a few years younger than Paradise and almost as small, reports that Paradise was a very legitimate strongman.]* So humble and reluctant to display his prowess was Paradise that Leo Gaudreau's book, *Anvils, Horseshoes and Cannons*, only mentions Greg as a sort of afterthought in his chapter about Earle Liederman—who operated one of the most successful mail-order muscle builder instruction courses ever. Gaudreau's omission is doubly mysterious in that Greg and Leo lived not too far apart, were friends, and visited together on occasion. Leo must have witnessed Greg's physical prowess in person since he relates in his book that Greg was "one of the most remarkable and sensational athletes I have ever known," and he mentions that Greg could bent press any 23-strand commercial cable sold for exercise and also stretch 10 strands in front of his body with only his thumbs hooked in the handles. Even though this is strong praise, it is still befuddling that Gaudreau failed to give Greg the full measure of honor—a chapter all to himself, like those given to the many other strongmen in the book.

One clue is Leo's lament that whenever he questioned Greg about his strength feats Greg always managed to change the subject or to tell tales of strongmen



Diminutive yet mighty, Gregory Paradise in his prime was thought by some experts to be the strongest man pound-for-pound who ever lived.

he had known in Canada. On the other hand, Greg and his wife, Ida, welcomed my wife, Marge, and I very graciously, and he performed willingly on my first visit. Perhaps this was because he knew I was coming specifically to see him in action, but the most likely reason was the respect Greg had for Ray Van Cleef, who had trained with Greg in the mid-Thirties. Once Greg knew that Ray and I were good friends, he was very open to all of my questions. Greg knew of Ray's credentials as an indisputable authority on strength—and that Ray believed Greg to be the strongest man, pound-for-pound, he had ever seen. Ray was a noted strongman in his own right in those days, but he was also known for his personal relationships and close friendships with virtually all the strongmen, circus performers (a career he once entertained), vaudeville stars, and athletes of every persuasion. He was also known for the way in which he turned those visits and friendships into dozens of articles in strength and physical culture publications all over the

world. His reputation for honest and factual information endeared him to his subjects and readers alike, and Greg Paradise was no exception.

Ray went on in later years to become the managing editor of *Strength & Health* magazine for about six years and after that he operated his own gym in San Jose, California until his untimely death. During his many years at the center of the Iron Game he had the opportunity to witness and train with the world's strongest men—athletes such as George Hackenschmidt, Milo Steinborn, Sig Klein, Paul Anderson, Norb Schemansky, and almost every other weightlifter and strongman of note. He treated them all with respect, and this respect often developed into warm friendships that led a great many men to confide to Ray's wife, Virginia, after his death, "He was the best friend I ever had."

If I may be forgiven this personal note, I was one of those men. I often wonder why fate engineered our meeting in 1939 and turned it into a life-long friendship, because to him I owe my many friendships in the strength world with people I would otherwise never have had the privilege to know. I still cherish Ray and my weekly and sometimes even more frequent letters—letters that now rest in the archives of the Stark Center at the University of Texas preserved for posterity. I have taken these lines to convince *IGH* readers of Ray's unquestionable integrity and vast experience among lifters because Ray—to his death—held the firm and significant conviction that Gregory Paradise was the strongest man, pound-for-pound, he ever knew.

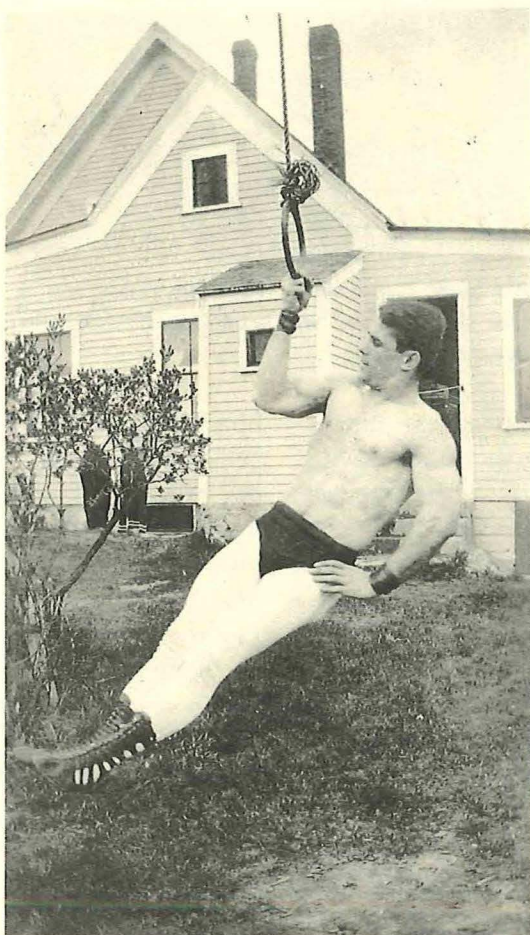
In the late 1930s Ray told me about Greg's super-human feats, and he suggested that, since I had a gym in New Haven, Connecticut, and lived close by, Marge and I should make an effort to visit Greg. Before we could do so, however, I promoted the "Great Strength and Physical

Culture Display," which included a "Mr. New England" contest on Saturday, 9 March 1940. That afternoon Greg walked up and introduced himself as the early arrivals were gathering at my gym, the Palace Academy of Health. Bob Hoffman, Tony Terlazzo, and Johnny Terpak were already there and stripped to their lifting togs, and they most graciously did some lifting and answered questions from their fans.

Tony was the 1936 Olympic 132-pound champ and Johnny was then king of the 165 pounders. I introduced Greg to Bob—the editor of *Strength & Health* and owner of the York Barbell Company—and told him that Ray Van Cleef thought Greg was the strongest man in the world, pound-for-pound. Bob, in typical Hoffman fashion promptly replied, "No he isn't. Tony is." Greg just smiled. During that afternoon lifting demonstration, Bob broke a chain across his chest and then bent pressed

a globe barbell with a 2 inch thick handle weighing 160 pounds. Bob was 6'3" and weighed about 250. As he pressed the bar, Greg said softly to me, "I can press that and toss it from one hand to the other overhead." Two or three friends who had accompanied Greg tried to get him to lift the same barbell, but Greg said he would never upstage anyone. That night, at the show, when Bob bent pressed the 160-pound bell Greg's friends tried valiantly to force him up on the stage, but he again refused. I have always been grateful for Bob's support of my contests, but to this day I can't help thinking about how his ego would have deflated if Greg—this little mite barely five feet tall and weighing 124 pounds had bent pressed that bar and tossed it from hand to hand.

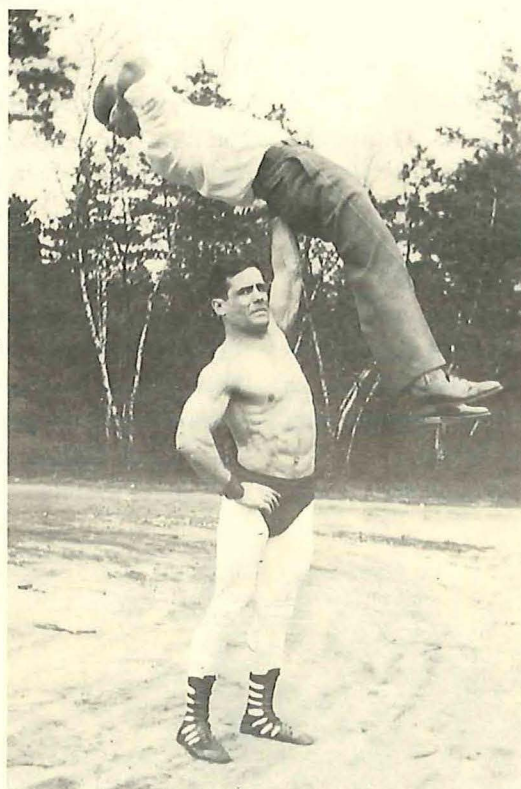
Now, I'd like to provide more information about Greg—from Leo Gaudreau's chapter about Earle Leiderman, Ray Van Cleef's personal experiences with Greg, and my own visits with Greg—since sources of this mod-



A one-handed chin is a difficult feat of strength, but Paradise was able, as is shown in the photo, to chin using only his middle finger, a phenomenal feat of grip strength.

est man's accomplishment are so limited. His "real" name was Gregoire Paradis, and he was born in Quebec, Canada—often called the "Cradle of Strongmen." He performed as a strongman in Canada, probably as part of a vaudeville troupe, and it was at that time that he bent-pressed 250 pounds—the first man to lift double his body weight in that way. I should add here that although Ray Van Cleef did not see Greg do this on either of the two occasions on which this poundage was mastered, Ray had researched it and learned that these lifts were done in front of witnesses and verified. To me, if it was good enough for Ray, it was good enough.

Greg later moved to the States, anglicized his name to Gregory Paradise, and made a big splash when he was chosen first among 25,000 of Liederman's pupils in a contest held in 1925. Greg was a perfect subject for Liederman's publicity promotion since he was amazingly powerful with cables—the system of training Liederman sold. It goes without saying, of course, that both Greg and Liederman were products of weight training and owed their physical prowess to the weights. To Liederman's credit, he actually paid Greg the \$1000.00 first prize, along with a week as a celebrity in New York City with a chauffeur-driven limousine, and tickets to all the shows. Because Liederman's avenues of publicity were international, Greg's picture displaying his amazing muscularity made him instantly known in the physical culture world. One of the most famous pictures of Greg depicts him holding quarters between the ridges of his abdominal muscles. Later, Greg lost Liederman's support when he won another \$1,000.00 in a 1928 contest promoted by Prof. Titus, another mail order operator. Greg could hardly be blamed since a thousand dollars was a very substantial sum in those days, and Greg had a very hard job in a shoe-manufacturing factory.



Although quite short, Paradise possessed a fine physique and was exceptionally strong in overhead lifting.

As for my own observations of this physical marvel, it was in September 1941 that my wife and I took a trip to "Paradise" that in every respect was worthy of its name. Greg was very gracious and related some of his experiences with other strongmen, but he also took me to a small room where his weights were resting. Without any warming up at all he took a barbell that weighed 200 pounds and bent pressed it with little apparent effort. It was so easy, in fact, that to be sure the weight was legitimate I deadlifted it—and became a believer. What I was next to witness was one of the greatest feats of pure strength I was ever to see. Taking two 100-pound dumbbells, clearly marked as such, Greg easily cleaned them and alternately pressed them in strict, upright fashion very slowly three times with each arm. He pressed them slowly just to show how light the bells were to him—not because it was difficult for

him. At the completion of the third press he lowered the bell in his left hand to the floor, while holding the other one overhead throughout. He then dropped the remaining bell from full arm's length above, sort of bounced it off his right biceps, and caught it before it hit the floor. Mac Batchelor, in the November 1961 issue of *Muscle Power* reports that Greg could alternately press two 100-pound dumbbells 10 times with each arm—a report that I accept since Ray Van Cleef reported the same feat in a June 1939 issue of *Superman* magazine. What's more, Ray also told me he had seen Greg do it. It's important to remember that these feats were performed approximately 15 years after Greg had won Liederman's contest. By that time he was close to 40 years of age, and he had worked for over 10 years at a physically demanding job. It's also important to remember that he still weighed just under 125. One final thing on this subject—Ray once saw Greg bent press a 208-pound dumbbell just after returning home from a full day of work.

After Greg had done his presses for me, we joined our wives and walked to the back yard where a chain hung from the branch of a tree. The chain had what looked to be one-inch links, and Greg jumped up, grasped the end of the chain with one hand, and did chins from a dead hang to fully-flexed arm very slowly and deliberately. He did 12 chins with each arm, and it was not his limit. It was unbelievable. He also did several repetitions using just the middle finger of each hand.

We then returned to the front porch to sit on the steps, and when he asked me if I had a couple of quarters I realized he had something else to show me—something which left an indelible imprint on my mind. Taking one of the two quarters I gave him and clamping approximately one-third of it between his jaw-teeth, he placed his right thumb under the larger, exposed portion of the quarter and instantly, seemingly without effort, bent the quarter by pushing upward. Handing me the bent coin he took the other one and not only bent it in the same way, but placed it back in his teeth so that the bend went downward, got his thumb under it, and pushed upward until it broke in two. A few years ago, with age creeping up and seeking a safe depository for these precious items, I gave them to my friend Osmo Kiiha.

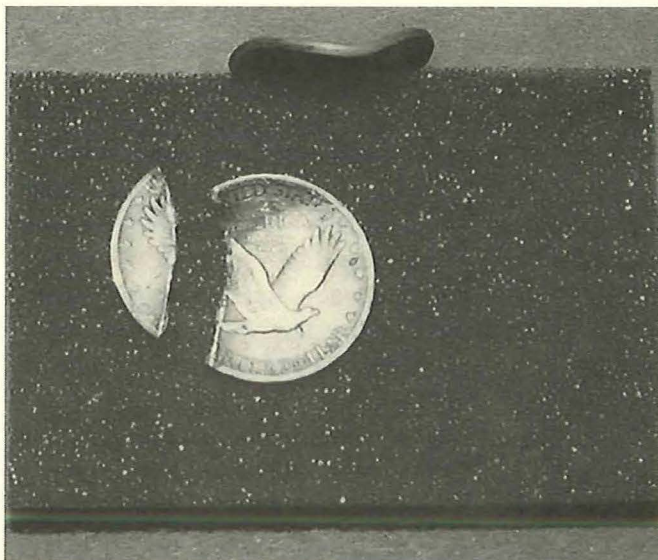
Ray Van Cleef told me that one of Greg's methods of adding to his income was to visit taverns and ask if anyone could bend a quarter. The usual attempts by

the patrons to bend one with their fingers were, of course, futile. However, upon seeing little Greg place one in his teeth and bend it so easily they were certain they could do it themselves—and more quarters were produced—all of which only Greg could bend. Finally, the patrons became so fascinated by this feat that they stopped trying and gave him quarter after quarter just to see him bend them. As he bent them, Greg deposited each quarter into a pail he conveniently carried. He often went home with a pail half-full of bent coins, and the next morning he would sit on his concrete porch and straighten them with a hammer so he could deposit them in the bank.

Greg told me that part of his ability to bend quarters so easily was due to his right thumb, which from years of working in a shoe factory where he pushed heavy leather shoes through a sewing machine had become almost twice the size of the left and was heavily callused. Since Greg was on "piece-work," the more he pushed the faster the sole was sewed and the more he earned. His superiority over the other workers was so dramatic that he earned over twice as much as the next-fastest person.

World War II started in December of the same year that I visited Greg in Nashua, and with gas rationing, working nights at the Winchester factory making guns, and running the gym during the day further visits with Greg were put on hold. I did meet him one more time—near the end of the War—and he told me he had been working for the past few years at Pratt and Whitney Aircraft in Hartford—just 35 miles from where I lived. I remember that he told me he had been challenged to a deadlift contest by one of his fellow workers, adding that he was confident he could win since he could still deadlift 535 pounds. I was sorry to learn that he had been living so near to me as I would assuredly have had many more visits with this phenomenon. Before we parted I asked Greg to what he attributed his great strength, and he touched his head and said, "All strength comes from here."

Unfortunately, Greg developed a brain tumor and died during an operation to remove it on 27 November 1952. He was only 50 years old. I have lived 56 years since his death, and I have never seen anyone who was his equal, let alone his superior. I will never forget Greg Paradise, and I am happy to have the chance to share my memories of this remarkable little man.



Osmo Kiiha kindly provided us with this photo of the quarters Gregory Paradise bent and broke for Alton Eliason. The photo reveals what a small portion of the quarter Paradise held in his jaw-teeth as he bent it with his thumb.

THE KING OF STRENGTH

The 2008 Arnold Strongman Classic

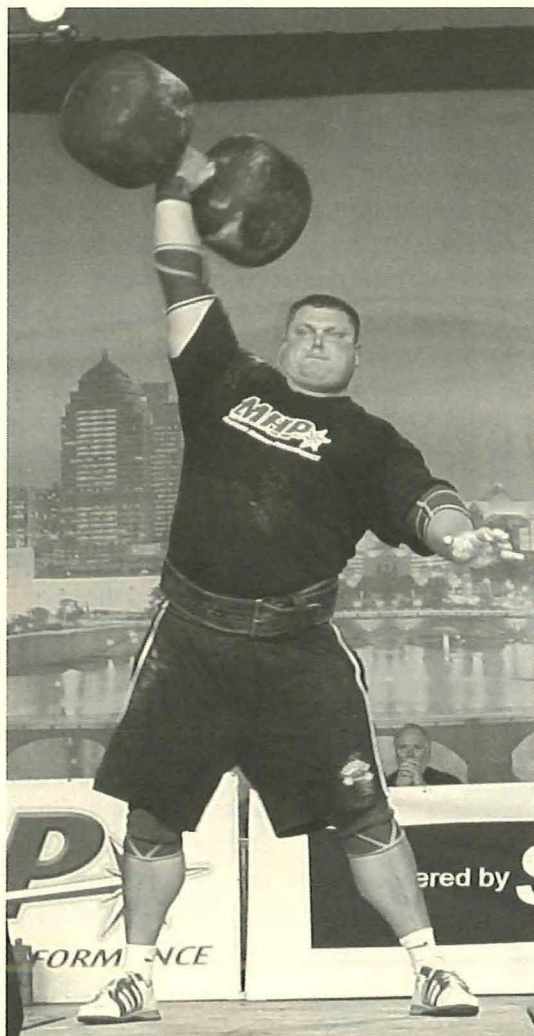
Terry Todd

For the sixth amazing year in a row, Zydrunas Savickas, the Lion of Lithuania, dominated the annual Arnold Strongman Classic (ASC), winning \$40,000 in cash; a \$25,000 watch; the bronze, \$10,000 Cyr trophy; and the hearts and minds of strength fans—who are increasingly convinced that he is the Strongest Man in the World and, very likely, the Strongest Man in History. Once again, the venue was the Arnold Sports Festival—the enormous Circus Maximus that was celebrating its twentieth year in Columbus, Ohio—and once again the competition between the ten enormous Strongmen was said by the Festival's organizer, Jim Lorimer, to be the most popular event among the 39 sports on display over the three-day extravaganza.

As in past years, the most powerful athletes from the Strongman world as well as several from the worlds of Weightlifting and Powerlifting were on hand to test their strength against the best men in the strength business. The 6'3", 385-pound Zydrunas, of course, was back to defend his title, and arrayed against him were such giants as Estonia's Andrus Murumets (third in the ASC last year), Russia's Mikhail Koklyaev (a top strongman and former Russian weightlifting champ with best lifts of a 462 snatch and a 551 clean and jerk), American Brian Siders (former world powerlifting champ and current world record holder), American Phil Pfister (winner of the 2006 "World's

Strongest Man" contest), Ukrainian Vasyl Virastyuk (the runner-up to Zydrunas in the ASC for the last three years and the former winner of both the "World's Strongest Man" contest and the International Federation of Strength Athletes world championship), American Derek Poundstone (winner of the 2007 American Strongman contest), and several other top men.

Up until about a month before the competition, it was also expected that the winner of four WSM contests, Mariusz Pudzianowski, would take part since he had told officials from the Arnold Strongman Classic that he would be back to try for the fourth time to win the Cyr Trophy. (In his previous three appearances he finished a respectable third place twice, but the last time he competed—two years ago—he was beaten down to sixth place.) Finishing so far down was a major blow to his reputation, but it was clear to everyone who saw him in the "Arnold" that he just doesn't have the sort of low-gear, brute strength it takes to keep up with people like Savickas, Virastyuk, Koklyaev, and Murumets—not to mention the new kid on the block, Derek Poundstone, who beat Mariusz in mid-February in a WSM qualifier. Pudzianowski is a great Strongman competitor—tough, quick, enduring, and combative—but even though he won the "World's Strongest Man" contest four times he is not, and never has been, the strongest man in the world.



As he has done so often, Zydrunas Savickas made a new record by putting the 202-pound Circus Dumbbell over his head nine times.

The Timber Carry

The first of the six events this year was the Timber Carry, which consists of lifting with your bare hands an 875-pound frame made of barn timbers and carrying it up a 32' ramp. This has become Zydrunas' weakest event—mainly because his hands have grown so thick that he can't get a secure grip on the frame's handles—and he opened the door to his opponents by finishing in sixth place. Three men made it all the way to the top, however—the muscular Poundstone; the former world record holder in the deadlift, Benedikt "Benny" Magnusson from Iceland; and iron-fisted Muruments, who hot-footed it up the ramp in a new record time of 7.35 seconds.

The Circus Dumbbell

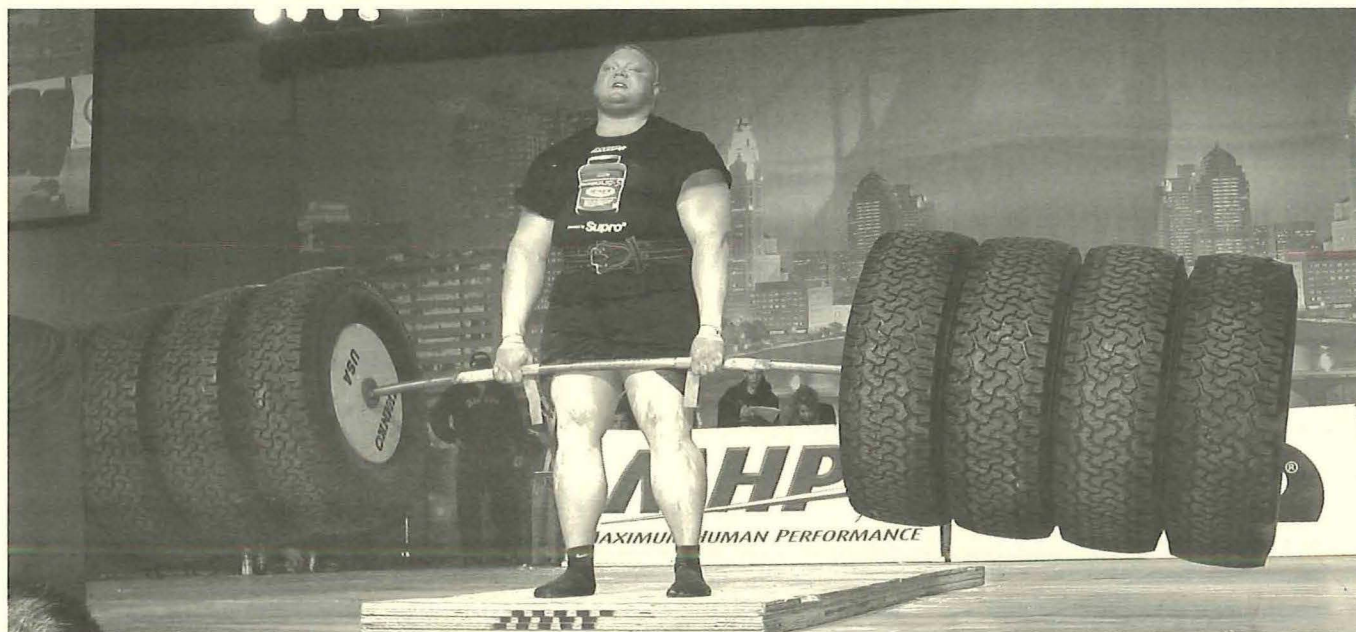
The second event involved lifting overhead, with one hand, a beautiful, customized dumbbell made (by Richard Sorin) to look like the sort of stage bells used by professional strongmen 100 years ago. Sorin's Circus Dumbbell weighs just over 202 pounds, but it's very awkward to lift because the handle has a 3" diameter and the spheres on each end are so large that it's hard for the men to place the dumbbell in a comfortable spot on top of the shoulder. The rules allow the bell to be brought to the shoulder with two hands, since no man has ever lived who could clean it with one hand, and

after each overhead lift or attempt the bell must be lowered to the platform before the next rep. (Placings are determined by who does the most reps in the 90 second-time limit, and strongman legend Magnus ver Magnusson officiated.)

Probably because we used the Circus Dumbbell as our second event this year (instead of the final one as it's been for the past three years, the men gave by far the greatest display of power ever seen in this event. The least reps anyone got was four, three men recorded eight reps (the "world record" up until last year), and two men—Savickas and Poundstone—upped the record to nine. It was an unbelievable thing to see, and the 6,000-8,000 people jammed around the huge platform were roaring and laughing at the ease with which the men handled this massive bell.

The Tire Deadlift

We use a 14' bar that was tailor-made for us by Tom Lincir of the Ivanko Barbell Company. Most of the weight comes from the 100-plus pound Hummer tires that are loaded onto each end and raise the bar to approximately two inches higher than that of an "Olympic" bar loaded with 45 pound (or 20 kg.) plates. The men can use straps, and they can "hitch" the bar, rest it on the thighs, or employ a double-knee bend, but in the end they must reach the fully upright, knees-locked position. This is a one-rep max event, each man gets three



Iceland's Benedikt Magnusson shocked everyone in the building but himself when he obliterated the "world record" by deadlifting 1102 pounds. Note that he is standing on a "runway" approximately four inches thick.

attempts, and we use the same “round” system as the one used in powerlifting—with each man deciding what to lift for his first, second, and final attempt as the weight goes up in each round. Almost every year since the contest began in 2002 a new “world record” has been made, and this year we had more records than ever before. The bar will only hold eight tires (plus quite a bit of extra metal plates), and loaded with eight tires (and no plates) the massive barbell weighs 1062 pounds. Until this year, only one man—world powerlifting champion Brian Siders—had even attempted this monumental poundage, but although Siders failed to finish the lift in 2007 he raised the hopes of the athletes and their fans that this might be the year when the eight-tire barrier would fall.

Before that Olympian height was reached, however, the old record was exceeded three times—by Savickas with 1027 pounds and by Magnusson and the Ukraine’s Oleksandr Pekanov, with 1038 each. Those lifts concluded each man’s three attempts, but the crowd began to scream, “Eight! Eight! Eight!” and so the officials granted a fourth attempt outside the competition to any man who wanted to make history and lift the 1062 pound, eight-tired bar. After a moment of thought, Zydrunas, who had already made up enough points to be tied for the overall lead, rose up like the champion he is and quietly called for the 1062. As with his first three attempts, he approached the bar calmly, bent down, secured his straps, set his hips, got Magnus ver Magnusson’s call to lift and—as the crowd filled the great hall with sound—pulled the bar up so easily that we realized we still didn’t know the full extent of this man’s seemingly superhuman strength. The head official, Scotland’s David Webster, and I then turned to Pekanov, who declined to try, but when I asked the 24-year old Magnusson, the cherubic Iclander smiled and said quietly, “500 kilos, please. If I can’t lift 500 I don’t want to lift anything.” Eleven hundred and two pounds?! Almost 100 pounds over our previous “world record?!”

It should be mentioned that watching Magnusson deadlift is one of the most exciting things in the world of strength. Some readers probably remember his world record-shattering 970 deadlift made several years ago—a lift that had tens of thousands of hits on YouTube. In any case, as Benny prepares to lift he somehow transfers his own excitement into the crowd as he walks back and forth behind the bar, scowling at it and alternately shoving the sleeves of his t-shirt up onto his ham-like shoulders. Just before he made his final approach to the 1102, Benny’s entire six foot, 380-pound

body actually began to vibrate—not tremble, but vibrate! It was a riveting, dramatic thing to see, and it looked as if he’d been literally galvanized with electricity. As he tied on his straps he gave the bar a contemptuous shake, dipped, and slowly—majestically—hailed this monster load up in a firm, high lockout to the absolute delight of the clapping, whistling, rocking crowd. What a finish!

The Manhood Stones

We introduced this event last year as a way to determine just how heavy a round “stone” (made of concrete) could be lifted off the floor and put over a bar 48” high. We skipped all the light stones used in a traditional “Atlas Stones” event, and began last year with a stone that was heavier than any man had ever lifted—522 pounds, and custom-made by Steve Slater, said to have the largest stones in Ohio. That was last year, and to our great relief two men managed to pull that colossal implement from the floor and put it over the bar—for one rep.

This year, Slater boosted the weight of the stone to 525—for record purposes—but we could have moved it higher. This year three men put the 525-pounder over the bar (Savickas, Poundstone, and Koklyaev) and the winner—the Large Lithuanian—put it over twice more. Three reps with a completely round and smooth stone that weighed 525 pounds. Bear in mind that it takes a very strong man to do a 525 pound deadlift—on a bar, which is easy to grasp—whereas the only way to lift a heavy stone is to reach way down and place your hands as far under the stone as you can, squeeze it with your pecs and deltoids, lift it on top of your quadriceps, regrip, and stand up straight so you have a chance to raise it high enough so that you can put it over the bar. It looks impossible, but Zydrunas did it three times, and he later said it was the high point of the contest for him. For many others, too.

The Heavy Yoke

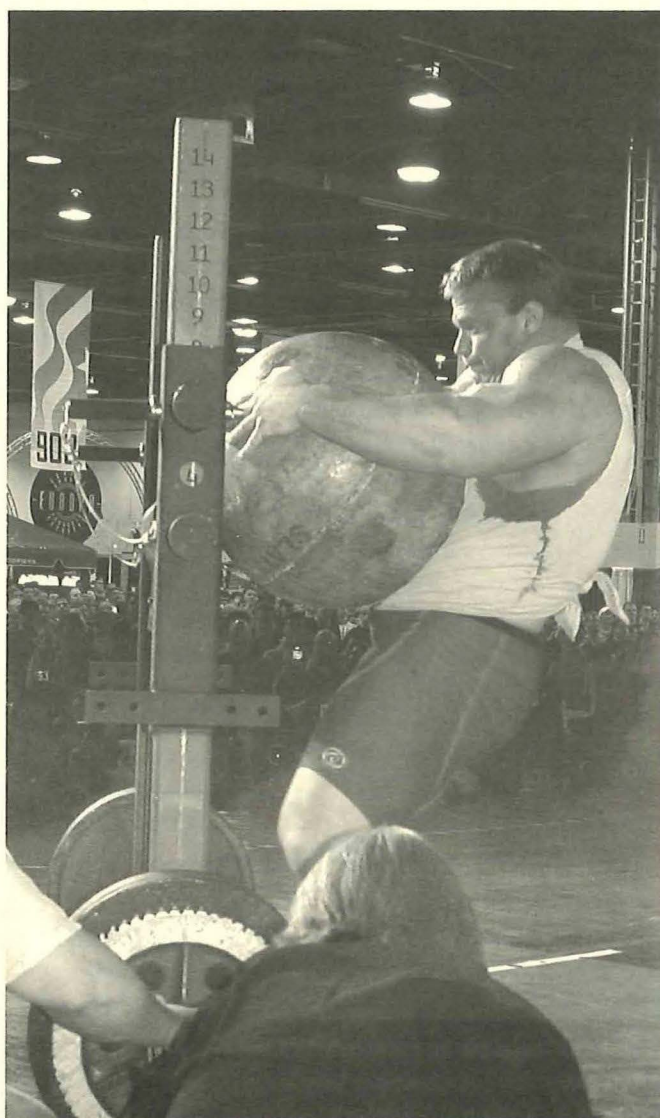
The yoke we use is truly stupendous, and we believe it’s the heaviest one used in a major competition. Made by Richard Sorin, the yoke is loaded so that it weighs 1116 pounds, and even the ten prodigies we invite find it challenging to lift the colossal load and then walk, shuffle, or stagger down the 35-foot course in under 30 seconds. Amazingly, however, each of the nine men who tried it managed to take it all the way to the finish line. (Virastyuk, unfortunately, had a pre-existing

injury and dropped out after two events.) The slowest man made it in 24.42 seconds and the fastest man, Brian Siders, edged Savickas by one-fifth of a second with a time of 9.32 seconds.

Apollon's Wheels

This is our signature event, and in every year the winner of the event has also been the winner of the overall contest—a fact which supports the legitimacy of this challenging, total-body test. This year, however, the overall winner—Zydrunas Savickas, of course—came in “only second” with the 366-pound Wheels, getting them to his shoulders seven times and over his head seven times whereas the winner, Siders, got them to his shoulders eight times even though he failed to put them overhead on the last rep. To watch these two physiological marvels is like it must have been 110 years ago when fans could watch Louis Cyr (the model for our trophy) and Apollon (the man responsible for the original set of wheels that bear his name). Both Savickas and Siders use either no leg drive or very little leg drive to shove the Wheels overhead, and to see them manhandle this awkward, 366-pound, thick-handled, non-revolving implement so effortlessly is one of the wonders of the strength world.

Of the nine men who finished the contest, the man who fared the worst got the Wheels to his shoulders twice and to arms' length once. The rest of the men made at least two full reps, with Magnusson doing four, Murumets doing five, and Koklyaev doing six (with each rep taken clean to the shoulders in only one movement!). For the first time ever, we placed this event at the end of the strength-sapping contest, which made the performances all the more impressive to the elite audience on hand at Veteran's Memorial Auditorium. Of special interest to the crowd was the introduction to big-time Strongman competition of Connecticut police officer Derek Poundstone, who appears ready to challenge the best men in the world, including even Savickas, the indomitable dreadnought. At 6'1" and 315 pounds, Poundstone was relatively small among these gathered Goliaths, but he is very thickly made and explosive and he was so far ahead of the third-place man going into the Wheels event that he was essentially out of reach. What made his performance all the more remarkable was that a week before the show he had suffered a muscle tear in one pectoral muscle so severe that part of his pec and his upper arm were badly discolored.



The American Derek Poundstone, a newcomer to the Arnold Strongman Classic, put this 525-pound world record stone over a 48" bar and finished second overall.

By all accounts, the 2008 Arnold Strongman Classic was the best contest to date. Afterward, the scorekeepers told me that 16 new records had either been matched or exceeded—itself a new record. What's more, thanks primarily to MHP, the Classic's lead sponsor, we distributed a larger prize package than ever before. Not only that, but Jim Lorimer, the tireless promoter who runs the Arnold Sports Festival, reported that an all-time high of approximately 170,000 people attended the three-day, 20-ring circus. What's next? All the top men at the 2008 contest told me they intended to return next year, so if you like the Strong Side of Life, the Arnold Sports Festival in Columbus, Ohio will be the place for you in early March of 2009.



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

—Jan Todd



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

Dear *IGH*:

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

Iron Game History Downloads per Year, 2002 – 2007.

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

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

Wayne Wilson
Vice President for Research
LA84 Foundation



Dear *IGH*:

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

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

Jerry S. Byrd
Washington, DC



Dear IGH:

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

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

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

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

Dale Harder
Castro Valley, CA

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

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

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

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