

THE STARK CENTER

Robert (Bob) Goldman Collection
**The H.J. Lutcher Stark Center for Physical
Culture & Sports**
The University of Texas at Austin

Finding Aid

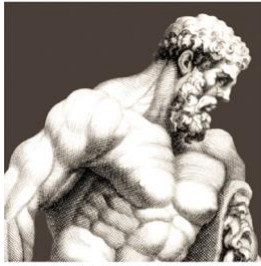
Robert (Bob) Goldman Collection: 29 Binders, 5 Boxes: 122 Folders, undated, 1937-2011

Abstract

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

Access

Access to the Robert (Bob) Goldman Collection is restricted to visitors of the H.J. Lutcher Stark Center for Physical Culture and Sports. The Stark Center welcomes access inquires and encourages research appointments. For more information, phone (512) 471-4890, email info@starkcenter.org, or visit www.starkcenter.org.



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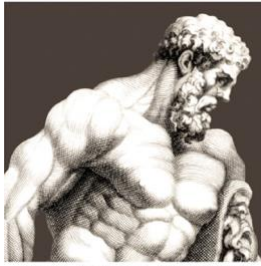
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person) for which the H.J. Lutcher Stark Center and the University of Texas at Austin assumes no responsibility.

Separated Material

7 framed artifacts were separated from the collection and cataloged separately. You can learn more about the framed artifacts by contacting the Stark Center by email at info@starkcenter.org or call (512) 471-4890.

Preferred Citation

Robert (Bob) Goldman Collection, H.J. Lutcher Stark Center for Physical Culture & Sports, The University of Texas at Austin.

Subject Index

Associations

National Strength and Conditioning Association (N.S.C.A.), page 15

Books

The Male Hormone, by Paul de Kruif, pages 11; 14

Death in the Locker Room, by Drs. Robert

Goldman and Ronald Klatz, pages 9; 11-13; 21

Death in the Locker Room II, by Drs. Robert Goldman and Ronald Klatz, pages 9; 11; 13

The E-Factor, by Drs. Robert Goldman and Ronald Klatz, pages 9; 11; 13

Company Topics

Elite Sportsmedicine Pub., Inc., page 13

Nautilus, page 15

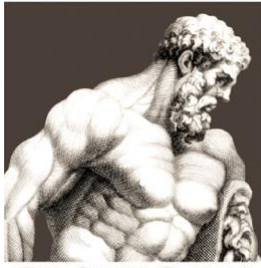
Receipts-Permission, page 16

Terrano Corp., page 18

Countries

Afghanistan, page 19

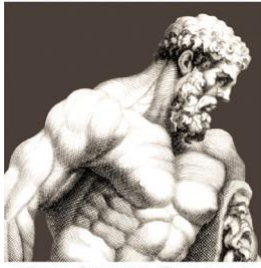
Andorra, page 19



THE STARK CENTER

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The University of Texas at Austin

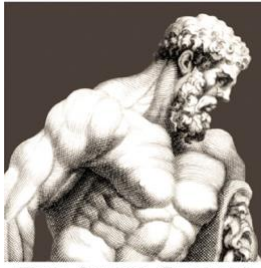
Argentina, page 20	Dominican Republic, page 20	Kazakhstan, page 19
Armenia, page 19	Ecuador, page 20	Kenya, page 20
Australia, page 19	Egypt, page 20	Kuwait, page 19
Austria, page 19	Estonia, page 19	Laos, page 19
Bangladesh, page 20	Finland, page 19	Lebanon, page 19
Belgium, page 19	France, pages 20-21	Luxembourg, page 19
Bhutan, page 20	Georgia, page 20	Macao, page 19
Bosnia and Herzegovina, page 19	Germany, pages 8-9; 20	Malaysia, page 20
Brazil, page 20	Ghana, page 20	The Maldives, page 20
Cambodia, page 19	Guatemala, page 20	Mexico, pages 20; 22
Canada, page 19	Honduras, page 20	Mongolia, page 19
Chile, page 20	Iceland, page 21	Myanmar (Burma), page 20
China, page 19	India, page 20	Nepal, page 20
Colombia, page 19	Indonesia, page 20	The Netherlands, page 20
Congo, page 20	Israel, page 19	New Zealand, page 19
Costa Rica, page 20	Italy, page 19	Nigeria, page 20
Czech Republic, page 20	Japan, page 20	North Korea, page 20
Denmark, page 19	Jordan, page 19	



THE STARK CENTER

Robert (Bob) Goldman Collection
**The H.J. Lutcher Stark Center for Physical
Culture & Sports**
The University of Texas at Austin

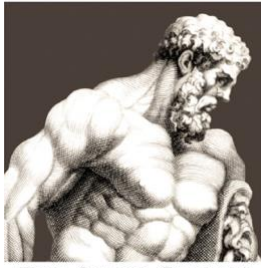
Norway, page 19	Tunisia, page 20	Drug Coverage in Magazines, page 13
Pakistan, page 19	Turkey, page 19	Performance Enhancing Drugs, pages 1; 9; 11; 15
Panama, page 20	Ukraine, page 20	Self-Screening (Drug) Test, Dr. Anthony V. Maddalo, page 16
Peru, page 20	United Kingdom, page 21	Robert Goldman Materials
The Philippines, page 20	United States, pages 8; 10-11; 21	Antiques, pages 1; 10-11; 14
Poland, page 20	Uzbekistan, page 19	Book Review Acknowledgments, page 12
Romania, page 19	Venezuela, pages 9; 20	Certificates, page 14
Russia, pages 7-8; 16; 20	Vietnam, page 21	Clippings, page 14
Saudi Arabia, page 19	Zimbabwe, page 20	Photographs, page 14
Singapore, page 20	Court Cases	Health Topics
South Africa, page 20	<i>William Lumas vs Robert Kerr M.D.</i> , page 13	Achilles Tendon, page 11
South Korea, page 20	Drug Topics	Acupuncture, page 11
Spain, page 20	Amphetamines (Speed), page 12	
Sri Lanka, page 20	Cocaine, page 12	
Sweden, page 20	Detection and Drug Testing, page 13	
Switzerland, page 20		
Taiwan, page 20		
Thailand, page 21		



THE STARK CENTER

Robert (Bob) Goldman Collection
**The H.J. Lutcher Stark Center for Physical
Culture & Sports**
The University of Texas at Austin

Ankle Injuries, page 12	Hamstrings, page 14	Posture, page 16
Anthropometric Measures, page 12	Home Fitness Equipment Article, page 14	Power-Exercise, page 16
Arthroscopy-Knee, page 12	Human Body: Gigantism, page 14	Psoas, page 16
Asthma-Exercise Induced, page 12	Isometrics, page 14	Quadriceps, page 16
Biomechanics, pages 8; 12	Kidney-Side Effects, page 14	Research Materials, page 16
Cancer (Tumor Development), page 12	Knee Rehab, page 14	Running-Cardiac Rehab, page 16
Catabolism, page 12	Muscle Biopsy, page 14	Running Injuries, page 16
Chemical Structure- Steroid Biochemistry, pages 1; 8; 12	Muscle Energy- Technique Osteopathic Manipulative (O.M.), page 14	Sacroiliac, page 16
Circuit Training, page 12	Muscle-General, page 14	Scoliosis, page 16
Computers (and Sports Medicine), page 12	Osteopathic Sports Medicine-General, page 15	Slipped Disc, page 17
Drowning, page 13	Physiatry, page 15	Thermography- Osteopathic Manipulative (O.M.) Techniques, page 19
General-Editorials, page 13	Physical Medicine, page 15	Thrust-Osteo. Manip. (O.M.) Direct Action Techniques, page 19
		Wilms Tumor, page 19



THE STARK CENTER

Robert (Bob) Goldman Collection
**The H.J. Lutcher Stark Center for Physical
Culture & Sports**
The University of Texas at Austin

Locations

Hong Kong, page 20

Puerto Rico, pages 20-21

Organizations

American Academy of
Anti-Aging Medicine
(A4M), page 9

American College of
Sports Medicine
(A.C.S.M.), pages 11; 17

International Federation
of Bodybuilders
(I.F.B.B.), pages 1; 8-9;
21-22

National Academy of
Sports Medicine
(N.A.S.M.), pages 9; 15

Publications

Sports Medicine Bulletin-
American College of
Sports Medicine
(A.C.S.M.), page 17

Sports Topics

Basketball, page 12

Bodybuilding, pages 8-9;
11-12; 19; 21-22

Football, page 13

Nutrition-Sports, page
15

Peripheral Nerve
Injuries in Sports, page
15

Powerlifting, page 16

Psychology-Sports, page
16

Rehab-Sports, page 16

Russians, Sports-
Violence in Sports, page
16

Sports Companies and
Organizations, page 17

Sports Nomenclature,
page 17

Sports Photographs,
page 13

Women's Bodybuilding,
page 19

Steroid Topics

Sperm-Steroid Side
Effects, page 17

Sports and Steroids,
page 17

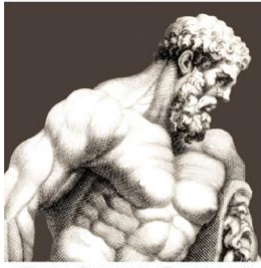
Steroid and Fitness
Press and Publications,
page 17

Steroid Articles and
Correspondence, pages
15; 17

Steroid Literature
Review, pages 17-18

Steroid Materials, page
18

Steroid Presentations,
page 18



THE STARK CENTER

Robert (Bob) Goldman Collection
**The H.J. Lutcher Stark Center for Physical
Culture & Sports**
The University of Texas at Austin

Steroids: Liver Side
Effects, page 18

Steroids: Psychotic Side
Effects, page 18

Dr. John Ziegler (Father
of Anabolic Steroids),
page 19

Steroids: Mechanism of
Action, page 18

Steroids: Side Effects-
General, page 18

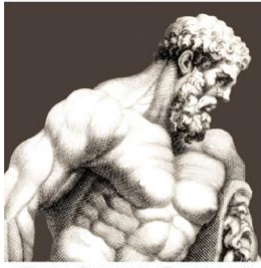
Steroids: Performance
Results, page 18

Steroids: Side Effects in
Women, page 18

Biographical Note

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

In the late 1970s, after completing his pre-med graduate degree at Brooklyn College, Goldman began three years of postgraduate lessons in muscle mechanics and steroid biochemistry. He later moved to Chicago, Illinois, and continued his education

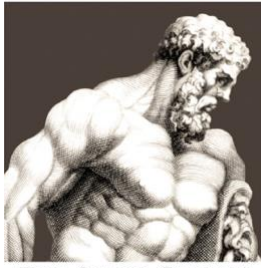


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**The H.J. Lutcher Stark Center for Physical
Culture & Sports**
The University of Texas at Austin

at the Chicago College of Osteopathic Medicine. Goldman studied and developed into a Doctor of Osteopathy (meaning he performed an additional two thousand hours of biomechanics and manipulative medicine) focusing on Sports Medicine. Furthermore, Dr. Goldman became an expert regarding sports doping, that is, the use of drugs by athletes in an attempt to improve their sporting performances. By 1983, Dr. Goldman was the Medical Research Editor for *Muscle Illustrated* magazine, a bodybuilding publication. He later brought and continues to offer his proficiency in the matter of drug concerns to the International Federation of Bodybuilders (I.F.B.B.) as the head of their Medical Commission and of all anti-doping I.F.B.B. efforts in over 180 countries. Dr. Goldman, with the aid of Dr. Ronald Klatz, wrote the 1984 book Death in The Locker Room: Steroids and Sports; in an effort to explore the dangers that the medications posed to athletes. He and Dr. Klatz followed that tome up with The E-Factor: The Secrets of New Tech Training and Fitness for the Winning Edge (1988) and Death in the Locker Room II: Drugs and Sports (1992). Moreover, Dr. Goldman became the Chairman of the Sports Medicine Committee for the Amateur Athletic Union (A.A.U.), enrolled as a member of the National Academy of Sports Medicine (N.A.S.M.), and founded the High Technology Fitness Research Institute in Chicago. Dr. Goldman is presently the Chairman of the American Academy of Anti-Aging Medicine (A4M).

Dr. Goldman worked with Dr. Manfred Donike of West Germany, another drug specialist who created one of the first tests for anabolic-androgenic steroids. Dr. Donike's portable assessment for the substances became famous at the 1983 *Pan American Games* in Caracas, Venezuela. Several American athletes left on the eve of testing, raising speculation that they might have taken steroids, though that was never conclusively proven. Anabolic-androgenic steroids are derivatives of the male hormone testosterone that have been altered to aid more in the building of proteins and muscle without likewise unduly increasing male sexual characteristics (as pure testosterone would). Steroids can produce benefits like shorter recovery times after both training



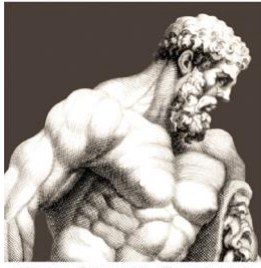
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**The H.J. Lutcher Stark Center for Physical
Culture & Sports**
The University of Texas at Austin

and injuries, making them quite attractive to the world class competitors at events like the *Olympic* and *Pan American Games*. The medicines have developed into a major problem in many sports, most expressly in bodybuilding, due to the fact that one of the major foci of the discipline is the extent of muscularity possessed by its participants.

Just as for Charles Yesalis, the doping expert from Pennsylvania State University, another passion for Dr. Bob Goldman turned out to be keeping steroids and other performance enhancing drugs out of the hands of children and adolescents. Dr. Goldman and others ascertained that kids, and principally boys, were beginning to use steroids and supplementary drug combinations as early as Middle School (6th through 8th grades in the United States, generally ages 11 through 14). Steroids can be especially hazardous to kids and young men and women both while going through and just after puberty. This is because these substances are able to alter the equilibrium of the male hormone testosterone and the female hormone estrogen. Such hormonal imbalances are capable of leading to all manner of health problems. Moreover, it is believed that abusing steroids can, in some cases, cause a dangerous increase in ferocity and anger known as “roid rage”. This effect can turn normally mild mannered men and women into out of control menacing people prone to viciousness; and into individuals whom cannot control their tempers, sometimes resulting in horrific consequences.

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



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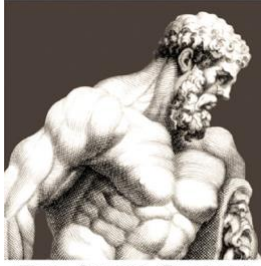
to better athletic and muscular outcomes. Therefore, a significant percentage of people end up taking appalling risks in the pursuit of dubious results.

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

Scope and Content

29 Binders, 5 Boxes, undated, 1937-2011

The Robert (Bob) Goldman Collection comprise twenty-nine binders and five boxes containing 122 folders, with a further seven pieces of framed material. Twenty-seven of the binders relate to the drug and medical equipment policies of countries around the world and two additional binders discuss the international competitiveness of the United States pharmaceutical industry and the pricing of prescription drugs globally. The folders deal with four books: Death in the Locker Room: Steroids and Sports, Death in the Locker Room II: Drugs and Sports, and The E-Factor: The Secrets of New Tech Training and Fitness for the Winning Edge (all by Drs. Robert Goldman and Ronald Klatz) and The Male Hormone by Paul de Kruif. They moreover cover steroids, other performance enhancing drugs, sports, sports medicine and one folder comprehends information about antiques. The 7 framed materials that include 1 book jacket and 6 bodybuilding event posters autographed by various competitors at those occasions have been cataloged separately.



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The University of Texas at Austin

Collection Arrangement

29 Binders, 5 Boxes, undated, 1937-2011

Box 1, 41 Folders: Achilles Tendon-Bob Goldman: Manuscripts, no date, 1939-1997 (41 files)

Box 1, Folder 1: Achilles Tendon, 1976-1982 (1 file)

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

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

Box 1, Folder 4: Amphetamines (Speed), no date, 1978-1986 (1 file)

Box 1, Folder 5: Ankle Injuries, 1980-1981 (1 file)

Box 1, Folder 6: Anthropometric Measures, 1969 (1 file)

Box 1, Folder 7: Arthroscopy-Knee, 1982 (1 file)

Box 1, Folder 8: Asthma-Exercise Induced, 1979-1983 (1 file)

Box 1, Folder 9: Basketball, 1978 (1 file)

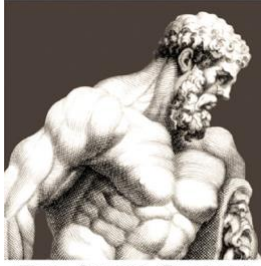
Box 1, Folder 10: Biomechanics, 1975-1978 (1 file)

Box 1, Folder 11: Bodybuilding, no date, 1978-1983 (1 file)

Box 1, Folder 12: Book Review Acknowledgments, no date, 1984 (1 file)

Box 1, Folder 13: California Anti-Steroid Bill, 1985-1986 (1 file)

Box 1, Folder 14: Cancer (Tumor Development), 1973-1981 (1 file)



THE STARK CENTER

Robert (Bob) Goldman Collection
**The H.J. Lutcher Stark Center for Physical
Culture & Sports**
The University of Texas at Austin

Box 1, Folder 15: Catabolism, no date, 1954-1982 (1 file)

Box 1, Folder 16: Chemical Structure-Steroid Biochemistry, no date (1 file)

Box 1, Folder 17: Circuit Training, 1979-1984 (1 file)

Box 1, Folder 18: Cocaine, no date, 1986 (1 file)

Box 1, Folder 19: Computers (and Sports Medicine), 1984 (1 file)

Box 1, Folder 20: Death in the Locker Room: Images, no date, 1982-1984 (1 file)

Box 1, Folder 21: Death in the Locker Room: Lower Back Pain: Lumbo-Sacral, no date, 1939-1983 (1 file)

Box 1, Folder 22: Death in the Locker Room: Permission Letters, 1979-1984 (1 file)

Box 1, Folder 23: Death in the Locker Room: Printing Proof, 1991 (1 file)

Box 1, Folder 24: Death in the Locker Room: Sports Photographs, no date, 1983-1984 (1 file)

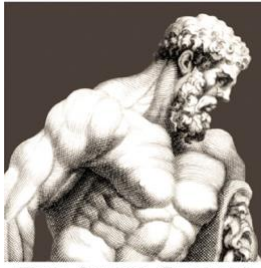
Box 1, Folder 25: Death in the Locker Room/Death in the Locker Room II: Anabolic Steroids: no date, 1984-1989 (1 file)

Box 1, Folder 26: Death in the Locker Room/Death in the Locker Room II: Correspondence, no date, 1979-1991 (1 file)

Box 1, Folder 27: Death in the Locker Room/Death in the Locker Room II: Isokinetics, no date, 1967-1987 (1 file)

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

Box 1, Folder 29: Drowning, 1982 (1 file)



THE STARK CENTER

Robert (Bob) Goldman Collection
**The H.J. Lucher Stark Center for Physical
Culture & Sports**
The University of Texas at Austin

Box 1, Folder 30: Drug Coverage in Magazines, 1983 (1 file)

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

Box 1, Folder 32: Elite Sportsmedicine Publications, Inc., 1984-1985 (1 file)

Box 1, Folder 33: Elite Sportsmedicine Publications, Inc.: Resumes, no date, 1985 (1 file)

Box 1, Folder 34: Famous Steroid Case: *William Lumas vs Robert Kerr M.D.*: Court Records, no date, 1979-1988 (1 file)

Box 1, Folder 35: Football, 1976-1979 (1 file)

Box 1, Folder 36: General-Editorials, 1972-1983 (1 file)

Box 1, Folder 37: Bob Goldman: Antiques, no date, 1985-1997 (1 file)

Box 1, Folder 38: Bob Goldman: Certificates, no date, 1982-1988 (1 file)

Box 1, Folder 39: Bob Goldman: Clippings, no date, 1978-1984 (1 file)

Box 1, Folder 40: Bob Goldman: Correspondence, 1984-1993 (1 file)

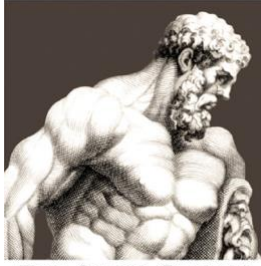
Box 1, Folder 41: Bob Goldman: Manuscripts, no date, 1984 (1 file)

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

Box 2, Folder 1: Bob Goldman: Photographs, no date (1 file)

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

Box 2, Folder 3: Home Fitness Equipment Article, no date, 1984-1988 (1 file)



THE STARK CENTER

Robert (Bob) Goldman Collection
**The H.J. Lutcher Stark Center for Physical
Culture & Sports**
The University of Texas at Austin

Box 2, Folder 4: Human Body: Gigantism, no date, 1968-1984 (1 file)

Box 2, Folder 5: Isometrics, 1974-1981 (1 file)

Box 2, Folder 6: Kidney-Side Effects, 1975-1984 (1 file)

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

Box 2, Folder 8: The Male Hormone, by Paul de Kruif, 1945 (1 file)

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

Box 2, Folder 10: Muscle Energy-Technique Osteopathic Manipulative (O.M.),
1981 (1 file)

Box 2, Folder 11: Muscle-General, no date, 1967-1983 (1 file)

Box 2, Folder 12: National Academy of Sports Medicine (N.A.S.M.), no date,
1990-1993 (1 file)

Box 2, Folder 13: National Strength and Conditioning Association (N.S.C.A.),
1982-1985 (1 file)

Box 2, Folder 14: Nautilus, no date, 1984 (1 file)

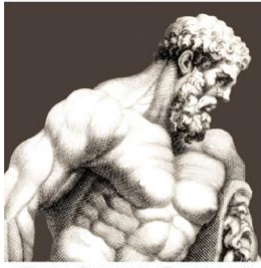
Box 2, Folder 15: Nutrition-Sports, no date, 1971-1983 (1 file)

Box 2, Folder 16: Original Correspondence: Part 1, no date, 1979-1996 (1 file)

Box 2, Folder 17: Original Correspondence: Part 2, no date, 1984-1996 (1 file)

Box 2, Folder 18: Original Fitness Correspondence, no date, 1984-1988 (1 file)

Box 2, Folder 19: Original Steroid Articles: Correspondence, no date, 1984-1994 (1
file)



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Culture & Sports**
The University of Texas at Austin

Box 2, Folder 20: Original Steroid Articles: Part 1, no date, 1973-1989 (1 file)

Box 2, Folder 21: Original Steroid Articles: Part 2, no date, 1983-1993 (1 file)

Box 2, Folder 22: Osteopathic Sports Medicine-General, no date, 1976-1982 (1 file)

Box 2, Folder 23: Performance Enhancing Drug Articles, no date, 1971-1990 (1 file)

Box 2, Folder 24: Peripheral Nerve Injuries in Sports, 1982 (1 file)

Box 3, 29 Folders: Physiatry-Steroid Files with Original Newspaper Articles and Correspondence, no date, 1937-2011 (29 files)

Box 3, Folder 1: Physiatry, 1983 (1 file)

Box 3, Folder 2: Physical Medicine, no date, 1977-1985 (1 file)

Box 3, Folder 3: Posture, 1962-1982 (1 file)

Box 3, Folder 4: Power-Exercise, 1975-1979 (1 file)

Box 3, Folder 5: Powerlifting, 1983 (1 file)

Box 3, Folder 6: Psoas, 1973 (1 file)

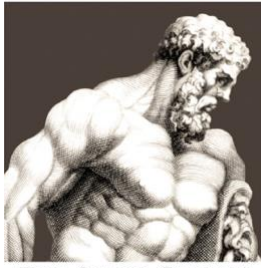
Box 3, Folder 7: Psychology-Sports, 1982 (1 file)

Box 3, Folder 8: Quadriceps, 1980 (1 file)

Box 3, Folder 9: Receipts-Permission, no date, 1984-1993 (1 file)

Box 3, Folder 10: Rehab-Sports, no date, 1979-1980 (1 file)

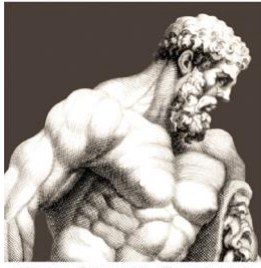
Box 3, Folder 11: Research Materials: Part 1, no date, 1979-1986 (1 file)



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- Box 3, Folder 12: Research Materials: Part 2, no date, 1982-1987 (1 file)
- Box 3, Folder 13: Research Materials: Part 3, no date, 1984-1986 (1 file)
- Box 3, Folder 14: Research Materials: Part 4, no date, 1986-1990 (1 file)
- Box 3, Folder 15: Running-Cardiac Rehab, 1979-1983 (1 file)
- Box 3, Folder 16: Running Injuries, 1970-1983 (1 file)
- Box 3, Folder 17: Russians, Sports-Violence in Sports, no date, 1977-1981 (1 file)
- Box 3, Folder 18: Sacroiliac, 1979-1982 (1 file)
- Box 3, Folder 19: Scoliosis, 1981 (1 file)
- Box 3, Folder 20: Self-Screening (Drug) Test, Dr. Anthony V. Maddalo, 1979-1983 (1 file)
- Box 3, Folder 21: Slipped Disc, 1979-1984 (1 file)
- Box 3, Folder 22: Sperm-Steroid Side Effects, 1937-1982 (1 file)
- Box 3, Folder 23: Sports and Steroids, no date, 1988-1993 (1 file)
- Box 3, Folder 24: Sports Companies and Organizations, no date, 1986-1987 (1 file)
- Box 3, Folder 25: *Sports Medicine Bulletin*-American College of Sports Medicine (A.C.S.M.), 1982-1983 (1 file)
- Box 3, Folder 26: Sports Nomenclature, no date, 1979-1983 (1 file)
- Box 3, Folder 27: Steroid and Fitness Press and Publications, no date, 1984-2011 (1 file)



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Box 3, Folder 28: Steroid Articles and Correspondence, no date, 1982-1991 (1 file)

Box 3, Folder 29: Steroid Files with Original Newspaper Articles and
Correspondence, no date, 1984-1993 (1 file)

Box 4, 15 Folders: Steroid Literature Review: Part 1-Steroids: Liver Side Effects: Part 5,
no date, 1947-1993 (15 files)

Box 4, Folder 1: Steroid Literature Review: Part 1, no date, 1969-1985 (1 file)

Box 4, Folder 2: Steroid Literature Review: Part 2, no date, 1970-1976 (1 file)

Box 4, Folder 3: Steroid Literature Review: Part 3, no date, 1970-1985 (1 file)

Box 4, Folder 4: Steroid Literature Review: Part 4, no date, 1972-1984 (1 file)

Box 4, Folder 5: Steroid Literature Review: Part 5, no date, 1978-1990 (1 file)

Box 4, Folder 6: Steroid Literature Review: Part 6, 1966-1984 (1 file)

Box 4, Folder 7: Steroid Literature Review: Part 7, 1971-1985 (1 file)

Box 4, Folder 8: Steroid Literature Review: Part 8, 1972-1983 (1 file)

Box 4, Folder 9: Steroid Materials, no date, 1985-1993 (1 file)

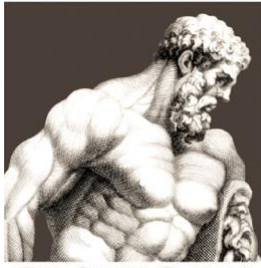
Box 4, Folder 10: Steroid Presentations, no date, 1992-1993 (1 file)

Box 4, Folder 11: Steroids: Liver Side Effects: Part 1, no date, 1950-1985 (1 file)

Box 4, Folder 12: Steroids: Liver Side Effects: Part 2, no date, 1958-1985 (1 file)

Box 4, Folder 13: Steroids: Liver Side Effects: Part 3, 1947-1984 (1 file)

Box 4, Folder 14: Steroids: Liver Side Effects: Part 4, 1971-1985 (1 file)



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Box 4, Folder 15: Steroids: Liver Side Effects: Part 5, 1972 (1 file)

Box 5, 13 Folders: Steroids: Mechanism of Action-Dr. John Ziegler (Father of Anabolic Steroids): Part 2, no date, 1942-1992 (13 files)

Box 5, Folder 1: Steroids: Mechanism of Action, no date, 1983 (1 file)

Box 5, Folder 2: Steroids: Performance Results, no date, 1942-1983 (1 file)

Box 5, Folder 3: Steroids: Psychotic Side Effects: Part 1, no date, 1952-1986 (1 file)

Box 5, Folder 4: Steroids: Psychotic Side Effects: Part 2, no date, 1970-1988 (1 file)

Box 5, Folder 5: Steroids: Side Effects-General, no date, 1975-1992 (1 file)

Box 5, Folder 6: Steroids: Side Effects in Women, 1976-1983 (1 file)

Box 5, Folder 7: Terrano Corporation, 1985 (1 file)

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

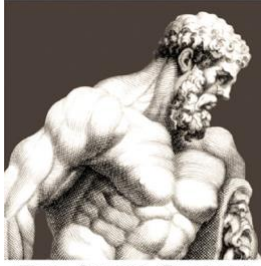
Box 5, Folder 9: Thrust-Osteopathic Manipulative (O.M.) Direct Action Techniques, 1981 (1 file)

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

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

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

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



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

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

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

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

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

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

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

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

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

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

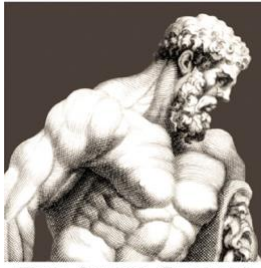
Country Binder 10: India, 2001 (1 item)

Country Binder 11: Indonesia, 2001 (1 item)

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

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

Country Binder 14: Malaysia, 2001 (1 item)



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

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

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

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

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

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

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

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

Country Binder 23: Thailand, 2001 (1 item)

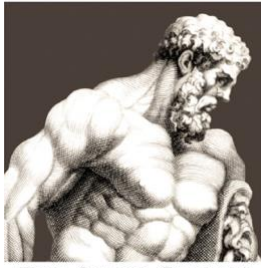
Country Binder 24: United Kingdom, Iceland, no date, 2001 (1 item)

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

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

Country Binder 27: Vietnam, 2001 (1 item)

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



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

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