

(More Les)

Maybe we should "drug aided" & "not drug aided" records. Ben Johnson's race was exciting and his muscularity was complete, but he & his record is of course banished - gone with the wind!

I am fudging your question, - "To the best of your knowledge and rememberance when did the P.C. scene peak? -----or has that happened? With the widespread used of weightlifting gyms by the public and the emphasis on exercise for longevity (Incidentally I am writing a book on "Lust for Longevity" - about half finished - that requires me to be elderly, of course. By the time I finish it I will probably have reached the advanced elderly frail category, so can then qualify)- here is the rest of the sentence - I believe that even commercial gyms for the elderly will appear.

So in conclusion I do not feel the exercise (resistance type) gymnasiums even though exploding on our West Coast, have not as yet been universally accepted as a must do activity, so this expansion is very much pre-peaked.

Physique contests (without steroids) will still be great but the physiques themselves will not be as great. Peak is now and then downhill! Weightlifting went from 3 lifts to 2 lifts in international competition - teams were withdrawn again for drug presence testing avoiding in our present Olympics - the event gets little publicity outside the Olympics - weightlifting definitely is on the downhill side - also, so much concentrated training required - weight spotting, etc.

Thanks, Joe, for requesting a few thoughts - nobody pays any attention to me when Pudge is concerned!! Taint true! Pudge is always the little lady - especially when her long-winded husband is espousing something controversial to someone with an adversarial opinion. She just quietly pats me on the shoulder and leaves the room!

If you have the chance, will you tell Al Thomas, that a hard-nosed, old retired Air Force Colonel, who has cried little in his life, was completely dewy eyed while reading Al's unqualified approval of someone who is so deserving of our love & respect. Thank you for sharing.

Pudgy speaking:

I had better bring this to a close - didn't expect Les would write so much - he rather overwhelmed me. Isn't he something?

Thanks again for all your interest. Until later,

Our best wishes.

*Pudgy and Les.*