



Dear *IGH*,

I have attended nine annual Olde Time Barbell and Strongmen reunions. Seven of these were exciting, interesting and fast moving because of the master of ceremonies with the incredible memory. That was Leo Murdock. He remembered everyone's name and knew the important details about each person's contributions to the Iron Game. I got to know Leo Murdock over the years of our reunions and I liked him for his sensitivity and his genuine caring about other people. If I wanted to be treated to priceless tales about the great and not so great in the Iron Game I telephoned Leo Murdock. If it ever happened in the world of weights Leo Murdock knew about it and could relate biographies, records and everything worth knowing in a way that was captivating. Leo telephoned me frequently to discuss topics as varied as music, drama, sports, radio, politics, travel and everything. He knew for instance about Latin music's great Tito Puente and knew that I played the piano with Puente. Leo was not a one dimensional person. He was multifaceted. I spoke with Leo shortly after I returned from London in March of this year. He wanted to know all about the goings on at the first annual Oscar Heidenstam Memorial Dinner. It was not a secret that Leo had been seriously ill for at least a couple of years. His voice sounded stronger during that last phone conversation than it had for about eighteen months. I urged him, as I frequently had in past conversations, to sit down with a tape recorder on and record his Iron Game recollections since they were really golden gems which have no price. On June 22, 1992 I received a telephone call which informed me that the voice of the Olde Timer's reunions was silenced forever. I will miss him.

Ken "Leo" Rosa, D.C.
Bronx, New York

Dear *IGH*,

One of my clients just won his past due Oscar. Anthony Hopkins is a great person and great in his profession. He loves to work out. I'm enclosing an ad for a senior citizen's tape I just completed, actually three videos. I designed all the simple, flexibility exercises plus the basketball routine (remember the old medicine ball workout, I modified it for seniors). The video will be out in June. It's interesting how our profession has caught on. I remember when people laughed at me. Times change. Be well.

Terry Robinson
Los Angeles, California

See Al Thomas' feature on Terry Robinson on page 7 of this issue of *IGH*. Those wishing information on his videos, entitled, *Senior Stretch*, may contact Terry at 11500 Olympic Boulevard, Suite 418, Los Angeles, CA, 90064. 213-473-7444.

Dear *IGH*,

Your April issue, especially Jan's piece on weight training for female athletes reminded me just how far strength training has

come during this century. I smiled as you followed Bob Hoffman's marital and extra-marital arrangements via the pages of *Strength & Health*, but I delighted even more at Bob's dogged determination to prove the value of weight training for men and women. It becomes more and more clear every day that strength training deserves equal billing with aerobic exercise. The latest findings in the areas of health and longevity (*Biomarkers* by Evans and Rosenberg) prove that Hoffman and the others were more correct than they realized.

Needless to say, the comments of Norman Komich in "The Iron Grapevine" about my efforts in the field were most appreciated. I know that I don't deserve to be included in the same paragraph with Bob Hoffman and Ken Cooper, but it made my day anyway. My thanks to Norm and to you. Keep up the great work.

Clarence Bass
Albuquerque, New Mexico

Dear *IGH*,

IGH is great—very professional and ethical. My old friend Dave Willoughby would have approved of it wholeheartedly. How about a feature article on Alan Calvert? There is so much mystery surrounding him. Also, how about an article on Vic Boff? Keep up the good work—I'm spreading the word.

Roger LaManna
Arleta, California

Dear *IGH*,

I turned 80 April 25 which is what God said we could have by reason of strength. I am sending \$25.00 for two more years of *IGH*. I feel so good, maybe God will let me read *IGH* two more years. I, like all "Ironmen," miss Peary. He will never be replaced. We were pen pals many years. I used my body to learn how long a man could gain strength and endurance. He published the results in *Iron Man* many years.

Two days before I was 80 I did 18 chin-ups. I hoped to do 19 or 20 on my birthday but it was too cold outside to do them. I would love to know how many chins our old timers four score years are able to do.

Our old timers are so precious. How wonderful to have *IGH* to keep them fresh in our minds. Latest from Harry Good is that, at age 89, he is having some health problems. Bill Good is to be 82 in May and is still super strong. At age 80 he lifted the Warren L. Travis Bell (2150 pounds). Walter is somewhere near 85 or 86 and is also having some ailments.

Life is short at its longest.

Curd Edmunds
Glasgow, Kentucky

We'd also like to know about the strength and chinning feats of other senior Iron Gamers. If you know of any truly exceptional performances by senior athletes, please be sure to drop us a line at *Iron Game History*, Room 217, Gregory Gymnasium, The University of Texas, Austin, Texas 78712.

