

Nautilus Bulletin #2

12

The "Mr. Nautilus" Contest

Primarily because of the psychological traits mentioned in the previous chapter – and as a result of commercial bias – the field of body building has finally reached a point where it is almost impossible to obtain information on the subject of actual practices, as opposed to claimed practices. If the field was without value, then present trends could be permitted to continue with no loss – but in fact, the very real value of intelligently-practiced weight-training is such that it deserves rational consideration, and efforts, directed towards salvaging the situation.

It is my personal opinion that weight-training should be a part of the physical education of every student in the country, starting about the freshman year in high school and continuing throughout the remainder of the educational experience – and I also think that something on that order might have resulted already, if it were not for the fact that the entire field has fallen into generally bad repute. If the situation is to be saved – if it can be saved – then present trends must be reversed.

In efforts directed towards that purpose, we will sponsor the "Mr. Nautilus" physique contest – a physique contest with a difference, with many differences, important differences. Up to this point, the promoters of such contests have seldom – and never, recently – offered more than \$1,000.00 in the way of a cash prize to the overall winner; we will offer the first place winner a cash prize of \$25,000.00 – with a total of \$50,000.00 in cash prizes.

In the past, little or nothing in the way of significant publicity has been given to such contests –while the winners of the annual Miss America contests receive at least some national publicity, the winners of major physique contests generally remain unknown outside the narrow field of weight-training; so widespread publicity will be afforded this contest –among other things, a film will be made for television on the subject of physical training in general, with the contest being the highlight of the film.

The prizes and the publicity should attract both a wide field of entrants and widespread attention – but in this case, we are seeking far more than publicity; while the contest itself will be strictly a physique contest and will be judged accordingly, one of the requirements for entry will be that the entrants must present themselves a week in advance of the contest, and must submit to a wide variety of physical tests, any reasonable tests. We are primarily seeking facts – significant test results. According to present plans, Dr. Elliott Plese of Colorado State University will be in charge of the testing procedures – and the actual tests will be conducted by a group of physiologists from a number of universities and research foundations. The exact nature of the tests will not be made known in advance – but all results will be published within a reasonable time after the contest, and the information obtained will be made available to any interested parties.

Of possible concern to entrants; it should be clearly understood that the test results will not be made known to the judges in advance of the contest – and the judging will not be influenced by the results. But after the contest, all matters of general information will be published; accurate measurements, body weights, actual strength performances, etc. Of particular importance; a number of tests to determine drug usage – and the results of such usage – will be conducted, and the results of these tests will be published.

The Arthur Jones Collection

It should be clearly understood that there is absolutely no intention or desire to "hurt anybody" – on the contrary, it is our sincere desire to help everybody we can; but this can only be accomplished in the full light of the truth. At the moment, millions of young weight-trainees are attempting to build impossible degrees of muscular size, trying to duplicate impossible strength feats – and generally training in a fashion that literally prevents much in the way of worthwhile results; and who knows the actual extent of the damage being done by the use of drugs.

As additional plans for this contest are made, the details will be published in Iron Man Magazine and probably elsewhere; the date of the contest will be approximately November or December, 1972. The probable location will be Los Angeles, California.

While half of the total cash prizes of \$50,000.00 will go to the overall winner, the other half will be divided into smaller, but significant, cash awards for a number of "place winners" and the winners of several subdivisions, best arms best back, etc. Additionally, all entrants will be provided with housing during the week of testing immediately prior to the contest.

For the first time in the history of physical training, this contest will provide sincerely interested, qualified, and hopefully unbiased experts the opportunity to study a large group of outstanding muscular specimen in depth; but if bias does exist – as it always does to at least some degree – then it should be balanced out by the large number of people who will be involved in the testing.

One point that still affords some concern is the selection of judges, and we are anxious to receive all possible suggestions in this regard; it is of course of extreme importance to have a panel of judges that are qualified and unbiased.

Additionally, we are interested in communications from the physiology departments of institutions that might like to take part in the testing procedures; but the final selection of such participants will be at the discretion of Dr. Plese.