POWER SHOE

maximize your leverage o stabilize your body

The first powerlifting shoe designed specifically for medium stance to wide stance squatters with emphasis on a proper leverage base, stability, and shin/ankle position.

Extra Wide Ankle Band

Thick Padding Around Ankle and Throughout Body of Shoe

Extra High Top

All Full Grain Leather, Solidly Constructed and Angled to Prevent Rollover





Inside Sole is Flat and Same Height from Toe to Heel. This Shifts the Load to the Larger, More Powerful Muscles and Power Position for a Bigger Squat.

INZER POWER SHOE \$119.95

Available in solid white with scarlet red logo. Solid black available soon. Sizes 4 1/2 - 15 **All-Direction Traction Bottom**

INZER® ADVANCE DESIGNS

The World Leader In Powerlifting Apparel P.O. Box 2981 • Longview, Texas 75606 800-222-6897 • 903-236-4012

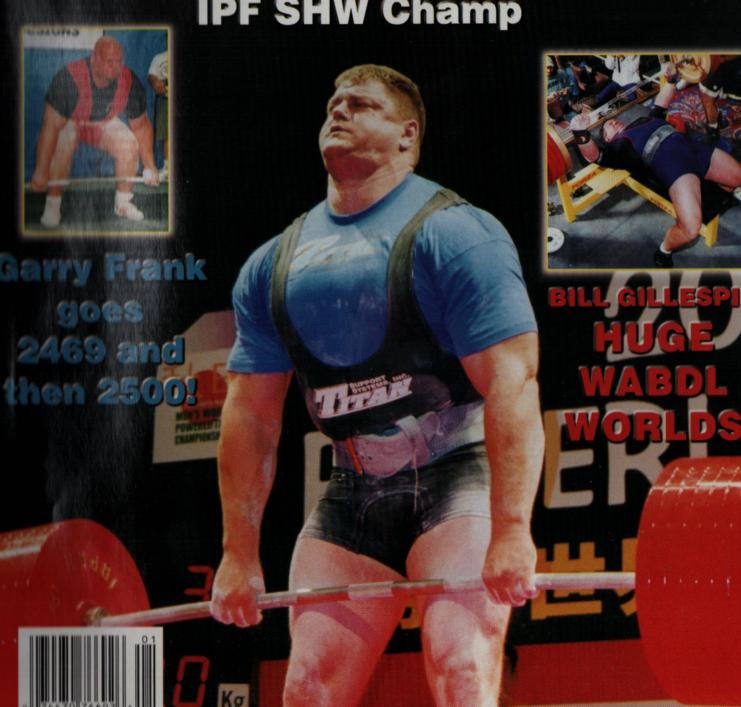
POWER BUSINESS.

VOL.24 NO.6

JAN/2001 \$3.50

\$4.50 in Canada









No Added Sugar. No Aspartame. No FTC Food Colors.

Your Body Is One Great Masterpiece Of Bio-Engineering.

Meet the Second.

The innovative, bio-engineered formula for Nitro Glycerol™ has broken new ground in power activation drink technology.

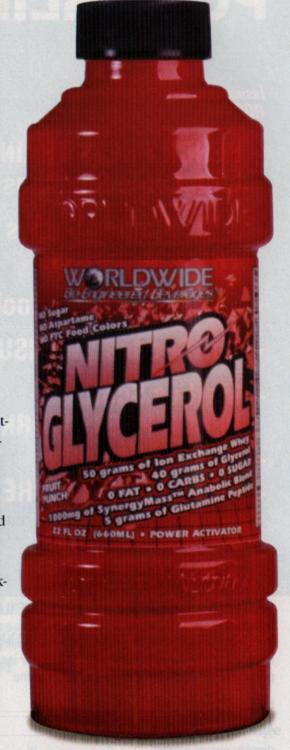
Our extreme power activator starts with an astounding 50g of select ion-exchange whey protein. Then we supersaturate it with 40 g of glycerol to help you hydrate your muscles and give you a serious pump. Next we fortify it with 5g of anti-catabolic glutamine peptide to help boost your muscle recovery. Then we add 1000 mg of our special anabolic blend SynergyMass[™] for some bulk-building power and 200 mg of Ma Huang for a little energy-cranking dynamite.

The result: nothing else even comes close.



So if you wouldn't settle for last year's workout, then don't settle for last year's formulas. Available in Fruit Punch, Grape and Orange Cream.

Nitro Glycerol™—Anything Else is Ancient History.™





Available at select GNC Live Well. gyms and bealthfood stores nationwide.

Anything Else is Ancient History.™

For more information call 1-800-854-5019. Be sure to visit us on-line at www.sportnutrition.com

POW!ERLIFTER VIDEO is No.1!

POW!ERLIFTER VIDEO

MAGAZINE

Issue 30 ROCKS!

- * BENCH PRESS TRAINING with Louie Simmons!!
- * J.M. Blakley Shows THE J.M. PRESS!
- * Jamie Harris on Hooks
- * Our Second SWIMSUIT ISSUE!!!
- + Markus Schick's **BENCH PRESS WORKOUT**
- + York Meet Action
- + MUCH, MUCH MORE!!!

CALL FOR BACK ISSUES! SUBSCRIBE TODAY!



CALL 1-800-227-2355

Yes, I Want to Lift Big! Sign me up for POW!ERLIFTER Video Magazine. Detach and mail this form with your check made payable to POW!ERLIFTER Video (Please allow 2-3 weeks for delivery.) You will be billed separately for

upcoming issues. These other issues will follow, approximately every 3 months, at \$19.95 per issue* plus S&H. And you are free to cancel anytime.

Name Address _____State _____Zip ___ Phone *Non U.S. residents add \$3.50 per issue

SPECIAL SUBSCRIP First payment	\$ 19.95 US
Shipping + handling	\$ 2.95
Sub-Total	\$ 22.90*
Sales tax (CA residents only)	
Total Enclosed	\$
☐ Visa ☐ MC ☐ Am Express ☐	Discover
Card No.	Exp. Date

Mail to: POW!ERLIFTER Video, P.O. Box 599, Beverly Hills, CA 90213

Powerlifting USA Post Office Box 467 Camarillo, CA 93011

Editor-In-Chief Mike Lambert Feature Editor Dr.Ken Leistner Controller In Joo Lambert Statistician Herb Glossbrenner Publisher Mike Lambert

...the most important people in the production of this publication are the many hundreds of lifters, fans, meet directors, advertisers, and administrators who have made enormous contributions to its success,....through their own love for the sport this is their magazine.'

POWERLIFTING USA (ISSN 0199-8536) is published monthly for \$31.95 by Powerlifting USA Magazine Co., 2486 Ponderosa Dr. North, Suite D-216, Camarillo, CA 93010. Periodicals postage paid at Camarillo, CA and additional mailing offices. POSTMASTER: Send address changes to POWERLIFTING USA, P.O. Box 467, Camarillo, California 93011.

PRINTED IN THE USA

SUBSCRIPTION RATES: (US funds) USA addresses, 1 yr.....\$31.95 USA addresses, 2 yr.....\$58.95 First Class Mail, USA, I yr\$54.00 Outside USA, surface mail .. \$42.00 US Outside USA, air mail ..\$84.00 US

Telephone Orders Subscription Problems 800-448-7693/805-482-2378 FAX 805-987-4275

POWERLIFTING USA advertising rates available upon your request.

MUSCLE MENU

- Volume 24, Number 6 - January 2001 -

IPF MEN'S WORLDSPaul Kelso6
WABDL WORLDSGus Rethwisch10
NEWS & PREVIEWSMike Lambert13
AWPCWORLDSHerb Glossbrenner14
POW!ER SCENENed Low17
DR. JUDDJudd Biasiotto Ph.D18
WORKOUT OF THE MONTHRoy Fokken20
ECCENTRIC & CONCENTRICLou Simmons22
ASK THE DOCTORMauro Di Pasquale M.D25
TAO OF COMPETITION, PT. IIJ.M. Blakley26
POWERLIFTING 101Doug Daniels32
BACK ISSUE LISTING34
MEN'S ALL TIME 148sHerb Glossbrenner37
FOR REVIEWMike Lambert38
COMING EVENTSMike Lambert49
UNCLASSIFIED ADS86
TOP 100 MIDHEAVIESMike Lambert87

ON THE COVER.... Brad Gillingham pulling his winning 837 at the IPF Worlds, (left) Garry Frank going for the 2500 lb. total, (right) Rose Bowl bound Washington Huskies Strength Coach Bill Gillespie benches 639 at the WABDL Worlds (Baertlein)

Copyright 2001Powerlifting USA

Reproduction of this magazine, in whole or part, is prohibited without written consent. Opinions expressed herein are those of the writer only, and may or may not be in agreement with PL USA

POWERLIFTING USA Magazine

ALL PURPOSE SUBSCRIPTION FORM

Address

City_

YES! SIGN ME UP! Check one:

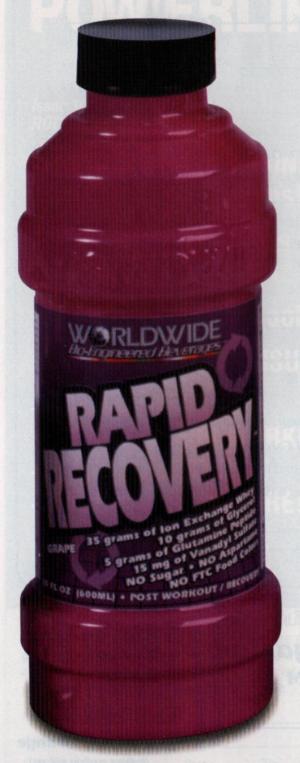
☐ NEW ☐ RENEWAL ☐ Address Change

(indicate previous address)

\$31.95 for 12 monthly issues. \$58.95 for 2 years (USA address rates) Payable to: Powerlifting USA, Box 467, Camarillo, CA 93011 (MC/VISA also accepted)



No Added Sugar. No Aspartame. No FTC Food Colors.



Your Muscles Are Going To Thank Us For This.

Our Competitors Are Another Story.

The innovative, bio-engineered formula for Rapid Recovery[™] has reached a new milestone in post workout drink technology.

You're looking at 35g of low molecular weight whey protein isolates with superior bio-availability to help repair and rebuild your muscles after serious training. Plus branch chain amino acids and 5g of anti-catabolic glutamine peptide to help increase protein synthesis and drive nutrients into your muscles. There's also 25 gylcemically balanced grams of carbohydrates with 10g of super-hydrating glycerol to support the refueling of muscle glycogen and 15 mg of vanadyl sulfate to give you the pump of your life!

There are three things it doesn't have: sugar, aspartame and FTC food coloring. But who needs those?

The truth is, no other drink even comes close. So if you wouldn't settle for last year's workout, then don't settle for last year's formulas.

Available in Fruit Punch, Grape and Orange Cream.

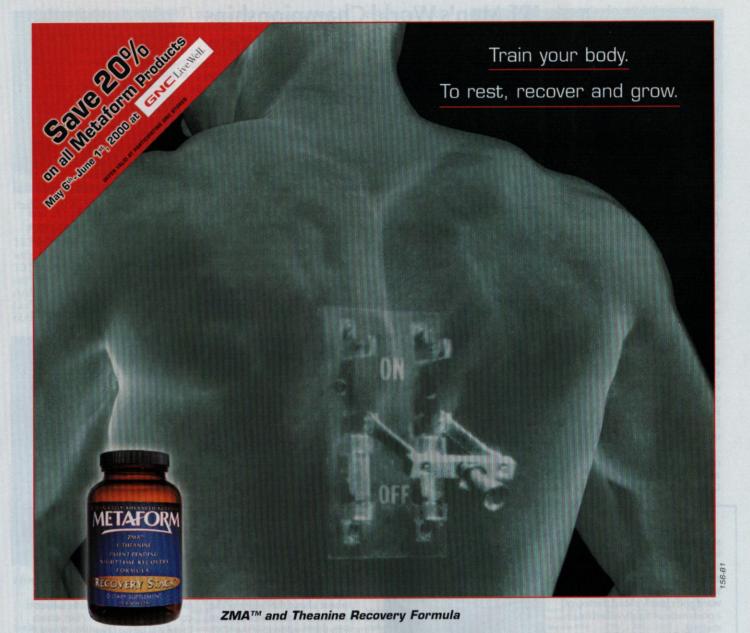
Rapid Recovery[™]-Anything Else is Ancient History.™



Available at select GNC Live Well. gyms and bealthfood stores nationwide.

Anything Else is Ancient History.™

For more information call 1-800-854-5019. Be sure to visit us on-line at www.sportnutrition.com



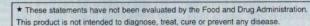
Getting jacked up on caffeine and adrenaline for a workout is great. But what if you work out at night? Recovery Stack™, a patent-pending formula of ZMA™ and theanine, is the new and advanced fitness formula designed for you-the athlete who wants the anabolic benefit of ZMA™ and demands mental and physical recuperation. Recovery Stack™ works by helping your body rebuild muscle and promoting a more restful state.★

Metaform® Recovery Stack™ contains a patent-pending combination of ZMA™ and L-Theanine, making it a significant advancement beyond other ZMA™ formulations. ZMA™, a proprietary blend of zinc, magnesium and vitamin B6, can significantly increase Zn, Mg and protein synthesis precursors, as well as increase strength and power in intensely trained athletes.★ Metaform® Recovery Stack™ with ZMA™ was designed to promote tissue and muscle repair, while supporting relaxation and reducing muscle cramping potential.★ L-Theanine, an amino acid found in green tea, helps promote a restful, relaxed state and may help offset the effects of too much caffeine.★ L-Theanine works by getting converted to GABA (gamma amino butyric acid) within the brain.★ GABA is known to promote a relaxed and restful state of being, ideal for coming down from a pre-workout energy booster or a late night workout.★

Recovery Stack™— shutting down your mental powerplant for the night and flipping the "On" switch for maximal recovery!



Available today at GNC and other fine health food stores.





For product information or to talk to one of our certified fitness trainers, call 1-800-439-8048 www.realmuscle.com/metaform

Never mind the rule changes! Who cares who resigned! This was the Show! The Taikai-no-Ichiban! The number one world championship in the rising sport of powerlifting, displaying itself in the Land of the Rising Sun.

Samurai swordsmen whacking heavy, fiber poles into pieces the size of beer cans were awesome in their exhibition, but "awesome" won't describe the effort Ivanenko of Russia put into his world record 920 lb. squat in the 242 lb. class. The delicate minyo folk-singers delighted all with their mincing, but 275 pounder Midote benching a WR 650 was dumbfounding.

Traditional dancers glided across the platform before lifting began, their movements telling stories of lost loves and ghostly hauntings. But when a pale, dark-eyed Sivokon took the stage to blast out three world records the audience wondered if something supernatural had, indeed, happened.

SHW Brad Gillingham gave us the impossible story-book ending the affair deserved. His all-themarbles last deadlift on the last day vaulted him into a tie with Fomin of Russia and into the gold medal on bodyweight. What tale spinner invented that cliff hanger?

Lifting overshadowed the magnificent venue and splendid organization of the 30th Mens' World Championship of the International

sword with him during the turbu-

confidence motion against him-

self and General Secretary Heiner

Koeberich, I checked to see if he

had his sword on hand before I

Powerlifting Federation since last

November, Austrian Norbert Wal-

lauch has a deep sports back-

ground. Starting as a sportswriter

in his teens, he threw the hammer

and competed in weightlifting for

24 years. From 1961-67, he also

gave early odd-lift contests and

powerlifting a go. After a long

period in which there was no PL in

Austria, Wallauch founded the

President of the International

began this interview.

IPF Men's World Championships

as told to Powerlifting USA by Paul Kelso



Inaba, Stanaszek, and Zhuravliev (I-r) with their squat medals (Shibuya)

Powerlifting Federation in Akita, Japan, November 14-19. Held in the Akita City Culture Hall, the facilities included a large lower lobby featuring photo displays of sports to be presented at the Akita World Games (GAIS) in August, next year. Two large TV sets ran action videos of trampoliners, bodybuilders, ballroom dancers and aerobics teams from the twenty-odd activities to be contested. All-time great Hideaki Inaba was spotlighted on a separate

video about his training, personal accomplishments and private life. Akita is his home town.

A small platform in this lobby was set up for benching; demonstrations were held each day and many spectators gave the lift a try, including giggling schoolgirls. Booths sold World Games t-shirts, Japanese pastries and dried fish snacks. An upper lobby contained ticket sellers and peddlers of the sharp contest t-shirts while Peter Thorne held court in his Inzer booth half-hidden by an immense jumbled pile of squat suits, bench shirts and other gear.

The plush auditorium seated perhaps 2500 persons before a large stage with wide wing space. Scoreboards were to the left and contest announcers and scorekeepers to the right in an enclosed booth. Ample warmup rooms, dressing rooms and showers were downstairs, and backstage was a judges room, a medical clinic, an officer's room and even a VIP room (this is Japan). A press room featured computers, fax and copy machines and a staff that pumped out a stream of class-by-class results for the press as the meet progressed.

And, boy!, did it ever progress!

Two flights in each class hit the boards beginning at one p.m., finishing around seven each day. Plenty of morning time for meetings, taking care of the this-and-that, and just sleeping in.

Everybody woke up real quick when the eight man 114 lb. class opened the show. Stanaszek of Poland produced the meet-best squat and bench press to take first. That 595 lb. squat is 25 lbs. over five times bodyweight! His bench of 374 and 308 DL gave him a 1278 total. Anbu of India trailed only 33 lbs behind. His Plastic-Man arms helped him to a 540 lb. DL and second place. He's seven years younger and will challenge Stanaszek soon.

Zhuravliev of Russia took third with a well-balanced 1212, followed by Inaba, Gainer of the USA and Hsu of Taiwan. Inaba cranked up an overfour times bodyweight squat and deadlift for - what? - the twenty-fourth time in World competition, but it is apparent that the 54 year old legend is beginning to slow. He announced that he will retire from open competition, but will continue in Masters and the Akita World Games in 2001. Who is going to tell him he can't?

Gainer needed six more pounds to catch Inaba. I had no chance to talk to Ervin, but he has got to have the nicest parents in Indiana, with whom I chatted in the lobby.

Norbert Wallauch moved stealthily on bare feet, with a two handed grip on the 250 year-old samurai sword of exquisite design. Dressed in traditional costume, he slashed the "katana" forward and cleanly sliced the top off a post made of tightly rolled tatami matting.

A guest performer during an exhibition of classic sword fighting techniques before the lifting on Day Five of the World Championships, one wonders if Wallauch wishes he could have carried that

lence in IPF internal affairs such as the controversy over the IAD/IPF agreement and a threatened no-

in 1982.

Norbert has reported sports for forty-two years, most of that time for the *Kronen Zeitung* (Crown Newspaper) in Vienna. The hundred year-old paper has a daily circulation of one million and claims a readership of 2.8 million. He also functions as a sports ombudsman, mediating grievances and disputes between athletes and

Austrian powerlifting organization

organizations.

Wallauch strikes one at first as a Hollywood stereotype of a friendly Bavarian innkeeper, but behind the jolly exterior and the

grand moustache is a shrewd mind. He has dealt with movers and shakers in many sports and may be the only person in powerlifting with access to the International Olympic Committee (IOC).

Upbeat about the future of the IPF, Wallauch cites his recent meeting with the President of the IOC. Juan Antonio Samaranch, on October 28, in Monte Carlo. There is an understanding, in the form of handshakes and memos, that the IOC will use the World Games (GAIS) as a demonstration venue to try out provisional sports seeking IOC recognition. The year 2001, will be the first time the World Games will be under the IOC flag. Samaranch told Wallauch he hoped that the World Games will become the "third leg" of the IOC program - with the Summer Games in 2000, the World Games in 2001, and the Winter Games in 2002, for example.

Olympic acceptance also requires a new sport to be in good financial shape: Norbert's optimism in this regard is based on the settlement of the IAD/IPF problem, the cash infusion from the now-defunct World Sports internet company, and contracts signed with a growing number of suppli-

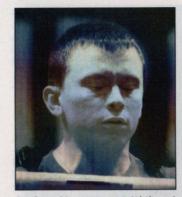
ers. These contracts require suppliers to provide equipment to contest organizers, which will be a boost for growing programs worldwide.

The notorious "Inzer Agreement" has been settled in full, according to Wallauch. He states there will be no favoritism toward IAD, and that the terms of the agreement will extend to and effect other manufacturers equally. There may still be bugs to work out, but Wallauch insists the playing field is level. He is excited about the IPF returning to the USA, as were the great majority present in Japan.

The agreement was approved by the Congress on a 19-8 vote. Voting against were the USA, Australia, Canada, Norway, South Africa, Brazil, Britain and Mexico, if I have that right. Wallauch noted that some of these countries may have voted against the use of bench shirts (for one thing) in the past and their vote here may have been against gear in general rather than the IAD/IPF agreement specifically.

He sees a bright future for the IPF and expects the next five years to bring great things for the organization and the game.

- Paul Kelso, Akita, Japan.



Pavlov of Russia at 123 (Shibuya)

Pavlov of Russia ran off with the 123 lb. class; hitting a 1388 total with Hsieh of Taiwan second at 1317, but it was tight at 132 lbs., with only 22 lbs. between winner Andruchin and Elyn of Belgium. Lee of Taiwan hoisted a monster 606 lb. DL to tie Tim Taylor of the

USA, and take third on bodyweight. Tim calls himself the "Buffalo Bill" of powerlifting, always on target, ten national titles running and consistent high placings at World Championships. A church group from Misawa Air Force base in Japan drove over to support Deacon Tim, complete with Taylor t-shirts.

Champion of Champions

Alexey Sivokon is from another planet, not Kazakhstan, which is remote enough. The gaunt 27 year-old claimed three new world records, 696 lbs. in the squat, 473 lbs. in the BP and an 1829 lb. total. He attempted a 699 to surpass his 697 DL WR as well, but his feet slipped out to each side as he began. He stood erect and found that the head ref still had his hand raised! Sivokon rolled the bar to the back of the platform and tried again, failing at mid-point.

I'm a little steamed. Every time

Sivokon wins a chorus warbles that he is on the juice. Yes, he was suspended for a violation six years ago. Coach Korzov and others insist that he took an over-the-counter product, sold by an well-known American bodybuilding promoter, which proved tainted when tested. Word is that Sivokon has internal problems such as ulcers,

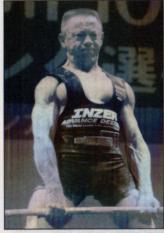
which rule out any possibility of his taking performance drugs as they would ruin his health. I wondered if there is something wrong when I saw him; his skin seemed yellowish and his eyes dark. Let's give him a break till we find out more. Olech of



165 winners ... (I-r) Baranov, Furashkin, Hooper (Shibuya)

Poland grabbed second, actually out deadlifting Sivokon by five pounds with an excellent 666.

Wade Hooper of the USA led the 165s nicely at sub-total, with a 705 squat and 446 BP, but the DL he needed to hang on to wasn't



Elyn of Belgium at 132 (Shibuya)

IPF Men's World Championships

14-19 NOV 00 - Akita, Japan

248 198 275

242

253

369 319 270

286 220

473!

385

661

1278 1245

1124

1829!

1521 1488 1482

14-19 NOV U
114 lb. wt. class SQ
Stanaszek POL 595
Anbu IND 473
Zhuravliev RUS 490
Inaba JPN 496
Gainer USA 418
Hsu TAI 424
Nabe JPN 424
Vith DEN 380
123 lb.

123 lb. Pavlov RUS Hsieh TAI

Francis IND Koike JPN Nemeth AUT Garcia VEN

Sivokon Olech POL Dolgov RUS Arias USA

Loganathan IND 132 lb. Andruchin RUS Elyn BEL



Sivokon with a world record bench press of 473 at 148. (Shibuya)



Mor (RUS) won the 181s (Kelso)

100000000000000000000000000000000000000						001		720	2077
165 lb.					Suslov RUS	826	512 462	738	1995
Furashkin RUS	694	440	661	1796	Romanenko UKR	837	507	694 727	1978
Baranov RUS	683	391	666	1741	Makrushin UKR	744		699	1956
Hooper USA	705	446	562	1714	Panfilov KAZ	744	512		1829
Turakhanov KAZ	644	369	672	1686	Calderini LUX	699	424	705	
Takahashi JPN	595	435	562	1592	Hiragushi JPN	639	462	606	1708
Harris AUS	490	325	507	1322	McKenzie CAN	628	369	661	
Hong KOR	462	275	407	1146	Weaver NZ	628	402	611	1653
Lee KOR	440				Lin TAI	650	429	551	1631
Bazaev UKR					AlEmiry UAE	551	485	573	1609
181 lb.			- Dog	and a	Inglese AUS	661	352	595	1609
Mor RUS	716	496	705	1918	Armendariz MEX	606	330	628	1565
Ricks USA	694	462	672	1829	Mihaljevich AUS	589	347	606	1543
Soloviov UKR	694	485	639	1818	Papazov BUL	540	396	595	1532
Gandner FRA	650	413	666	1730	Budd PAK	418	286	440	1146
Valentinsen NOR	639	396	606	1642	Harris USA	782	451		
Bruggink HOL	600	396	622	1620	Torres PHI	330	220		
Kobayakawa JPN	617	396	606	1620	Ceglarek POL				
Gomez MEX	540	352	661	1554	242 lb.		122.00		12.020
Hsieh TAI	573	308	617	1499	Ivanenko UKR	9201	4798	733	2132
King NZ	540	308	573	1421	Ljungberg SWE	815	512	782	2110
Leung CAN	507	319	584	1410	Soloviov UKR	826	540	716	2083
Kelepouros AUS	556	292	529	1377	Arvai HUG	727	529	749	2005
Kalin SWI	462	319	584	1366	Pomana NZ	771	468	749	1989
Balderrama MEX	451	297	485	1234	Mainka GER	705	518	650	1873
Turesson SWE					Nishimura JPN	683	496	644	1824
198 lb.					Parashkevov BUL	683	402	705	1791
Tarasenko RUS	771	540	738	2050	Neele HOL	694	440	655	1791
Freydun UKR	733j	490	710	1934j	Pronier FRA	705	429	639	1774
Theuser CZE	733	479	683	1895	Logan AUS	705	396	666	1769
Benemerito USA	694	485	705	1884	Lousich NZ	683	490	578	1752
Rashidov KAZ	677	440	738	1857	Yoshida JPN	661	462	628	1752
Wagner USA	733	446	666	1846	Bontekoning HOL	661	380	677	1719
Kalic FRA	666	396	644	1708	Chen TAI	551	402	595	1548
Nitta IPN	683	396	622	1703	Singh IND	440	286	529	1256
Hausburg GER	650	380	672	1703	Christoffersen NO	R			
Krokkee HOL	639	490	573	1703	275 lb.				
Weng TAI	496	308	473	1278	Midote JPN	892	650	661	2204
Akhtar PAK	319	253	374	947	Papazov UKR	826	562	710	2099
Desachy FRA	650	424			McGettigan USA	782	468	788	2039
Szymkowiak POL	550	***			Pomana NZ	782	523	628	1934
220 lb.					Sommerset NOR	749	440	694	1884

Krendl AUT	727	424	710	1862
Dorner GER	771	374	617	1763
Conrado BRA	716	385	562	1664
Gomez MEX	396	242	396	1036
Ionsson ICE	826	977110		
Stawowy POL	760	485		
Yussupov KAZ	, 00			
SHW				
Gillingham USA	815	600	837	2254
Fomin RUS	903	556	793	2254
Savickas LIT	903	551	793	2248
Gurianov RUS	826	573	804	2204
Sedmik CZE	793	540	727	2061
Culnan USA	738	540	738	2017
Kyneb DEN	771	473	755	2000
Kossen HOL	760	523	705	1989
Reeves GB	705	545	727	1978
Naude RSA	793	462	661	1918
Hsieh TAI	639	308	639	1587
Abdullah AUS	165	Dem		
Naleikin UKR	881			
VandenBerg RSA	1375			
Dudkins LAT	738	485		
Meszaros	859	485		
Orobets UKR				
Teams: Russia 72	Ukrain	ne 55. U	ISA 51. I	apan 41.
Taipei 35, Kazah				
New Zealand 18				
Republic 14, Non				
Australia 10, Swe				
Hungary 7, Mexic				
Korea 5, Canada				
3, G. Britain 2, Pal				
1. Philippins 1. S				
ates 1. Champion				
641.50, Tarasenk	O - Pue	cia - 503	71 Mo	r - Pussia
-584.11. Best Squ				
Ivanenko-Ukrain				
-244.236. Rest Res				

-244.236. Best Bench: Stanaszek-Poland-168.521, Midote - Japan - 168.150, Sivokon - Kazahkstan 166.474. Best Deadlift: Anbu-India - 241.398, Lee

- Taipei - 236.335. Olech - Poland - 234.074.

.

there, dropping him to the bronze. Furashkin and Baranov of Russia were first and second.

1999 181 lb. champ Dave Ricks trailed Sergey Mor at subtotal by 55 lbs. and Soloviov of the Ukraine by 22. Dave got only his opener DL of 672, which pulled him into second place overall, but needed 760 to win, a weight he can do. Not to be, as the bar rose half-way and seemed to tear itself down and away. Ricks said he was technically off all day, never quite in the grooves he wanted. Mor totaled 1918, Ricks 1829 and Soloviev 1818, twice missing the 666 he needed for the silver.

Tarasenko of Russia wanted that last DL, he was already eight for

eight and well ahead of the 198 lb. class pack, and Mike Bridges' twenty year old total record of 2066 hung just out of reach. Mr. T took the 760 DL needed, but hung up, leaving him eight for nine for a fine 2050 score. All of nineteen and looking like the old comic book character "Bullet Man", Ivan Freudun of the

Ivan Freydun of the
Ukraine finished at 1934 with Theuser of the Czech Republic at notably Tony Harris who could not

198 and les' to-066 of ok DL ung nim or a ore. and old har-

Tarasenko of Russia gets a rub-down (Nozomu Shibuya)

just 5 kilos back in fourth. Freydun's 733 490 710 is well balanced lifting, and that 733 squat and 1934 total are new Junior WRs. Talk about seeing the future!

1895. Ray Benemerito was

And here the future is. Suslov of Russia is twenty-one. The 100 kg./220 lb. class may be his indefinitely. He beat second place man Romanenko of Ukraine by 91 lbs and third placer Makrushin by 99. 18 men started with three being disqualified, most

A Coup That Failed? - THE
STRANGE QUEST OF MAURO
DIPASQUALE by Paul Kelso
tion Maur

Faxes invaded my home in Japan at three a.m, telephones rang, emails stacked up and the Internet blazed with accusations and paranoia for over a year. What in the world-or in the IPF - was it all about? Justified or not, somehow the complex issues became personified by one name, that of Mauro DiPasquale.

The five or six dozen of communications and documents I have on these matters would take an entire issue of the magazine to present. Many incidents and anecdotes will be omitted. Instead I'll sketch what I see as the crucial elements.

When the IPF VP for North America position became vacant about two years ago, Mauro was appointed to the slot by then President Grahame Fong. Mauro dreamed of a Pan American Powerlifting Federation to include all lifting nations in North and South America. Never minding that IPF North and South American regional bodies already existed, Mauro proceeded and named himself President. That he was both IPF VP and PAPF prez raised the question of whether his position would supersede existing IPF structures or leave the So. American VP wondering to whom he should answer. The IPF leaders took a dim view of this.

Putting a proposed 1999 PAPF contest on hold, Mauro and sidekick Mike Armstrong of Canada, then assistant to IPF General Secretary Heiner Koeberich, turned to helping Mr. Fong in his IPF reelection campaign. (Mike ran against the "autocratic" Koeberich for Gen-Sec and lost). Both Mauro and Mike have written me that Fong and certain members of the EC assured them, before the Trento election, of their support for recognizing the PAPF as an IPF regional body.

In fairness to DiPasquale and Armstrong, both men have written to me that it was never their intention to establish a personal power-base, but that the PAPF was intended to promote the sport and lend aid to So. American affiliates. After recognition,

the PAPF "would be turned over to the IPF." However, after Wallauch's election Mauro could gain no ground toward recognition. Mauro's perceived attempt to stack the 1999 Congress with PAPF-associated delegates pledged to Fong would not be forgotten.

Wallauch's Feb., 17th, announcement of the settlement of the contract dispute with Inzer Advanced Designs caused an uproar. IAD agreed to drop it's \$400,000-plus judgement in the Frantz suit against the IPF in return for recognizing the 1993 equipment contract signed by then VP Fong and President Vierthaler. Opponents saw the settlement as caving in to IAD.

Soon after, a letter reputed to have been signed by many of the VPs appeared on the IPF website disavowing the settlement. The letter proclaimed that Wallauch and Koeberich acted unconstitutionally without consulting the EC or putting the matter to the vote of the Congress. Mauro and Mike began demanding the resignations of Wallauch and Koeberich.

Armstrong posted this letter without permission of his employers. This perceived tendency to assume authority he did not have irritated Koeberich in several matters and became a point of contention.

In April the PAPF staged its Chicago contest. Mike Overdeer of the USAPL was elected a VP with P.J. Couvillion as doping control officer. Armstrong became Gen-Sec.

Pre-meet publicity clearly implied affiliation with the IPF and Mauro's position as North American VP was prominently displayed. Lots of lifters showed up and some USA records were set.

Was there anyone present who did not believe they were at an IPF approved contest? Brad Gillingham and Ray Benemerito told me in Akita they believed it was. Didn't all present believe the PAPF would be a democratically run organization? Were not elections held?

Months later people began asking about the drug tests. Mauro had removed Couvillion from his newly elected position as unqualified and handled the sample collection himself. A new officer from Canada was appointed by Mauro some time after the contest.

How can this happen in a democratically run outfit? I'll tell you how. Mauro wrote to me on Oct., 16, saying that the PAPF is owned in its entirety by himself and always has been. "I am the Law." Therefore, to condense a long explanation from Mauro, the Chicago meet was an "exhibition" contest and the drug testing merely "exhibition drug tests."

The testing was done outside normal channels at Aegis Labs, says Mauro. I have seen half a dozen communications to and from Aegis. The Lab's stock reply is to refer everyone to Mauro as MRO. He insists all tests were negative. In an astonishingly forthright email to me, which I have his permission to use, Mauro said that he would have been in a desperate situation had positives been published; to release such results would have made him vulnerable to lawsuits personally as he is the sole PAPF owner and that the PAPF had/has no constitution or bylaws.

Were the tests run and were they all negative? It's difficult to feature Drs. Black and DiPasquale risking their professional reputations for a lie. But in the end, as long as no results are released publicly, we have only Mauro's word.

More important than the testing squabble, the sad thing is that a lot of people were misled as to the true nature of the event. Meanwhile, Big Brad G., one of those tested, wonders what an "exhibition drug test" is, and waits in vain for recognition of his American record set at Chicago.

Why did Mauro proceed with the contest without recognition from the IPF? Perhaps he had already invested too much of his personal fortune in it to back down, and hoped an IPF nod could still be negotiated. Did Mauro and Armstrong believe that opposing the IAD agreement and calling for the leadership's ouster would somehow force the IPF to make a deal to recognize the PAPF, as some claim?

I find myself musing whether these

circumstances became a runaway train for Mauro, with no place to jump off. In the fall the controversy sank into

name-calling and threats. Unsubstantiated charges of corruption were made against the IPF. Mauro proposed a no confidence motion against Wallauch and the "dictator" Koeberich. In a bizarre twist, Mauro sent letters to the top IPF leaders asking for a reconciliation. In the same time period, he also circulated a letter to others deriding Wallauch and Koeberich as "stooges" and other insults.

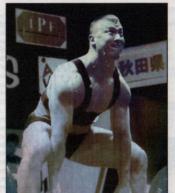
Instead of the EC being in Mauro's pocket, a statement attributed to Mauro by several, some of the signers of the "VP" letter Armstrong posted disassociated themselves with Mauro after conference calls with Wallauch and the EC and conciliatory talks between principals. The EC vote swung to 5-3 in favor of the IPF/IAD agreement months before Akita.

When the effort to unseat the leadership or defeat the agreement appeared lost, Armstrong announced he would skip Akita due to a new job and wearying of the politics. Finally, Mauro also begged off, citing ill-health and a biking injury to his son.

At the Akita EC meeting Nov., 14, the agreement was approved 19-8. The EC demanded Mauro produce the Chicago test results within seven days or face expulsion. Mauro resigned.

He immediately announced the formation of the "uncorrupted" International United Powerlifting Federation, with himself as President and trademark and copyright holder, to be open to all and democratically run. He will appoint "interim" officers soon. I had to read that twice myself.

The IPF may have seen the last of Mauro: but he rises from the ashes, forges new agendas, darkly predicts lawsuits to come, and declares he has no bad feelings toward anyone while trashing his enemies, real and imagined. Generations from now, when we all have gone to that strongmans' banquet in the sky, I wonder if Mauro will be found at a lower table, seated between King Lear and Richard Nixon.



220 winner Suslov (Shibuya)

get his opening DL of 738 up in three tries. It would have given him the bronze. Tony hurt his back during the squat, wrecking his DL chances, but a scan assures us he'll be back on the platform before long.

A new rule is that in the future "token lifts" must be a minimum of double bodyweight. Small, human stories make powerlifting the grand game it is. Eddie Torres of the Phiippines, the Asian DL record holder, wanted to be the first from his country to win anything at a Worlds and so took a token squat and bench aiming at a DL medal. I had never seen or heard of such before. Token lifts are for benchers, right? The ploy was within his ability, but he tore a hamstring and was out.

People had been screwing around long enough. The balding Ivanenko stalked out and jammed up a 920 WR squat to take a 105 lb. lead in the 242s. A good thing he did, as tall, lean Ljungberg of Sweden came right back to out-bench and out-pull the Ukrainian. Ivanenko, age 45, hung close to win by 22 lbs, with yet another Soloviev from the UKR in third with 2083

Who were those guys? When Derek Pomana of New Zealand came out to lift, a couple of zealots danced and sang a Maori war chant in the aisle in front of the stage. That



Ivanenko got a 920 WR at 242

woke up a tired bunch of spectators.

On Sunday the biggest crowd of the contest appeared. Teams of already finished lifters appeared to see their big boys go at it. Not only was it a day off for most Japanese, but a large number of his countrymen had come to see the strongest man in Asia do his stuff.

I first saw Daisuke Midote eight years ago at a small contest near Tokyo. Then twenty, the blocky exjudoist looked strong but clueless. Today he is a champion of the World in powerlifting. Looking trim and fit at 273 lbs., he squeezed up 892 in the squat and then headed for the bench, the event most waited for.

Going after his own WR with on his opener, he terrified the Japanese present when he missed. The second attempt went up easier with but one red light for a new WR. The third WR effort of 650 went smooth and even and it looked like a lot more was there.



Midote's World Record 650. (Paul Kelso photo)

Midote is criticized by some because of his relatively low deadlift. He has small hands and often has third attempts jump out of his grip, as happened here. But when you are 154 pounds ahead at sub-total, it would take some pull to be overtaken. It didn't happen; Midote went 892 650 661 for a 2204 total to the Ukrainian Papazov's 2099. Pat McGettigan of the USA, whose name Japanese announcers could not pronounce, posted a stylish 2039 to finish third by a 105 lb. margin over fourth place brother

Wayne Pomana, who was cheered on again by the Maori warriors. The IPF ought to hire those guys; they're fun and get the crowd going.

Get out the Thesaurus. Where do you find the words for what happened next? So there we were in the Supers, with Fomin of Russia leading with 2254 lbs. after the second attempt deadlifts, Savickas of Lithuania at 2248, the

Russian Gurianov at 2204 and the uncancelled Czech Sedmik at 2061. Sean Culnan of the USA hung in at 2017, and every man jack of them had a shot at a medal going into the last deadlift. The Dane Kyeb followed with 2000, Kossen of Holland at 1989 and Jamie Reeves of Great Britain huffed along at 1978.

They all missed their third attempts, every man in the flight -except one.

And Big Brad Gillingham of the USA, his father's son, with dad Gale Gillingham from the legendary National Football League world champions Green Bay Packers looking on, called for 837 in an attempt to jump from his third place position to his own world title.

Everybody in the hall knew the contest rode on this last effort, the final lift of the entire contest. Brad lined it up, clinching his double overhand hook grip into the bar, almost alone in the USA or even most countries to try that style, and began pulling, under control, with

the slightest wobble mid-way, gutting it on out to the top to tumultuous applause.

The judges played it for all it was worth. There was a long, long pause before the lights came up. What choice did they have? Lynching if they posted reds? Ritual suicide (this is Japan) if they turned the lift down? All whites!

Brad says he has learned much from watching lifters from Russia and the Ukraine, adding their form techniques to his bag of tricks as well as the overhand orio.

well as the overhand grip.

When the Star Spangled Banner played during the medal ceremony for Brad's victory, I found myself bemused, the old expatriate, having lived out of country longer than some of the readers of this magazine have been around, a stinging behind my eyes, wondering who I was, when I heard a clear second

tenor behind me singing the American national anthem for all it was worth.

Afterwards, I walked over to singer Mike Overdeer, prez of the USAPL, and said: "I haven't heard anybody haul off and unashamedly sing our country's song like that in a lot of years. Good for you!"

"No shame for me it isn't," Mike said. Good for him. There wasn't a dry American eye in the auditorium.

Oh, yes, there were other moments, like when the B class of supers began squatting and side judge Rudy Kuster of Germany called about 15 red lights in a row in the squat, making the Russian coaches scream so loud that the meet ground to a halt for what looked like a mini clinic. Were there many complaints about the strict judging? Sure. You can't have an IPF World Championship without them.

Three TV networks covered this contest. After every flight a news conference with the top lifters was attended by ten or twenty media types. Susumu Yoshida and the gang outdid themselves organizing the contest, and all agreed the Japanese spotters and loaders were the best ever.

The thing about an IPF World Championship is when you go there the world is there. P.J. Couvillion, the new media officer, wished every lifter in America could have seen this show: they would come over to the USAPL in droves to have a chance to be in the next one, said he. If the IOC-World Games (GAIS) hookup goes through and power-lifting gets on world-wide TV next August, that re-ordering may become a landslide.

Ray Benemerito has his own thoughts on what makes the IPF World special. It's the competition: "Where else can you go and miss an attempt and drop two places?" Lifting ruled; most of the lifters present seemed to have no interest in the political wars of the last months.

The after-contest banquet had more food and drink than even the 140 lifters and alternates could handle. No one went hungry, but a

few exotic local dishes stopped some. "Egzguse me, Mr. Paul, but vot iz these stoff?" I lied a lot.

I'll be taking a hiatus from powerlifting for the next few months. Teaching commitments, re-issuing the old shrug book and flogging my novels to publishers will keep me busy. But I'll be back next year at the World Games. I want to check out those ball-room dancers.



Susumu, Brad G. & Fomin at the news conference

The 4th Annual 24 Hour Fitness WABDL World Championships had 562 lifters and 770 benchers and deadlifters from 31 states and 11 countries with USA, Canada, Brazil, Germany, France, Sweden, India, Guatemala, New Zealand, Ireland, and Ecuador being represented. In the master division bench press in age group 40-46, Glenn Murphy of Maryland set a world record at 123 lbs. with 220. At 132, Allen Yung of Arkansas put up 297 for the world championship. At 148, Sheldon Weingust of Texas rammed up 363 for the world title. He was shy of the world record with a close attempt at 381. At 165, Clyde Higa of Hawaii did 391 off his world record of 407. Dan Marxheimer of Washington State was second with 358 and Richard Davidson was third with 236. At 181, Jeff Jones of the Bay area put up 402 for the gold and a California State Record. Bill Cox was second with 363 and Francisco Ventilari of Brazil was third with 286. At 198, George Herring of Georgia set a world record with 534. George is an old timer still pushing the big time weight. Darris Piggee was second with 485. Byron Beebe was third with 485 and the heavier man. Both Darris and Byron have set numerous world records. In fourth place was Keith Kanemoto of San Jose with 435. Keith isn't used to losing very often so I'm sure his game will improve. In fifth was Bruce Hines with 363. Paul Radmilovich was sixth with 336 and Ken Wilson of Hawaii was seventh with 264. At 220, David Callas of Georgia won the worlds with 336, and of Hawaii was seventh with 264. At 220, David a Georgia State Record. At 242, Arthur Thompson Jr. won with a huge 540 and a California state record - only 12 lbs. off the world record. In second was Doug Mulder of Medford, Oregon with 479. Third was Mike Lutz with 451 and a California State Record. Fourth was Joe Harms with 440. Arthur Clayton was fifth with 402 followed by Michael Moore with 374 and Gary Stevens at 286. At 275, we had one of the biggest battles of the tournament. Phil Andrews of California set a world record with 523. For the world championship, Carroll Moon of Oregon ended up with the world record with 524 on a fourth and Don Frosland Jr. also set a world record with 513, but finished third. Kurt Sacher was fourth with 473, but almost made 507. Johann Hofmeister of Germany was fifth with 462. Mario 513, but finished third. Kurt Sacher was fourth with 473, but almost made 507. Johann Hofmeister of Germany was fifth with 462. Mario Ceccarelli was sixth with 451 and Thomas Di Filippi was seventh with 242. At 308, we had a good old fashioned on the street at high noon shoot out with two undefeated 308 pounders. Tom Manno an ex NFL Football star from Phoenix, Arizona and Bill Gillespie the strength coach of the Rose bowl Bound Washington Huskies. They both opened big and easy - 611! Manno went to 635 to break his current world record of 633 and locked it out unevenly and was turned down. Gillespie smoke 639, Manno missed 635 again and Gillespie missed 650 twice. A great match up of two great lifters and both of them perfect gentlemen. They will shoot it out again no doubt about that. In third place at 308 40-46 was Gary Brower of Idaho who did 462 and an Idaho state record. Paul Ratsch was fourth with 435 and Corey Huwe was fifth with 402. At super heavy, Art Ramsey of Alameda, California beat Randy Young 551 to 518. David Chase of Florida was third with 457. Brian Rehberg of Washington was fourth with 440. Best lifter lightweight was George Herring and heavyweight was Bill Gillespie. In master 47-53, Homi Shivaie of San Jose won the worlds at 132 with 192. John Tyree of Texas won at 165 with 363. At 181, Leonard McAllister set a world record of 418 and almost got 440. He is coached by Terry Luehrs and they're both from Salem, Oregon. Terry had numerous other lifters who set world records. In second place was Richard Hagedorn of Alabama with 336. Dan Bell was third with 308 and Gene Alexander and Mick Stevens of Bull Stewarts Gateway Athletic Club Team of Seattle were fourth and fifth with Richard Hageconf of Nadasma with 3-8. Dan Rell was third with 308 and Gene Alexander and Mick Stevens of Bull Stewarts Gateway Athletic Club Team of Seattle were fourth and fifth with 303 and 286. At 198, Warren Orbaugh of Guatemala won the world championship with 402. Emmanual Howard of Louisiana was second with 385 and a Louisiana state record. Raineer Gessman of Germany was third with 352 and Nick Santora of Seattle was fourth with 314. At 220 lbs. Sean Finegan of Texas won the worlds with 424. Steve Ramey of Georgia, the favorite to break Bill Sekermestrovich's record of 473, opened to high to break the record and bombed out. Ronnie Edwards was second with 385. Richard Dunn was third with 336. DJ Jamerson was fourth with 303 and Harold Barett was fifth with 242. At 242, Fred Kendell won with 418 and had room to spare. At 275, Bennie Dooley won his third consecutive world championship with 485. In second place was Colin Bonneau from Canada who is a human replica of the Cookie Monsterwho is a human replica of the Cookle Monster-wide, intimidating but jovial-he did 418. In third was Austin Webb of Arkansas with 413 - an Arkansas state record. In fourth was Tom Ekenberg Arkansas state record. In Journt was 1 om Ekenberg of Texas with 358 only 2 lbs. shy of the Texas state record. In 5th was Eddle "Off day" McConnell of Alabama with 314. Eddle is the object of playful kidding from a 181 pounder named Hagedorn who out benched him. At 308, Randy Patterson, an old timer on the Comeback trail for about the

WABDL World Championships

as told to Powerlifting USA by Gus Rethwisch



Jerri Lynn Lippert bench pressed fantastically! (Brian Baertlein photos)

fourth time won with a 529 and a near miss with 551. Not bad for 51 years old. Randy has totaled 2240 in powerlifting with a 914 squat. He's been there and done that. David McCreary was second with a PR 440 and Obbie Hampton was third with 352. Obbie is recovering from an injury and normally is capable of 470-500 lbs. He will be back in a year or so. At super, Carl Rosborough won with 451 and Leo Contreras was second with 429. In third was Keith Ward from Hawaii with a state record of 396 with no shirt. Keith has a local food place in Walmanalo called Keneke's that has the best Kalua Pig on the planet. Outstanding lifter lightweight was Leonard McAllister-Leonard usually wins this award - and heavyweight was Randy Patterson. In master 54-60, Ron Matheson of Arizona won the world's over stiff competition with 385 at 198 lbs. He is the current world record holder with 397 in 220 lb. class. In second place, Rick Tsutsui of California set a California state record with 374. Terry Camp of Oregon was third with the same weight. Terry is the world record holder with 418. In fourth was Olicio de Santos of Brazil with 325. Wait till we talk about the guy's deadlift. The highest coefficient in the world. In fifth was Gerard Larue of France with 325. In 6th place was "Doc" Hilger with 319 and in seventh was Godfrey Holzinger with 297. At 325. In 6th place was "Doc" Hilger with 319 and in seventh was Godfrey Holzinger with 297. At 220, Bill Sekermestrovich shattered Ron in seventh was Godfrey Holzinger with 297. At 220, Bill Sekermestrovich shattered Ron Matheson's world record of 397 with 440. He is coached by Terry Luehrs. In second place was Toe Preston with 369. Toe has helped me tremendously over many years in Hawaii. He has done a 440 bench. Jon Paggett of Spokone was third with 363. Jon is your ultimate biker type with a great looking Harley right out of Easy Rider. Skip Hall was fourth with 225. Skip had a bad hand incurred from fighting at his martial arts school in the Birmingham, Alabama area. In the 242 lb. class, Daniel Smith III of Los Angeles won the worlds with 418. He was off his game because he did 451 in August. The venerable old man Dennis Cone came in second with 358. Terry Bunch of Eugene, Oregon was third with 330 and Jimmy Duckett the gentleman and humorist from Oklahoma did 253 for fourth. At 275, George Nelson opened with 562 and missed because of his nemesis, the butt rise, but he came back at 589 and did it clearly at age 56. The best master bencher in the world - he only weighed 260. He came close with 611 and has done 610 and 600 in two different meets. Pedro Velazco of Guatemala was second with 413. Pedro is a gentleman and very much in love with this sport. Thomas Lucas was third with 264. At 308, Robert O. Smith (actor, humorist, cartoonist, and the man of Lucas was third with 264. At 308, Robert O. Smith (actor, humorist, cartoonist, and the man of many voices - he does voiceover for Disney Studios) was the world champion in 308 with 435 about 20 lbs. off the world record. At super Donald Jones, the world record holder with 468, did 440 for the world championship. At 165, Larry Cardon a lawyer from Virginia won the

worlds with world record 348 and then another one on a fourth with 352 to beat Wayne Paola's record. Larry has won world and national titles in at least three different federations and has set numerous world records. In second place was Moses Timbol of Hawaii with 303, a Hawaii State record. In third was Christian Brenol of France with 220. At 181, Mitch Sperling of California won with 325 off his California state record of 336. In second was Ritchie Creevy with 314 and third was perry McCamman with 303. Don Covello was fourth with 259. Ritchie Creevy used to put on some big Malibu extravaganza bench contests where Ken Lain has benched 722 and a near miss with 749. Mitch Sperling is a grand old man of the game and has been around a long time. Outstanding lifter for lightweight 54-60 was the lawyer, Larry Cardon. Heavyweight outstanding lifter was George Nelson. In master 61-67, Precious McKenzie of New Zealand set a world record of 253 at 132 lbs. Precious is a Member of the British Empire and has set over 70 world records in olympic lifting and powerlifting. He started competing in 1954 and is really Thee Grand Old man of the Iron Game. He's called Precious for a reason -a very precious commodity in the soort called continuity. When great lifters Grand Old man of the Iron Game. He's called Precious for a reason - a very precious commodity in the sport called continuity. When great lifters retire, whether it be Pacifico, Kuc, Reinhoudt, Walter Thomas, Mike MacDonald, Jeff Magruder or Fred Hatfield, it's like a death in the family. We have lost Doyle Kenady, Wayne Bouvier, Matt



Valerie Tyree was so impressive.

Dimel, O. D. Wilson, etc. for real. But if you're just retired it's still like a death because the result is the same - you usually never see them again. With Precious McKenzie, he gives you the assurance that you can lift forever and you never think of death. Precious is the link - the one variable that keeps all of us going and just maybe we won't die - we will lift forever. Thank you Precious! Moving on to 148, Lindy Blas of Hawaii beat Richard Gidcumb of Arizona with a 220. Gidcumb did the same for an Arizona state record. At 165, George Johnson of Corpus Christi, Texas set a world record of 332. Hans Nagerl of Germany was second with 297, and Richard Abbott was third with 225. Hans gave me a minl keg of world record of 332. Hans Nagerl of Germany was second with 297, and Richard Abbott was third with 225. Hans gave me a mini keg of Bavarian dark Beer called Klosterberg that was to die for. I would love to have about ten of those kegs and some old timers in the sport, like Hatfield, Pacifico, Kuc and Magruder and some of my new acquaintances like Ken Anderson, George Nelson, Art Ramsey, Jeff Jones, Terry Luehrs, and all the Hawaiians, Rich Hagedorn, Steve Ramey, Matt LaMarque, Ron Hood, Kim Brownfeild, Bob Garza, Bull Stewart, John Tyree, Rene Phillips, Carl Rosborough, and Howard Lavin and sit around and tell stories and about half would be true but who would care. That's my idea of heaven. Moving on. At 61-67 181 in the bench press Rudy Lozano set a world record of 338. Jerry Gladson was second with 242. Rudy has set numerous world records in four different federations. At 198, Pete Wilson beat Bernie Miller 336 to 303. Pete is another lifter who has been around forever and has set numerous California and world records in at least 4 different federations. At 220, Harold Smith of Montana beat Richard Yoshida of Hawaii 319 to 270. They were both Montana and Hawaii state records respectively. At 242, Ken Anderson set a world record with 418 and Omar Bruce was second with 314. Ken has put on the WABDL Nationals the last three years. The 2001 Nationals, by the way, are in Birmingham, Alabama at the downtown Sheraton Hotel on July 27 and 28. The Nationals are sponsored by Powerhouse Cym. At 275, David Johnson of Washington set a Washington state record of 380 and won the worlds with ease. At 308, J.P. Krachunis beat Cary Johnson 353 to 303. J.P. set a world record in the process. The outstanding lifter in 61-67 was Precious McKenzie of New Zealand. Moving on to son 353 to 303. J.P. set a world record in the process. The outstanding lifter in 61-67 was Precious McKenzie of New Zealand. Moving on to 68-74, Jim Schall put up 203 at 165 for the Gold. Klyoshi Koki of Hawaii set a world record of 336 at 181. Ross Phillips was second with 242. At 198, Joe Cantu set a world record of 385 at age 70-that's spectacular! Even more spectacular as we got into 75-79. Sonny Ronolo of Hawaii at age 78 did 319 at 165. Sonny has helped me in Hawaii while he managed Bret's Gym in Kailua with loading weights, selling tickets and recruiting lifters. We have set out in front of Bret's Gym on more than one occasion and watched a Hawaiian itters. We have set out in front of Bret's Gym on more than one occasion and watched a Hawaiian sunset with a couple cans of Budweiser while we talked about powerlifting. Dr. Donald Dreyer of Louisiana was the winner in 75-79 181 with 143. Dr. Dreyer went through medical school at age55-57 and is still a general practitioner, full time at age 79. Otis Whitehead of Idaho set a world record of 221 at 198 and Victor Starkel of Monrecord of 221 at 198 and Victor Starkel of Mon-tana who owns a 5,000 acre ranch, has 12 kids and rides a Harley 100 miles an hour at age 77-benched 292 at 242. Jack Heizelman at age 83, the oldest competitor in the meet, benched 176 at 148 lbs. for a world record. Outstanding lifter for 68+ was Sonny Ronolo. In Junior men age 20-25 at 148 pounds, Shane Kido set a world record of 352. In second place was Patrick Schiffner of Germany at 330. In third was Daniel Martinez at 319. Fourth was Roger Sanchez at 319. Fifth was Ryan Snelling of Missouri with 314 and sixth was Donnyn Engles with 314. At 165, Joe Luther from Outlook, Washington set a world record of 441 for the world championship. In second place was Randy Kawabata with 374. In third was Lee Luther with 352. In fourth was Spencer Sequin of Hawaii with 352. Duane Travis of Kennewick, Washington was fifth with 325. Michael Moore was sixth with 275 and Gabe Ramos was seventh with 181. At 181, John Korn III won easily with 473. John is from Mississippi. In second was Richard McKeefer of Oldahoma with 358. In third was Jake Thomas of Coos Bay, Oregon with 330. At 198, Ernic Mil-Homens of Canada won the worlds with 451 over Hoss Rhoton of Texas who did 440. Chad Matthews was third with 402 and John Anthony was fourth with 314. At 220 lbs., Eric Wright of Houston, Texas won the worlds with 457. Don Goldsworthy of Spokane was second with 424. Troy Charley was third with 402. Joshua Schrag of North Bench, Oregon was fourth with 363. At 242, Kevin Rose did 479 to beat Travis Osborne who did 435 and Cody Smith was third with 418. Jason McCullough of Texas was fourth with 385 followed by Backstrom and Adam Gruver of Oregon with 369 and 352 nexas was routen with 3-83 colowed by sackstrom and Adam Gruver of Oregon with 369 and 352 respectively. At 275, Joel Thiessen of Canada won the gold with 462, followed by Cody Sacher with 440 and Andrew Snider with 413. Outstand-ing lifter for the lightweight was Joe Luther and heavyweight was Kevin Rose. In the open divi-

sion, Enrique Noj of Guatemala won the 114 lb. class with 259. Herbeth Carcia of Guatemala, the 123 World Championship with 209 lbs. At 132, Kerwin Unten of Hawaii won the worlds with a 363. He has done 396 and holds the world record at 123 with 374. At 148, Monte Hokoana won the class with 363. Kimo Luna was second class with 363. Kimo Luna was second with 347. They're both from Hawaii. Mike Montoya was third with 281. At 165, Sean Kaneshiro set a world record with 447. Sean used to compete in powerlifting at some of my state championships in Hawaii where he was powerlifting at some of my state championships in Hawaii where he was even one of the best lifters. He used to beat David Ricks back in the late 80's. In second place at 165 was joe Luther at 441. In third was Jason Yoshimura at 435. Jason held the world record at 446 until this meet. These three ought to have more battles in the future, and I feel sorry for any other 165 lb. lifter that tries to mix it up with these guys. Jesse Romero was a distant fourth with 347. In the 181 lb. class, Lee Jones of Chico, California beat out 10 other lifters with a 479. John Korn III of Mississippi was second with 473. He holds the world record with 491. In third was Todd Scott of Moses Lake, Washington with 462. In fourth was Jonny Hernandez of Idaho with 451. In fifth was Allen Berry of Spokane, Washington with 451 and in sixth was Phil Cannizzaro with 429 and Patrick Thomas of Texas was seventh with 418. Outstanding lifter of the lightweight open was Lee Jones. In open 198, Gustavo Warrington, a lifetime free drug free lifter, coached by Terry Luehrs put up a huge world record of 557 to beat George Herring of Georgia who did 534. Byron Beebe was third with 485 and Hoss Rhoton was fourth with 440. Mike Desrosiers of Arizona was fifth with 429, and Phil Davio G'Seaside, California was sixth with 407. At 220, Mike Ludovico who had done 573 on September 30 in San Francisco was off his game with 551, but it was still enough for the world championships. Mike is a 600 lb. bencher waiting to happen. He's out of the Bay area and was part of The Palace Cym Team for Burlington, California. In second place was Matt LaMarque of Seaside, California with 501. In third was Craig Nightingale of Houston, Texas with 496. In fourth was Roderick Rogers of Alabama with 524. At 224 there were 10 contestants and the winner was Shane McShane of Hawaii with 584 and a close even with the winner was Shane McShane of Hawaii with 584 and a close even with the winner was Shane McShane of Hawaii with 584 and a close even with the winner was Shane McShane ven one of the best lifters. He used to

gale of Houston, Texas with 496. In fourth was Roderick Rogers of Alabama with 424. At 242 there were 10 contestants and the winner was Shane McShane of Hawaii with 584 and a close miss with over 600 lbs. Arthur Thompson Jr. was second with 540 and Larry Birgado of Hawaii was third with 523. Larry did 584 at last years worlds. Jeremy Biewer of Minnesota was fourth with 512. Casey Gallagher of Oregon was fifth with 507. Jimmee Fullerton of Texas was sixth with 502 and a Texas State Record. Jan Sjogren of Sweden was seventh with 496 and Tajinder Singh of India was eighth with 440. The outstanding lifter for the middle weight open was Gustavo Warrington. Terry Luehrs ended up coaching three Oregon lifters to outstanding lifter awards - Leonard McAllister, Gus Warrington, and George Nelson. In the open 275, Tiny Meeker of Humble, Texas put up a huge 656 world record to beat Ryan Kennelly's old record of 655. George Nelson, at age 56, was second with 589. Bob Vessels, of Alabama, was third with 501. Jason Robinson was fourth with 468, and Steve Khader, of Ala-



Tony Caprari made a solid 705.



Olicio dos Santos ... pulled 700 lbs. and produced a monstrous Schwartz/Foster coefficient.

bama, was fifth with 374. Pete Marcoff of Seattle was sixth with 369. At 308, Bill Gillespie, the strong coach for the Rose Bowl Bound Washington Huskies, put up 639 for his second world title of the day. He had earlier won the masters 40-46 308 with a world record 639. In second place, was Steve Wong who formerly held the world record with 661. Wong opened with 633 and missed 672. Tom Manno was third with 611. At super, Mark Ned of Louisiana put up 639 and came close with 700. Tony Lualemaga of Las Vegas weighed in at 452 and without a shirt did 573, and almost made 600. Brian Jackson did a PR 562 and an Oregon state record. Thomas McKinney of Texas was fourth with 501. Thomas is a very personable guy. Keith Ward of Hawaii suas fifth with 374. Outstanding lifter was Tiny Meeker. In submaster bench at 165, Sean Kaneshiro of Hawaii set a world record with 441 vio beat Steve Ward of Los Angeles who did 413. Steve is the former world record holder in this division with 413. Vilmar Oliveira, of Brazil, was third with 363. At 181, Johnny Hernandez tied division with 413. Vilmar Oliveira, of Brazil, was third with 363. At 181, Johnny Hernandez tied with Allen Berry' the world record holder. Berry's record is 457 and they both did 451, but Hernandez was the lighter man and won on bodyweight. Johnny's lift was an Idaho state record. Kingston Lee of Los Angeles was third with 418. Kingston is capable of at least 435 on a good day. Edgar Bravo, of Guatemala, was fourth with 374. At 198 lbs. Ed Sim, who has never lost in this category, won with a mediocre 468 for him. He has done 504, but then had to have wrist surgery a year ago. Wendall Omura, of 468 for him. He has done 504, but then had to have wrist surgery a year ago. Wendall Omura, of Hawaii, was second with 457. Wendall has been entering my meets for years, going back to the Hawaii Record Breakers and Hawaii State Power-lifting Championships. I put on the Hawaii Record Breakers or Budweiser World Record Breakers or Pan America Championships as that meet was known by its various sponsors from 1977 to 1995 or 19 years. In 1978, we had the biggest attendance ever for a powerlifting meet with 4026 under one roof. It was a one day meet. We had NBC televise it. In 1979, we had 3380 and CBS televised it for half and hour and paid \$25,000 for the rights fees. Wendall was either competing in those meets or in the audience watching them. I put on the Hawaii State Powerlifting Championships from 1980 to 1995 and Wendall was competing in the majority of them. Wendall is one of put on the Hawaii State Powerlitting Champion-ships from 1980 to 1995 and Wendall was com-peting in the majority of them. Wendall is one of many Hawaii Powerlitters that supported me in those days along with Sonny Ronolo, Toe Preston, Frank Wakakuwa, and Sean Kaneshiro; all of whom were at this world championships. Moving on, Fill Dena III was third with a Nevada state record of 418. Gordie Fraser was fourth with 413. At 220, Jason Jackson of Muskogee, Oklahoma won easily with a 545. Jason was undefeated in boxing and tough man competitions for 14 years. Kenneth Millrany was second with 435. Roderick Rogers of Alabama was third with 424. David Bradshaw of Bakersfield, California was fourth with 402. At 242, Russell Kitani of San Jose put upa big 567 for the gold and a California state record. Russell will bench 600 lbs. within one year - maybe 18 months. He did 545 in February in Monterey. Bobby Leitz of Texas was second with 518 and Jan Sjogren of Sweden was third with 496. Ken Malone of Texas was fourth with 429. At 275, John Stewart hit a big 628 for a world record. John hit a 622 at the Nationals in Texas in June so he has found his groove. John, also drug tested at this meet and passed. That was his second test he passed. Kendall Walden, a newcomer from Oregon in only his second meet, did 545 for second. Bob Vessels was third with 501, and William Pontius was fourth with 424 and a Washington Class I state record. At Pontius was fourth with 424 and a Washington Class I state record. At 308, Jim Cunningham got a PR 606 and an Oregon state record for the title. He dedicated this meet to his brother who has Lou Gehrig's disease. Jim started as a nose guard at the University of Utah for three years and was signed by the Raiders, but broke a bone in his neck that ended his pro career. Julian Erevia was second with 462 and Jon Wooner was third with the arms weight At was second with 462 and Jon Wooner was third with the same weight. At super, Thomas McKinney beat George Niualiku 501 to 440. Two Hawaiians, Rany Shepard and Malcolm Ahlo, had injury problems and bombed. The outstanding lifter lightweight was Sean Kaneshiro who has won outstanding lifter every meet he's been in. Jason Jackson was outstanding lifter in the middle weight and John Stewart was outstanding lifter in heavyweight. In Teenage Men 13-15, bench press Johnny Hernandez Jr. set a world record with 101 lbs. in the 105 lbs. class. Rocky Hernandez won the 114 lb. class with

101 lbs. in the 105 lbs. class. Rocky Hernandez won the 114 lb. class with 82. At 123, Jesse Chavez set a world record, his second in two meets of 188 at 123 lbs., to beat Clayton Pinson who did 115. At 148, Hayward Blake coached by John Ford broke the world record three times and ended up with 264 - very good weight for a 148 lb. fifteen year old. Michael Enloe was a distant second with 170 and Andy Munsey was third with 126, and Adam Contreras was fourth with 99 lbs. At 165, Michael Minahan put up 203. At 220, Keenan Browne of the Washington School for the blind won the worlds with 170 lbs. At 242, Nick Hepoper won with 314. Nick is ably coached for the blind won the worlds with 170 lbs. At 242, Nick Heppner won with 314. Nick is ably coached by Sam Pecktol and the Superior Fitness Center of Medford, Oregon, who won the Team title by the way. At 275, Brandon Weston, also of Pecktols Team, won with 253. Outstanding lifter was Hayward Blake. In teenage 16-19, Stefen Hudson of the Washington School for the blind put up a world record of 82 lbs. in the 105 lb. class. At 132, Gary Remiticado won his fourth straight world championship with 248 lb. At 148, Adam Parker of Skip Hall's Gym won with 286. Travis Godawa of Louisiana was second with 248 and Herbie Allen was third with 99 lbs. At 165, Luke Bevill of Texas beat Jesse Kim coached by Bull Stewart 309 to 225. At 181, Anthony Palombo beat Ryan Ford 352 to 176. Palombo is the state record holder in Louisiana. At 198, Phil Davi, a phenomenal dead-lifter, beat Scott Hoffman 407 to 286. At 220, Louisiana. At 198, Phil Davi, a phenomenal dead-lifter, beat Scott Hoffman 407 to 286. At 220, Daniel Puder won with 248. At 275, the world record holder in teenage 13-15, Jordan Cam finished second to De Shaun Milliken 407 to 413. Cam is only 16, Milliken is 17. Milliken is the top high school running back in Washington with 4.4 speed in the 40 and Alabama, Notre Dame, USC, UCLA, Nebraska, and Oklahoma trying to recruit him. Lee Taylor was third at 275 with 270. At super, Scott McDaniel from Oklahoma set a world record with 402. McDaniel is being heavily recruited by Oklahoma as an offensive lineman. Outstanding lifter was Phil Davi. In open men Outstanding lifter was Phil Davi. In open men law/fire bench press, Bob Bish coached again by



Unstoppable Precious McKenzie

close one. Joe Sermeno was third with 303. At 181, Kirk Nakamura of Hawaii beat Richard McKeefer of Oklahoma 380 to 358. McKeefer set an Oklahoma state record with his 358. At 220, Craig Bowen did 413 to win handily. At 242, Sunday Sims II set a California state record to beat out 3 other lifters with a nice 462. Steve Ross, who holds the Texas state record with 462, could only manage 435 for second. In third was Mike Smyser of California with 402 and Keith Wilkerson was fourth with 402. At 275, Frank Wakakuwa of Hawaii benched 600 to easily beat Mike Camlin and Walt Faulkner who did 451 and 407 respectively. Frank holds the world record with 633 and had a near miss with 650 weighing only 252. He has benched over 600 in 11 meets since 1994. At 308, Malcolm Ahlo Jr. did 501. He's nursing an injury and did 589 last July. At super, Mark Ned of Louisiana beat Tony Lualemaga 639 to 573. Tony just missed 600 without a shirt. Outstanding lifter was Frank Wakakuwa. In submaster men law/fire, 806 Bish won at 165 with 352. At 181, Al Agamao shattered the world record of 413 which he held with an impressive 446. At 198, Ed Sim won with 468. At 220, Jason Jackson broke the existing world record by 130 pounds with 545. Kenneth Millrany was second with 435 and Craig Bowen was third with 413. At 275, Jamie Tovar coached by Matt LaMarque and his Iron Society broke the world record twice with 469 and 479. Darryl Ng was second with 451. At 308, Frederick Nelson tied the world record on an opener at 451 and missed twice at 473. Outstanding lifter was Jason Jackson. In master men law/fire 40-47 165, Joe Sermeno broke Robert Straker's world record with 303 and relegated Straker to second place. At 198, Michael Godawa broke his Louisiana state record with 352. At 220, Mike McKenzie of Colorado who holds the world record with 457 had to settle for 440 and the world record with 374. Jeff is from Sparks, Nevada and lives about two miles from the hotel. He is the one that first suggested the Nugget for the meet site. Great suggestion Je Minahan broke Al Bond's world record twice with 501 and 512. John has a lot left in him - 534 is right around the corner. Bruce Sabin was second with 451. In law/fire 48+, Emanuel Howard beat his own world record and Louisiana state record as well with 385. At 220, Patrick Fay beat Jack Rhyne 336 to 275. At 275, Ron Hood broke Jack Rhyne 336 to 275. At 275, Ron Hood broke the world record by 140 pounds and ended up with 529. Ron is the perfect gentleman and one of the best master lifters even. He is 55 and to be still benching 529 and a near miss with 540 is a credit to this sport. Pedro Velazco of Guatemala was second with 413. He, also, set a world record since the old one was 391. At 308, Randy Patter-son did 529 just shy of his world record of 534. Randy is 51 and still going strong. I think he will bench 600 within a year. At super, Bill Lobins of Randy is 51 and still going strong. I think ne will bench 600 within a year. At super, Bill Lobins of Houston, Texas, who is an Arson investigator and holds the world record with 512, had to settle for 479 and a world championship. Outstanding lifter for master law/fire was Ron Hood. In class I, where state records can be set but not world records, Oscar Martinez set a Washington state record of 281 at 132. At 148, Donny Engles set a Washington state record with 314. At 165, Joseph Withers set a Washington state record with 374. Lee Luther was second with 352. Steve Hauger was third with 347 and Erick Kuskie set a California state record and was fourth with 347. Brian Ridolfi was fifth with 308 and Luke Bevill was sixth with 303 with Joe Ojeda bringing up the rear with 297. At 181, Jayce Picking shattered the state record in Oregon by 60 pounds with 380. Kirk Nakamura also did 380, but was heavier, and he ended up with the Hawall state record. Jake Thomas was third with 330 and Michael Rainey from Georgia was fourth with 325. Todd Birkhead of Arkansas state record of 270 and had to settle for fifth. At 198, Steve Ughe, the captain of the Palace Gym ended up third in the team standing. took the 198 with a California state record 374. Palace Cym ended up third in the team standing. At 220, Troy Charley won with 402 over six other competitors. Ronnie Edwards, of Georgia set a state record with 385. James Hutchings was third with 369 and a California state record. Joshua Schrag was fourth with 363, and Joseph LaSalle was fifth with 363. At 242, Doug Mulder did a huge 479 and is now in open division, never to look back. He got an Oregon state record. Mike Lutz was second with a California state record of 451. Mike Smyser was third with 402. James is a member of The Marines Elite Mountain Warfare unit. At 275. Darryl Ng of Hawaii won the world member of I ne Marines Elite Mountain Warlare unit. At 275, Darryl Ng of Hawaii won the world championships with 451 and a Hawaii state record. Mike Camlin was second with a Washington state record 451. Bill Pontius was third with 424, Greg Ramsdell was fourth with 391, and Tom Ekenberg was fifth with a Texas state record

Terry Luehrs beat Erick Kuskie 352 to 347 in a

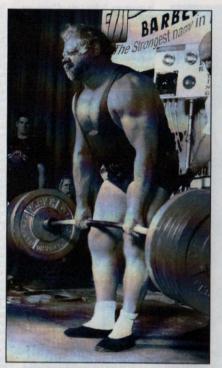
close one. Joe Sermeno was third with 303. At 181, Kirk Nakamura of Hawaii beat Richard McKeefer of Oklahoma 380 to 358. McKeefer set

of 358. At 308, Julian Erevia set an Oregon state record with 462, and edged Cary Brower of Idaho for the world championship. Brower set an Idaho state record with 462, but was the heavier man. Bruce Sabin was third with a California state record of 451. Corey Huwe was fourth with 402. At super, David Chase of Florida set a Florida state record with 457 to beat Leo Contreras of California who did 429 and a California state record. Outstanding lifter for light-state record. Outstanding lifter for light-state record. Outstanding lifter for lightof California who did 429 and a California state record. Outstanding lifter for light-weight was Joseph Withers and heavy-weight was Doug Mulder. In women's open bench, there was some phenomenal lifting. In the 105 lbs. class, Vickie McNeely of Alabama beat Carmela Baqui of Hawaii with 121 lbs. Carmela did the same weight but was heavier. Mary Pederson was third with 88. At 114, Valerie Tyree put up a huge 203 for a world record. At 123, Jill Remiticado who is only 18 put up 203. That was a Teenage a wond record. AT 123, Jili Kemiticado wino is only 18 put up 203. That was a Teenage world record. Beth Higginbotham, of Ari-zona, was second with 132. At 132, Jern Lynn Lippert of Tarentum, Pennsylvania did an unbelievable 303 on a third and a did an unbellevable 303 on a third and a world record 314 on a fourth. Her old record was 275. She passed a drug test and as far as I'm concerned, she is the greatest far all the concerned woman that wants to go up against her and take a drug test and beat her on coefficient, give me a

wants to go up against her and take a drug test and beat her on coefficient, give me a call. Maybe I'll put on a all time women's best bench contest. Judy Rodriguez was second with a respectable 160. Azure Skellington of Hawaii was third at 143. Moving on to the 148 lb. class, Katy Haller set a Washington state record with 225, a very good lift. There are probably 10 million 148 lb. men in this country that can't bench 225 at any weight. She is coached by Bull Stewart. Bull brought about 15 lifters to this meet and did a great job coaching them. Suzanne Williams, of Alabama, came in second with 154 and Clndy Cameron was third with 148. At 165, some great numbers were put up. Linda Blackburn is another lifetime drug free lifter, who beat Bonny Priest's world record in June with a 304, had to settle for 297. There has to be 40 million men in this country that can't bench 297. Linda is from Muskogee, Oklahoma. In second place was Mary Jacobson of Alameda who is probably the world's strongest master women lifter. She did 248 and also pulled a world record deadlift of 382. Mary is 46, still going head to head with the 'in their prime' women. In third place was Mariam Power from Canada, a very beautiful young woman and she did 242. In fourth place, Gina Anderson did 225, which was a California state record in both open and law/fire. In fifth place was Linette Vasouez with 203 and sixth was Retix Ann 225, which was a California state record in both open and law/fire. In fifth place was Linette Vasquez with 203 and sixth was Betty Ann Heriford with a PR 181. Betty Is in the 47-53 age group. At 198, Sandra Lonn, of Sweden, set a world record with 253. In the unlimited division, Kimberly Pitts put up a world record 336 and one of the highest benches ever. She is a doctor of osteopathy and is a very attractive big woman. Her lift is the highest ever in WABDL. Outstanding lifter lightweight was Jerri Lynn Lippert and heavyweight was Linda Blackburn. In teen women bench in 13-15 age group. Lisa Garcia set a beavyweight was Linda Blackburn. In teen women bench in 13-15 age group, Lisa Garcia set a Washington state record of 71 at 97 lbs. At 114, Emily Schneider set a world record of 132 lbs. surpassing her old record by 17 lbs. At 132 lbs., Azure Skellington of Hawaii set a world record of 143 lbs., beating the old record of 70 lbs. In teenage women 16-19, Jill Remiticado did a very impressive 203 at 123 for a world record. At 148, Julie Waltenbaugh did 77 lbs. At unlimited Rachel Malone set an Oregon state record of 170. Outstanding lifter was Jill Remiticado, who I assure you will bench 240-250 at 123 some day. In junior women, Donna Gagliardi set a Texas state junior women, Donna Gagliardi set a Texas stat record of 154 at 114 lbs., but finished second to record of 134 at 114 los., but this hed second to Tamara Coulombe, who set a world record of 170 at well as a Washington state record. At 123, Beth Higginbotham set an Arizona state record of 132 Higginbotham set an Arizona state record of 132 for the world championship. At 132 lbs., Erin Moore only tied the Oregon state record of 132, but was good enough for the world championship. At 165, Rebecca Plant put up a huge 225 for a world record as well as a Hawaii state record. a World record as wen as a rawan state record.

Outstanding lifter was Rebecca Plant. In master women bench 40-46 age group, Vickie McNeely won with 121, 5 pounds shy of the world record held by Chenger Mehmedbasich of Colorado. At 123, Carol Patterson did 159, 11 pounds shy of the world record held by Anna James but still enough for the main goal - World Champion. At 132, Sandy Gomez - Leon set a world record with 253. At 148, Cindy Cameron won with 148. At 155, Mary Jacobson won with 248. She holds the world record with 254 and she will bench 300 within 18 months at age 47! At 198, Laura Feusi set 3 world records and ended up with an easy 220 lbs. She, also, will bench 300 lbs. someday. Outstanding lifter was Sandy Gomez Leon. In submaster women law/fire, Linda Blackburn did 297 at 165. In master women law/fire, Camellia Outstanding lifter was Rebecca Plant. In mas

297 at 165. In master women law/fire Camellia Luprete did 159 to tie the world record at 148 lbs.



Phil Andrews broke a Bull Stewart record

In submaster women bench at 105, Vicki Paton did 126 only 6 pounds shy of the world record. At 123, Julie Green set a world record and Nevada state record with 148. At 132, Dr. Jennifer Souders did 132 for the world championship. Dr. Souders state record with 148. At 132, Dr. Jenniter Souders did 132 for the world championship. Dr. Souders also rides Harleys and used to own a Tiger stripped Harely that was orange and black. She is a very talented woman. At 148, Katy Haller set a Washington state record with 225 At 1915. She. a very talented woman. At 148, Katy Haller set a Washington state record with 225. At 181, Sharon Allen tied the world record her own world record with 203 for the world championship. At unlimited, Taunya Malone benched 314 and won best lifter for submaster women. She should bench 325-336 in the next year. In master women bench 47-53 age group, Heidi Taubmann, of France, set a world record of 170 lbs at 123 and was named outstanding lifter. At 148, Camelia Lupretewon with 159. At 165, Betty Ann Heriford did 181 for the world championship. Georgianna Ramey set a Georgia state record of 154 and Luprete won with 159, At 165, Betty Ann Heriford did 181 for the world championship. Georgianna Ramey set a Georgia state record of 154 and Cathy Chapman was third with 115. In master women 54-60, Gloria Campwon at 123 with 126. At 181, Joyce Hamblin set a world record with 187. At 61-67, Marcia Turner set a world record with 187. At 61-67, Marcia Turner set a world record with 181 in the 148 lb. class. At 165 in 61-67, Grace Gloniger beat Kitty Gallagher 115 to 110 for a world record and the world title. In 68-74, 37 year old Gloria Mighell set a world record with 99 lbs. in the 198 lbs. class. In 75-79, Gloria Tomlin set a world record at age 77 with 88 lbs. in the 148 lbs. class. Guest bencher, Ryan Kennelly, lost 20 lbs and weighed in at only 264 and opened way too high with 705, but finally made it on his third. If Ryan could gain 40 pounds and go up to 305 to 315 lbs., he could become the first



Muscularly Massive Willie McCov

he's the best deadlifter in the world today and the best I've seen since John Kuc. Andrew Corson was second with a Washington state record of 551, which broke Anthony Carillo's record of 545 set 3 1/2 years ago. Richard McKeefer of Oklahoma tied his state record for third. Steve McMillon of Georgia was fourth with 413. At 198, Ernie Mil-homens brought home the bacon with 600 for Canada. In second was Chad Matthews from Texas who also did 600, but was the heavier man. In third was Alexander Geitner from Germany who did 523. At 220, Don Goldsworthy did 501 unopposed. At 242, Travis Osborne beat Kevin Rose 606 to 551. At super, Joel Thlessen put up 611 to beat Andrew Snider and bring home the gold for Canada. Snider pulled 507. Outstanding lifter lightweight was Tony Caprari and heavyweight was Ernie Milhomens. In open men's deadlift, Herbeth Garcia of Guatemala was first in 123 with 402. Oscar Martinez of Washington was first with 424. Oscar Martinez of Washington was first with 424. Oscar Is the former world record holder. At 148, Monte Hokoana from Hawaii broke his world record of 529 with a big jump to 551. Ryan Snelling of Missourl was second with 530 and Richard Wideman was third with 437. At 165, Richard Cirigliano broke the California state record by 120 pounds with 551 to win the worlds. Chris McGrail was second with 473 and Brian Ridolfi was third with 468. At 181, Tony Caprari set a world record with 705 and was named best lifter fro open lightweight. Richard House of Klamath Falls, Oregon was second with 584. Josh Trewin was third with 529. Kirk Nakamura was fourth with 518. Kirk holds the Hawaii state record with 53. Nathan Turk and Shawn Miller were fifth and sixth respectively with 501 and 485. In open men's 198, Anders Wahlund of Sweden beat Phil man in the world to legitimately bench 800 lbs. Gaining weight is a tough row to hoe. It's going to take 36 eggs a day, 2 gailons of milk a day, and 4 pounds of hamburger a day for starters and I'm not sure he wants 523. Nathan Turk and Shawn Miller were fifth and sixth respectively with 501 and 485. In open men's 198, Anders Wahlund of Sweden beat Phil Davi of Seaside, California 617 to 606. Davi is only 19 and took a fourth for a teenage world record of 623. In open 220, Willie McCoy of Omaha, Nebraska set his fourth world record in the last year with 734 to easily beat Dan Flunker the last year with 734 to easily beat Dan Flunker who did 589. Parveen Khenna, from India, did 440 for third. At 242, Brent Howard from Maine blew the 706 world record away with 744, but Willie McCoy still beat him for outstanding lifter in the middleweight. Jerry Capello was second with 690 and Bobby Driskill was third with 650

to pay that price. In submaster men, the world record of 391 held by Joe Walker of Texas was massacred by Walker of Texas, Richard Wideman of Georgia, and Mark Freedman of Canada. It was broken a total of 10 times. Walker had to settle for third with a world record 424. Wideman was second with a world record 473 and Freedman was the world champion with the final world record. I love all these records being broken - its better than sex. This meet had the best drug free lifting I had ever seen. Its like going to an old loggers strong man show out in the back woods, and everybody is the best in their neck of the woods - but in the big woods among the big redwoods, some egos get bruised. Somebody has to low, somebody has to love. Its like in one of my favorite movies "Tombstone" with Kurt Russell playing Wyatt Earp and Val Kilmer playing Doc Hoilday in the shootout at the end of the movie. At the end of the movie, when Johnny Ringo thinks he's going to face Wyatt Earp and out of the shadow steps Doc Hoilday says "Why Johnny Ringo, it looks like someone just walked all over your grave." I played baseball with Kurt Russell in Los Angeles in a professional winter league for minor league ball players, and Kurt Russell told me then his dream was to make a movie about Wyatt Earp. His son's name is Wyatt and his father knew Wyatt Earp who died in Los Angeles in 1924. Kurt Russell signed a major league contract and played minor league baseball right here in Bend, Oregon (where I live) in 1971. Moving on in submaster 165, Vilmar Oliveira won the world championships with a 440 deadlift. At 181, Johnny Hernandez beat Nery del Cld of Guatemala 523 to 507. At 198, Gordie Fraser won with a 540 -he's capable of over 600 on a good day. At 220, Jason Jackson pulled 600 for the win with Daniel Flunder of Texas in second with 589. Randy Etsell, of Canada, was third with 573 and Rick Kornis was fourth with 501. At 275, Bob Vessels pulled a world record 755 - that is some big time weight. Bob is out of Alabama. Bill Pontius was second Ryan Snelling of Missouri broke the world record of 485, held by Carlos Dos Santos of Brazil with a huge 530 which also broke the open world record of 529. Patrick Schiffner, of Germany, was second with a German National Record of 462, and Sam Kabat was third with a California state record of 457. At 165 pounds, Duane Travis broke the world record with a world class 600 nobody was anywhere near him - he's probably one of the top ten deadlifters in the world. Christopher McGrail of Ft. Leonard Wood, Missouri was second with 473 and Michael Moore of Hawaii was third with 473 which broke his own Hawaii state record by 100 pounds. Joe Ojeda was fourth with a Texas state record of 451, and Gabe Ramos and Alex Woods from the Washington school for the blind was fifth and sixth respectively with 330 and 286 pounds. I think its a credit to those lifters Woods and Ramos and their coach, Rob Peck, that they don't want to lift in the handicapped division, but straight up with the other junior lifters. As Rob Peck says, they don't feel handicapped so why should they lift handicapped. At 181, Tony Caprari, is on another planet - 705 weighing only 174. I know my onlinion dessyl necessarily count for much, but net - 705 weighing only 174. I know my inion doesn't necessarily count for much, but

Duald Clain of California set a California state record of 600, but was heavier than Fuss. Michael Moore was fifth with 578 and Gary Stevens was sixth with 548. Arthur Clayton was seventh with 518. At 275, Tom Brooks of Canada won the gold with 661. Ted Stewart of Nevada was second with 600 and a Nevada state record. Mario Cecarelli was third with 545 and Di Filippi was fourth with 501. At 308, Sam Pecktol pulled 650 but couldn't get the 700+ he was kooking for. It didn't matter, he got a world championship. He's won 3 other worlds in ADFPA, as well as one other in WABDL. Gary Brower of Idaho was second with a 578 and an Idaho state record. Barry Duncan of Tennessee set a Tennessee state record of 529 and was third. Cory Huwe of Washington was fourth with 479. At super, Brian Rehberg, of Washington, (article continued on page 77)

with 690 and Bobby Driskill was third with 650 and an Alabama state record. Capello's 690 was an Oregon state record. Calvin Mock Jr. was fourth with 628 and David Glahn was fifth with 600. In open 275, Phil Andrews beat Bull Stewart's world record of 805 with 810. Phil is 46 years old. He's one of the best, and any time you beat one of Bull Stewart's records is a tremendous accomplishment. Bob Vessels of Alabama was second

with 755 and Mike Camlin was third with 738. Steve Khader was fourth with 551 and Pete Marcoff was fifth with 529. At 308, Rick Russell

Steve Khader was fourth with 551 and Pete Marcoff was fifth with 529. At 308, Rick Russell from Crescent City, California won with 677. Rick has done 700 and had only pulled twice in the last two months. He could easily be a 800 pound deadlifter if he quit his job, left his family-just kidding. He will be an 800 pound deadlifter some day. At super, Dean Munsey edged Vince Eldridge 716 to 710. Keith Ward was third with a Hawaii state record 462. Outstanding lifter heavy-weight was Phil Andrews. In master men 40-46 in 148 pound, Bryan Uyeoka did a big 496 for a California state record. J.D. Carr holds the world record with 551. At 165, Richard Cirigliano took a shot at John Tyree's world record of 578, but had to settle for a California state record of 578, but had to settle for a California state record of 551. At 181, Francisco Ventilari of Brazil won with 330 pounds. He's not a great deadlifter, but he is a world champion in Judo and is trained by the Gracie Brothers in Rio. At 198, Mark Byrant won with 485. Ken Wilson was second with 429. At 220, Willie McCoy of Nebraska pulled a world record 734 with room to spare. Willie just may pull 800 in a couple of years. David Stratton of Tacoma, Washington was second with a very good 683 and a Washington state record. David is making his move-700 coming up. In third place was David Rodgers of Oregon with 529. At 242, Jerry Capello set a world record 690 and almost made 710. Bobby Driskill from Alabama was second with 650 and an Alabama state record of 600, but was heavier than Fuss. Michael Moore was fifth with 578 and Gary Stevens was

"The 2500 RARRIFR FALLS!!!! Garry Frank came to Burbank, California on a 75 degree December 3rd. Sunday to try to become the first man to total 2500 lbs. in powerlifting competition by competing at the WEPOF (World Elite Powerlifting Olympic Federation) Championships, Garry wanted to break the record in front of the likes of Herb Glossbrenner, so there would be no question about the authenticity of his performance.... The Sunday powerlifting competition was APF sanctioned for those who were not competing in the WFPOF 5 lift format, which Garry was not doing. Ironically, on the same day, and - as noted in the last issue of POWER HOTLINE - perhaps at almost the same moment -Ed Coan was in Texas at the USPF World meet, also trying to do the same thing - break the 2500 barrier. ... He opened with an 880 squat that was done like it was 440 lbs. - extremely easy. He then went to 920, which was not passed by the judges who were comprised of Gordon Santee, Kevin Meskew, and Brian Delgado (until the latter flight of deadlifters when Kevin had to leave and was replaced by Scott Velliquette). The power to do the weight was certainly there, but Garry was a bit forward with the weight, and it was likely a little high. He jumped to 940 and dipped deeper and under control to get the white lights. In the bench press, Garry opened with 650, but he is having trouble getting used to his single thickness Inzer shirt and the



Garry Frank shows his elation after becoming the first man to break the 2500 lb. total mark

News and Previews

lift was none too easy. A conservative jump to 670 saw Garry have difficulty getting the bar to his chest and then it was awkward to get the bar moving upward again. The lift was red-lighted and concern about making the 2500 was evident. Garry took 670 again on his 3rd attempt, and handled the weight more readily for a success. In the deadlift. Garry shocked everybody on his first attempt, when he started up with 840 and the bar just jumped out of his grip. Normally, he rolls the bar into himself when he starts. but on this effort, the bar was still too far out in front when he started up on this try. A repeat with the same weight on his 2nd attempt was strong, but he still required 50 more lbs. to break 2500. 890 is a realm where hardly any man has ventured, but that is what Garry called for and that is what Garry totally ripped up on his final try, to break the epochal barrier. ... This final attempt was easier than the 840. Knowing that Coan might be attempting to break the record at, potentially, the same time, I checked my watch. Garry made his lift and the first 2500 lb. total at 3:43 PM. As it turns out, Ed ran into some difficulties with the squat bar at the USPF meet and had to pass his final squat attempt after making 992, and that put him off pace for the 2500 total, as he ended up with a 562 bench and an 848 deadlift for just over 2400. Garry Frank is

> seriously athletic. reverent of Powerlifting and its history, yet surprisingly humble. After his monumental acheivement, he just sat down on a chair, soaked in sweat, and talked with whomever wanted to talk This guy was a world class track and field athlete (throwing the shot 69 ft. 2 in. see Herb's article on Garry in the June 2000 edition of PL USA) and a successful professional football player, but when he would call into the PL USA offices periodically over the years, he would just want to talk powerlifting that's what he really cared about, and now that he has put football behind him and is starting to get

huge (6' 4", 375 lbs.),

the muscle fibers firing in his legs again after ACL surgery on both knees, his PL dreams are starting to come true. Lifting in several different federations over the years always with modest lifting equipment, he is a man whose mission was postponed, but never forgot-

Garry had just lifted at the WPC Worlds ... but he knows how to recover quickly from such an effort and reported that he felt good ("quick" he said) before the meet started. There were a few canvas squat suits in evidence at the contest, but Garry just had a single thickness lifting suit on. He is SCARY STRONG. The way he handled 880, 920, 940 in the squat was indicative of a man who routinely handles over 1000 in training. ... In the bench press, he has done 680 without a shirt, and would like to be able to say he can do 700 that way as well. With a shirt, he is still learning the ropes, so to speak, and likely will do more pre-meet work with the shirt in the future ... In the deadlift, he wants to break the all time record and the way he vanked 890, a pull deep into the 900s is definitely in the cards. 2500 heck - we should actually be talking 2600 when it comes to Garry Frank. He has such potential his third attempts at this meet were his strongest, most explosive lifts - he gets stronger as the weight goes up. Though the temptation of strong man competition lurks in the future, Garry is still a powerlifter at heart. It took more than 25 years from the time 2400 was broken by Don Reinhoudt for the 2500 mark to fall. If Garry Frank keeps his blue eyes of the tiger focused on powerlifting, 2600 could fall a lot quicker." (this material was excerpted from POWER HOTLINE, a full report from Herb Glossbrenner is scheduled for the next issue of Powerlifting USA)

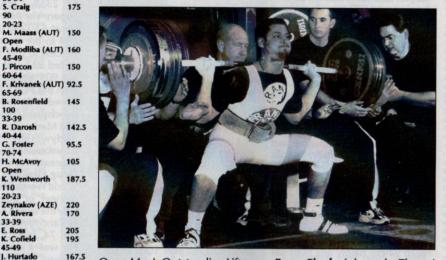
WPC Open World Highlights ... Amy Weisberger won at 123, and Mariah Ligget took her 14th(!?!) world title at 148 with 1201, making a 529 squat on a 4th. Ernesto Milian took the 123s, and Angelo Berardinelli took the 165s. Joe Doherty won the 181s via 705 523 672 1901, and Jesse Kellum the 198s with 826 595 639. Depner of Austria took the 220s with a 940 kg, total and Paul Urchick the 242s with 972.5. At 275, Ano Turtiainen squatted 914, benched 551, deadlifted 793, 859, missed 887, and then came back on a 4th attempt to get 887 for a WPC World Record. At 308, Andy Bolton of Great Britain squatted 925, took three tries to get a 540 bench in, then deadlifted 837, 881, 898 easily, but then missed a 4th attempt at 925,

though he did get the massive weight above his knees. In the WPO competition Rob Fusner pushed him by going 903 688 766 for 2358. Garry Frank took the Supers via 865, 909, 942 in the squat, 650 and then two misses at 694 in the bench, followed by a success at 727 on a 4th, then he pulled 837 and 876, before missing 909 above the knees. Frank won the WPO 1st place cash, followed by Bolton and Fusner. In the bench press competition, we heard that Markus Schick got 540 at 151 bodyweight. (look for Herb Glossbrenner's in depth report in the next issue of Powerlifting USA). Doug Hepburn Dies ... the 1953 World Weightlifting Champion and pioneer of powerlifting, particularly the bench press, passed away in Vancouver, British Columbia at age 74, from a perforated ulcer. He was a man of many talents beyond the world of strength and he had called PL USA only a couple of weeks before his passing to enthusiastically talk about his plans to set new strength standards in his eighties. Born with a club foot, he overcame his physical difficulties to become arguably the strongest in the world in his prime, and he used that same tenacity to become a "seminal" influence on lifters in Canada and beyond. Condolences have come in from around the world. In tribute to Doug, Ulf Savin of Sweden recalled Earle Liederman's words about the passing of Eugene Sandow: "So gently does he set his sandal down, that only when he passes can be seen the mighty footprints where his foot has been". Several hundred packed Doug's service on Dec. 9th. There is a great website documenting Doug's life and thoughts at www.doughepburn.com. We dedicate this issue of PL USA to Doug Hepburn's memory.



Doug Hepburn's trademark pose

AWPC World PL/BP Championships 9-12 NOV 00 - Las Vegas, NV (kg) AWPC World Championships 82.5 Police and Fireman 9-12 NOV 00 - Las Vegas, NV (kg) as told to Herb Glossbrenner, PL USA S. Gawlik



	. Crowder	77.5	32.5	75	185	125				
7	een 16-17					G. Villanueva Masters 50-54	215	170	217.5	625
4	4. Mendoza th	215*	137.5	207.5*	560*	S. Dhah 75	70	80	130	280
	25 . Aspuru	285*	185*	250*	720*	C. Wodraska 82.5	250*	120	222.5	592.5
٨	Aargetts (CAN) een 18-19	170	130	182.5	482.5	M. Nigru 90	220	60	197.5	477.5
	7.5 Damiano Jr.	162.5	110*	190	462.5	D. Solon 100	175	157.5	265	597.5
7		200	125	180	505	D. Damiano	245*	177.5	277.5	700
	2.5	200	125	180	505	110 R. Harrison	237.5	160	240	6852.5
R	. Schaffer 0	217.5	135	215	567.5	D. Ward 125	230	157.5	237.5	625
	Orwoll 00	192.5	150	202.5	545	D. Vanbrocklin 140+	227.5	150	200	577.5
S	Wagner	250	145	242.5	662.5	J. Magee				
6	ubmasters 0					Masters 55-59 75				
R	. Leoni	125	92.5*	142.5*	360	J. Lamboley	182.5	137.5*	180	500
7				152.5*		82.5 E. Angstrom	187.5	147.5	190	530
D	. Naughton	212.5*		190	567	L. Cramer	205*	132.5	187.5	525
E.	Chang	190	160	210* 212.5*	560	90 D. Lloyd (GBR)	165	102.5	230*	497.5
8	2.5					110	103	102.5	230	437.3
B. 96	Johnson (CAN)	220	110	230	560	J. Hinson 125				
L	Welch 00	295	155	280	730	M. Brown (GBR) 140+	190	105	230*	535
M	i. Ferrantelli	320	227.5 240*	272.5	820	C. Clonce Masters 60-64	227.5	148*	232.5*	655.5
	Dixon 25	235	145	237.5	617.5	67.5 R. Gidcomb	115	90	115	320
R.	White	302.5	195	315	812.5	75				
14			197.5*			R. Flores 90	230*	130*	240	600*
E.	Rios	210*	175*	220*	605*	B. Bassman	195	137.5	207.5	540
	asters 40-44		182.5	227.5*		110 E. Davis	235	127.5	235	597.5
64	Control of the Contro		THE CE		TANK I	Masters 65-69	257112			
75	Harris	80	45	117.5*	242.5	100 T. Conkle	200*	107.5*	197.5*	505*
	. Rivera	225		225	617.5	Masters 70-74				-
	. Larson	172.5	82.5	180	435	60 N. Kawasaki	140	106*	184*	430
R.	Dexter	165	142.5	175	482.5	Masters 75-79				130
90 R.	Lynch	255	155	270	680	75 J. Upton	100	97.5	122.5*	320*
41	h	220	177.	275*		Open				
10	Frein 00	230	172.5	242.5	645	60 T. Smith	202.5*	110	197.5*	510
	Thomas (GBR)	190	110	205	505	75	de la			
12	Burlingame					C. Moore 82.5				
	. Frizzell	300	230*	265	795	B. Figola	280	160	292.5	732.5
67	asters 45-49					N. Digiacamo	232.5	167.5	242.5	642.5
M	. Heindl (AUT)	180	127.5	190	497.5	D. Spitale	320*	172.5	250	737.5
75 C.	Hanson	175*	95	177.5	447.5	W. Smith T. Tzavaras (CAN)	215	122.5	260 175	597.5 475
82		1		.,,,,	17.3	100				
		227.5	147.5	227.5	602.5	A. Zweig M. Bearden	267.5 282.5		265 242.5	715 677.5
90						110				
10	Mauldin 0	185	142.5	190	510	T. C. Roesch S. Matthewson	322.5 302.5		287.5 265	787.5 760
		255	147.5	210	597.5	125				
11 w		262.5	150	260	672.5	M. Darrah 140+	320	175	295	770

245 150 242.5 637.5 257.5 142.5 227.5 627.5 255 167.5 275 697.5 235 182.5 227.5 645 250 137.5 232.5 620

B. Nichols
This year's Amateur (drug tested) World Powerlifting Congress World Powerlifting Championships were held at the Plaza Hotel Downtown in
Las Vegas, Nevada. The dates were November 912, 2000 for the Pl. Championships. The AWPC
World Bench Press championships was held right
after, on November 13th in the morning flights! For
the organizer, promoters and volunteers who
worked so diligently to make this a great contest it
must have seemed like a never ending marathon.
On the afternoon of November 13th following the
conclusion of the AWPC Bench Pressers, the WPC
World BP Championships commenced. On Tuesday the 14th the WPC World Powerlifting Championships began. As a journalist for Pl. USA I would
have loved to have attended this event and been
present for every session. This was impossible due
to the fact that I'd be covering the WPC Worlds for
Pl. USA as well as lifting twice that week. One week
for me was jam packed enough, which resulted in
exhaustion, burnout, and a whole week afterward
to recuperate, as it was for most participants. The
reason both these championships were held together was for several reasons according to AWPC,
WPC President Ernie Frantz. (1) defrayed costs for
running two separate meets. (2) to generate interest and enourage participation in the amateur B. Nichols WPC President Ernie Frantz. (1) defrayed costs for running two separate meets. (2) to generate interest and encourage participation in the amateur event for foreigners (3) to make it easier for foreigners to obtain visas and make one trip rather than two to defray their costs and expenses. It worked out alright and both meets came off splendidly, however the symptoms of fatigue became evident during the second week. A few misloads and scorekeeping errors did occur as well as the judging got a bit in consistent on occasion. Hopefully, next year both meets will be held at different times enabling the full media coverage that both events deserve. The NEW MONOLIFT that was used is a monstrous piece of equipment, with everything oeserve. The NEW MONOLITI that was used is a monstrous piece of equipment, with everything run by hydraulics. The major difference is that the supporting beams are BEHIND rather than in FRONT. The weight supporting hooks go FOR-WARD rather than BACK like the earlier models. WARD rather than BACK like the earlier models. This makes it excellent for photographers for taking pictures without being obstructed. A few complained about finding a focal point, but nearly everyone adapted. This new improved piece of equipment, I believe, will revolutionize PL. I'll go out an a limb to say that perhaps in a few years ALL MA/OR FEDERATIONS will be using one in their Championships. The gold, silver and bronze medailions awarded to the champion and placers were of a high quality - beautiful! It was a huge spacious venue. The warmup room was gigantic with two benches and two Monolifts (the regular variety back there). Excellent and accurate weighin scales were available at all times to check your weight and not prohibited for use. I note only 6 bombouts out of the 95 lifters who participated in the PL. In the BP competition, there were only 3 out

bombouts out of the 95 lifters who participated in the PL. In the BP competition, there were only 3 out of 40 lifters. This tells me nearly everyone lifted smart and adapted well to excellent conditions. The lifting was held in the same hotel where everyone stayed. The superb British crew of loaders and spotters, who came for both weeks, were sharp and alert. Maris Sternberg wanted me to be sure and mention that she diligently did all scorekeeping by hand without the aid of a computer. I received all the results before returning home which makes it much easier to execute the reports with expediency. Everyone was easily identified by their badges.

Without further ado on to the lifting: Thurs... Nov. 9, A.M. Men and Women Teen & Juniors. There were only 2 female Juniors (20-23). Jackie licata, USA, at 181 set WR 4ths with 308 SQ & 341 DL for a win with a 760 total. At 148, Alissia Licata, USA, at 181 set WR 4ths with 308 SQ & 341 DL for a win with a 760 total. At 148, Alissia Weinberg (USA) posted WR's with a 297 SQ along with 4th attempt 133 BP, earning best lifter. In the Male Jrs. (20-23) there were 3 participants from Azerbaijan who snagged gold medals. Mushvig Godjivev at 132 did 396, 264, 441 for 1102, a great result. He also tried a 476.5 DL, a WR 4th, but missed. Abbase Saratow (A A75 tones of the standard of t nissed. Akbar Faratov of AZE topped Adam orenke, USA, 1416 to 1223. K. Dhah, USA of Fresno, CA, captured the 165 division, and Mukarem Jafarov also from AZE got the victory at 198. He gave a 551 Dt. the ole college try, but didn't get it. Only 3 male teens contested. Little Ryan Crowder of Dallas, TX at 4'6", 97.6 lbs. and age 13 ran the iron gauntlet, and made father Greg (The Texas Viking) proud when he won his AWPC fleaweight gold. Keep truckin' Ryan. Mark Mendoza was tops in 16-17 165s with a WR sweep (9 in all): 474 SQ, 303 BP (plus 314 4th) and DL's of 386, 435 & 457. His only miss all day was a 501 SQ try. J.D. Margetts, CAN, weighed 260, a big boy and also in the 16-17 group. He prevailed handily in the 275s.



with 314. Pat Casper, 41, USA waltzed her way to the 123 win. Terrie Ann Black, 40, took the 131 40-44 title with a record 347 SQ for an 804 TOT. At 45-49, Peggy McCatamney, 48, grabbed the 132 division. Wilma Lee Cadavona produced a WR 281 SQ at 198, Chris Brigham had no peers in her 105 50-54 class division. SC Q'ed 193 for a brand new WR on her way to victory. Karen Polansky estab-WR on her way to victory. Karen Polansky estab lished a WR of her own at 181, same 50-54 bracket

And Control Co



be a bit beat up coming in. It was a truly superlative and be a bit beat up coming in. It was a truly superlative and beat the proformance from Richard Flores, 62. Would you believe at 165 bwt. a 50° SQ (WR, of course), and another WR with a 286 BP plus a huge 540 DL for a 1322 TOT. Always a gentleman, 800 Bassman, 65. (2a) powerfullocal, chalked up his umpteenth title with the greatest of ease at 198. Earl Davis, 62, or established a winning trend taking the 242s. Soletos man at 65-69 was Tony Conkle, 65, who smoked it, some World Records himself: 441 SQ, 232 BP, 435 to superstar, beat out Rich Flores for best Master billiter. It would take one heliuva performance to an pull off that feat but Norl's story is all glory! At 72, he zapped WRs of a 233 BP after a "mere" (for him) is 308 SQ. His 405 1/2 DL obliterated his own WR. Oh, yes he welghs just 132. Is this out of this world did. or whalf Last but not least, was the oldest youngster. In speaking of John Upton, 77. He weighed to whalf Last but not least, was the oldest youngster. In speaking of John Upton, 77. He weighed the 132. Is this out of this world Record. Amazing is the resiliency and strength of these mighty masters who send the raving free radicals packing.

OPEN WOMEN-11 NOV: Austria's Karin Heindl Record. Amazing is the resiliency and was allowed to compete. She set WRs with a 369 SQ, 370. 3D L& 871.9 TOT. Renata felt she'd been dealt a bad hand, and ended up with the silver medial. After this flasco hubby Dan was smoking like an old vood stove on a winter day in Michigan.

OPEN MEN-11 NOV: This was a suprisingly small group of 13, all USA except two from Canada. Taso Tzavaras, CAN, finished a distant 3rd @ 198 while big Glen Snelgrove (340) pocketed the SHW gold and also set a WR 8P @ 441. The USA took first \$0.32 and 435 DL for 1124 TOT. Christian Moore allowed the 165 title to elude him because he missed all his squat attempts at 429. He'll be back next year, stronger and wiser. Dan Spitale and Willey and the first title to elude him because h



Richard Flores is lifting 'young' at age 62: 507 SQ, 286 BP, 529 DL.

WOMEN

K. Heindl (AUT) 45 C. Spaletto

C. Quinell (AUS) 75* D. Huset

H. Krivanek (AUT) 48* 67.5

13-15

20-23

J. Licata

W. Cadavona

M. Clonce

33-39

J. Chavez

D. Olson

40-44

60-64 E. Trichlin

50-54 F. Haar (AUT) 82.5

33-39

Masters 40-44

55

S. Craig

H. McAvoy

20-23

33-39

45-49

P-F K. Phelps

170* Open R. Agayev (AZE) 137.5 33-39

107.5*J. Hurtado 50-54

R. Harriso 117.5*D. Ward

160* S. Meyers 128* M. Frizzell 65 J. Wicker

> 20-23 Namazov (AZE)

J. Magee

135* 57.5* 137.5 330 122.5* 75 147.5 345

105 67.5 130 302.5 157.5* 62.5 145 365

127.5* 75 147.5 350

87.5* 55 85 222.5 120* 57.5* 142.5* 320*

77.5 40 117.5* 252.5

95

140 Open

C. Quinell (AUS) 120* 72.5* 135 327.5

P. McCatamney 90 45 110 245

Godiivev (AZE) 180 120 200 500

A. Faratov (AZE) 230 170 242.5 642.5 A. Korenke 210 115 230 555

M.Jarafov (AZE) 220 120 230 570

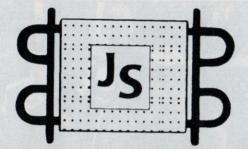
95

140

Open F. Modliba (AUT) 160

105

165



Jump Stretch, Inc. 1437 Turnberry Dr. Boardman, OH 44512 1-800-344-3539

330-629-2511 • Fax 330-629-2440 www.jumpstretch.prodigybiz.com

add \$100 to above unit cost

Jump Stretch, Inc. has 20 years' experience in the rubberband strength training arena. We carry the complete line of Flex Bands, recommended by Louie Simmons of West Side Barbell. These are the ORIGINAL bands developed by "Rubberband Man" Dick Hartzell. Beware of imitators with inferior bands that are moulded or bonded together. Our bands are built in layers on mandrels, with no seams for potential breakage. They are backed by a full 1-year warranty.

Our continuous-loop bands are 41" in length and a quarter of an inch thick. Four sizes are available, which will add the following approximate weights to your lifts:

	Bench	Squat/Deadlift	Cost/Pr.
Mini (1/2" wide, assorted colors)	25 lbs.	50 lbs.	\$20.00
Light (1-1/8" wide, PINK)	50 lbs.	100 lbs.	\$37.00
Average (1-3/4" wide, GREEN)	75 lbs.	150 lbs.	\$45.00
Strong (2-1/2" wide, BLUE)	100 lbs.	200 lbs.	\$57.00

We also offer 2 different platforms bases for doing deadlifts:

Substitute Extra-Wide Base for either unit

Standard Base (approximately 3 ft. wide)	\$145.00
Extra-Wide Base (has a 51" deck for sumo-style deadlifts)	\$245.00
Packages are available as follows:	
Ultimate Unit (comes w/ 3 prs. of bands, plus standard base)	\$285.00
Heavyweight Unit (comes w/ 6 prs. of bands, plus standard base)	\$385.00

The following Videos are also available: Powerlifting, Football, Baseball, Basketball, Cross Country, Martial Arts, Flexibility, Explosive Training, and Rehab (Ankle, Knee, Shoulder, Back). Videos are \$10.00 each.

We accept Visa/MC/Discover/AmEx. Checks or money orders may be directed to the above address. Shipping charges additional, please call for quotes.

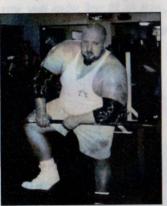
Coming Soon! In conjunction with naturopathic physician Dr. Hakeem Lewis, we are set to unveil a complete line of high-quality, pharmaceutical-grade supplements, including protein drinks, vitamins, and all-natural formulas for speeding up injury recovery. Call for more information. We'll help you stay a step ahead of your competition!

Rubber Bands for All Sports

Happy 2001!! Okay, the holiday shopping is over, and the holiday parties and family gettogethers, so that can only mean one thing, right? It's time to get back in the gym and set some serious plans for powerlifting success in the coming years.

Jamie Harris and Glen Chabot didn't finish up 2000 the way they wanted to. Neither one made any attempts at the IPA Nationals in November amidst controversy about the height of the bench used at the meet. For both of these mighty benchers, their sights are now set on the upcoming Arnold Classic, where Glen is the defending cham-

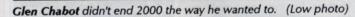
This year's Arnold Classic week



lamie Harris is hoping for another shot at the Arnold Classic.

end runs from March 2 through

March 4 in Columbus, Ohio and features much more beyond the big annual bench meet. Top level competitions in bodybuilding, fitness, martial arts, and arm wrestling, plus demonstrations and exhibitions at all kinds of cool stuff will occur. Over 40,000 people attended last year's expo and that was the one



little problem. The aisles got really, really crowded.

But other than the crowding, it's a great event, and where else can you see thousands of fans scream-

ing for powerlifters, as they compete for a title and prize money?

POW!ER SCENE and POW!ERLIFTER Video will make their annual trip to Columbus to cover all the action, and if vou're interested in attending, the phone number for information is 614-431-2600.

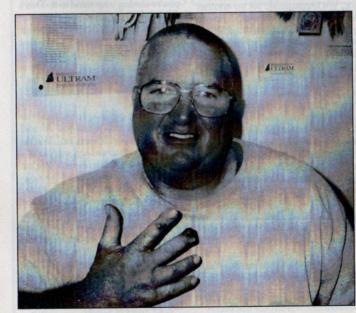
One man who should be happy about how he finished up 2000 is Garry Frank. Garry posted a huge 2469 total at the WPC's, hitting 942, 650, and 876, and we just heard that he hit 2500 in Burbank on December 3rd, with lifts of 940 670 890. Congratulations!!!

Anthony Clark finished up the year by bringing out his new Sports Nutrition Product Line, in conjunction with TeraForma Health. Anthony's products include mass gainer, whey master protein, power cell creatine, and many combination products, designed to enhance performance, and reduce recovery

Our loval viewer and reader Mike Blake finished up the year by injuring himself, and having to avoid deadlifting for a while. But Mike, a true powerlifter, only missed one bench workout and one squat workout, and he's aiming for some new PR's in 2001.

Another loval reader (but not vet POW!ERLIFTER viewer) is James Taber of New Hampshire. James writes that when he got out of the military, there wasn't a gym around for 50 miles, until "The Railvard" opened up in Woodsville, NH. Its "great attitude" and "charged atmosphere" got James lifting again after a seven year layoff. That was five years ago, and James vows he will never stop lifting again. That's what we like to hear.

To James and Mike and Garry, and Glen and Jamie, and every powerlifter out there, we wish you a great year of fun training, strength gains, new PR's and no injuries. NED LOW



OUCH!!! Mike Blake hardly let this finger injury hold his training back. James Taber - a proud member of "The Railyard" in Woodsville, NH



There is magic in believing. If you think you can, or you think you can't, you're right. You are what you think you are, and you become what you think you will become. - Unknown

When I was working for the Pittsburgh Pirates baseball team, I had the opportunity to meet a clinical psychologist named Dr. Charles Dement. At the time, Dement was in the process of writing a book about biological rhythms and athletic performance. The major premise of the book was that biorhythms could be used to predict human behavior. This may be a little complicated, but stick with me here for a second.

According to Dement and/or biorhythm theory, each individual has three body cycles: a 23-day physical stamina cycle, a 28-day emotional cycle, and a 33-day intellectual cycle. These cycles are assumed to be prefixed at birth and to be invariant throughout life. According to the theory, the cycles have the following effects: During the positive phase of the 23 day physical cycle, we are stronger, have greater endurance, and are more resistant to disease. During the negative phase, the reverse is true. Similarly, during the positive phase of the 28day cycle of emotional sensitivity. we feel more positive, optimistic, and creative; whereas we are most irritable, withdrawn, and pessimistic during the negative phase. With respect to the 33-day intellectual cycle, thinking is clearer and more decisive during the positive phase; whereas the opposite is true during the negative phase.

These biorhythm cycles have the patterns of sine waves. Since they have different durations, they coincide at times, but are in opposition at other times. The so-called critical days for each cycle occur at the beginning and middle of each cycle, when the phase changes direction from positive to negative, or vice versa. On these days we are in a transition state. Consequently, we are extremely vulnerable at this time. We are weaker, more likely to become emotionally disturbed, and make more mistakes.

Dement claimed that an individual could use this knowledge of what phase he was in to compensate for low periods. That is, he could be more careful, undertake less demanding tasks, or avoid strenuous activities during that time. On the other hand, he could take advantage of his peaks by scheduling appropriately challenging activities.

The idea of using biorhythms to predict athletic success was intriguing to the Pirates coaching staff. They reasoned that if the method was valid, they could use it to select starting lineups, pinch-hitters, and a

Dr. JUDD

IF YOU BELIEVE ... THEN IT IS SO as told to PL USA by Judd Biasiotto Ph.D.



Dr. Judd believed he could be a successful bodybuilder and did so!

pitching rotation. Of course, I was looking at it from a lifting standpoint. I figured that if the method was valid I could schedule my workouts and competitions around my rhythms. For instance, I could arrange my lifting cycle so that I would peak during the positive phase of my biorhythms. Naturally, if biorhythms really worked there were all sorts of implications for using them in sports, business, medicine, and so forth.

The real question, at least in my mind, was whether or not biorhythms were a valid method for predicting human behavior and performance. With respect to athletics, Dement attempted to show that people who were successful were at a biorhythmic high point, and that those who failed were at a critical time in their cycle. Actually, he presented some interesting cases to support this theory. For instance, he pointed out that when Ken Norton broke Muhammad Ali's jaw on March 31, 1973, Ali's biorhythms were near critical for both his physical and emotional cycles. The reverse was true when Ali met Joe Frazier on May 25, 1976 in the "Thriller in Manila." In that fight Ali was on a physical high, while Frazier was at his lowest physical point. Consequently, according to Dement. Frazier's defeat was more related to his biorhythms then to Ali's superiority as a fighter. Interestingly, Dement also presented some convincing cases in the sports of baseball, basketball, football, and even one in weightlifting.

After listening to Dement for a few hours, he had the Pirate staff and me extremely curious as to the effectiveness of biorhythms as a predictor of human performance. Was there really something behind the theory of biorhythms? We decided to find out.

We conducted a neat little study using AAU powerlifters. The reason we used weightlifting was because it was a more objective measure than baseball performance. Let's face it-you either lift the weight or you don't. There is not too much that is subjective about that.

In the study, we had 24 novice powerlifters calculate their own biorhythms, and then we correlated these rhythms with their daily performance. The results of the study revealed an extremely high relationship (.89) between the lifter's rhythms and their lifting performance. Just as encouraging was the fact that when we interviewed the athletes after each of their workouts they felt that their performance was consistent with their rhythms. Without question this finding suggested that the biorhythms were a valid predictor of weight lifting performance.

Needless to say we were extremely excited. In fact, we thought we had discovered something major. We immediately set up another study. This time, we had 31 novice powerlifters, but instead of letting them calculate their own biorhythms. we computed them. Actually, we tricked them this time. We calculated two sets of rhythms, a true set and a pseudo-set for each lifter. The pseudo-biorhythms were computed so that they would read directly opposite of the true rhythms. When the lifter's true rhythms indicated a high physical period, the pseudo-rhythms indicated a low physical period. We gave the lifters what they believed were their real rhythms; in reality, they were the pseudo-rhythms. The lifters were unaware that two sets of rhythms existed, and that their performance was forecast based on the pseudo-rhythms. Pretty sneaky right? After three months we ran an analysis on both sets of rhythms and the lifters daily workouts. Guess what we found? The results revealed a

high correlation for the pseudo-biorhythms (.89) and only a moderate correlation (.61) for the true biorhythms. Not only that but when we interviewed the lifters after their workouts, they felt like their performance was consistent with their pseudo-rhythms. In other words, they actually felt and performed good when they should have been feeling like hell biorhythmically. And they performed like hell when they should have felt and performed good, biorhythmically speaking. It seemed quite clear from the study that what was occurring was a type of placebo effect. In short, the pseudo-biorhythms had caused the subjects to lift poorly on days when they were supposedly at their physical peak. The rhythms also caused the subjects to lift well when they were supposedly at a physical low. In other words, the belief in rhythms had caused the fluctuation in performance. It was the subject's own mind that brought about the changes in performance, not their rhythms.

This just goes to show you that you get what you expect in life. How you think determines what you are, what you can achieve, and what you can become. Actually there is magic in believing. If you believe you are going to fail - you will. Conversely, if you believe you are going to succeed - you will. In short, if you think you can't or you think you can, you are right.

As individuals we consistently perform in accordance to the way we perceive ourselves. I am convinced that what we accomplish in life is not so much contingent upon our physical ability as it is our mindset. The body serves the mind. It is not the other way around. If you have a strong mind your body will follow. This is an extremely important concept to be aware of. When you say you can't do something, you're closing your mind to it. There is not anything that you can't do. You are limitless. You have the power to do anything or be anything that you want to be. Only your mind can limit you. As our Lord said, "As a man thinketh in his heart so is he."

I like what Leo Buscaglia say's about this very issue, he says:

"We've got to rid ourselves of 'nevers.' We've got to rid ourselves of 'I can'ts.' We've got to rid ourselves of 'Ino's' - what a negative word! We've got to rid ourselves of 'impossible' - nothing's impossible. We've got to rid ourselves of 'hopeless' - nothing's hopeless. These are words for fools, not intelligent people. Wipe them out of your vocabulary. Neversay 'never! Impossible?' Of course it's possible

Words to live by!



Knee Wrap: \$2395

Wrist Wrap: \$1350

1-800-344-4071

PLEASE ADD 46.00 SHIPPING AND HANDLING. ADD 45.00 PER EXTRA COLOR ON BELTS.

\$995

\$1195

Cloth Straps:

Leather Straps:

WORKOUT of the Month

A new concept in weight training instruction. A workout by workout, set by set, rep by rep workout plan, with exact training poundages specified over the entire span of a strength training cycle, laid out for you by a top Powerlifting authority. Each month, a different lift is analyzed. For those of different strength levels than the starting poundage specified, simply increase or decrease the training weights in direct proportion. For example, if your lift is 400, and a starting lift for the program is 500, multiply the training poundages by .8 (400 divided by 500); if your lift is 600. multiply the poundages specified by 1.2 (600 divided by 500)

Fellow Powerlifters: My name is ROY FOKKEN. I am from York, PA (Home of York Barbell and Harley Davidson). I am 31 years old and have trained at Unique Physic Fitness Center in York since 1994. When I

began my training I wanted to bodybuild. I competed in bodybuilding for about 31/ 2 years. At my first contest I took 2nd, the next four -1st place. I wasn't concerned with strength until I saw my first powerlifting meet. I saw guys much smaller than me, but much stronger. This made me realize I wanted to be strong and not just big. I started talking to a fellow lifter about training technique and routines. I did some of mu own research

also and came up with a good routine. Not long after I started I had an injury, a dislocation of three discs. I thought this was the end of my quest. I couldn't squat or deadlift for some time and this wasn't good. A friend said to me "why don't you do bench meets instead?" OK The first meet I weighed in at 148 lb. class and broke a record. I decided to go down to 132 lb. weight class where I thought I would have higher "per pound" numbers. I was right. After competing for two years I broke the All Time World Record of my friend Doug Heath, who helped me train to break this record. My plans are to do a 460 lb. bench weighing 132 lbs. - this I

ROYFOKKEN's **BENCH PRESS ROUTINE**



Roy Fokken benches 429 at athe Beast of the East

know will happen very soon. I will eventually go back up to a 148 weight class and there put up some big numbers too. I use a training routine coming from several different quality lifters and I have adjusted it to make it my own. This is what works best for me... I train my upper body very hard and I only bench once a week. My Bench days are Monday. I follow up my bench workout with my triceps. So, we have Monday - Chest and Triceps... Tuesday - Off... Wednesday - Back and Biceps... Thursday -Off... Friday - Shoulders and Abs.

This Workout will increase your bench approximately 20-30 lbs. in 10 weeks. This workout is based on

a 300 lb. max. Mywarmups are always the same and they are .. 3 sets of 135 lbs. @ 10 reps, 1 set of 185 lbs. @ 6 reps, 1 s/o 225 lbs. @ 3 reps, 1 s/o 275 lbs. @ 1

I DO SEVERAL STRETCHING EXER-CISES. Remember: Take only Two Minute Rest Periods between sets; Have A Spotter; Drink Water; Warm up properly

My 10 Week Workout Schedule is as follows...

Week 1 and Week 3: Warm up... 2 minute breaks (very important)... have a spotter. 1 set of 290 lbs. @ 2 reps; 280 @ 3; 270 @ 4; 260 @ 5; 250 @ 6; 240 @ 7; 230 @ 8. Follow this with Triceps... Close Grip Bench; 3 sets (hands and shoulders width) Cable Push Downs or Skull Crushers - 3 s/ o whatever you can handle.

Week 2 and Week 4: Warm up... 2 minute breaks (very important)... have spotter. 6 sets of 285 lbs. @ 3 reps. Decline Bench - 6 s/o whateveryou can handle. Skull Crushers - Cable Push Downs - 3 s/o each exercise @ whatever you can handle.

Week 5 and Week 7: Warm up

(remember two minute rest between sets) 1 s/o 295 lbs @ 2 reps; 285 @ 2; 275 @ 4; 265 @ 5; 255 @ 6; 245 @ 7: 235 @ 8. Close Grip Bench and Skull Crushers 3 s/o each exercise.

Week 6 and Week 8: 1 s/o 300 2 reps; 5 s/o 285 @ 3 reps. Decline Bench - 3 s/o whatever you can handle. Skull Crushers - Cable Push Downs 3 s/o each exercise (whatever you can handle).

Week 9: Warm up routine - don't forget 2 minute rest between sets. 1 s/o 300 @ 2 reps; 290 @ 3; 280 @ 4: 270 @ 5: 260 @ 6: 250 @ 7: 240 @ 8. Decline Bench - 3 s/o whatever you can handle. Skull Crushers and Cable Push Downs 3 s/o whatever you can handle.

Week 10: This is your week to set a new max. This max should be between 320 to 330 lbs. Don't forget to warm up and stretch.

I would like to thank John Inzer and Inzer Advance Design for providing me with the best gear in Powerlifting. Also and John and Ann of Unique Physic Fitness Center and Doug Heath for his advice and help. I would also like to thank Louis Simmons, Paul Yoder, Steve and Linda Newport and my special thanks to my fiance, Melissa Emig, for her advice and guidance in Competitive Fitness Nutrition. For more information on training or nutrition contact Roy or Melissa at E-mail ninevahcore@aol.com or 1-717-845-7209. God Bless and Best of Luck,

2000 Beast of				BP/DL			
16 SEP 00 - O	cean (City, A	MD .	148			
DMEN	BP	DL	TOT	Teenage			
ecial Open				S. White Special Open	90	147.5	2
Handy	52.5			D. L. Hatfield	57.5	97.5	1
nateur Open				181			
Hahn	47.5			Special Open			
/DL				C. White	80	197	2
nateur Master				Amateur Open			
Nelson	72.5	160	235.5	J. Russo	145	240	3
8+	12.3	100	233.3	198 Amateur Open			
ecial Open				J. Gibson	142.5	190	3
Dennis	57.5	110	157.5	220		.,,	-
N				Pro Open			
2 Pro Open Faulken	195*			B. Avery	172.5	255	4
aulken	195-			Special Open		-	
cial Teenage				J. Wood 242	92.5	177.5	2
Page	85			Amateur Open			
ateur Master Open				S. Vickery 275	157.5	215	3
Witmer	107.5			Amateur Master Open			
hafer				B. Carmack	157.5	222.5	3
naier	145			Pro Master	A NEW YORK		
					105	260	

			event with
			Sports and (
			used to def
	147.5	237.5	developmen
			and young a
	97.5	155	referee, the
			Powerlifting
			Nettles, Tyr
	197	277.5	founder of
			Vanderveen
	240	385	hosted deve
			all over Mar
			Maryland,
5	190	332.5	chusetts. Th
			Roy Folken.
			Pennsylvani
5	255	440	131.5 lbs. w
			(402 lbs.). If
	177.5	285	second atte
			three green
			which show
5	215	385	shouts. Whe
			bearable, Ro
			YES you read
5	222.5	380	convention
			lights flasher
	260	445	tremendous
			of 131 lbs. w
			lifting 3.2x h
5	172.5	310	to follow bu
		sight to	Our Special
		inviting	Dawn Hand
		The YES	division with
-		IIII IFO	WITH HUMAN

all proceeds going to the YES Inc. Condiditioning Center. The funds are fray the training cost for some 300 ntally disabled and "at - risk" youth adults. The meet was judged by head mighty Jr. Hunt IPC Champion, SSU g Coach and IPA champion Dave onc Young and meet director and YES Inc. Powerlifting Fred A.
The Beast of the East (BOE 2000) big attraction was the lifting of Mr. Roy, an eight - year native of York, a walked into the weigh - ins at tth an opening attempt of 182.5 kg. with an opening attempt of 182.5 kg. if this was not enough roy upped his empt to 187.5 kg. (413 lbs.). with n lights. Roy waved to the crowd, wed their approval by screams and en the cheers and screams became oy gave his final attempt of 195 kg. (429 lbs.). The O.C. center went wild!!!! when all three d greeen. Just think of it a human in subsyling than with a hopewight is properly the subsyling than the subsyling that the subsyling that the subsyling that the subsyling than the subsyling than the subsyling that the sub orking and training to the point of a bodyweight. This was a hard act the lifters and thelifting went on. athletes put on quite a show with a 115 bench. Not bad for a young

Pennsylvania connection was well represented with Buck and the boys. Buck pushed an pulled his way to a 380 kg. total (837 lbs.) while Stephen bested his last years total, in the teenage division, by 20 kg. in the bench and 17.5 kg. in the deadliff with a combined total of 257.5 kg. (567 lbs.). The great state of Massachusetts was not to be out done. She sent Fred Callender, a solid 275er and Bill Avery representing the 220 class. Bill pushed and pulled his way to a combined total of 440 kg. (970 lbs.) with his partner totaling 445 kg. (981 lbs.). Our athletes love to see Fred come and compete. He is a pleasure to see interact with our athletes. All inall the O.C. Beast of the East was a great success. We are see interact with our athletes. All inall the O.C. Beast of the East was a great success. We are pleased with the level of competition and the comradely developed between all the lifters regardless of physical ability. YES Inc. Powerlifting will be hosting several events over the coming year. Any athletes interested in competing in a totaly inclusive powerlifting organization and willing to share their energy and love of lifting with others contact fred A. Vanderveen. % YES Inc. Powerlifting, P.O. Box 279, Fruitland, MD 21826. (410) 742-9201 or yes@ezy.nct. Special thanks to Franz for his additional support of the YES Inc. Scholarship program. (Thanks to meet director Fred Vanderveen for providing these results and the photograph to Pt USA).

Roy Fokken she has the strength to walk with crutches. Along with Dawn, the ever - popular Dominic "The Dominator" wheeled up to take charge of the bar. Sporting an injured rotator, Dominic pushed a strong 85 kg. (187 lbs.) bench. The

New! COOL CAPS

The World Leader In Powerlifting Apparel!



DENIM CAP - Pro-washed denim, "low profile" cap with adjustable brass buckle. Embroidered.

TWILL CAPS - "Constructed" style white, cotton twill cap with buckram backed

front. Adjustable plastic snap. Embroidered with two designs to choose from.

A LEAP AHEAD IN POWERLIFTING KNEE WRAP TECHNOLOGY.

Name Address

City_

Zip_

e-mail

Qty.

IRONWRAPS Z

VERY, VERY POWERFUL!

The most popular knee wrap in powerlifting!

"When I first held a pair of

Ironwraps Z, I knew they were a lot better wrap than I ever worked with before. My first big squat I did in a recent training cycle, I did with IWZ on. I smoked it like I was still doing warmups. I noticed a marked difference on the rebound. The rebound was just unbelievable. IWZ got tighter, easier, even when I didn't wrap all the way tight. The way they hold, I didn't need to chalk to keep them in place on my legs. IWZ gives tons of rebound and are so supportive. IWZ are far ahead of anything else."

> Datrick Hall Top National Competitor, Fireman and C.P.T.



Phone

Twill Cap □ B □ C \$12

Overseas orders add 20% surface or 30% air.

Texas residents add 8.25% sales tax.

INZER ADVANCE DESIGNS P.O. Box 2981 • Longview, Texas 75606 903-236-4012 • 800-222-6897

\$16

\$22

Shipping

\$5.50

Denim Cap (A)

Ironwraps A

Ironwraps Z

2 pair

IRONWRAPS A

ENGINEERED FOR:

- Powerlifters
- **Strongman Competitors**
- **Powerbuilders**
- Bodybuilders
- Various Types of **Athletes**
- **Doing Multiple Rep Sets**

Among powerlifters, IWA are popular with those who want power, ease of use and comfort.

A PARADIGM SHIFT IN KNEE WRAP DESIGN! The powerlifts require many special strength qualities. Two of these are the ability to lower eccentric work and raise concentric work. In benching there is a pause at the meet, but in training a pause is not done because the stretch reflex is stored internally for most lifters 2 seconds and for the highly trained athlete up to 4 seconds (as reported by Wilson, 1998). Because the bench and the squat require eccentric work followed by concentric work, both must be worked.

The deadlift does not require the ability to lower a weight, only to raise it concentrically. To overcome inertia, a great amount of starting strength is required. At Westside we do good mornings about 70% of the time on max effort day, once every 7 days. This day is for both squatting and deadlifting. Half of the

TRAINING

Eccentric and Concentric Training

as told to Powerlifting USA by Louie Simmons

good mornings on this day are done concentrically by supporting the bar in heavy - duty chains. Chains are used instead of a rack to allow the bar to swing freely front to back and left to right. This builds greater stability. With this exercise, as in the deadlift, one must overcome inertia without the aid of the stretch reflex from the lowering, or eccentric,

phase. This is very physically demanding, but this type of strength is needed exclusively in the deadlift. We will use several different bars that change the distance between the lower back and the center of the bar. About four different heights are used, to ensure strength development in the entire range of motion. This is very awkward and repre-

sents only strength work, not technical work.

This supported chain method works well for bench pressing also. This method of training will overcome a minimax, commonly referred to as a sticking point. A sticking point occurs when the body's leverages are poorest and the resistance is greatest, causing one to fail at that point. If a maximum weight, say 400 lbs., stops 6 inches above your chest, why doesn't 350? The 400 lbs. stops when zero velocity occurs at the minimax. But momentum carries the bar through the minimax. Momentum is the product of the mass of an object and its velocity, that is, if the velocity of the bar is more than zero. Training at or near your minimax is one

A second solution is concentrating on bar velocity, which consists of an acceleration phase and a deceleration phase. The latter can be greatly reduced by adding bands or chains to the bar. Many think of resistance as the amount of weight on a bar, but every lift is related to time. For example, if a lifter can exert maximal force for only 3.5 seconds and the course of the bar is not completed in that amount of time, he will fail. So learn to build acceleration. Bar speed is critical. Our experiments, together with Verkhoshansky's studies, show that training at 60% will produce the greatest amount of force. We devote 120 lifts a month to the development of max force by doing 3 reps in the bench press and 2 reps in the squat.

If two lifters use the dynamic method to develop their squat, a weak man who can squat only 2 times bodyweight, e.g., 200 lb. bodyweight with a 400 max, and a 200 lb. man who squats 800, there is no comparison in force production because the second man is moving twice the load at the same speed. 60% of 400 = 240 and with max acceleration 400 pounds of force is generated: 60% of 800 = 480 and with max acceleration 800 pounds of force is generated. The training is proportional to the external load.

A common misconception is that the weaker lifter is moving the weight faster than his stronger and more powerful counterpart. The 800 lb. squatter is moving the bar just as fast.

What about eccentric work? Eccentric work has never been found to make one stronger, but it has been shown to cause most muscle soreness related to weight training. Also, it has been found to produce most muscle growth: 40% more work is done in the eccentric phase. But it also causes many injuries.

"THE ULTIMATE VIDEO FOR TRAINING YOUR ATHLETE"

FORCE TRAINING

LOUIE SIMMONS

NATIONALLY RENOWNED POWERLIFTING COACH

KENT JOHNSTON

STRENGTH & CONDITIONING COACH SEATTLE SEAHAWKS GREEN BAY PACKERS 1992-1998

LOUIE AND KENT INTRODUCE YOU TO "FORCE TRAINING" A NEW APPROACH TO TRAINING THE POWER ATHLETE

PACKAGE INCLUDES: 2 VIDEOS (140 MINUTES) PROVIDING EXERCISE TECHNIQUES, DEMONSTRATIONS, AND FUNDAMENTALS THAT COVER:

- * WEIGHT TRAINING
- * LATERAL SPEED
- * SPEED
- * ANAEROBIC CONDITIONING
- * BOX SQUATTING
- * CHAIN UTILIZATION
- * SPORTS SPECIFIC TRAINING
- * SLED UTILIZATION

- * PLYOMETRICS
- * ACCELERATION
- * MEDICINE BALL
- * SANDBAG TRAINING
- * FLEXIBILITY
- * JUMP ROPES
- * POWER ENDURANCE
- * FOOT FREQUENCY

PLUS A 60 PAGE MANUAL WITH EXAMPLE PROGRAMS FOR THE FOLLOWING SPORTS: FOOTBALL, BASKETBALL, BASEBALL, SOCCER, HOCKEY, WRESTLING, TRACK AND FIELD, TENNIS, VOLLEYBALL, BODYBUILDING AND BOXING.

INCLUDED IS A SECTION ON APPLICATION OF FORCE TRAINING AT THE HIGH SCHOOL LEVEL.

VIDEO \$69.95

MANUAL \$19.95

FOR MORE INFO CALL 1-800-411-4352

Visa / MC accepted

Strength training books often state a warning of the potential danger as the bar gains speed near the chest or bottom of a squat. The body-building community lowers weight slowly for mass, not strength. A big mistake is to lower weights slowly and to raise them slowly. This may be therapeutic but will not build great strength. This method defies the logic behind doing Olympic or power lifts explosively and completely contradicts plyometrics.

So what is the answer? Through many experiments at Westside, we have coupled many methods of training. Most of our eccentric resistance comes from heavy - duty rubber bands, a small amount of weight, and a considerable amount of chain on weight releasers attached to the bar, which is a reactive method (see photo). What must be considered as a training effect is not the load in the concentric phase but the speed and acceleration.

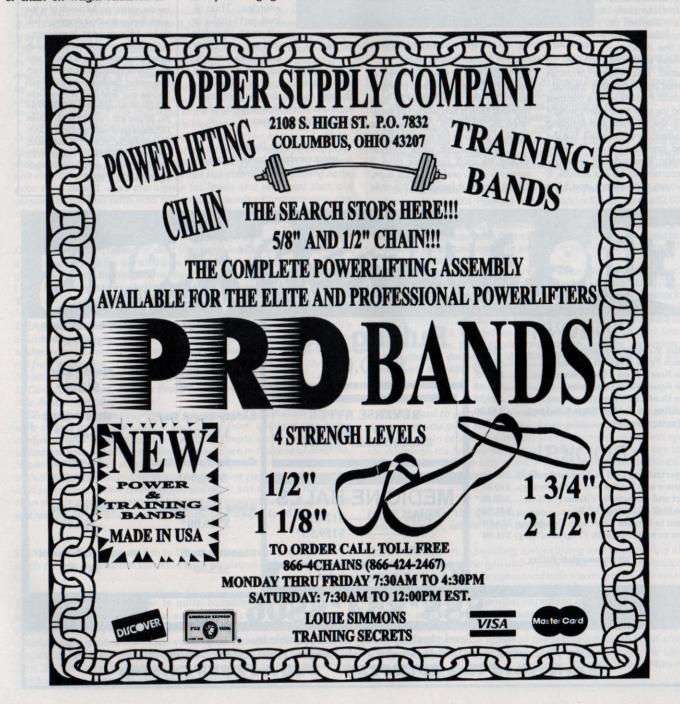
The bands work much like the muscles and connective tissue, and they accommodate resistance and the strength - curve deficiencies of the body.

The weight releasers serve two purposes when horizontal bars have been welded onto the vertical portion (see photo): (1) to load chains that we deload to your strength level, at the bottom, and (2) to act as a contrast method, ridding the lifter of much of the load.

We performed a test on six men all world or national champions, with squats ranging from 900 to 975. First the bar was loaded with 640 lbs. of band tension at the top part of the squat. At the bottom, sitting on a just - below - parallel box, the band tension was 470. The bands were added slowly as a warmup. Then bar weight was added until 285 was on the bar. That equals 925 at the top and 755 at the bottom. All six lifters performed a single rep, which was timed on a video camera. Then 80 lbs. of chain was placed on the weight releasers. The bar was lowered fairly fast, 1.5 seconds. After the 80 lbs of chain was deloaded at the bottom the lifters recovered faster concentrically than without the additional chains. The lift represents 1005 at the top, which was reduced to 755. Again 80 lbs. more of chain was added to the weight releasers. The weight at the top was 1085 and again 755 at the bottom. The concentric phase speed of the lifters was even faster. When 80 lbs more of chain was added, to total 1165 at the top and again 755 at the bottom, the bar speed increased again.

An explosive start, acceleration, and a decrease in the deceleration phase are what we are after, as are jumpers, sprinters, and ball players. Everyone has a method. We combine all methods into a basic training philosophy that links together the training of all athletes.

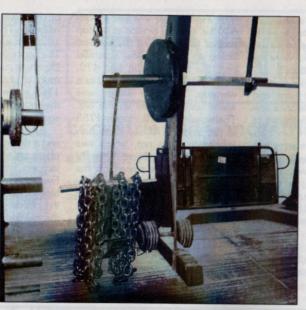
One huge advantage of using the bands and chains in the deloading process is that the lifter can control the bar speed eccentri-



cally. Note that most of the resistance is provided by the bands. With just the force of gravity, the bar would travel at 32 feet per second. With bands causing overspeed eccentrics, the bar travels much faster than with gravitu alone. This kinetic energy is transferred into the muscles and connective tissue and causes a great stretch reflex. This will cause a very strong concentric start, producing a strong acceleration phase. In addition, because the bands remain on the bar to accommodate resistance, the deceleration phase is almost

eliminated. This process combines a contrast and a reactive method.

Charlie Francis used a contrast method for sprinters: heavy weight lifting in the morning and sprinting in the afternoon. It worked, but the method presented above is more systematic. For sprinters or jumpers I recommend 18 lifts at 60%, 2 reps per set, once a week, and 3 lifts



Specially designed weight releasers for chains. (D. Black)

at 90-100+% per week. This represents 72 lifts at 60% in a monthly plan; 12 lifts at 90-100+%, in a monthly plan is two workouts separated by 72 hours, one for force training and one for max strength.

The eccentric work method should be used no more than 2 weeks in a row and only once every 12-14 weeks. A benefit of this style

of training is that it will automatically increase your pulling strength without doing any pulls.

I must remind you that this is very demanding on the athlete, and this is only one method used on maximal effort day, which is performed on Monday. (Our dynamic day is Friday.) We use several special squats, good mornings, and pulls on max effort day. We will switch each week to a new core exercise. This allows us to make or attempt weights that are over 100% each week through-

out the year. I am sure it will help you, as it has helped us at Westside Barbell. Remember, weight training is merely combining math, physics, and biomechanics.

> Westside Barbell www.westside-barbell.com 614-276-0923

Front Squats are Back!



With the Amazing New Front Squat Har ness TM by PowerAtomic (U.S. Patent 5,472,398) "Finally, work your quadricep muscles, getting the full benefit of a free weight front squat without struggling to hold the bar. Add more weight, do more reps... ing effective Oct. 1, 2000.

Solid steel harness with welded steel pins fully support your weighted barbell in proper position. Inch thick foam padding provides complete comfort. Excellent for use on the Smith Machine, too!" Send check or money order for \$159.99 (for regular size), or \$199.99 (for XL, 55 plus inch chest size only). Includes UPS shipping and handling in the cont. US, to PowerAtomic, Inc., POBox 271, Swampscott, MA 01907. Call or E-Mail for brochure: (781) 581-6929, FrontSquat@aol.com. New pric-

Belt Squat Belt

54.95
D-1070
49.95
35.95
29.95
29.95
40.00
\$ 5.00

BOOKS!

Supertraining (Siff & Verkhoshansky)...\$65.00* Science and Pratice of ST (Zatsiorsky).. \$40.00* Fact and Fallacies of Fitness (Siff).....\$40.00* Get Buff (Ian King) NEW... Want to become a Strength Coach(King) \$24.50* How to write Strength Programs(King) \$41.00*

Call for complete listing

Pulling Sled \$130.00*

REVERSE HYPER Pro model \$1220.00* Standard model \$825.00*

MEDICINE BALLS

40lbs ------ \$124.95* ____ \$159.95* - \$189.95*

*Shipping Included

\$249.00*

\$88.00*

Standard Power Rack \$699.00*

Manta Ray \$43.00*

Safety Squat Bar \$385.00*

WSB T-Shirt \$20.00*

Combo Power Rack \$900.00*

Ab Wheel \$15.00*

Glute Ham Raise \$730.00*

Sled Straps \$25.00*

Stability Ball \$55.00*

Weight Releasers \$87.00*

Send check or money order payable to: Elite Fitness Systems 1695 Itawamba Trail London Ohio 43140 740-845-0987

MasterCard/Visa ACCEPTED Call for FREE Catalog

Ask the Doctor

This column will answer questions about drugs used by athletes and detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response to your question send \$15 to cover office and secretarial expenses. Please, no questions about how and when to use anabolic steroids. Send questions to: Mauro Di Pasquale MD, 23 Main St., Warkworth, Ontario, Canada KOK 3KO (For reasons of brevity or clarity, some letters may be edited, however, every effort is made to retain the spirit of the original question.)

DEAR MAURO: How can I decrease catabolic activity? Seth G.

DEAR SETH: That's a good question. By "catabolic" we mean forces that break down muscle and use it for energy. When existing muscle is broken down, your body will lose its tone and may become flabby. The Metabolic Diet, accompanied by proper exercise actually results in the body producing higher levels of testosterone and IGF-1, anabolic hormones, and lower levels of cortisol, a hormone secreted by the adrenal glands that leads to catabolism. By increasing anabolism and lessening catabolism we insure that the body retains important muscle mass and tone while you lose weight.

It has been shown that the carb-loading phase of the diet results in decreased cortisol levels. In one experiment the hormonal effects of muscle carbohydrate loading manipulations followed by a carb poor diet were studied. Carb loading provided decreased levels of cortisol not only during the carb loading phase but also in the following carbpoor time period. Also the higher fat levels and red meat that are allowed in the diet both lead to increased levels of testosterone, the most anabolic hormone in our bodies. Mauro Di Pasquale M.D.

DEAR MAURO: Thanks for all of your great feedback. It has helped me a lot in my training for the triathlons I compete in. I had a question about glutamine, what is the best way to take the powder - with water, fruit juices? I have heard that it's ingested quicker when it's taken with soda (cola) Ken

DEAR KEN: The best way to take glutamine is in peptide form. It's absorbed quicker, less of it gets "eaten up" by the gut and liver and gets to the muscles, and it has more biological effects in peptide form than as free glutamine. I formulated all of the products in the APT Nutrition line with glutamine peptides including our MRP LoCarb, LoCarb Sports bars, Myosin Protein, Electrosol, Power Drink, Creatine Advantage, and Amino.

Glutamine is not really ingested any quicker if taken alone or taken with soda. I'm not sure where that came from unless it was being confused with creatine where taking in simple carbs increases it's utilization because of the insulin increase. Even in the case of creatine, however, that's not strictly true. Anything that increases insulin, including using certain amino acids, glutamine peptides, alpha lipoic acid and several other compounds, will work just as well if not better than simple sugars as far as enhancing the absorption and utilization of creatine by skeletal muscle. Mauro Di Pasquale M.D.

DEAR MAURO: The question is: If I want to gain mass and muscle how much protein and calories should I intake per day as well as carbs? Ross

DEAR ROSS: The answer is quite variable depending on your metabolism. The usual generic answer is that you should take in 1 gram per lb of body weight and enough calories to make sure you make steady weight gains without too much of an increase in body fat. The amount of carbs you need can be figured out if you go on the Metabolic Diet. By following the steps as outlined on our site you can determine just how much carbs fits your metabolism best.

Publications by Mauro G. Di Pasquale, B.Sc., M.D., MRO, MFS-Newfor 2000 - The Metabolic Diet - If you're confused as to what kind of diet you should be following and how best to use the bewildering array of nutritional supplements that's out there, join the club because you're not alone. Just about anybody who is serious about sports and exercise is bombarded by claims made by all the diet gurus and supplement manufacturers. After a while it gets pretty hard to sort out just what kind of diet and supplements are best for maximizing strength and muscle mass, and minimizing body fat. But there is a solution. The Metabolic Diet is the only diet and nutrition book you need in order to maximize muscle mass and strength, and decrease body fat. It encompasses all the various diets that are carbohydrate conscious, those that are champions of low dietary carbohydrate intake to one degree or another such as my Anabolic Diet, and those that follow the more conventional high complex carbohydrate, lower fat approach. Not only that but The Metabolic Diet also covers everything you need to know about how to use the present crop of nutritional supplements so that you'll get maximum results from your hard training. The Metabolic Diet is based not only on my experiences but also on all the available medical and scientific research. That's what makes it the ultimate diet book. It takes into account our genetic and environmental differences and allows everyone to find the right diet and nutritional supplement stack for them. The Metabolic Diet is a one-stop solution to the age-old dieting and nutritional supplement dilemmas. Don't miss out. Order a copy right now. You won't be disappointed. The Metabolic Diet, Hardcover, 512 pages. Order from www.allprotraining.com or call 1-800-519-4094

FROM MGD Press - Pre-Publication Specials - Revised and Expanded Editions - All Available in March, 200. THE BOOKS BELOW WILL BE AVAILABLE FROM MGD PRESS 20 Strathy Road, Unit 6, Cobourg, Ontario, Canada, K9A 5J7. Or call 1-905-372-1010. FAX 1-905-372-6820. Order on line or inquiries to bonnie.hicks2@sympatico.ca.

Drug Use And Detection In Amateur Sports - New, Expanded and Revised Edition - Available March, 2001. Price \$29.95 (U.S. funds) or \$45.95 Can plus \$3.00 P&H. After March, 2001, \$36.95. THE source for information on drug use by athletes (especially anabolic steroids, growth hormone and other ergogenic substances), and the available techniques for

Beyond Anabolic Steroids - New, Expanded and Revised Edition -Available March, 2001. Price \$21.95 (U.S. funds) or \$31.95 Can plus \$2.00 P&H. After March, 2001, \$26.95. An in depth coverage of the benefits and dangers of supplements, hormones and drugs now being used as either anabolic steroid substitutes (by both competitive - since most cannot be detected - and non-competitive athletes) or to enhance the effects of

Anabolic Steroid Side Effects - Fact, Fiction And Treatment - New, Expanded and Revised Edition - Available March, 2001. Price \$21.95 (U.S. funds) or \$31.95 Can plus \$2.00 P&H. After March, 2001, \$26.95. This book spells out the facts, dispels the myths, and gives advice to both men and women on how to best deal with the side effects associated with the use of anabolic steroids. Included are discussions on serum cholesterol, liver problems, cancer, gynecomastia, acne, hirsutism, baldness, aggression, fluid retention, decreased sperm count, voice changes, changes in sex drive, and many other topics.

If you want to gain muscle mass you should eat five to six times a day so that you get a constant intake of protein. By doing that you'll get less protein catabolism and an overall increase in protein synthesis. Although it's hard to eat properly six times a day you can use an MRP and/or some protein powder to fill in the gaps between your meals. Mauro Di Pasquale M.D.

DEAR MAURO: The question is: please tell me the difference between body building vs. weight lifting. Robin S.

DEAR ROBIN: Bodybuilding, weightlifting and powerlifting all use weights to increase strength and muscle mass. It's the emphasis that's different. Bodybuilding is concerned with maximum muscle mass and symmetry along with minimal body fat. It's an esthetic sport in that the look of the body is the most important issue rather than strength. Olympic weightlifting and powerlifting are both concerned with strength and as such lifting the most weight possible for a single attempt. In order to do either of the two you have to build strength which at the same time increases muscle mass although the increase in muscle mass is usually a secondary consideration. Mauro Di Pasquale M.D.

PRACTICING THE TAO -Some of these concepts may sound too abstract and esoteric for the real world of cold hard steel, sweat and blood. But by distilling them down to some solid practical strategies their inherent value and validity can be brought into clear focus. Look closely! This is stuff you can use!

FINDING THE BATTLE - First you must acknowledge that your true goal is to conquer yourself, your fears, your doubts, and your own weakness. By accepting this you accept the responsibility and access the authority to command yourself and act. This acceptance lets you choose actions that effect internal factors and free you from



The TAO of Competition Pt. II as told to Powerlifting USA by J.M. Blakley

actions that effect only external factors. You must fight the right battle! Put your energy where it counts! To do this you must know what counts and what doesn't. The first barrier is turning to face the real battle - this means turning inward and having the courage to face yourself. Remember, you are the competition. You must compete with yourself, not others. You'll find the battle

EXERCISE: OWN UP - One way to begin the process of facing

the inner battle is to consciously accept responsibility for your actions and their outcomes. Strengthen the bond between what you do and what happens next. A very clear example of this is describing your performance at a meet to your peers without bringing external events into the conversation. How many times have you heard someone recount the details of a meet and never even mention their own involvement in it? You've heard it. They were sick. They were under weight/ over weight. The scale was off. The meet was run poorly. Their suit didn't fit right. The platform was wet / slippery / tilted/chalky/or in some way defective. Their training was interrupted. There was too much / too little time between lifts. Or to paraphrase the sun was in their eyes! STOP WITH THE EX-CUSES! If you listen

didn't do so well). Aside from being pathetic this shifts responsibility and implies that they

closely you'll find that

most, if not all, of

the recounts of the

meet will involve fac-

tors that seem to be

external to the ex-

cuse-maker's control

(especially if they

wasting time and energy choosing would have done better BUT.... To look deeper one might ask the guestion what things were you doing or not doing that may have been involved with you becoming sick? Were you getting enough rest? Were you eating right? Were you handling your stress well? In short acknowledge your part in becoming sick. See the factors within your control that you may have neglected. THEN MAKE A MENTAL NOTE OF IT, AND LEAVE IT OUT OF THE CONVERSATION!

Relate your story to others based on internally controlled actions and leave out the bulls**t. If mistakes were made keep them in perspective of your responsibility. For example: "I lifted abc and placed 2nd. My goal was xyz, though. I was not pleased with my last week of preparation and I'm planning to modify my diet, rest cycle, vitamins and limit outside stresses before my next meet. I think this will help me come in stronger and get that xyz." Instead of: "I lost, but I could have got xyz. I had the flu and felt like crap. My weight was down and the meet was run so slow I was tired out just waiting around to lift." Get it now? Keep your "reasons" for poor performance to yourself and relate to the actions that got you where you are. Concentrate on seeing your role in what occurs. With practice, you'll find you've got more to do with it than you thought.

EXERCISE: SEE YOUR ROLE Another way to clarify your role in events that seem outside your control is to list them. I make a list with three columns for any event. The 1st column lists "things I have TO-TAL control over". The 2nd is for "things I have at least SOME control over". And the 3rd is for "things I have ZERO control over". As an example: Getting Sick, In the TO-TAL column: What I eat, Vitamins taken, Rest, Controlling stress, Washing my hands, Changing the bed sheets, Rubbing my eyes, Using public phones, Getting fresh air in my workplace, Exercising aerobically, Avoiding crowds and young children, Keeping a positive attitude, Seeing a doctor at first sign of symptoms, Getting a flu shot each year, Avoiding drugs and other compounds known to lessen immune system, Using germicide on work surfaces frequently during cold season, Etc. On the SOME list: Personal contact with fellow workers and friends, Handling money, Job stress, Family stress, Training stress, Emotional stress, Work environment, Outside tasks taken on, Etc.

In the ZERO column: Coming into

contact with a virus or bacteria, and ..? My point is that when you really look at things, many more factors lie at least somewhat inside our control and relatively few are completely outside our control. No. we can't avoid all contact with germs. In fact, we encounter them daily. but we can partially control how our immune system deals with them and our likelihood of being put down by them.

This is an admittedly incomplete example but please see the concept behind it - that is that you have more control over what happens to you than you are aware of MAKE YOURSELF AWARE! Write it down. You can at least try to bend the odds in your favor by acting on the things in the controllable columns. If you fail to control factors that are yours to influence, then you'll have to just take what you get!

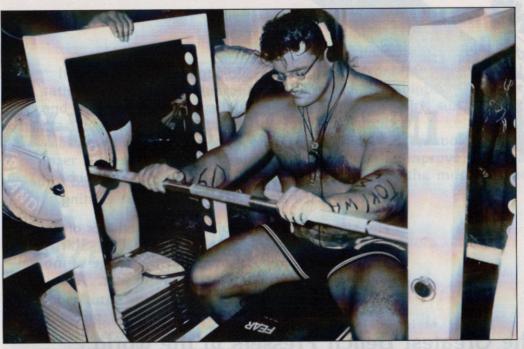
This is also a good way to see how much you can do to influence your outcome and gets you focused on internal involvement. You should be busy!

The next time you hear a fellow lifter telling a tale of his last meet. see how many events are really attempts to excuse the outcome by using external influences as the scapegoat, in effect saying "I would have done better if it weren't for those meddling kids (external factors)", to borrow from Scoobie-Doo. And vow to guard against relating your performance in any terms other than those you assume personal responsibility for. Face yourself and accept your role in causing what

Interestingly, note how the account changes to all internal responsibility when things go well for most lifters - instead of "the sun was in my eyes" you get "I made the play". Negative outcomes are relayed in externals (it's not my fault) and positives are relayed in internals (it's my doing). Get free of this and ALWAYS relate to what actions have come from yourself to influence the outcomes, whether good

Did you get a flu shot this year? It doesn't guarantee anything, but it may make all the difference and it's under your direct control.

EXERCISE: ALL YOU, BABY Another technique that helps you focus on the inner battle and shed the burden of all the external distractions is the visualization that the meet has been put on solely for you! Imagine that the meet director called you up and asked you when you would be peaking and what date would be best. Pretend that all the people had gone to all the trouble just so you could have a chance to better vourself. View the other competitors as being there only to watch



I. M. Blakely putting some of the principles first discussed last month in Part I of this article and described in Part II into practice. (photograph by J. Alkire, taken at the '96 IPA Iron Island New York State meet)

you have this opportunity to improve. Forget all the chaos, the big lifts, the novices, the hub-bub and disassociate from it. Consider it a privilege and honor that you have been extended this chance.

PERSONALIZE THE EVENT! -Make it your own. It is very easy to get caught up in the confusion and activity that occurs during the contest. This can really drain your energy and blunt your edge. To keep sharp and avoid becoming softened by worry and nervousness that can arise when you lose focus, pay attention only to your job. Quit concerning yourself with other's activities. Don't allow yourself to become distracted. Remember why you are there. Act as if this was your own private meet.

DON'T MISINTERPRET - what I'm saying to mean copping an egotistical attitude and walking around like you want special treatment. That's not it. Just make the event personal for you, and attend to your own preparations. This is just like your teacher told you in 2nd grade. Don't worry what Johnny is doing, take care of your own concerns. In the words of the oldest woman in the U.S. when answering a question about why she had lived so long (108 yrs.), she simply said, "Mind your own business"!

The benefits of doing this show themselves by producing a more relaxed state. Absolutely ALL the peak performance experts agree that a state of CALM AWARE-NESS is optimal for top output. By personalizing the event and tending to your own business, you lessen the external pressure and deal only

with the internal pressure you create for yourself for motivation. This has the effect of inducing a calmer state, more focused on the details that you need to control, and frees you from attempting to control and worry about details you can't control. The goal is not to make you act like an arrogant jacka**, but rather a calm, intensely focused man who means business!

What do you do when you mind your own business? Remember the three-fold list? Remember all the factors under your control? Focus on them. Pay attention to details which you can control that will affect your chances for success. For example: What is my flight? How far down am I? How fast is each flight running? When do I need to begin to warm-up? Try out the bench, check the rack height, scope out the warm up room, plan your warm up progression, double check your equipment, review your goals, mentally rehearse your lifts, have a plan B for anything that goes wrong (i.e. shirt tear), listen to music that calms or motivates you (whichever you need) without getting you too excited too early - save it!, etc., etc., etc. As you can see there is plenty

When it is time to lift, it really is your meet after all (for a short time)! You stand alone and everyone does watch you! So it isn't such a stretch to take the view of personalizing the meet. Keep your focus and keep it close to home.

BEGIN YOUR PRACTICE -Start by relating your performances free of excuses and free of external rationalizations. Re-tell your stories

makes you realize that you are in the driver's seat. - YOU MUST HOLD YOURSELF RESPON-SIBLE!!! Others won't always do it. Take the initiative! Remember the meet is there for you to challenge yourself to improve and don't bother with what others are doing. These three techniques (talking

when you see it written down it

about your performance in terms of self-responsibility, awareness of factors under your control with the three-fold list, and minding your own business by personalizing the event) all help to keep you focused on mastering yourself and teach you to practice right action. The rewards of doing so do not always present themselves outwardly, but rest assured continued practice begins to permeate your entire life and all those who know you will slowly become aware of a change in the quality of the things you do. And over time, you will find that if you keep achieving internal victories, external rewards will align themselves with you very consistently. But hopefully, by then you will view this as a side effect of proper living, and see that the major effect and reward is in living well. Remember: Strive for excellence in action, not perfection in outcome. If you take care of the proper action, the proper

WE HAVE WHAT YOU NEED:

Reverse Hyper Pro model 1225.00*

in terms of what you were respon-

sible for and search the events to

find the part you played. To help

you see how few the truly uncon-

trollable factors are, and how many

write it down. Make a three-fold list;

things are within your influence,

Glute/Ham Machine 730.00*

Reverse Hyper Standard model 825.00*

Power Bench Rack 785.00*

Bench Workout video 55.00*

Combo **Power Rack** 900.00*

614-276-0923

WESTSIDE BARBELL

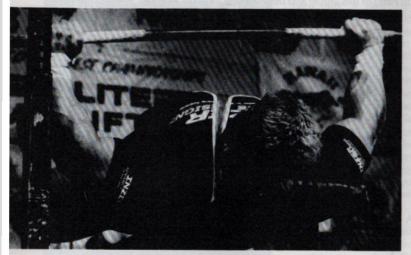
1417 Demorest Road Columbus, OH 43228 *Shipping included. Send check or money order.

INZER BLAST SHIRT

The patented Inzer Blast Shirt is guaranteed to be at least twice as effective as any shirt existing.

The strength and durability characteristics of the exclusive material used in the Inzer Blast Shirt is the best for support throughout the range of motion and makes it virtually impossible to tear.

Proven by the Greatest Bench Pressers in the world.



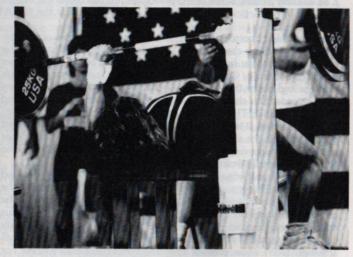
"With the Inzer Blast Shirt, I just blow the weights off my chest! It's truly awesome."

Ken Lain 722 lb. Bench at SHW

"The Inzer Blast Shirt gives great explosiveness off the chest that carries through to the top."

> **Anthony Clark** 775 lb. Bench

First Teenager ever to crack the 600 barrier!



"I've set many world records wearing the Inzer Blast Shirt. It's the greatest shirt for benching power!"

Mary Jeffrey 275 lb. Bench at 123 b.w.

"This is the shirt that will blast your bench to the ceiling."

> Mike Hall 633 lb. Bench **ADFPA-USPF National Champion**

-Plus these all time best benchers:-

Jan Harrell-385 Bench. Most ever by a woman.

Inzer Advance Designs offers the most personalized service in the business. Your satisfaction is totally guaranteed. All orders are shipped immediately! Overnight air and two day air are available on request. Each shirt, suit and brief is inspected and marked with its own quality control serial number.

Most all the latest developments in Power Gear technology come from Inzer Advance Designs first. Plus, we continually improve on already superior products so the products we send you are always the most advanced to date!

INZER ERECTOR SHIRT

-Customized-

Upper torso support when deadlifting and squatting. Call or write for more details on this special garment. Allow 3 days before shipping for special tailoring on Erector Shirt.

NAME

CITY

ADDRESS

Colors: □Black □Navy Blue □Royal Blue

Groove Briefs - \$20

Wt.___ Upr. Thigh___ Hips_

Red

GROOVE BRIEFS

BY INZER

The ultimate competition-legal underwear for Powerlifters will give you much more explosiveness in your squat. Guaranteed immediate results.

Now used in world record setting performances. Everyone who has tried them says-Groove Briefs work!

Z-SUIT and CHAMPION SUIT on next page -

☐ MC ☐ VISA ☐ COD ☐ Check ☐ Money Order Inzer Blast Shirt - 538 Save \$10. Buy 2 for \$66 Inzer Erector Shirt - \$38 Please indicate size or include SHIPPING \$5.50 Overseas orders add 10% surface or 20% air mail relaxed measurements of TOTAL _ chest____ arm

P.O. Box 2981 Longview. TX 75606

1-800-222-6897

903-236-4012

David Bullock-470 Bench World Record 148's

Z-SUIT

When Fitted properly, the Z-SUIT will substantially increase your squat over any other suit on the market, thanks to the special Z-lock leg design. Z-SUIT locks in on your leg to prevent slipping up the back of thighs.

Z-SUIT

Worn By:

Other suits slip and cause slack in hip area.



Z-SUIT stavs maintaining tightness. 2531 TOTAL/1031 SQUAT

Anthony Clark

Z-Lock (anti-slip mechanism)

John Inzer 744 SQUAT at 165 b.w.

> O.D. Wilson 1003 SQUAT

Jesse Jackson 711 SQUAT at 148 b.w.

> **Matt Dimel** 1010 SQUAT



NEW!!! INZER IRON WRAPS - Style A - The new thickest ever knee wraps. Super comfortable, easy to wrap to maximum tightness INZER IRON WRAPS - Style Z-Powerful rubber strand construction. For

those who like that super squeeze feel. Iron Wraps A or Z-1 pair \$22, 2 pair \$40 A few of the growing number of powerlifters who wear Z-SUIT and/or Champion SUIT

Ed Coan - World's Number One Ranked Powerlifter

George Hechter - World Champ, PL USA Coverman

Bull Stewart - Multi ADFPA -WDFPF World Champ

Gerald Welch - ADFPA Ntl. Champ, PL USA Coverman

Steve Goggins - 970 Squat at 242

Gary Henton - ADFPA Ntl. Champ

Eric Arnold - USPF & ADFPA Sr. Ntl. Champ

Jim Cash - World Champ

☐ MC ☐ VISA ☐ COD ☐ Check

Please indicate size or include me Height

> Upper Thigh Buttocks

CHAMPION SUIT and Z-SU

\$42 or 2 for \$

☐ Black ☐ Navy Blue ☐ Red !

Lorraine Costanzo - 1st Woman to squat over 600 lbs. with a 628

Mary Jeffrey - World's Number One Ranked Woman Powerlifter

> CHAMPION SUIT has more comfortable leg openings than Z-SUIT, plus provides complete hip support necessary for squatting the heaviest poundages.

> > **Now With Wider Straps Than Pictured**

6 Month

Guarantee

Against Blow-outs

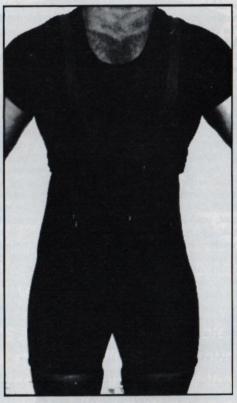
on Both

CHAMPION SUIT

and Z-SUIT

CHAMPION SUIT

The CHAMPION SUIT will endure more stress and outlast any other suit on the market!



CHAMPION SUIT

☐ Money Order	ITEM	SIZE	QTY.	PRICE	SUB-TOTAL
asurements of:					
	0				
					How area
IT colors:	Overseas orders add 10% surface or 20% air mail.			IPPING	\$5.50
IT colors: Royal Blue	Overseas orders add 10% surface or 20% air mail. Texas residents, please add 8.25% sales tax			IIPPING	\$!

	NAME		out the same of the
76	ADDRESS		a pholitines
	CITY	STATE	ZIP
	DITONE		

P.O. Box 2981 Longview: TX 75606

1-800-222-6897 903-236-4012

Articles on specific topics like bench routines, squat set-up and shoulder shrugs are valuable to our readers, but articles that integrate topics have their value too. This type of "Powerlifting 101" approach can really benefit the novice lifter, who has pieces to a jig saw puzzle but no overall notion to use as a guideline to assemble it. In this article, I would like go over issues involving your overall training and how things can fit together, for improved long-term results.

As I have stated in previous articles, training for powerlifting is simple, basic training, no frills, just heavy basic exercises. Let's start with what a typical weekly schedule would look like. It really doesn't matter if you are competitive or not. The powerlifter can flourish on a max of 3 workouts per week and as little as 2. For example, a 2 times per week routine could look like this:

Day 1: Squat and bench Day 2: Deadlift

Space these workouts out about 3-4 days apart. Monday could be the squat and bench; Thursday would be the deadlift. You can do some assistance work in spite of the limited days for exercise. For the squat, you're out of luck, just can squat. Leg curls and extensions are a waste of energy. If you work your squat hard enough, you will have no desire to do anymore leg work. Rest a while, then start hitting the bench. The best assistance exercise is the close (shoulder width) bench press. These can follow your benches. Do strict curls, calves, abs, and some stretching to finish. The deadlift can be complemented with shrugs for the traps and either rows or pulldowns for the lats. Again, finish with calves, abs and stretching.

A 3 times per week routine could look like this:

Day 1: Squat Day 2: Bench Day 3: Deadlift

Again, some assistance work can be added. On squat day, squats are about all you need, but throw in rows or pulldowns and finish with strict curls. On bench day, add close grips and a few sets of overhead presses, barbell or dumbbell. On deadlift day, add shoulder shrugs. Calves, abs and stretching should be done each day.

Which routine you follow depends on several factors. One is how much time you have to train. Another is if you're gaining on a routine or not. If you're put off by benching or squatting once per week, I say give it a try before you

STARTIN' A special section dedicated to the

POWERLIFTING 101

as told to Powerlifting USA by DOUG DANIELS

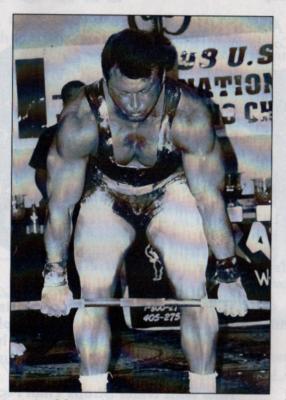
blow it off. You can gain with less training. The key is consistency and intensity. If you absolutely must bench twice a week, take your second workout using 75% of the weights of your heavy day. Don't do assistance work on the light day. Add the light benches to another day that you are working out. Be sure to at least take 2-3 days rest between bench workouts.

beginning lifter

Training tempo is another thing I'll touch on. Most of the 'muscle' magazines stress the 'blitzingbombing' methods with little rest between sets. This may or may not be great for 'cuts', but to build power, your tempo or rest between sets should be longer. I would rest at least 2-10 minutes between heavy, max sets. This is especially important as you get closer to the actual meet. Don't worry about getting a pump. You need that time to recuperate between sets so you can exert maximum effort to move those big weights. In

a phrase, slow down and get stronger.

We writers always say 'lift heavy'. The problem is most readers don't know what 'heavy' means. I define heavy as using a weight for a set. regardless of reps performed, that causes you to expend substantial, if not maximal, effort to complete it. Doing a set of 30 with 100 pounds is 'heavy' if you really have to bust butt to get 'em done. I also add the phrase 'in good form' to this definition. Doing exercises sloppily will usually give sloppy results. Target the muscles you wish to work and execute your exercises properly. Also perform the actual powerlifts to contest specs. High squats in training usually turn into premature rides home from the contest.



A Sucessful Meet, like Tim Bruner had at the '99USPF Sr. Nationals, requires the integration of many aspects of training. (photo provided courtesy of D. Mojden)

Recuperation should always be a concern. I've read about a lot of methods available that can enhance your ability to recuperate. Some of them require access to millions of dollars to purchase some of the top of the line equipment and services. That's just unrealistic. One of the best methods you can use is to cool down gradually at the end of your workout. Research has shown that recuperation can be enhanced by brisk walking, slow stationary biking, or a similar activity after a hard workout. 10-20 minutes should do it, I've gotten good results from showering, alternating warm and medium warm water three times for a minute each. Don't go to any temperature extremes here. Whirlpools can help too. If you suffer a

severe pull or strain, ice may be the answer. If you're in doubt, consult a medical professional - pronto. Many experts doubt the benefit of supplements, but a vitamin and mineral supplement can at least add insurance that your body will have what it needs. Don't go overboard; stick with the basics. Eating 50 grams of carbs as soon as possible after your workout will speed recovery. Fluid intake throughout the day is also critical. The recommendation is 8 glasses of water a day. Look for more on nutrition in a future article.

One subject that causes a lot of controversy is what amount of reps are best. I'll give you the answer;

there is no 'best' rep scheme. The best results can be achieved by exploiting all that the different rep schemes can give and it's simple too. It can be done by dividing a 12 week period into 4 different - 3 week phases. Every 3 weeks, alter the rep scheme that is used. The first 3 weeks would concentrate on reps of 12s. The second 3 weeks would concentrate on 8s. The next 3 weeks would be 5s, the last 3 weeks would be 3s. By varying your rep scheme during this twelve-week period, your body will never get a chance to adjust or become complacent. It will constantly be required to adjust and grow to survive. This simple varying of reps can be the one big change that can make a world of difference in your progress. After the 12 weeks are

After the 12 weeks are up, take a week off and start again. Competitive lifters may want to start at 8s and end up at singles to prepare for a contest. One note on this method; this is for the work sets. You still should use moderate weight and reps to warm up.

Integrating the many facets of power training is critical to get the best results at contest time. Similar to a jig saw puzzle, these pieces must be put together with a plan and purpose, otherwise you could end up with less than desired results. For that reason, "Powerlifting 101" should be a required course for all lifters.

Doug's Web address: members.aol.com/ddani12345/ default.htm

INZER ADVANCE DESIGNS



IRONWRAPS

enable you to lift more than ever before.

A leap ahead in powerlifting knee wrap technology.

IRONWRAPS Z stores a very dense, propulsive energy that produces more power than any knee wrap ever before!

Everything about this wrap exceeds any previous wrap.

VERY, VERY POWERFUL!

IRONWRAPS Z

(actual size)

've tried every knee wrap ever "Ironwraps are the

"I've tried every knee wrap ever made and the Ironwrap far outperforms them all."

Louie Simmons

IRONWRAPS A are super comfortable.

Very big support, especially behind your knees for explosive rebounds out of the bottom of the squat. Like squatting on a cloud. It's amazing how Ironwraps A provide so much powerful support to be so comfortable!

IRONWRAPS A
(actual size)

ou owe it to yourse to use the greatest knee wraps of all!

If Inzer Power Gear is backed by the Inzer Performance Guarantee. teed to out perform any other brand.

best I've ever used."

Bull Stewar

Overseas orders add 20% surface or 30% air

Texas residents add 8.25% sales tax.

INZER ADVANCE DESIGNS

P.O. Box 2981 • Longview, Texas 75606 903-236-4012 • 1-800-222-6897

PL USA Back Issues

May/93... NASA Natural Nationals, Squatting With Equipment, Positives from Negatives, Powerlifters First Aid Kit, TOP 100 220s, ADFPA TOP 20 132s

Aug/93... USPF Seniors, USPF Masters. NASA Masters, Legends of PL, DASH World Record Breakers, Rack Training, TOP 100 SHWs, ADFPA TOP 20 181s Sep/93... ADFPA Men's Nationals, NASA Grand Nationals, Female Confessions, O.K.G., Craig Tokarski Seminar, TOP 100 114s, ADFPA TOP 20 198s

Oct/93... APF Seniors, NASA World Cup, Grant Pitts Profile, ADFPA DL Nationals, Rest Pause, Bombing Out, TOP 100 123s, ADFPA TOP 20 220s

Dec/93... WDFPF Worlds, Anthony Clark Profile, Ed Coan Interview Pt. II, Reverse Hypers, How Often to Bench, TOP 100 148s, ADFPA TOP 20 275s

Jan/94... IPF Men/Women Worlds, IPF Jr/Master Worlds, WPC Worlds, Greg Lowe Squat, Cycling Systems, TOP 100 165s, ADFPA TOP 20 SHWs.

Feb/94... Drug Test Methods, ADFPA National Masters, Malibu Classic VI, Greg Warr BP Workout, Hernia Surgery, TOP 181s, ADFPA TOP 114s

Mar/94... Women's TOP 20, Drug Testing Methods Pt. II, The Trap Bar, Teen Training, Tamara Rainwater-Grimwood, TOP 100 198, ADFPA TOP 20 123s

Apr/94... Saliva Tests, Coan Deadlift Video, Bob Dempsey Profile, Psyching Up or Psyching Out?, WNPF Worlds, TOP 100 220, ADFPA TOP 20 132s

May/94... USPF/ADFPA Collegiates, USPF Jr. Natls., IPF World Bench Press,

Budweiser Record Breakers, Fluids, TOP 100 242s, ADFPA TOP 20 148s

Jun/94... NASA Natural Nationals, WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Points in the Squat, TOP 100 275s, ADFPA TOP 165s

Jul/94... USPF National Masters, Rickey Crain Profile, Lower Back Training, Mike MacDonald Bench Legacy, TOP 100 SHWs, ADFPA TOP 20 181s

Aug/94... APF SRs, Paula Suzuki Interview, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFPA TOP 20 198s.

Sep/94... ADFPA Men's, USPF Men/ Women's Srs., Relieve Pain With Aloe, Box Squats, Phytochemicals, TOP 100 123s, ADFPA TOP 20 220s.

Nov/94... WDFPF Worlds, Goodwill Games, Is PL a Mockery of Strength?. Craig Tokarski Interview, Isometrics, TOP 100 148s, ADFPA TOP 20 275s.

Dec/94... Jon Cole Profile, Asian Championships, Conjugate Training, USPF Bench Nationals, European Jrs/Womens, United We Stand, TOP 100 165s.

Jan/95... WPC Worlds, IPF Worlds, IPF World Masters, Greatest All Time Squatter, Karl Saliger of Austria, Meet Performance Review, TOP 100 181s.

Feb/95... World's Strongest Man Contest, Jesse Kellum Squat Workout, Willie Williams 705 Bench Press, Video/Computer Technology, TOP 100 198 lbs.

Mar/95... Women's TOP 20, Don Reinhoudt, Ethics of Ergogenics, Karwoski Squats, Tamara Rainwater-Grimwood Bench Routine, TOP 100 220s

Apr/95... NASA Natural Nationals, Deadlifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm Profile, L.M.W.

Compounds, TOP 100 242s.

May/95... Mike Bridges, Jamie Harris' 740 Bench, James Henderson, USPF Jrs., Changing Weight Classes, Joe McAuliffe Squat Workout, TOP 100 275s

Jun/95... Antonio Krastev, USPF Collegiates/Bench Nationals, Overtraining or Adaptation?, Greg Warr Interview, Curt Leslie BP Workout, TOP 100 SHW

Jul/95... IPF Women's Worlds, Nick Lavitola Deadlift Workout, Pec Tear Nightmare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights

Sep/95... TRIPLE SENIORS ISSUE AD-FPA/APF/USPF, How to Use Creatine, Chris Confessore Interview, Women & the Success Syndrome, TOP 100 132s Oct/95... Jamie Harris Interview, Successful Deadlift Strategies, Elite Level Supplements, AAU Jr. Olympics, New Training Devices, TOP 100 148s.

Dec/95... Walter Thomas Interview, IPF World Bench Press, Trainers of Tomorrow, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s

Jan/96... IPF/WPC/WDFPF Worlds, Percent Training Pt. II, IPF World Masters, World's Strongest Man, Hank Hill Interview, TOP 100 198s

Mar/96...TOP 20 Women/Masters/Teenage Rankings, Chromium, Plant Extracts, Multi-Year Training System, First Seniors, Framework for the Novice

Jul/96... AAU Men's, USPF IRs., DHEA, Athletes Need Supplements, '65 vs. '95 Top Ten, "Chain Reactions" by Louie Simmons, Rob Wagner, TOP 100 114s Aug/96... ADFPA Men's, APF Sr. Nation-

als, "Ban All Equipment", Rest Pause Revisited, Specializing in the DL by Louie Simmons, FIBO Show, TOP 100 123s.

Sep/96... USPF Sr. Nationals, IPF Women's Worlds, Training for Women by Louie Simmons, APF Teen/Jr./Masters, IPA World Cup, TOP 100 132s.

Oct/96.. WDFPF Worlds, Ed Coan/Kirk Karwoski Interview, Anthony Clark Interview, Herb Glossbrenner Responds to the Response", TOP 100 148s

Nov/96... APF Can-AM, Clark benches 780, James Henderson says "Face Me", Triboxin, Wade Hooper Squat Workout, Paul Wrenn profile, TOP 100 165s

Feb/97... Power of Compelling Outcomes, WPC Men's Worlds, IPA Nationals, Formula for Success, Tips on Making Weight, USPF Biography, TOP 100 220s

Mar/97...TOP 20 Women/Teenage/Masters, Your First Meet, Joey Almodovar Profile, IPF World BP, TOP 25 Greatest Lifters, Adjusting Training Tempo

Apr/97... Clark Benches 800-Waterman 600 @ 181, USA Powerlifting Crisis, World's Strongest Man, USA PL Decline, John Ford Pt. 2, TOP 100 242s.

May/97... Dream Team Pt. 1, Kick Start Your Squat, Ken Ufford 800 lb. Deadlift Workout, Pyruvate, the Art of Winning, Deadlift Primer, TOP 100 275s.

Jun/97... J.M. Blakley Profile, Dream Team Pt. 2, ADFPA Nationals Chronology, IPF TOP 25, Good Mornings, Scott Smith BP Workout, TOP SHW

Jul/97... Shane Hamman Profile, Doug Heath Squat Workout Pt. 1, WDFPF Champ. Chronology, EPF Europeans, The Warmup Room, TOP 100 114s.

Aug/97... Power of Color, How to BP 500 Easy by Louie Simmons, ADFPA TOP 25 All Time, APF Seniors Chronology, Mark Pasillo Profile, TOP 100 123s Sep/97... USAPL/USPF/APFTriple Seniors

Jul/98... Kirk Karwoski, Angelo Berar-

Issue, IPF Women's Worlds, World's Strongest Team, NEW Mineral Orotates, Progressive Overload, TOP 100 132s.

Oct/97... Brad Gillingham Profile, Resistance Training by Louie Simmons, Ken Emrich Profile, Power Biceps Training, Larry Miller interview, Top 100 Ltwts.

Nov/97... U.S. Strongest Man Contest, World's FASTEST Bench Presser, Rick Gaugler Profile, Light Training Days, Diabetes & PL, TOP 100 165s.

Dec/97... Vicki Steenrod, Functional Protein Powders, Louie Simmons Squat Workout, USPF's Best Women, Walt Austen DL, TOP 100 181s

Jan/98... IPF Men - Master - Jr. Worlds, WDFPF Men - Teen - Jr. - Master Worlds, World's Strongest Man Qualifiers, Best IPF Women, TOP 198s

Feb/98... WABDL Worlds, IPF BP Worlds, World's Strongest Man, WPC Worlds, Bench Primer Pt. 1, IPF Seniors, Asians, Speed Strength, TOP 100 220s

Mar/98... Mark Philippi Interview, TOP 20 Women, Teen, Master Rankings, James Henderson, George Nelson, 1st Worlds, Brad Gillingham backstage

Apr/98... Bull Stewart Speaks, USAPL Women's Nationals, APF All Time TOPWomen, Westside Invitational, Foundational Training by Louie, TOP 242s. May/98... Ed Coan's Suspension, Pro-Fit Interview, Arnold Classic, Philippine Revolution, APF All Time Top 10 Men, , Fo-

cused Benching, Top 100 275s. Jun/98... Mark Henry, Ernie Milian, Olympic Cycle, Simmons on "Researching Resistance", 10 Keys to Success, AAUPC/ WDFPF Split, TOP 100 SHWs.

dinelli, Greg Blount, World 's Strongest Man Jouko Ahola, Jon Arenberg, IPF Women's Worlds, TOP 100 Flywts.

Aug/98... USAPL Men's National's, Platform Deadlifts, ADFPA Women, Yueh-Chun Chang, IPF World's, APF Nationals, Shane Hammon, Top 100 Bantam.

Sep/98... APF Seniors. Part 1, the Ed Coan Decision, Power Bells, York Summer Picnic, Visit to Westside, 3x3 Training Plan Part 1, TOP 100 132s

Oct/98... "FUD" Lives, APF Seniors Pt. II, Sport Drinks, Mike MacDonald Bench Workout, HIT or Miss? by Louie Simmons, John Neighbour, TOP 100 148s.

Nov/98... A World's to Remember, Japan Nationals, PL Weapons, Pat Beaumaster, Joe Dube, Jackie Davis, TOP 100 Middlewts., Isoflavones.

Dec/98 ... IPF Masters-Juniors - Mens/ WPC/WDFPF/AAU/AAPFWorld Meets, Injury Avoidance, USA All Time 800 DLs, Dennis Brady, TOP 100 181s

Jan/99 ... WABDL Worlds, WPC Worlds Pt. 1, IPF Men's Worlds Report, Louie Simmons on Bands and Chains, WNPF Worlds, Jerry Tancil, TOP 100 198s.

Feb/99 ... WPC Worlds Pt. 2, Coan goes 2463 -USPF Worlds, IPF World Bench Press, Anthony Harris Interview, Ken Snell DL Workout, TOP 100 220s

Apr/99 ... The ED COAN Book, Why Whey?, Gordon Santee Profile, 3x3 Training Pt. 5, Training Methodologies by Louie mons, TOP 100 242s.

May/99 ... LA Tech Program, "Sir Guggulot*, The Arnold Classic, Westside Invitational, USAPL Women's Nationals, Russian Stretches, TOP100 275s. Jun/99 ... Powerlifters as Bodybuilders,

IMMUNOCAL(R)

- immune system / strength builder! We are looking for several people who are interested in distributing Immunocal(R) and other products of Immunotec Research Ltd. of Montreal Canada, throughout North America. Immunocal(R) is a safe, legal and natural extract of whey protein concentrate with drug like effects.

It is proven to increase muscle performance 13%. (Lands et alii, Journal of Applied Physiology, Vol 87/ 1381 - 1385, 1999) and enhance the immune system It is listed in the Physician' Desk Refer-

ence (PDR) 2000. It has five US patents for method of use including "anticancer therapy" and in "the treatment of HIV positive individuals". Full details of the products, patents, compensation plan and business opportunity can be found at www.immuneresponse.net/go/nick. Resumes can be sent to Nicholas Theodorou, Nutritional Technologies, 5 Stonecroft Drive, Easton PA 18045-2812 / phone 610-258-1894 / fax 610-253-6800 / email

nutritek@aol.com. Serious inquiries only. DON'T MISS this ground floor opportunity for **HEALTH and WEALTH!**

We Have **A Different Perspective**

O.K., so we're into overhead lifting, not just what you can bench, and, yeah, to us, backs are sort of what biceps are to bodybuilders, but that's only the beginning. Strength is our thingwhat you can do, not what you look like. That's why we cover Olympic lifting, Highland Games, strongman, and arm wrestling as our main events. Training. Athlete profiles. Major contest coverage. We feature the top writers in the strength world, and even though we don't lure you with bikini shots, we recognize the value of good photography, so we strive to bring you the best anywhere when it comes to lifting, throwing, and pulling.

MILO: A Journal For Serious Strength Athletes

Our name says it all. Four issues a year. No interior ads. Soft cover book format. 128 pages.

\$39.95/year USA; add \$6 airmail S&H for Canada/Mexico: add \$20 airmail S&H for all others. Single issues are \$12 + \$3 S&H USA/Canada/Mexico; \$5 S&H for all others.

> IronMind Enterprises, Inc., P.O. Box 1228, Nevada City, California 95959 USA tel (530) 265-6725 fax (530) 265-4876 www.ironmind.com

LOUIE SIMMONS PRESENTS

Training Secrets of Westside Barbell Club

!
\$54.95
\$49.95
\$35.95
\$29.95
\$29.95
\$14.95
\$5.00
back view of dog appears on back of t-shirt

1st Women's Worlds, USAPL National Collegiates, Louie Simmons on Pre-Meet Training, "Choking", TOP 100 SHWs

Jul/99 ... Dave Waterman Interview, IPF Women's Worlds, Not All In The Legs, Tim Bruner, Overcoming Plateaus by Louie Simmons, TOP 100 114s

Aug/99 ... the Rubber Band Man, the "Muscletown USA" book, Beauty & the Beast, IGF-1, Overcoming Plateaus Part 2 by Louie SImmons, TOP 100 123s

Sep/99 ... USAPL Men's Natls., APF SRs. Pt. 1, Mike Bridges Workout, Special Olympics World Games, Zenith = Triac. York Spectacular, TOP 100 132s

Oct/99 ... USPFSeniors, APF Seniors Pt. 2, Ribose, Backstage with Ed Coan, Horace Lane Interview, Circa Maximal Phase by Louie Simmons, TOP 148s

Nov/99 ... Muscle Beach Lives, East German Breakthrough, Deadlift Details, Walk Away From Death, Dynamic Duo by Louie Simmons TOP 100 165s.

Dec/99 ... IPF World Masters/Juniors, USAPL/AAU BP Nationals, Meet Information Management, Maximal Resistance Method by Louis S. TOP 100 181s

Jan/00 ... IPF Worlds, WABDL Worlds, Dave Ricks Interview, Russian Mystery, Extra Workouts by Louie Simmons, Close Grip BP, Strongman II, TOP 100 198s Feb/00 ... WPC Worlds Pt. I, Battle of the Giants, The Real Triac, IPF World BP, IPA Nationals. Best Lifters of the Century, More Big BPs by Louie S, TOP 100 220s Mar/00 ... USAPL Women's Nationals, WPC Worlds Pt. II, World's Strongest Man, TOP 20 Women - Teen - Masters, The Conjugate Method by Lou Simmons Apr/00 ... Arnold Classic, WPF Worlds,

Mike Danforth Profile, Leonard McCormick Interview, PL USA Cover Chronology, Methoxivone, TOP 100 242s May/00 ... Dennis Cieri, What is a J.M. Press?, Knee Wrpas, the Passing of Tamara Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s. Jun/00 ... Garry Frank Profile, Black's

Health World, Dawn Reshel Dies, From Canada to Westside, Bench Press by Larry Miller, Fred Peterson, TOP 100 SHWs. Jul/00 ... WPO Pro Championships, The 900 Lb. Squat Club, Beyond Diminishing Returns, Louie on Squatting in the 800s and 900s, TOP 100 Flyweights. Aug/00 ... USAPL Men's, APF Srs. Pt. I,

AAPF & APF Natls. IPF Women's Worlds, Wade Hooper Interview, Joe Onosai, Building the Torso, TOP 100 123s Sep/00 ... USPF Srs, IPA Worlds, WABDL BP/DL, TPre-Meet Checklist, How to Do the SQ - by Louie S., Ernie Frantz Insights, Rick Weil BP Workout, TOP 100 132s Oct/00 ... Positive Illusions, Tako not Taco, Powerlifting's Salvation?, Magnus Samuelsson, Beauty & the Beast, Women's 300 Bench Press Club, TOP 100 148s. Nov/00 ... Best Bench of All Time, the final More from Ken Leistner, Drug Free Bench Guide, Advanced Squat Cycle by Louie Simmons, TOP 100 Middleweights Dec/00 ... Tao of Competition Pt. I, IPF Jr.

+ Masters Worlds, More World Record Benches by Louie Simmons, the Bench Press Shirt, TOP 100 Lightheavies LIST THE ISSUES YOU WANT (AND ALTERNATES), MAKE OUT A CHECK (\$5 PER ISSUE) TO POWERLIFTING USA,

BACKISSUES, POST OFFICE BOX 3238, CAMARILLO, CA 93011, USA.

CAPITOL DISCOUNT NUTRITION \$\$\$AVE Big Bucks on Top Name Supplements & Vitamins!!! Call 1-800-499-4810

MuscleTech CellTech 4 lbs. Optimum Amino 2222mg. 300 caps Twinlab ZMA Fuel 90 caps Sportpharma Nutriforce 20 servings Optimum 5 Lb. Whey

Retail: \$59.99 Capitol: \$36.29 Retail: \$30.99 Capitol: \$17.49

Retail: \$24.99 Capitol: \$14.99 Retail: \$48.95 Capitol: \$24.49 Retail \$39.95 Capitol: \$22.49

WE CARRY SUBLINGUAL AND TRANSDERMAL ANDROS, THE MOST POTENT FORMS OF ANDRO LEGALLY AVAILABLE.

> 30-55% off on all brands ALL THE TIME!!! THOUSANDS of items in stock

- Powerlifters & Bodybuilders on staff to answer calls and questions
- FREE DELIVERY on all net orders of \$200 or more
- CHICAGO AREA CUSTOMERS: Free Delivery available with no \$200 minimum

CAPITOL DISCOUNT NUTRITION 5480 159th Street Oak Forest, Illinois 60452 1-800-499-4810

BioChem, Champion, Country Life, Cytodyne, EAS, Enzymatic Therapy, Labrada, Kaizen, Muscle linc, MuscleTech, Nature's Best, Next, Optimum, Solaray, Sportpharma, Twinlab, Worldwide AND MANY MORE!

EUROPEAN TRAINING SECRETS



Muscular, Strongest and Fastest Athletes Talk About Their

PROFESSIONALS TALK STRAIGHT

unts and combinations of Steroids and Growth Hormone which commonplace among athletes today. International Champions penly tell what drugs they use for mass and power, the drugs and mbinations they feel are working best, and how they fight side fects. Anabolic Steroids are known as *breakfast of champions«. But the extent of drug use \$19.95 Paperback, 110 Pages in sports today is shocking! \$19.95 ISBN 0-9648775-3-3

SUPERIOR BENCH PRESS TRAINING

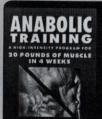
Bench press training with the best athletes in the game from both the U.S and Europe: Clark, Tokarski, Lain, Arcidi, Confessore, Hall, Villiams, Pfraumer, Bruegger, Saliger. Their exact training routines ether with tips-tricks on best benching techniques, equ test preparation etc. Ironman Magazine: "Sends your bench pre ooundages through the roof... why hasn't somebody put together a book like this before?" Powerlifting USA says: "Lots of photos you haven't seen and lots of stories you haven't heard' \$19.95 Paperback, 126 Page stories you haven't heard'



PLANNED SUCCESS The new Workout-Log for serious weightlifter:

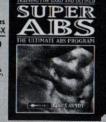
each day. Pre-fabricated boxes and input fields for every detail of your workouts and diet, supplements and the rest you get. You can see

at a glance what you put in and what you got out, allowing for easy corrections in training and diet. Bi-lingual edition (English + German), with extensive instructions 88.95 Paperback, 150 Pages ISBN 3-929002-23-X



EUROPEAN BULK-UP

ain 20 pounds and more in only 4 weeks! Prossional preparation for the mass-training phase on mass exercises, proven super-intensity techriques, lots of photos and a detailed 4-week outine with a time-schedule, weights and reps. or every single set! Germany's Federal Institute r Sports Science judged: "... a scientifically backed, highly effective program for building muscle mass." Regular price \$16.95, now only



ief, hard, convincing results: Special odominal training for an incredibly leaf nd ripped midsection. New and impro-

ed exercises, the best exercise combina ns, increased intensity, how to avoid ne most common mistakes, the best way

ROCK-HARD ABS | BEST OF DR. JUDD will make you laugh out loud, and it will help you to make the best of your weigh lifting career. Dr. Judd reveals how to ge

> and believing in yourself. Joe Weider says "Dr. Judd is one of the best sports writer

tegular price \$12.95, now for only...

\$6.95 | Paperback, 80 Pages | \$12.95 | Paperback, 179 Pages | \$12.95 | ISBN 0-9648775-3-8 | \$12.95 | ISBN 0-9648775-4-6

SOLARIS CORPORATION
P.O. BOX 52022

ALBANY, GA 31703-2022

FAX 912-436-7434

Oorder books send check or money order (U.S. funds only) to Solaris. For S&H please and Sel or book, \$6 for 2 or more books (COD \$2 extra). Foreign order, prepaid only, for S&H please and \$9 for one book, \$14 for 2, \$19 for 3 (U.S.

BECOMING

World Class

SOLARIS

and lower prices

MEN'S TOP 50 ALL-TIME

148lb. class as ranked by Herb Glossbrenner

28 JUL 90

24 FEB 88

12 DEC 92

05 MAR 90

12 NOV 98

23 IUL 83

OR APR 88

02 OCT 82

08 APR 00

23 MAR 91

23 APR 93

23 MAR 86

29 IUI 90

07 OCT 82

17 NOV 80

02 NOV 78

16 MAR 91

22 IUI 89

17 MAR 94

21 JUN 97

10 IAN 81

25 APR 82

11 NOV 84

14 MAR 92

10 IAN 81

11 IUN 81

05 APR 83

01 IUN 85

18 NOV 87

10 DEC 88

15 FEB 89

15 MAY 88

11 SFP 88

28 SEP 91

04 DEC 94

20 APR 97

10 APR 99

04 JUN 83

15 JUL 95

25 NOV 89

04NOV94

05 DEC 87

23 OCT 93

16 IUL 95

07 IUN 86

05 SEP 81

23 MAR 91

28 MAY 94

03 MAR 84

SHACKLEFORD, N28 APR 91

IACKSON.I

LUCKETT, L

CONYERS, A

HOOPER. V

AUSTIN, D

BRADLEY,

HOERNER.

HODGES, T

SARDO, D

FINCH, J

CRAIN. R

LEWIS, D

PERKINS, T

SIEGEL, S

WRIGHT, C

MCCARTY.I

BRIDGES, B

DERMO, R

WARNER, J

KELLUM, J

THURM.

LEEPER.C

SUTTLES, T

PAGE, G

TAYLOR D

KIMBLE, D

CLARK, A.

DEES, P

VAUGHN.E

BRUNSON, P

IACKSON, W

Jessie Jackson - Super Squatter!

RIVERA, W

MINTZ.L

BOLEN, K

OKONKWO.C

BEAUMASTER, P

CONTRERAS, D

KEA, R

LAWSON, C

WOLFORD, T

ROSCIGLIONE.I

MORISHIMA.E

RRIDGES M

WODRASKA, C

ALEXANDER, A

DIAL.C

PEREZ, J

WAHL.R

711

K655

K650

K650

650

622

611

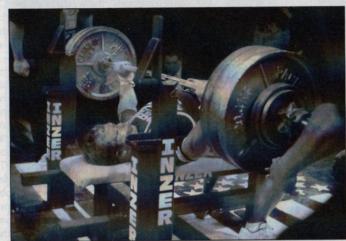
611

611

K600

K600 K600 K600 K600 K600

K595



11 600		N .			
Greg	Warr was a spec	ctacular phe	enomenon	in the world of	benching
BENCHP	PESS		DEADLIFT		
473	WARR, G	22 FEB 97	K705	AUSTIN, D	12 JUL 92
470	BULLOCK, D	25 APR 92	699	CONYERS, A	20 MAY 00
464	по, р	28 APR 95	683	BRIDGES, B	06 JUL 85
455	HEATH, D	25 IUN 99	677	ALEXANDER, A	23 MAR 87
K447	MORISHIMA, E	03 SEP 88	661	CRAIN, R	08 NOV 80
435	POKU, A	13 IAN 90	650	SIGALA, M	12 SEP 99
435	CONYERS, A	25 MAR 95	650	BRYANT,T	25 MAR 00
430	MATHIS, A	28 NOV 87	645	HICKS, T	21 APR 79
430	DEMATTEO, I	08 MAR 92	644	MCCARTY, J	25 APR 82
429	HARA, M (10)	19 SEP 99	644	FINCH, J (10)	06 JUL 85
424	BRADLEY, J	16 NOV 81	644	CARR, J.D	07 DEC 85
424	PEREZ, I	05 MAR 90	640	EDWARDS, E	87
424	HOOPER, W	12 NOV 97	639	JACKSON, J	16 JUL 88
K421	RAFAEL, A	17 MAY 80	633	CAVALIER, B	05 JUN 82
420	TAMOYOSE, J	17 OCT 95	630	LUCKMAN, R	JUL 75
418	SARDO, D	16 JUL 88	630	FACTAEU, M	16 DEC 79
418	SENSEMAN, K	15 DEC 90	630	ROANE,T	21 MAR 98
418	MILLER, L	92	628	WAHL, R	23 JUL 83
415	SCHACHTE, C	01 IAN 83	625	ALLEN, R	18 FEB 84
413	MANICCHIA, P	11 DEC 88	624	BLUE, D (20)	02 FEB 74
413	MILLHOUSE, G	23 MAR 91	622	TERRY, J	40
413	O'HORA, M	05 NOV 99	622	NIESYTY, G	03 APR 82
K410	GORUMBA, R.	14 JUL 79	620	TOINS, F	14 SEP 85
410	RADCLIFF, S	08 FEB 92	620	MURPHY, P	20 MAR 99
410	SCALZO, I	22 FEB 97	617	ALICEA, L	12 JUL 80
407	OKONKWO,C	04 JUN 93	617	SCHOLZ, P	12 DEC 87
407	CONTRERAS, D	13 DEC 86	617	HOERNER,T	10 JUN 00
407	SLAUGHTER, L	25 IUL 98	615	LAWSON, C	09 MAR 85
405	LUCKETT, L	13 MAY 86	611	BRIDGES, M	26 AUG 78
405	FELDHAUS, M (30)	05 NOV 89	611	BENEMERITO, J	24 SEP 94
405	SATTERFIELD, T	08 SEP 90	611	SIEGEL, S	21 JUN 97
403	THOMAS, G	22 OCT 94	610	RHODES, J	MAR 75
405	LABAR, S	27 MAR 99	610	GAUGLER, R	78
403	BRIDGES, M	02 NOV 78	610	IONES, D	11 AUG 79
402	GILL, G	11 JUN 81	610	SCOTT, W	30 JUN 84
402	FAISON, D	16 FEB 89	610	RICHARDSON, W	31 MAR 90
402	COUCH, R	24 NOV 90	610	CASTRO, M	08 JAN 95
402	PONNIER.I	21 NOV 92	610	JACKSON, F	13 APR 96

01 OCT 94

30 APR 95

19 JUN 99

09 IUL 00

23 APR 87

02 APR 89

04 JUL 89

08 MAY 93

18 NOV 95

10 SEP 95

03 FEB 96

K600

K600

K600

WRIGHT, C

WARNER, J

WONYETYE, M

WEINSTEIN, L

KEAMMERER, J

WAUFORD, L

BRUNSON, P

HOFFMAN, H

DOPSON,T

GANT, L

GRAY, D

BELL, J

19 APR 80

10 IAN 81

16 DEC 85

15 JUL 95

10 NOV 72

11 JUN 88

25 OCT 86

18 AUG 79

06 MAY 81

13 JUN 81

02 AUG 81

AUDIA, J ARMSTEAD, M

DAVIDSON, E

CORPUS.F

DOBSON, I

MORRISON, E

THOMAS, C

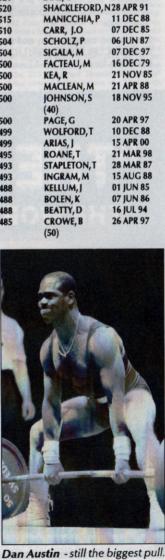
MOPPINS, J

GRABOWSKI, J

JOHNSON, B

THOMPSON, A

FRONZAGLIA, D 26 JUL 97



CONYERS.A

ALEXANDER, A

AUSTIN, D

IACKSON, I

LUCKETT, L

HOOPER.W

BRADLEY, J

BRIDGES, M

CRAIN, R

BRIDGES, B

WAHL, R

FINCH, J

SARDO, D

SUTTLES, T

TAOY, M

FARRI, V

LEWIS, D

DIAL, C

GAUGLER, R

HANSOR, C

WRIGHT, C

BENEMERITO,

ROSCIGLIONE, J 11 JUL 82

OKONKWO, C 04 JUN 83

CONTRERAS, D 03 DEC 88

BENEMERITO, R 25 FEB 89

HOERNER.T

MCCARTY, J

PEREZ.I

1658

1642

1625

1609

1609

1600

1598

1592

1592

1587

1587

1581

1575

1559

1543

1537

1537

1535 1532

1532

1526

1526

1526

1521

1521

1520

1515

1510

1504

1500

1500

1500

1500

1500

1499 1499

1495 1493 1493

1488

31 MAY 96

08 APR 88

23 MAR 87

10 JUL 97

02 OCT 82

23 APR 82

28 APR 84

ATTENTION all NATIONAL & WORLD CHAMPION POWER-LIFTERS. Now you can proudly wear a beautiful ring symbolizing the years of training effort that you devoted to achieve the honor of being a CHAMPION. These rings are produced by "JOSTEN'S".



- 1. To be eligible accompany your order with a photocopy of the published record of the meet in which you became
- Give your name as you wish it to be engraved inside the ring Specify your ring size.
- Engraving up to 6 letters can be on each ribbon on both sides of the 2 deadlifters; examples - BENCH-PRESS, DEADLIFT, ADFPA, IPF, USPF, MASTER, OPEN, DIV.
- Accompany all orders with full payment by MONEY ORDER

The gem in the bezel is a beautiful smooth fire blue spinel. Rings are available in the following metals:

Lustrium (white non-gold) \$250.80 Questra (yellow non-gold) \$498.00 10K Yellow Gold

Champions before the current year add \$30.00 and your ring will show the year in which you Champion.

Shipping and insurance are included in ring price. Your ring is shipped directly from Josten's. Ohio purchasers add 6% Ohio

Send order, money order, and requested data and make payable to: Charles W. Lee, 4000 Linfield Lr., Lima, OH 45806, 419-229-5346, Allow 6-8 weeks for delivery, 10-12 weeks on orders placed October-January

For Review Issue Number 30 is the 2nd ever swimsuit edition of POW!ERLIFTER VIDEO Magazine, but that's hardly the main emphasis of this issue, which starts out with in-depth footage from the "Bastion of the Bench", the Westside Barbell Club. This time Louie Simmons takes his crew through "max effort" day - the first time this specific training day has been publicly shown. There are huge benchers erupting with unadulterated strength (Kenny Patterson's speed is just amazing). Next up is a video presentation on the J.M. Press, by it's inventor - J.M. Blakley. J.M. wrote a great article on the movement for POWERLIFTING USA, along with some photos to go along with his explanation, but - it has been said before - if a picture is worth a thousand words, then a good video is worth a million. J.M. is so good at expressing himself that there is no chance for confusion about this productive exercise variation, that effectively eliminates shoulder drive and functionally isolates the triceps. You have to start out light with this movement, but enormous gains can be the result - J.M. has worked up to as high as 535x3! The next segment is highlights of the lifting at the York Strength Spectacular - where you can see such monster lifts as Louie Simmons' 920 squat, Rob Fusner's 700 bench and 2335 total, and Mike Ruggiera's 975 squat. From there, it's back to Louie at Westside for more work with chains, and variations on using the bands with dumbbells and triceps pushdowns that you may never have considered before. Throughout the segment, there are hard core tips and recommendations from Louie. From that point, it's on the recent footage of Jamie Harris, demonstrating the Power Hook device from Hawaii, which we have been advertising in PL USA for a long time - and once again, a good video can be worth a million words and a lot of pounds on your lifts. From there, it's on to Gus Rethwisch's WABDL meet in Los Angeles and a great deadlift world record attempt by Rich Abbot, 490 @age 64 and bodyweight 164. The scene then switches Joe DeAngelis punching out 20 reps with 500 in the squat, and then using his superb cardiovascular ability to do as many as he can with 585. Very timely is the video interview from Germany with Markus Schick, who speaks English so well, along with a workout sequence, showing how he was obviously born to bench, and the velcro shirt doesn't hurt either. To order POW!ERLIFTER VIDEO Magazine see their ad across from the contents page or call 1-800-BARBELL

POW!ERLIFTER VIDEO INTRODUCES "THE BENCH PRESS VOL. 2" THE WORLD'S GREATEST BENCH PRESSERS!! VOLUME 2 NEW! **VOLUME 1- STILL HOT!!!** STAR WORKOUTS with: Ted Arcidi, Anthony Clark, Chris Confessore, Scott Werner. **Jamie Harris, Greg Warr** James Henderson. & Dave Waterman's "Barbarian" Bob Seibold **WORKOUTS: LET THEM** ADD POUNDS TO YOUR BENCH! **More with ANTHONY CLARK** INTENSE BENCH WORKOUTS -**ARNOLD CLASSIC Highlights with Check out Louie Simmons and** Willie Williams, Dave Waterman, The Westside Barbell Club & Kenny Patterson See WORLD RECORDS Set! **COACHING TIPS + BLOOPERS** The Best Bench Pressing from 8 Years of POW!ERLIFTER VIDEO! ONLY \$29.95 EACH (+\$2.95 S&H) or \$49.90 for BOTH CALL 1-800-BARBELL

2000 Mountain Festival BP

29 MAY	00 -	Bluefield, WV	'
BENCH		242	
OPEN		Krag Kirk	33
148		Robert Suttle	24
Jared Prol	205	275	
165		Eric Parks	22
David Day	270	MASTERS	
181		Age (40 - 49)	
Donald Robbins	525*	220	
220		Mike Helton	36
Chris Young	480	242	
Mike Helton	360	David Callahan	40
Mike Horton	350	(Age 60 & Over)	
242		181	
Lee Angle	380	D. Robbins, Sr.	25
John Muncy	305	198	
SHW		Bill Bostic	26
Joe Ball	305	220	
HIGH SCHOOL		Joe Gibson	24
148		WOMEN	
Jared Prol	205	132	
165		G. Quesenberry	8
David Day	270	181	
198		Lori Helton	10
Steve Keim	215	GUEST LIFTER	
220		242	
Tom Keim	300	Chad Miller	38
* - Indicates WV	ALL-T	IME BEST BENCH	P
RECORD. MEET D	HRECT	ORS: Paul Sutphin,	Ge

RECORD. MEET DIRECTORS: Paul Sutphin, George Simons. OFFICIALS: Paul Sutphin, Joe Ball, Mike Hill, Kyle Croye. CONTEST SPONSORS: Greater Bluefield Community Center and friends along with it's contributors. HIGHLIGHTS & CONTEST REPORT: This Bench Press Championship, in addition to other lifting events held in WV in recent years, has produced some of the most spectacular performances in the history of Powerlifting, not to mention state and national record. Personally, I have great respect for the achievements of all performances in the history of Powerliting, not to mention state and national record. Personally, I have great respect for the achievements of all Powerliters, regardless of the organization of which the lifts are made. Most all Lifters demonstrate their talents and abilities in a number of meets throughout the country sanctioned by a variety of organizations, many of which have no affiliation. In recognition of the minor variations of the rules (mostly pertaining to equipment) synonymous to the lifting association of which the meet(s) are sanctioned, the objective of most every Powerliter is to lift more weight than their opponents) and/or to set or break existing records in their prospective weight classes or categorical classifications. Subjective Measurement, Observation, and Assessment of each lift made by the referee are a few of the ingredients that result in the adjudication of the three powerlifts, whether it be the Squat, the Bench Press, or the Deadlift. Knowledge of the rules are obviously essential in rendering decisions that are fair and impartial. The INTECRITY of the officiating is most often determined by the overall CHARACTER. fair and impartial. The INTEGRITY of the officiating is most often determined by the overall CHARACTER of the individual and NOT the federation of which he represents. Yes indeed, CHARACTER counts! Wouldn't you agree, John? Conclusively, it doesn't take a "rocket scientist" to figure out when factoring the "pound for pound" Sshwartzor Foster's formula [Best Lifter coefficient rating] that a 1730 Total © 220 beats, an 1805 © 270, and a Bench Press of 525 © 180 190s a 600 BP @ 2901.50, among those of us "Hall of Famers" who have TOTALED ELITE recently and many times over the past 23 years, there are no "PRETENDERS" or cowards here, buddies! This year's contest brought forth another group of the state of West Virginia's BEST BENCH PRESSERS along with a few from Virginia as well. What this meet did produce was the absolute TOP PERFORMANCE of any West Virginia Bench Presser! DONALD ROBBINS lifting in the 181 lb. class at a bodyweight of 181, lifted a weight on the Bench Press meets since April 15th, took all 3 of his attempts successfully. Donald's opening lift at 500 was easy, his second attempt at 520 was a personal record, and his final lift at 525 should secure the #1 spot in USA Bench Press rankings for the year 2000 in the 181 lb. class. Donald's age is 32 and he is one of only a few West Virginians who made the TOP 200 listing in Herb Glossbrenner's Booklet, USA TOP 200 BENCHERS. The Women's Division winners included GBCC Aerobics instructor, GRETA QUESENBERRY, lifting a weight of 85 and LORI HELTON of Princeton High School led the field with a lift of 330 weighing only 321. IOM KEIM of Graham lifted 215, weighing 187 at the age of 14. Bluefield High School's Freshman, LARROD PROL lifted 205 at a bodyweight of 151. Princeton High School running back DAVID DAY lifted 270 at a bodyweight of 165. Other winners included Bluefield High School liemen ROBERT SUTTLE and REIDONDA FRAW. Washers in the 160 bl. class THE SUPPORTIVE BENCH PRESS STHIRS. ALL LITTS
WERE DONE "RAW." At the age of 62, <u>[DE GIBSON</u>
of Pocahontas, VA lifted 240 weighing 200. <u>BILL</u>
<u>BOSTIC</u> was the winner in the 198 Lb. class in the
Master's Division of age 60 and over. American
Record Holder, <u>DONALD ROBBINS</u>. SR., set another state record in the 181 Lb. class with a lift of



Mountain Festival Bench Press Championships Participants: (kneeling, left to right) Steve Kein, Mike Helton, Lori Helton, Don Robbins Sr., Don Robbins Jr., Jared Prol, Coach Paul Sutphin; 2nd row; Tom Kein, Krag Kirk, David Day, Joe Gibson, Bill Bostic, Mike Hall & Dave Callahan; 3rd row: Chad Miller, Joe Ball, John Muncy, Lee Angle, Chris Young, Mike Horton, Kyle Croye. (photograph supplied by Paul Sutphin)

250 at the age of 66! CHRIS YOUNG of Charleston won the 220 Lb. class with a lift of 480, lifting as guest lifter. MIKE HILL of the WV Westside Barbell served as coach and as an official of the event. guest lifter. MIRETILL of the WY WESSID BAIDER

Served as Coach and as an official of the event.

Other lifters from the Kanawha Valley included LEE

And CHAD MILLER lifting 385. McDowell county
lifter DAVID CALLAHAN lifted 405 to capture 1st
Place in the Master's Division, weighing 225 and
his partner MIKE HETON, winning the 220 Master's
Division with a lift of 360, IOHN MUNCY lifting
320 and Greater Bluefield Community Center's
staff member and daytime trainer, IOE BALL Joe
lifted 305 to win the Heavyweight Division. On
behalf of GEORGE SIMONS, GBCC Executive Ditrector and PAUL SUTPHIN. Supervisor and contest
director; we thank everyone who attended and
participated in the 2000 lifting event. (Thanks to
Paul Sutphin for providing the extensive meet
erport and the competition results to Pt USA).

16 J	UL 00 - V			
23			DL	TOT
Toro	175	165	275	615
132				
iemidey	315	220	400	935
Robinson	BMB	225	410	635
148				
Gomez	485W	300W	515W	1300W
/asquez	340	275	435	1050
Weand	375	225	410	1010
165				
Peterson	480	300	515	1295
Dale	430	310	475	1215

nt.	340	200	440	1000
rcer	480	320	475	1275
milton	375	315	450	1275
nedy	380	250	495	1125
acruz	390	265	450	1105
nner	225	150	350	725
1				
es	605W	390W	610W	1605W
	640			
nbro	430	325	520	1275
nzales	365	325	465	1155
ers	245	300	400	945
en	540	400	600	1540
mpson	475	355	525	1355
deleta, shedered	445	320	470	1235
on		225	470	1070
teyak	375	225	4/0	10/0
ffer**	650	450	715	1815
nant	645W	360	675W	1680
Varren	360	365	400	1125
Crav	310	250	415	975
filippo	340	265	360	965
enhour	540	390W	580	1510
nsley	500	350	550	1400
t w	400	175	365	940
	350	225	500	1175
arren			500	
Outside	Community	Exhibit	tion Lift	er; W-
	,	The second second	NAME OF TAXABLE PARTY.	

| 415 | 275 | 420 | 1110 | Semidey, coming out on top with a 935 total. In the 340 | 280 | 440 | 1060 | 148 class it was all Vic Gomez setting new Waymart Records across the board. Vic squatted 485, benched 300, and pulled a big 515 to total 1300. | 1275 | In the 165 class Tyrone Peterson was victorious with a 1295 total. In the 181 class it was new comer with the win. The 198 class was dominated by Darryl "Hassan" James. Hassan set new Waymart Records across the board. He squated 605 with a successful 640 4th attempt, benched 390, and pulled 610 to total 1605. In the 220 class Tyrone Fitter was triumphant with a 1540 total. 1540 tota 390, and pulled 610 to total 1605. In the 220 class Tyrone Fitten was triumphant with a 1540 total. The 242 class saw outside exhibition lifter Don Shiffer total a huge 1815. Waymart's Mike Tennant took first place among the In - House competitors. Mike set a Waymart squat record of 645 and a deadlift record of 675. He had called for 700 but the bar was misloaded and he ended up pulling 675. The 275 class had Donnie "Big Daddy" Eisenhour coming out victorious in a battle with Karl Pernsley. The SHW's saw newcomer Jermaine Warren come out on top in a close one with Darrell Warren come out on top in a close one with Darrel
"Big Pun" Moore. The "Outstanding Lightweight'
Award goes to Vic Comez. The "Outstanding Heavy
weight" Award goes to Darryl "Hassan" James. Al
the lifters would like to thank: Activities Manager the ry Malous and Powerlifting Coach Robert Pegula for providing a well run meet. A special thanks goes to the officials who came in for a long day: Claude Welcome, Scott Pentasuglio, Mike Welcome, and Sam Soliman. Also thanks go to the Loaders and Spotters: Wayne Johnson, Thad Hampton, Charles Brodnax, and Darnell Williams. Announcer: Wil-Brodnax, and Darnell Williams. Announcer: Wil-son "Comedian" Harvey. Cameramen: Joel Duprey and Andres Pabon. Activities Clerk Specialist: Ni-cholas "Big Duke" Duca. Gym Equipment Man-ager: Victor Ferree. (Report by D. Eisenhour pro-vided to Powerlifting USA courtesy of R. Pegula)



Participants in the Waymart Judgement Day Meet ... (kneeling, left to right) Warren, Broadnax, Hamilton, Gonzales, Dixon; standing - Weand, Kennedy, Taft, Peterson, McCray, Toro, Maldonado, and Eisenhour.



Rick Lawrence benched 600 to win heavyweight Best Lifter honors and a submaster world record in the 220 lb. class at the APA Thunder Bay BP/DL meet. (photograph was provided courtesy of Scott Taylor)

APA Thunder Bay BP and DL

26 AUG 00 - St. Petersburg, FL

600! 525 375

380 370 300

M. Coach S. Beckwith

B. Youngs E. Martin SHW B. Moore DEADLIFT WOMEN

Open S. Butler MEN Special Olymp N. Cafaro

Teenage S. Laver

Open 123

J. Brandeau N. Vavoulis T. Schembri J. Wisenbak

8. Moore 725
denotes teenage record and I denotes submaster world record. BL- best lifters. This event was held at Fergs Sports Bar and Grill and was run outdoors under Fergs Pavilion which featured an outdoor restaurant and bar. Special thanks to Fergs for providing a great meet site and to 54th Ave Gym for bringing street grants and the street was submarted.

providing a great meet site and to 54th Ave Cym for bringing some great equipment and meet staff. Special thanks, also, to the Pasco Power Team who provided some great help at this meet. I would also like to thank Tom O'Donnel and Jim Sicuro who spent many hours judging the event. Special thanks to all referee's and spotters for doing an excellent job. The event was also live fed unto the internet so

job. The event was also live fed unto the internet so many people in different areas of the country (and world) got to see it first hand. The results speak for themselves and show why more lifters are competing APA (where the real competition is in Florida). All competitiors were top quality and it was the toughest meet ever held in the State of Florida. I would especially like to thank Stephanie Brandau

D. Robertso M. Hendley

M. Hendley Master 40-49 (fo B. Beekley D. Poucher Master 50-59 (fo W. Roberts

BENCH

E. DePalma Master 40-49 (fc A. Yearby G. Boldissar S. Pullaro S. Van DeBoe Master 50-59 (fc B. Grey J. May W. Roberts J. Donohue Master 60-69 L. Barry Open

for taking over as announcer when my voice started to give out. We had one injury... Bill Beekly dislocated his biceps while attempting a 630 deadlift. We wish Bill a speedy recovery. Stay tuned for the next meet at Fergs. It is scheduled for January 13, 2001 and will be even bigger and better. (Thanks to Scott Taylor for providing the results to this meet).

3rd APA World Gym Summer PL

	30 JUL	. 00 -	Hamd	len, C	
	BENCH		Open		
	Women		181		
305	148		N. Well	ins	205
	R. Calabrese	120*	198		
pics	Men		J. Steele		250
330	College division		242		
	242		M. Hog	an	300
365	P. Canzanella	285	P. Canz	anella	285
rmula)	275		275		
500	J. Perez	275	R. Rohn	ner#	326*
505			J. Perez		270
(formula)	Powerlifting	SQ	BP	DL	TOT
600	Women				
610	148				
(formula)	16-17				
400	R. Calabrese#	225*	120*	225*	570*
	Men				
	181				
BL) 440	55-59				



Non Kohmer age 69 won the 275 lb. class, set a new Masters (65-69) age group record and was Best Lifter with a 326 lb. record. In the College Division football player Paul Canzanella from Mass. Mari-time Academy won the 242 lb. class and was Best Lifter with a 285 lb. lift. (Results by Joseph Steele).

225 275 750* denotes best lifter. Head

Randy Calabrese set 4 world records at the APA World Cym Summer Powerlifting Championships. She also plays outside linebacker on the Hamden High School football team. (photowas provided courtesy of Joe Steele)

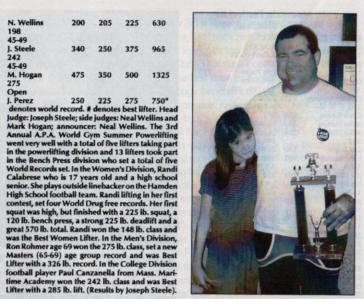
APPLICATION FOR REGISTRATION American Powerlifting Association

Last Name	First Na	me	Initial	Date of App
Street Address	(ity	State or	Province
Country	Zip Co	de	Telephone	Number
Date of Birth	Age Ser		nd make chec APA D. BOX 2720	cks payable to
Social Security N	lumber		L JOBEAN,	

Registration Fee: \$20 High School Athlete: \$10

Parents Initial If Under 18 yrs.

I Certify that the above answers are correct



Kareena Hogan (daughter) and Mark Hogan (father) won 1st place in the Father/Daughter bench press division at the APA World Cym Strong Person contest. (photo courtesy of Joe Steele)

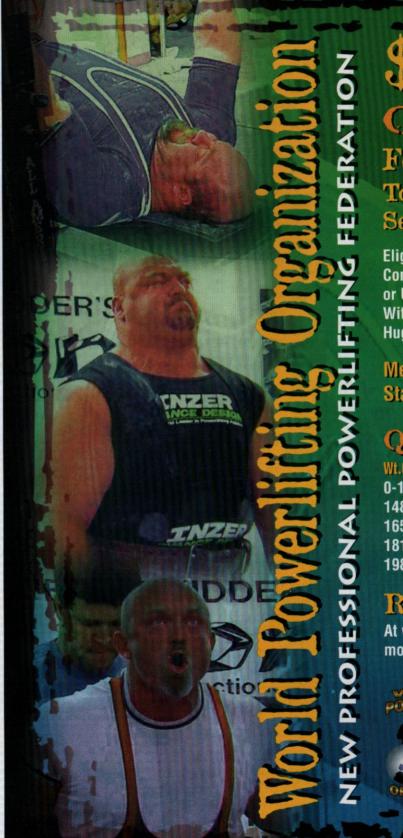
1st APA World Gym Strong Person 29 JUL 00 - Hamden, CT

Father - Daughter	BP	Two-Man Deadlift	PUSUS TOTAL
1) Mark Hogan	400	1)Mark Hogan	625
Kareena Hogan	45	Jose Perez	
2) Joseph Steele	275	2)Paul Canzanella	600
Kara Steele	55	Tom Wilson	
3) Neal Wellins	225	3)Joseph Steele	575
Eileen Wellins	100	Neal Wellins	
4) Andy Bram	200	4) Olando Garcia	525
Alison Bram	125	Angle Rivera	

Alison Bram 125 Angle Rivera
Meet Director: Joseph Steele; Head Judge: Joseph
Steele; Side Judges: Neal Wellins and Mark Hogan;
Announcer: Neal Wellins; Sponsor: World Gym of
Hamden, CT and the N.E.O.A. MEET REPORT: The
1st Annual A.P.A. World Gym Strong Person Contest, went very well with a total of 13 lifters taking
part in the contest. There was two divisions. First
was the Father/D Bench Press Division. With four
Father/ Daughter teams taking part. Teams best lift
from each lifter was totaled and the heaviest total
took first place. In this division, the team of Mark
and Kareena Hogan took first place with a total of
445 lbs. In the two-man Deadlift Division, had four
teams taking part. The heaviest lift from each team
was how the teams placed. The team of Mark
Hogan and Jose Perez had a 625 lb. lift for first
place. The meet was sponsored by the Narcotic
Enforcement Officers Association. Lifters Joseph
Steele, a teacher, and Mark Hogan, a police officer, Enforcement Officers Association. Lifters Joseph Steele, a teacher, and Mark Hogan, a police officer, both members of the N.E.O.A. gave a short lectures to the youngsters at the meet. The topic included the dangers of violence and drugs, beyond drug education the value of patriotism, respect veterans and remember former prisoners of war and soldiers missing in action. Each young person was given a package on drug education and the history of the American Flag. (Results by Joseph Steele).

APA Longhorn Open PL 29 JUL 00 - Waco, TX

Teenage	SQ	BP	DL	TOT
Z. Womack 4th	535	315	525 550*	1375
Submaster			330	
M. Harris	625!	360	505	1490
Submaster				
D. Rickel				
Open				
181				
Z. Womak	535	315	525	1375
198				
A. Lorenz (BL)	565	365	550	1480
W. Smith	450	265	560	1275
C. Washburn (BP)		410		
A. Lorenz (BP)				
308				
M. Harris	625	360	505	1490
SHW				
R. Dolenger	600	405	500	1505
D. Rickel				
* denotes Teenage	Work	Recon	d: ! deno	tes Texas
Desert on Lan				



\$WPO\$

Qualify On February 24th, 2001 To Advance To The Semi-Finals July 21st

Eligibility: Men's Open: Must Have Competed In IPF or WPC Competitions or USA, IPA, USPF or APF Nationals Within The Last 5 Years. Qualify at any Huge Iron meet prior to the semi-finals.

Meet Location: Huge Iron Gym **Starting Time: 10 AM**

Qualifying Totals

Wt.Class	Qlfy Total	Wt.Class	Qlfy Total
0-132	1159	220	1752
148	1322	242	1810
165	1450	275	1856
181	1581	308	1898
198	1664	SWH	1912

Register Online

At www.hugeiron.com or call for more information.



Huge Iron Fitness Center 910 S. Atlantic Ave. Ormond Beach, FL 32176 904-677-4000 877-HUG-IRON www.hugeiron.com

USPF Virginia State Open/HS masters Best Lifter. Single Lift Results: S. Comi 1st, C. Ricks 2nd, S. Curtis 3rd, C. Shaver 4th 6-7 MAY 00 - Chincoteague Isl., VA BENCH MEN 165 so, t. Ricks 2 and, S. Curtis 3 rd, C. Shaver 4 th. would like to extend my appreciation to all the sponsors, staff, spotters & loaders. A special thanks to all the athletes who competed and supported this event. Last and most important to me, is my sincere apology for the late posting of your results. (The results by Gayle Schroeder, co-meet director). 125 102 175 405 107.5 C. Ricks C. Shaver 215 185 165 360 115 250 70 45 107.5 275 150 S. Cornick 117.5 S. Curtis SQ BP DL D. Laube J. Williams Powerlifting 227.5 High School 200 M. Applegate TOT T. Derring 97.5 182.5 425 152.5 107.5 165 425 USPF Submasters/Masters Natls.(kg) Masters J. Ledden 97.5 High School S. Standcliff T. Timm 175 125 182.5 482.5 15-16 APR 00 - Chincoteague, VA WOMEN 67.5 27.5 80 175 55 27.5 72.5 155 135 220 575 102.5 222.5 490 97.5 182.5 425 220 165 145 105 Masters 45-49 M. Applegate Teenage M. Applegate T. Derring A. Leverett 140 82.5 155 377.5 27.5 80 175 27.5 72.5 155 T. Timm Youth A. Ledden 145 97.5 182.5 425 152.5 107.5 165 425 Masters 40-44 L. Nelson 127.5 67.5 195 60 122.5 105 High School T. Shumaker L. Woodsmal High School C. Runnels L. Hickman 200 130 192.5 522.5 147.5 107.5 177.5 432.5 ers 55-59 40 100 220 42.5 97.5 215 J. "Red" Hart 115 45 205 75 165 85 Open
T. Shumaker
T Masters 35-39 220 G. Wright (BL) Masters 40-44 D. Butler Open D. Laube S. Battista 197.5 150 205 552.5 127.5 222.5 530 90 40 92.5 222.5 Masters 50-54 D. Pittman Masters 55-59 192.5 522.5 182.5 132.5 215 530 77.5 37.5 102.5 217.5 L. Hickman 147.5 107.5 177.5 432.5 T. J. Fleming 190 82.5 207.5 480 112.5 262.5 145 80 175 400 R. Rolle 215 117.5 227.5 560 100 50 112.5 262.5 Masters 45-49 E. Burt Masters 50-54 222.5 120 232.5 575 32.5 97.5 225 167.5 112.5 182.5 462.5 227.5 145 210 582.5 190 130 192.5 512.5 167.5 127.5 215 510 E. Leverett (BL) 82.5 222.5 J. Kiser H. Gutnick 145 80 175 400 225 32.5 97.5 Masters 55-59 M. Casatelli M. Scott C. Early 165 Masters R. Birch Open D. Kabler 82.5 40 222.5 187.5 132.5 195 515 182.5 182.5 137.5 72.5 140 350 60 42.5 100 202.5 Masters 45-49 T. Mitchell 137.5 72.5 140 350 250 145 227.5 622.5 37.5 97.5 220 181 High School N. Greenwoo 95 170 415 137.5 142.5 380 High Scho M. Scott 47.5 100 247.5 237.5 125 215 577.5 Teenage N. Green Masters 35-39 Open C. Shave C. Ricks 100 47.5 100 247.5 287.5 185 190 215 280 230 T. Schepper P. Capps H. Gerard 237.5 177.5 272.5 687.5 260 177.5 220 657.5 317.5 217.5 535 Men 97.5 635 Teenage J. Ledden III 123 Masters 40-44 H. Ross (BL) P. Mueller M. Delsignore Masters 50-54 95 40 95 230 305 200 250 755 250 172.5 260 202.5 145 215 300 190 562.5 490 High School J. White Teenage J. White 337.5 205 305 847.5 t: women's high school/teenage Best umaker: women's open Best Lifter, women's masters Best Lifter, Mike ool/teenage Best Lifter, Mark Cannif: test Lifter, Lifter, Mark Cannif: 102.5 50 135 287.5 H. D. Campbell 247.5 132.5 227.5 607.5 210 172.5 200 582.5 162.5 110 187.5 460 135 B. Lindsey R. Dicenso

ger	157.5 85	UI		App STATE	lica ES P	tion	for	Re	gistr	G FE	n DE	RATIC	ON
Last Na	ne ne			First Name	70-2	300	17	lnut	ial	Renewal Y N		rent Card # (If	Kenes
Street A	ddress		FU 10 1	Maa.Han	6 01	N. S.		IA.			Ch	ib Name	
City					Sta	ite			Zıp		Ar	ea Code/Teleph	none
	USPF Classificati		Reteree Status	Cat 2 Nat	State	Curren	t High !	school	Specia	Olympian		Inmate	_
	t Colleguate		Citizen N	Date of Birth	/		Sex M	F	Tod /	ays Date		Card Issued	By
Make UNITE NATIO P.O. B	NAL HEADO	ble to	and Mail	to: EDERATION	Sch inst test In r	ool wit itution ing. ecogniz testing	h proceed	All Use need dures d	enrollme SPF sanct for drug-	nt, and ioned me usage det	eets w	al Olympian es when pa ill be subject , I agree to s ne USPF or it such tests.	t to d
If Und	er 18 have Par	ent Init	ial		Sign	ature							

k	J. Byrne	200	135	215	550
1	Masters 55-59				
e	R. Rood	240	162.5	235	637.5
cs	W. Brooks	192.5	152.5	212.5	557.5
d	B. Denston	187.5	147.5	182.5	517.5
y	275				
s.	Masters 45-49				
).	R. Ceriani (BL)	292.5	202.5	257.5	752.5
	R. Morgan	200	117.5	182.5	500
	Masters 55-59				
	W. Morris (BL)	257.5	185	247.5	690
)	308				
	Masters 55-59				
	C. Clonce	265	145	227.5	637.5
	SHW				
	Masters 45-49				
	R. Wheeler				

R. Wheeler I would like to take this opportunity to apologize for the late posting for the USPF Submasters & Masters National Powerlifting Championship, April 15th & 16th, 2000. A special thanks to Inzer Advance Designs & Island Resort Gym for their support and sponsorship. For my staff, spotters and loaders, thank you. Without your help and hard work my meets could not be a success. Once again, I send my sincere applogies to the lifters. Great job! (Results by Gayle Schroeder, co - meet director).



Ron Palmer PRs 610 at the Southern Indiana Meet. (Latch photo)

Rotty's Southern Indiana SQ/BP/DL 16 SEP 00 - Paoli, IN

SQUAT		165	
165		Ron Palmer	380
Anthony Tabor	300*	220	
BENCH PRESS		Bob Wall	315
junior		308	
Matt Ritter	310	"Hoss" Harbour	375
master 40-44		shw	
Brad Glenn	365*	David Callaway	500
148		DEADLIFT	
Ephriam Shields	340	165	

Ephriam Shields 340 DEADLIFT

Ephriam Shields 340 Ron Palmer 610*

* personal record Best Lifter-Bench Press: Ephriam Shields. Rotty's Southern Indiana Squat, Bench Press & Deadlift Championships were held September 16, 2000 at Rotty's Gym in Paoli, Indiana. The turnout was much less than we had anticipated, but it was a beautiful day to be anywhere but inside lifting weights; which is where the rest of the lifters must have been. Aside from that, we all had a great time, with some new lifters and a few new personal records being set. In the squat competition, first - time lifter Anthony Tabor did well, finishing with a personal best 300 for the win at 165. Anthony just missed 330, but showed the potential for much more once he gets his form down. In the bench press competition, junior class winner Matt Ritter finished with 310. Matt missed his final attempt with 325, a personal best lift at the recent Indiana State Fair Bench Press Championships, which marked his first competition. A new competitor, Brad Glenn, looked strong in his win at master 40-44 with a personal best 365. Lifting "raw" Brad will be over 400 real soon. At 148 it was Ephraim Shields, a great lifter from Ft. Wayne, Indiana. Ephraim weighed in at only 140, but finished with 340 for the win and best lifter. That's two hundred pounds over his bodyweight; sixty pounds over double bodyweight! At 165 was Ron Palmer, another great "raw" bencher. Ron nailed 380 @ 164, finishing just behind Ephraim for best lifter. Another first - time competition, Bob Wall, finished with a personal best 315 for the win at 220. Hoss Harbour returned to competition after a year and a half off, capturing the 308 class with his opener of 500, weighing in at 310. David, who was lifting without a shirt, missed 525 twice due to a minor shoulder injury. Imagine what this guy could do when he's healthy and a good shirt! We only had one deadlifter, but he was a good one! Ron Palmer, at 165, opened with 425, went to 500, then called for a personal best 610. With a mighty pull

WNPF East Coast Powerlifting 17 SEP 00 - Philadelphia, PA

Women 165

33-39

Novice Raw

40-49 Rav Petrella Eustace 50-59 Ra 275 Police Ray Hartnetti
Men
148
17-19
Wentwort
165
40-49
Wentwort
165
40-49
Reich
Novice Ra
Lane
181
20-23
Dowlin
Sologen
Carricuto
Barbaraino
33-39
Raw
Johnson
Open
Carricuto
Barbaraino
33-39
Raw
Johnson
Open
Hall
33-39
Raw
Johnson
Open
Hall
40-49
Rocco
Carricuto
Barbaraino
33-39
Raw
Johnson
Open
Hall
33-39
Raw
Johnson
Open
Hall
33-39
Raw
Johnson
Frb
Powerlifti
Women
132
Open Raw
Hicks
Open 560 440 450 405 405 Open Raw Ferirhella 33-39 Raw

*denotes WNPF American record, many lifters set new Penn. state records and congrats to all of the new record holders. Thanks to Lee Zimmerman for helping us with the facility and with all of his help during the record. There to the lifter

590 390 455 335

440

Gallagher 275

Nolan 40-49

400 325 525 1250

620 545 1600 1335 and the WNPF staff, once again a job well done
Thanks to WNPF for providing these meet results

WNPF Falls Natural 17 SEP 00 - Niagara Falls, NY

220 40-49

380!

375

455

600

535

505

650

TOT

770

940

1205

1205

1115

1035

9 Raw		Green		413	Assisted		40-49	
nett	115*	SHW			148		G. And	rew
and the same of th		33-39	Raw		17-19		B. Mise	orski
		D'Ano		440	J. Dern	235	Police	& Fire
9		DEAD			181		G. And	
	222	Wome			40-49		242	
tworth	220	165			J. Beal	340	40-49	
						340		
9		40-49			198		S. Pope	
er	245	Petrel		145*	17-19		Police/	
9 Raw		50-59	Raw		J. Smith	300	J. Begu	
	245*	Hartne	ett	155*	220		DEAD	UFT
9 Raw		Men			33-39		198 As	sisted
h	235*	148			T. Schmidt	445	40-49	
	233	17-19			40-49		T. Well	ton
ice Raw	245	Went	worth	360	D. Marinkovic	425	220 Ra	
•	245		worth	300	242	440	40-49	
		181						
3		Open			40-49		B. Miss	DISKI
din	295	Neima	in	525	E. LeBlanc	425	242 As	sisted
9 Raw		33-39			SHW		40-49	
d	300	Kadle		535	20-23		E. LeBI	anc
		198			L. Halley III	500	SQUA	T
n		Open			Lifetime		Assiste	d
ricuto	315	Carric	uto	500	J. Miller	505	242	
	313	33-39	-10	-	RAW		40-49	
parino		Blocke		560	148		E. LeBi	200
9 Raw			er	300	Lifetime			
ker	340	220					Police/	
ice Raw		33-39			S. Garrett	185	J. Begu	e
		Johns	on	500	165		198	
		242			50-59		Lifetim	e
9 Raw		33-39			R. Karkoska	245!	S. Xlail	ev
	315	Erb		515	181		RAW	,
ison	313	Novic		313	40-49		275	
n				405		340!		_
	425	Karam	ian	403	J. Beal	340:	Lifetim	
19		275			198		T. Krist	оп
100	425	40-49			Lifetime		30-39	
19		Brown	1	440	J. Daubler	365	T. Krist	off
co	275	SQUA	T (men)		Powerlifting	SQ	BP	DL
		181			Assisted Mens		-	
0 P		33-39			132			
9 Raw	215	Kadle		450				
cs	315			430	Lifetime			
n Raw		40-49			N. Costanzo	260	185	325
cs	315	Roth		455	148			
9 Raw		275			Lifetime			
nson	390	Open	Raw		D. Brochey	345	250	345
	340	Nolan		590*	165			
				TOT	Lifetime			
verlifting	SQ	BP	DL	TOT		400	355	450
men					J. Elsberry Sr.	400	333	430
					40-49	-	200	
en Raw					J. Elsberry Sr.	400	355	450
y	165	120	170	455	181			
,					14-16			
9 Raw					R. Babbit	420	245	450
		70	***	200	220			
ella	75	70	145	290				
9 Raw					Lifetime			
tnett	95*	115*	155*	365*	P. Dick	625	415	540
					R. Pearo	525	315	560
ice Raw					70-79			
ean	215	125	235	575	M. Huff	375	235	425
	213	123	200	310	242			
1								
					Lifetime			
9 Raw					G. Hopkins	570	370	595
ning	315*	50*	405*	770*	M. Rydelek	550	370	550
9 Raw								
	440*	260	525*	1225*				
tafano								
5	315	245	375	935			13 14)	1
23 Raw		-	- 53-11		Wor	d N	atur	al P
en	350	165	450	965				
en					Men	ber	ship	Keg
per	540	315	505	1360	: ""			
	340	3.3	505					
man								
19	1				LAST	NAME	_	
h	455	320	455	1230				
ce								
per	540	315	505	1360	STREE	TADE	PESS	
per	540	315	505	1360	STREE	TADE	RESS	
per 19	540	315	505	1360	STREE	TADE	RESS	



WNPF People ... New York's Alisha "Danger" Granger (left) and Ohio's Sarah "Short Fuse" Schaffer (right) both won first place awards at the WNPF Lifetime Nationals. (photo provided courtesy Will Bill Schaffer)

York was the so	ene for the	e WNPF	Falls Na	tural an
B. Misorski ! denotes Ame				
220 40-49				
R. Doll	2851	175!	350!	810!
W. Evans 50-59	425	350	550	1325
198 Lifetime				
RAW				
33-39 M. Torrie	155	440	155	750
40-49 E. LeBlanc 275	535	425	600	1560
J. Jones	460	375	510	1345

J. Jones 460 375 510 1345
40-49
E. LeBlanc 535 425 600 1560
Saan Hailey from posting the high totals they usually do, but Torrie had a strong bench and Hailey pushed up a strong squat, both winning first place. In the Raw Divisions, William Evans, Robert Doll, and Bill Mislorski posted fine totals winning their divisions with Doll setting New American Records in the 50/59 Masters Division. In the assisted bench, Larry Hailey III and Jeff Miller posted the highest presses of the day with both lifters hitting the 500 lb. mark. Strong benches were also done by Tom Schmidt, Dennis Marinkovic to win the classes. Teen Justin Smith and John Dern also did strong benches in the teen divisions as did Master lifter John Beal. In the Raw Dench New were also done by Tom Schmidt, Dennis Marinkovic to win the classes. Teen Justin Smith and John Dern also did strong benches in the teen divisions as did Master lifter John Beal. In the Raw Dench New merican Records were set by Ron Karkoska, John Beal, and Gary Andrew with Andrew having the highest bench for the day followed behind by division. In his weight class. Teenager, Robert Babbit, posted a fine total to win the 181 lb. teen class. In the 220 lb. lifetime division, Patrick Dick and Ronald Pearo battled with Dick taking the division. To year old Melvin Huff once again captured his class again posting a super total. In the 242 lb. lifetime class three strong lifters battled with Greg Hopkins taking the class followed closely behind by Matt Ryelek. In the master's division, Eric LeBlanc posted an even higher total and also

World Natural Powerlifting Membership Registration	Federation	(WNPF)
---	------------	--------

LAST NAME	FIRST NAME	INT
STREET ADDRESS		
CITY, STATE, ZIP		
AREA CODE, TELEPHONE:	DATE OF BIRTH	
AGE SEX CHECK	ONE: LIFETIME DRUGFREE	_ 5 YRS. MIN
REGISTRATION FEE	FILL OUT ENTIRE APPLICATION	ON AND MAIL WITH FEE TO

\$15.00 HIGH SCHOOL \$30.00 ADULTS

WNPF, PO BOX 142347, FAYETTEVILLE, GA 30214

SIGNATURE / PARENTS SIGNATURE IF UNDER 18

(memberships expire on 12/31, those purchased after Nov. 1 will expire 12/31 of the following year) I agree to submit to any testing procedures in or out of contest by WNPF officials and shall accept the results and will not challenge them in any way. I also agree not to sue the WNPF for injuries that may occur during competition, traveling to or away fromcompetition. I realize that powerlifting is a dangerous sport and I choose to compete at my own risk.





Ripped Force

THE PROFILE

WHAT

- Hyper- thermogenic formula
- 20 mg ephedrine
- 100 mg caffeine
- 250 mg L-carnitine 240 mcg chromium

WHY

RIPPED FORCE® is the original hyper-thermogenic pre-workout and fat mobilizing sports drink.

RIPPED FORCE® delivers power and energy when it's needed most, and includes 23 grams of energy packed complex and simple carbs for a total energy drink.★

- Grape

Speed Stack™

THE PROFILE

- Power and energy
 Only 5 calories
 - 24 mg ephedrine

WHAT

- 11 mg synephrine
- 200 mg caffeineASPARTAME FREE

When you need maximum physical and energy with minimal calories, SPEED STACK™ delivers!★ SPEED STACK™ contains a powerful amount of ephedrine, synephrine and caffeine with only 5 calories. This awe some tasting drink is 100% aspartame free.

- Fruit Punch
- Grape



Extreme Ripped Force

THE PROFILE

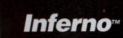
WHAT

- Extreme hyper-thermogenic formula
- 24 mg ephedrine
- 200 mg caffeine 250 mg L-carnitine
- Added electrolytes potassium, sodium and phosphorus

WHY

EXTREME RIPPED FORCE™ contains a synergistic formula that combines a maximum amount of ephedrine and caffeine for energy and fat mobilization.★ EXTREME RIPPED FORCE™ also provides L-carnitine, guarana extract, electrolytes and energy packed complex and simple carbs for maximal short and long term energy. *

- Grape
- Orange



THE PROFILE

WHAT

- Thermogenic and mass
- 20 mg ephedrine
- · 23 g whey protein isolate 75 mg caffeine
- 239 mg L-carnitine
- 160 calories

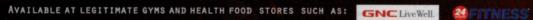
WHY

When your body and mind need protein and energy but can't afford slamming down extra calories look no further. INFERNO's powerful combination of 23 grams of quality whey protein isolate and powerful thermogenic agents delivers exactly what you need!

• Grape

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

A FORCE IN THE GYM"







3rd USAPL Battle on the Beach

22 JUL	00 - N	Mt. C	lemon	s. MI
BENCH		18		,
Open			Lukasik	270
181		190		2/0
M. Stack	245		Cribbs	335
MEN		319		333
Open			dwards	490
132			sters 45	
J. Ciaramitaro	225	148		49
165	777		Romo	225
J. Smith	260	242		225
181			togers	315
J. Johnston	340	275		313
D. Horn	305		tilbert	405
198			sters 50-	
K. Adelson	390	165		,
K. Jennings	385		artotti	300
Rock Soles	380	220		300
B. Lennon	315		odski	285
220		242	OUSKI	203
Rick Soles	410		Vashingt	on 340
B. Omey	395	Mas	ters 60-	On 340
R. Robinson		220	ters out	•
M. Williams		C. S	oles	375
242			DUFT	3/3
C. Soles Jr.	410	Mas		
275		40-4		
M.Warner	465	165	3015.0	
J.Martinez			udson	480
319+		55-5		400
J. Griffin		220		
Masters 40-44		A. Ki	ne	650
132		J.Du		460
M. Freecorn	180	60-64		400
148		181		
J. Scribner	280	-	ngewold	475
165		70-73		4/3
E. Cargor	340	220		
K. Hudson	290	J. Go	uld	195
IRONMAN		BP	DL	TOT
WOMEN				.0.
Masters 40-44				
132				
D. Rogers		145	300	445
148				***
R. Nielsen		150	220	370
Open				3,0
32				
. Grden		85	170	225
MEN		THE		
Open				
48				
1. Covyaw		250	480	730
			WEE.	

SHOW

YOU'RE

SERIOUS

LOGO TANK TOP LOGO PRINT T

CLASSIC LOGO T

LOGO SWEATSHIRT

HENLEY SWEATSHIRT

LOGO CAP



Battle on the Beach Meet Directors Tony DiCicco (left) and Mike Lawrence (right) with WWF wrestling superstar Dan "The Beast" Severn. (photograph provided to PL USA courtesy of Tony DiCicco)

B. Proxmire	250	350	600
M. Fillmore 198	300	460	760
J. Soule	390	570	960
K. Adelson	390	510	900
M. Huotari 220	300	500	800
R. Abfalter J. Williams	385	565	950
275 M. Raffin	345		
SHW	343	575	920

K.Hilliard Masters 40-44	210	450	660
165			
B. Wahl			
181	290	600	890
B. Fabiano			
198	370	530	900
D. Nickelson			
242	270	470	740
B. McIntyre			
Masters 45-49	455	605	1060
242			
R. Rogers			
Masters 55-59	315	460	775
220			
A. King			
J. Durazo	315	650	965
Masters 65-69	270	460	730
220			
W. McNaughton			
Masters 70-74	100	200	300
165			
B. Creech			
242	100	210	310
I. Gould			
Teen 18-19	115	195	310
275			
S. Miller			
	330	635	965
The 3rd Annual Battle of lifter attendance this y	on the Beac	h drew i	ts largest

lifter attendance this year with over 2500 specta-tors throughout the day, and over 70 lifters regis-tered. For the 3rd year in a row we were blessed

\$13	(black, white, ash)	M-2X, thin strap
\$13	(black, white, ash, burgundy) M-4X
511	(black, red, khaki, charcoal)	free w/4 item order!
\$13	(black, red, navy, ash, etc.)	M-4X
\$29	(black, white, navy, ash)	M-4X, pique knit
\$18	(black, ash)	M-4X
\$29	(black, navy, wine, graphite)	M-2X, buttons, collar

JAMIE HARRIS

Add \$1 for each 3X or 4X item. All items are cut big. All tanks & T's are 100% Yes, we have jackets, baggies, shorts, ragtops and many other items – including ra Free product list and sticker with order. Shipping and Handling = \$4/order, Order 3 or more items and pay zero shippin

CLASSIC LOGO SPORTSHIRT \$29 (black, white, navy, ash)

Order 4 or more items and get free Logo Cap!

24 HRS / TOLL FREE 1-888-463-7246 1-888-H-OF-PAIN





HOUSE OF PAIN 212 TANYA ROCKWALL, TX 75087

tered. For the 3rd year in a row we were blessed with excellent weather and numerous sponsors (Golds Gym of Madison Hts, Wate-Man of Warren, Metro Beach, Metro Parks, Michigan Sports Camps and Action Party Rentals) without their generosity this event could not be possible. This years event sported a number of superstars with the likes of Alfred King the deadlifting star who easily pulled 630 in the masters division, Bruce McIntyre benched Alfred King the deadlifting star who easily pulled 650 in the masters division, Bruce McIntyre benched 455 and pulled 620 for a massive 1060 total in the 220 masters division, also in the masters division was Bruce Edwards who pushed up the Big Boy weights in the 319 class with a big 490 bench. The women's division had a light turnout but the quality was anything but light. Marry Stack blew away the spectators with her new state record bench in the 181 class with a mind boggling 245 lb. bench going 3 for 3 and having strength to spare, look for some national level lifting from this galt Diane Roger also woke up the crowd with her bodybuilding like physique and 300 lb. deadlift. The men's open division was loaded with great lifters with the ever improving Jesse (The Body) Soule this guy is built and can also move the big weights, Jesse rocketed his deadlift ability to a fine 570 lb. (PR) pull. Young and hungry Brain Proximire pushed a solid 250 and surprised himself with a 350 pull at 148 for his powerlifting debut, a good 600 total, but not enough to pass Michael Covyaw with his big 480 pull in the 148's. Thank you to all the Judges, Spotters, Loaders, Score Table Personal, Handlers and Set-Up Personal, Sponsors and Metro Beach. We'd also like to give a special thanks to Mike Szudarek for giving USAPI. Michigan his whole day to support this event. These meet wouldn't be possible without your support! (Thanks to USAPI. Michigan for providing the meet results). **USAPL VA Commonwealth Games** 15 JUL 00 - Vinton, VA Total 70-74

	181		615		lenriques Chattin	335 305
	J. Smithson Junior		705	242		
ı	181 J. Smithson		705	Col	legiate	335
1	Collegiate 181		03		Basqier*	285
ı	J. Smithson	7	05	J. El 198	liott	285
ı	Men Open			S. C 220	hattin	305
ı	165 G. Retz		360	K. K	enyon	460
1	K. Clinevell	1	205	242	larmon	305
ı	B. Perimutte 181	r		N. W	Vright	335
ı	J. Elliott 198	1	160	C. W	/right	350
ı	D. Silveus 242	10	015		5	
ı	F. Galya	10	610	148 J. Du	ınbar	190
ı	Master 45-49			275	wartz	
	D. Morris	.,	010	16-17		280
	50-54	"	110	242 K. Ca	pelety	250
	181 B. Brindle	91	0	18-19 A. Ev		400
	Junior 198			DEAL	DUFT	400
	S. Chattin	10	85	Wom	en	
	N. Wright			114 K. Ryi	man	270
	Collegiate 165			Men		270
	B. Perimutter			Open 165		
	J. Elliott	110	60	B. Per J. Snic	lmutter ler	425 380
	198 S. Chattin	100	R5		lkerson	380
	242 N. Wright			M. Ba	sqier	500
	Teenage 16-17	,		J. Ellio D. Silv		425 405
	Z42 K. Capelety			198 T Hen	riques	590
	BENCH Women			M. Cu		450
	Open			N. Phil	lips	540
	114 K. Ryman	120		D. Mo		450 455
	132 S. Lawson	135		242		
	Men	133		F. Gayl K. Hub	bard	600 580
	Open 165			A. Ever Super	ett	515
	G. Wilkerson J. Snider	275 225		T. Penn Master		430
	181 M. Basgier	285		40-44		
	J. Elliott	285		198 M. Hun	d	450
	D. Silveus 198	245		220 R. Loy		540
	K. Burkett M. Cumbee	425 350	1	D. Willi	ams	530
1	T. Henriques	335	2	15-49 120		
	3. Martin	425). Morr	is	450
1	C. Moon . Shifflett	400 370	E	Or. Carl 0-54	Whorley	235
1	L. Harman	305	1	81		
F	. Galya	415		. Harma		450 420
	L Everett L Peck	400 370		0-64 20		
	. Hubbard 75	325	R	. Booth	e	450
D	. Reynolds	435		unior 98		
2	1. Critzer 75+	400		Henric Chatti		590 400
A T.	Shields Penn	535 360	C	ollegiat		400
C	. Wright laster	350	B.	55 Perimo	utter	425
41	0-44		18 M	. Basqi	er	500
	98 . Hurd	340		Elliott		425
R.	Loy Peck	265	S.	Chattir	,	400
45	49	370	22 A.	0 Harma	n .	435
	Morris	220		enage -15		
27	5+ Carl Whorley		14	8		
	-54		24			275
. 1	Harman	300	16- K.	17 Capelei	ty 4	175
	Brindle -64	240	18-			
2	0	200				15
Th	Boothe lanks to USAPL	for prov	vidir	ng the r	neet resu	its).

AAU DL & Fitness Depot Open BP SEP 00 - Plymouth NC

Deadlift		R. Williams	250
148		R. Young	225
B. Zak	400	198	
181		T. Huber	355
J. Nesbit (BL)	455	V. Armstrong	355
R. Young	300	A. Cabarrus	325
198		J. Hansen	320
V. Armstrong	300	J. Johnson	290
220		T. Bell	220
K. Barber (BL)	375	220	
Bench		P. Bossi (BL)@	460
132		K. Barber	305
C. Biggs	145\$	J. Pierce	270
T. Lyons	130	242	
165		A. Proctor	455
K. Lacy (BL)	295	R. Moore@	375
D. Nelson	185	319	
C. Balance	170	B. Simpson	405
181		D. Mitchell	330
E. Patrick	305\$	SHW	
A. Crenshaw	265	D. Allen@	430
		M. Ange	3755

and 455. Donnell Mitchell finished second, benching a (45-49) state record. We had two heavy weights competing, but in the Dan Allen's 430 bench was the top of the class, but Mike Ange can be proud of setting the open RAW state record. In the women's competition we had three women competing. Finishing first at 105 and winning best lifter, as always, was multiple state record holder Karen Becerra. At 181, we had another multiple state record holder in Vanessa Cherry who benched Karen Becerra. At 181, we had another multiple state record holder in Vanessa Cherry who benched 160, and made a valiant attempt at breaking her own state record with 165. Finally we had Becky Olson who crushed the SHW bench record with a 175 making all three of our ladies current state record holders. Way to go!!! In the team competition 1999 state champions Fitness Depot had little trouble in winning both the deadlift and bench press title, and looked poised to make a strong run in November to capture back to back state titles!!! (Thanks to Ben Zak for providing the meet results).

AAU Mid Atlantic State III 07 OCT 00 - Elizabeth City, NC

BENCH		C. Ad	ams	26
Women		198		
132		H. WI	lliams	35
K. Westcott	150	A. Cal	parrus	34
148		T. Bell		24
J. Zak	115	220		
Men		K. Ma	llory	40
148		D. You	ung	36
Transfiguracion	320	242		
B. Zak	205	A. Pro	ctor	46
165		R. Sta	ten	35.
K. Lacy	315\$	275		
J. Barnes	210	C. Elli	ot	52
181		M. W	hite	42
E. Patrick	300	319		
A. Crenshaw	265	B. Sim	pson	45
Powerlifting	SQ	BP	DL	TOT
114	-	-		
B. Carver	115	70	200	385
A. Adamas	105	85	180	370
R. Vu	95	95	155	345
I Wallace	85	69	145	290

the first time ever. Sharonda Glasper not only won, but out totaled the rest of the pack by sixty five pounds. State npion Time Lyons moved up, and inated the 132 class. Ronal dominated the 132 class. Ronald Staffelli can be proud as he not only won the (10-11) age group, but had one competitor. Daryl made the best of things by winning his class, out totaling everyone in the class above him, and either tying or coming within five pounds of breaking all four state records held by the legendary Cordette Clay. Watch out for Daryl at the state championships. In the 165 the state championships. In the 165 class we had six lifters, but it quickly became a battle between Chris Ballance and Robert Barnes. Robert

45 50 45

60

195 95

170 175

135 105 95

125\$ 80

180 115

170 140 140

285 160\$

400 200

Exames 225 175 4108 810 case we had at litters, but it quickly the case we had at litters, but it quickly to be case we had at litters, but it quickly to be case we had at litters, but it quickly to be case we had at litters, but it quickly to be case we had at litters, but it quickly to be case we had at litters, and the provided from the control of the control o

One KILOGRAM equals 2.2046 Pounds-For a quick approximation, take the amount in kilos and double it, then add 10 percent of the doubled amount. For example, to convert 115 kilos, double the amount (230) and add 10 percent of the doubled amount (23) for a total of 253, which is the conversion of 115 kilograms to 253 pounds.

BENCH		D. Lawrence	360
Women		275	-
181		J. Powell	350
V. Cherry	165*	319	
D. Luff	85*	D. McCotter	400
Men		SHW	
88		M. Ange	365
I. Reeves	45*	DEADLIFT	
114		Women	
K. Houlroyd	100	181	
148		D. Luff	175
I. Barnes	200*	Men	
181	0.000	88	
D. Floyd	335*	J. Reeves	125
L. Lamb	330	114	
198		K. Houlroyd	240
V. Armstrong	360	181	
A. Cabarrus	335	L. Lamb	350
T. Bell	220	220	
220	0.457	B. Freethy	375
G. Holzmiller	2801	G. Holzmiller	350
B. Freethy	260*	275	350
242	-00	J. Powell	480
S. Reid	500). romen	400
S. Kelu	300		

	ASSOCIATION OFFICE COPY
>	This is a membership application form. Complete all areas and return Part One to the address shown.
>	For information on registration and program, call 1-800-AAU-4USA.
~	AAU membership provides each member with an opportunity to participate in AAU events.
	Membership benefits include accident insurance (which is secondary and is applicable after any

primary coverage)	for all properly sa	nctioned AAU even	ts and supervise	ed practices of member cl	ubs.	
Specific details on	coverage can be	obtained from your	local AAU Asso	ciation.	Regular Fee	"AB" Fee
ANNUAL MEMBERSHIP DUE	S Regular Fee	Regular Fee "AB" Fee		in the Following Sports: b. Basketball, Broomball, Cycling cs. Modern Pentathlon, Multi-Eve		23.50
Youth Athlete	10.00	12.00		thlon), Physique, Softball,	nna .	
Coach Volunteer or Official Adult Athletes in the Following Spo	12.00 14.00 12.00 Not Available ts: 10.00 12.00		Surfing, Trampoline & Tumbling, Triathlon, and Weightlifting Adult Athletes in the Following Sports: 20 Field Hockey, Flag Football, Hockey (Ice and Roller), Rudby, Soccer, Water Polo and Wrestling.			25.00
Aerobics, Badminton, Baton Twirting, Bowling, Canoe, Cross Country, Diving, Fencing, Golf, Jump Rope, Physical Fitness, Physically Challenged, Racquetball, Rowing, Sailing, Squash, Swimming, Table Tennis, Tennis, Track & Field, and Volleyball			Adult Athletes Chinese Martial A	in the Following Sports: irts, Judo, Jujitsu, and Karate on Do Athletes	Not Available 20.00 30.00	25.00 Not Available 35.00
AAU National Headquarters ofo The Walt Disney World Resort	SPORT CODE	ASSOCIATION CODE	MEMBERSHIP CATEGORY CHECK	THE DESIGNATION OF THE PERSON	CoachOfficial	I D J C R J
PO Box 10,000			ONE: You	th Program Adult Progr		Yes No
Lake Buene Vista, FL 32830			Club No.:	Club Name:	E-Mail	
THE AMATEUR ATHLETIC UN	ION OF THE UNITE	D STATES, INC.	ARE YOU ALREADY	COVERED WITH HEALTH & ACCI	DENT INSURANCE?	☐ Yes ☐ No
Date of Birth Age Sex Apr	olication Date Social	Security Number				

procedures and policies, including but not limited to: binding arbitration and the release and indemnity of the AAU. By paying my annual membership dues, I certify that I have never been convicted of any sex offense nor felony; or, if so, I must apply for membership (and receive approval) through the AAU National Office. NOTE: Parent/Guardian signature required if member under 18 years old.

For All You Hard-To-Please, Take-It-To-The-Limit Types, We Have Good News:

Your Drink's Ready.

The innovative, bioengineered formula for Thermo Speed™ has set new boundaries in thermogenic drink technology.

This advanced formula is the ultimate, no-holds-barred. pre-workout energizer. It jolts your metabolism with the researched fat-burning stack of 340 mg of Ma Huang (8% standardized, equals 27 mg of Ephedra), 200 mg of Caffeine and 200 mg of White Willow Bark for intensely focused, supercharged workouts! There's also 100 mg of L-Carnitine and 40 mg of Niacin.

In our pursuit to develop new formulas, we introduced Quercetin to this highly potent drink. Quercetin "evens out" this powerful blend of ingredients so you



won't suffer from the jitters or feel any post workout "crash." There are no calories, no carbs, no sugar, no aspartame and no FTC food coloring in Thermo Speed.™

The truth is, no other drink even comes close. Available in Fruit Punch.

Grape, Orange and our new flavor-Lemon-Lime. So if you wouldn't settle for last year's workout, then don't settle for last year's formulas.

Thermo Speed™-Anything Else is Ancient History."



WORLDWIDE

No Added Sugar. No Aspartame. No FTC Food Colors.

Available at select GNC Live Well. gyms and healthfood stores nationwide.

Anything Else is Ancient History.™

For more information call 1-800-854-5019. Be sure to visit us on-line at www.sportnutrition.com

Coming Events

FREE service to publicize your contest to thousands of potential entrants. Send details, preferably at least 3 months Events', Box 467, Camarillo, CA 93011 in order to obtain proper advance no-tice. You will be reaching MANY people ho may be interested in your co

6 JAN, APA Iron Warrior Open BP, DL, Push/Pull(Waukegan, IL) APA, Box 27204, El Jobean, FL 33927, 941-697-7962,

apapresident@angelfire.com

13 JAN, APA Gulf Coast Open BP & DL
(St. Petersburg, FL) APA, Box 27204, El Jobean, FL 33927, 941-697-7962,

13 JAN, NASA Ohio State BP (W. Liberty H.S., W. Liberty, OH) Dick Cordial, 937-653-5504, squat@foryou.net

13 JAN, PPL Drug Free BP/DL or PL, Tee

Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806,

14 JAN, Winter Blues Meet (PL, BP, DL; Grand Rapids, MI) Jon Smoker, 30907 CR16W, Elkhart, IN 46576, 219-674-6683 19-21 JAN, USAPL Women's Nationals (all age divisions) Dr. Mike Hartle, 3835 W. Jefferson Blvd., Ft. Wayne, IN 46804, 219-456-8485

20 JAN, NASA E. Texas Open (Lubbock) NASA, Box 735, Noble, OK 73068, 405-527-8513

20 JAN, SLP A Cold Day in Tuscola BP/ DL Classic, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

20 JAN, APA California Open BP/DL (Modesto, CA) APA, Box 27204, El Jobean, 941-697-7962, 33927

apapresident@angelfire.com
20 JAN, WNPF New York St./Open BP/ DL & IronMan (Armonk, NY) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

20 JAN, USAPL Louisiana State (plus out

of state division) Paul Fletcher, 6224 Snowden, Baton Rouge, LA 70817, 225-753-8586

20 JAN, APF Michigan Bench for Cash cash division: 1st-3rd on Reshel Formula \$1000 total, subject to increase. open diviJim Harbourne, 1018 Coolidge Ave., Clawson, MI 48017, 248-588-2114 (after 3pm EST), jimharabourne@home.com 20 JAN, Tri-City BP & DL, Tom Corazzini,

Albany YMCA, 274 Washington Ave., Al-bany, NY 12203, 518-449-7196 ext 16 21 JAN, USAPL Rockland County BP/ DL, R.A.T.C., Box 445, Trallman, NY 10982 843-369-7282

21 JAN, Durand Fitness Center Winter Classic BP/DL, Steve Isom, DFC, 217 E. South St., Durand, IL 61024, 815-248-

21 JAN, WNPF Delaware State/Open BP/ DL & Ironman (Newark, DE) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-

3418, wnpf@sol.com 27 JAN, NASA Illinois State (Fairview Hts.) NASA, Box 735, Noble, OK 73068, 405-527-8513

27 JAN, SLP Maroscher/Carnaghi Illi-nois Open BP/DL, (Chicago, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-II.com 27 JAN, APF West Coast Push/Pull/PL (Fresno, CA) Bob Packer, 559-439-4394 27 JAN, WNPF Florida State/Open BP/ DL & Ironman (Lake City, FL) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

27 JAN, WABDL Southeastern USA BP/

DL, Belanger Power Sports, Box 173, Century, FL 32535, 850-327-6016

27 JAN, Mid Virginia BP/Curl, John flett. Box 941, Stanardsville, VA 22973, before 804-985-3932

28 JAN, World Gym Winter Push/Pull, Jeff Butler, 2500 Miracle Ln., Mishawaka, IN 46545, 219-254-0460

JAN, AAU Northern Virgina BP & Jr. Olympics Qualifier, AAUPCVA, 809 Mosby Hollow Dr., Herndon, VA 20170, 703-

2-4 FEB, 100% Raw Eastern Regional (men & women, all age/wt. groups) Dr. Spero Tshontikidis, 4850 Connecticut Ave. NW #903, Washington, DC 20008, 202-

3 FFR. NASA Bench Press Natio (Nashville, TN) NASA, Box 735, Noble, OK 73068, 405-527-8513 3 FEB, USPF Steel City Fitness BP for the

Key 4 PKU Foundation (open, class II, masters, women, high school) Jeff Green-Chris Key, 2728 19th Pl. South, Birmingham, AL 35209, 205-870-5438

3 FEB, APA Alabama Open BP & DL (Montgomery) APA, Box 27204, El Jobean, 33927. 941-697-7962

apapresident@angelfire.com
3 FEB, WABDL BP/DL Championships (Holiday Inn. Mesa, AZ) Steve Farnworth 2651 E. Enrose, Mesa, AZ 85213, 602-361-6037

3 FEB, Ladies Night Out (women only - PL, BP, DL) Rick Hussey, 8902 Grant, Omaha, NE 68134, 402-392-2446

4 FEB, NASA Power Sports Nationals (Nashville, TN) NASA, Box 735, Noble, OK 73068, 405-527-8513 4 FEB, SLP Iron House Open PL/BP/DL

Classic (Hoopeston, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, 4 FEB, WNPF Ohio Cham pionships National Quali-fier, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670 af-

4 FEB, Pump Total Fitness Open BP (teen, open, women, masters) Jeff Davis, MI 48879, 517-224-2441 10 FEB, AAU Missouri St./Bill Clark Classic (Rau & equipped) Darin Gilley, 2820 Gray Summit Rd., Pacific, MO 63069, 636-

10 FEB, ADAU Drug Free Raw 13th Fast Coast Clas sic & Raw BP Meet & dead lift, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695 10 FEB, SLP Mason

Dixon Open BP/DL (Paducah, KY) Son Light Power, 122 S. Sale St. Tuscola, IL 61953, 217-253-5429 Sonlight@netcare-il.com 10 FEB (new date)

USAPL Rhode Island State PL & BP (deadline 1/27/ 01) David Roderick, 126

10 FEB, RAW Inc. Central VA Meet, Spero Tshontikidis 4850 Connecticut Ave NW #903, Washington, DC 20008, 202-537-5941 10 FEB. 10th New Castle Ullrich, 214 E. Garfield Ave., New Castle, PA 16105, 724-658-7529

10 FEB, APF/AAPF Iron m/f, masters m/f - limited to 1st 60 PLer. 1st 30 BPers) Iron Island Gym, 516-594-

"The Grand Daddy of Powerlifting MASTERS, SUB-MASTERS, JUNIORS, TEENAGES

MAY 18, 19, 20TH, 2001 HYDE SCHOOL, BATH, MAINE FOR INFORMATION CALL RUSS BARLOW (207) 225-5070 OR SHANE MCKENNA (207) 442-0180

IPA 1st Annual WORLD CUP **Bench Press/Deadlift** Championships March 17 & 18, 2001 No Qualifier Needed Meet Director: John Ford 68 Westlake Ave. #B Daly City, CA 94014 650-757-9506

9014, or jtb2040@aol.com

10 FEB, APF Nevada State PL/BP, Anthony Pastorello, 2640 Westwood Dr., Las Vegas, NV 89109, 702-655-0825

10 FEB, NASA Virgina State PL, BP, PS (Charlottesville, VA) Greg Van Hoose, RT. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com

11 FEB, APA Florida Open (Orlando) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com 11 FEB, Open Bench Press Meet, Frank

Paino, Oswego State Univ., Oswego, NY 13126, 315-341-2405 11 FEB, WNPF Arizona State/Open PL (Phoenix, AZ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418,

17 FEB, WABDL Texas & Louisiana State BP & DL (Clarion Hotel, Houston, TX - deadline 2/3/01) Bob Garza, 281-820-5923

17 FEB, NASA Wisconsin State (Marshfield) NASA, Box 735, Noble, OK 73068, 405-527-8513

17 FEB, USA 'RAW' Bench Press Federation Winter Nationals, Son Light Power, 122 S. Sale St., Tuscola, IL 217-253-5429.

17 FEB, APA Maryland Open (Glen Burnie) APA, Box 27204, El Jobean, FL 33927, 941-697-7962,

apapresident@angelfire.com

17 FEB, Northeast Strongman Showdown

(pro/am, 3 wt. classes) Art McDermott, 9 7 8 - 4 7 4 - 1 7 1 8 , highlandstrength@mediaone.net

17 FEB, WNPF Virginia State/Open PL (Richmond, VA) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418,

17 FEB, Iron Society's Budweiser WABDL California State BP/DL, Matt Lamarque, Box 1992, Monterey, CA 93942, 831-277-

17,18 FEB, NASA National High School PL Boys & Girls Team Championship (Fr., So., Jr., Sr. divisions) Gary Scholl, 37 Wildwood Dr., S. Charleston, OH 45368, 937-568-9116

17,18 FEB (new date), WePumpUUp.com IPA New York State Full Power and Bench Meet (all classes, m/ f) Joe Giuliano, 14 Stevens Ct., Saratoga Springs, NY 12866, 518-583-7539

18 FEB, Shlawassee Area YMCA BP (open, master, women, teen) YMCA, 515 W. Main St., Owosso, MI 48867, 517-

5385-

Control Soual

And Much More

on't Get Trapped

Fits in A Rack

Unlock Your Strength With

CREPINSEK 130 Barnheisel Rd Hollister CA 95023 USA

Crepinsek's

18 FEB, WNPF Fayetteville Open BP/DL & Ironman (Fayetteville, NC) WNPF, Box 142347, Fayetteville, GA 30214, 770-996 3418, wnpf@aol.com

18 FEB, King Fitness Pound for Pound (most reps/total tonnage) Matt Kelly 3253 Hwy 35 N., Hazlett, NJ 07730, 732-335-0911, www.kingfitnessgym.com
24 FEB, APF Mountaineer Barbell PL/

BP, Mike Hill, 304-344-1928, 545-2664. 727-2593 or Chad Miller 304-344-9314 or 419.5626

24 FEB. Body Factory Power Challenge/ BP, Jim Parrish, 520 W. Applegate Ave., Pen Argyl, PA 18072, 610-893-1090 24 FEB, NASA Ohio State (Springfield) NASA, Box 735, Noble, OK 73068, 405-527-8513

24 FEB, SLP Southern Illinois Open BP/ DL (Effingham, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com
24 FEB, 11th Winter Classic, (new con-

tact) Jon Smoker, 30907 Co. Rd. 16, Elkhart, IN 46516, 219-674-6683 24 FEB. 1st WPO (TM) Qualifier (Universal

Studios - Orlando, FL) Huge Iron, 910 S. Atlantic Ave., Ormond Beach, FL 32176,

904-677-4000, www.hugeiron.com 24 FEB, APA BP & DL Judgement Day, St. Marys Health & Recreation, 499 Spruce St., Suite 13, St. Marys, PA 15857, 814-834-24 FEB, USPF Kentucky State & Pikeville

Open BP, Don Fields, 1243 S. Lake Dr., restonsburg, KY 41653, 606-886-8604,

profitnes@multisports.net

24 FEB, WNPF Maryland State/Open PL
(Baltimore, MD) WNPF, Box 142347,
Fayetteville, GA 30214, 770-996-3418,

24 FEB, USPF Florida State, Bill Beekley, 4215 Carmen St., Tampa, FL 33609, 813-289-3063

24 FEB, USPF Oklahoma State & Classic PL/BP/DL, Rickey Crain, 3803 N. Bryan wnee, OK 74804, 405-275-3689 24-25 FEB, USAPL Pennsylvania St. (State College, PA) Steven T. Mann@yahoo.com or 914-473-5230

25 FEB, WNPF 3rd Northeastern BP/DL & Ironman (Bordentown, NJ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-

FEB, AAU Home of the Champions Bench Press Classic (National Qualifier, Richmond, VA) AAU PCVA, 809 Mosby Hollow Dr., Herndon, VA 20170, 7 0 3 - 3 9 7 - 0 5 3 4

2,3 MAR NASA Natural Nationals (PL, BP, PS -Oklahoma City, OK) NASA, Box 735, Noble, OK 73068, 405-527-8513

3 MAR. Arnold Classic World Record Bench Press Competition, Classic Productions Inc., 1245 Worthington Woods Blud., Worthin OH 43085, 614-431-2600 3 MAR, East Coast Push/ Pull Meet (Woodstock, GA -BP and/or DL, women, jr., teen, open) Stack's Gym, 2375 Hwy 92, Acworth, GA 30102. 770-974-5986

3 MAR, Walker's Gym Bench Press Classic (raw & open teen, men, women, masters, police, military, fire) Barry Walker, 220 E. Broadway, Hopewell, VA 23860, 804-458-7918

3 MAR. 4th Dave Swiniarski BP, John Flynn, 59 Lake St., W. Peabody, MA 01960, 978-535-1533

3 MAR (new date), AAU BP & PL Open Virginia State (Richmond, VA - National Qualifier) AAUPCVA, 809 Mosby Hol11th Winter **Bench Press** Classic

Feb. 24th. 2001 4' Trophies \$200 overall BL

Jon Smoker 30907 Co. Rd. 16 Elkhart, IN 46516 219-674-6683

low Dr., Herndon, VA 20170, 203-397-0534, aaupcva@cox.rr.com

3 MAR, 10th North Penn YMCA Larry Frederick Jr. Memorial Bench Press Challenge (Lansdale, PA) Steven Unrath, 215-368-1601 ext 230

4 MAR, Northern Illinois Open Drug Tested Championships PL & BP & DL, Grant Noeske or Duane Burlingame, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 60132, 815-233-2292

4 MAR, New Jersey High School Drug Free Championships (Hammonton, NJ) Paul Sacco, 609-567-0046 or 704-2400 Ext.

9-11 MAR, USAPL Collegiate Nationals (Holiday Cenvention Center, Alexandria, LA) Duane Urbina, 318-473-4567

10 MAR, APA East Coast PL (Chincoteague, VA) Gayle Schroeder, strength@exis.net, 757-481-6963, www.powerandstrength.com
10 MAR, 1st annual Hopewell BP (1 Feb

01 deadline - no entry free - guest speaker) Steve Warren, 4620 Grey Oak Tr., Gainesville, GA 30507, 770-535-0193 10 MAR, NASA Missouri State HS (Carthage) NASA, Box 735, Noble, OK 73068, 405-527-8513

10 MAR, SLP March Madness BP/DL Classic (Mattoon, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-Il.com 10 MAR, WNPF Dayton Open BP/DL &

ronman (Dayton, OH) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418,

10 MAR, USPF North Jersey High School, Eddie Horton, 726 Monroe Ave., Elizabeth, NJ 07201, 9098-282-1260,

10 MAR, USPF New Jersey State, Eddie Horton, 726 Monroe Ave., Elizabeth, NJ 9098-282-1260. uspfehorton@aol.com

10 MAR, All Church Powerlifting Championships (open to all church members and church sponsored teams) Pastor Tony Karlik, Bethany LBC, 233 Westcott Blvd., Staten Island, NY 10314.

10 MAR, APF Bike Week Bench Bash. Huge Iron, 910 S. Atlantic Ave., Daytona th, FL 32176, 904-677-4000

10,11 MAR, USAPL California State Jason Burnell, Box 5453, Hercules, CA 94547, 510-724-4464

10,11 MAR, USAPL VIrginia Open PL/ BP, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm,

11 MAR, SLP Pecatonica Fitness BP/DL Classic (Pecatonica, IL) Son Light Pou 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com 11 MAR, WNPF Buckeye Open PL (To-

ledo, OH) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com 17 MAR, 7th Mon Valley Fitness Center

2001

Jan. 20 Westside Seminar Jan. 21 Mastering the Bench Feb 24 Westside Seminar Feb. 25 Mastering the Squat April 7 Westside Seminar April 8 Mastering the Bench May 26 Westside Seminar May 27 Mastering the Squat June 9 Mastering the Squat Mastering the Bench July 14 Westside Seminar July 15 Mastering the Bench Aug. 25 Westside Seminar Aug. 26 Mastering the Squat Oct. 6 Westside Seminar Oct. 7 Mastering the Bench Nov. 3 Westside Seminar Nov. 4 Mastering the Squat Dec. 8 Westside Seminar

Dec. 9 Mastering the Bench On Site Seminars

Albany, NY

Jan. 27 Cutting Edge Sports Science

Spring, TX Feb. 3 Powerhouse Gym Lock Haven, PA March 3 Lock Haven University Tallahassee, FL March 10 Fahev's Gym Seattle, WA

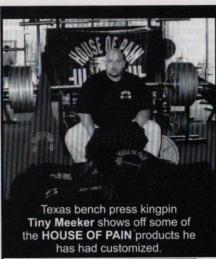
March 31 Gold's Gym Ontario, Canada April 28 Good Life Fitness Lexington, SC

May 12 Waites Fitness Tulsa, OK July 21 Eastside Gym Sacramento, CA Aug 11 24 Hour Fitness Reno, NV

Sept 22 Fitness Factory

695 Itawamba Trail

London, Ohio 43140 888*854*8806



CUSTOMIZED H.O.P. GYM BAGS



name on a gym bag-don't hang some wimpy tag on it-let us embroider it on! We'll embroider your name on any of our gym bags for only \$1.00!

If you want your

Just like a tattoo. embroidery lasts forever and it looks sharp, too! We have gym bags from 16" to 34" long; from

light-weight to a wheeled monster bag! CUSTOMIZED H.O.P. JACKETS

Let us embroider your name or nickname on the left chest of one of our iackets. (Only \$1.00)

From our midweight Big Poplin jacket to our new heavyweight Solid Leather jacket, we'll fit you with style & comfort at a good price. With sizes from ned-XXXXL, we can fit almost anyone! (Ask about our new leather vest!)





P.O. Box 333 Fate, TX 75132

24 hrs/ Toll Free! 1 • 888 • H • OF • PAIN (1-888-463-7246) fax 972-772-5644

Order or fill out our training survey at houseofpainironwear.com e-mail houspain@flash.net

THE NEW POWER STACK by GORILLA® SPORTS NUTRITION

Power stack consists of the New Advanced CREATINE C-4TM with Monohydrate and Citrate crystallized formula the one and only of it's kind, back up with the New NITRO 275TM 3+4+5 Androstenedione chewable tablet this Androstenedione is absorbable through the glands in your mouth it by passes the liver that's what makes it good to stack with Creatine this stack was specially formulated for the Power Lifter and Body Builder that wants Muscle Size and Strength the Natural way.

Gorilla C-4 - \$40.95 - 362.16 Grams Gorilla Nitro -\$59.95 - 60 Tablets Buy both & save 30% - \$70.63, plus \$5.00 for S/H Dealers Inquiries Welcome. For more information or to place an order call:

1-800-852-0425



PERSONALIZED Powerlifting Training

Courses Designed by PL USA writer Doug Daniels and WDFPF World Bench Champ Jim Vrahel.

We've been in business since 1986. Other we've been in outside the personalized training course companies can't say that. Get your training advice from a proven source. Check out the Strength Ink difference: 1) Each course unique, not computer generated or generic. 2) Specific, unpublished articles written by Doug Daniels, 3) Advice on supplements, lifting gear, save more than the cost of the course itself. 4) Exact exercises and weights used throughout the course, not just sets and reps. 5) Training Tips 6) Designed with an emphasis on drug free training. 7) Questions during the course, just write!

Courses available for bench, squat and deadlift for both competition and off season training modes, please specify. 1 course - \$13.95, 2 courses - \$25.00, 3 courses (BEST DEAL) - \$30.00. Send Check or Money Order. Payable to:

> STRENGTH INK, INC. **DEPT. PL-3Box 1974**

Highland, IN 46322 Foreign orders add \$2.00 per order

Will mail out questionaire with each order

Bench Press Classic BP/DL & BP for reps MVFC, Box 567, Dunlevy, PA 15432, 724-483-2438, mfvc@dp.net

17 MAR. SLP Heath Clifton Memoria BP/DL Classic (Rector, AR) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-Il.com 17 MAR, USAPL Illinois State / Great Rivers Open PL/BP (open, masters, teenage, collegiate, police & fire, d.o.c.) Mark Motsinger, 201 N. Gum St., Harrisburg, IL 62946, 618-252-0881

17 MAR, AAU National BP & DL, Carroll County H.S. BP, & BP, Curl, Chinup meet (men, women, fire, police, spec. olympics) G. Murphy Jjr., Box 1013, Westminster, MD 21158, 301-759-4707

17 MAR, WNPF Alabama State, Pedro Hollingsworth, 3500 McFarland Blvd., Northport, AL 35473, 205-333-9952

17,18 MAR, IPA World Cup BP & DL Championships, John Ford, 68 Westlake Ave. #B, Daly City, CA 94014, 650-757-9506

18 MAR, USPF Rhode Island Champi ships (PL/BP), Joe Reeves, 33 Pine St., erside, RI 02915, 401-437-1728

18 MAR, APA CT Open Bench Bash, Donna Slaga, 38 John Brook Rd., Canter-bury, CT 06331, 860-546-2091,

18 MAR. WNPF Western New York (Niagara Falls) national qualifier, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670 after 5pm
18 MAR, WNPF Northeastern PL

(Bordentown, NJ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418,

23 MAR - 1 APR, Supergames, Keith Schultz, Box 22266, High St., Christchurch.

www.supergames2001.co.nz, rgames2001.co.nz 24 MAR, AAU All-South Classic & N.C.

State Masters/Submasters PL/BP, Sandy Lemonds, Box 704, Randleman, NC

24 MAR, USPF WV PL/USPF WV Single Lift SQ & DL/Holley Open BP and/or DL (3 separate contests) John Messinger, 398 Forest Circle, S. Charleston, WV 25303, 304-744-2475

24 MAR, USAPL Battle of the Great

Lakes IV (PL & BP - Cleveland OH - men & women: open, HS (fr-so) & (ir-sr), 20-23, masters, collegiate, police, military, fire, novice) Gary Kanaga, 6346 Chestnut Hills Dr., Parma, OH 44129, 440-884ench500@msn.com

24 MAR, USPF New Hampshire State (residents only) & New England Open BP/ BP (all lifters welcome) Dave Follansbee, www.usabodybuilding.com, 865 Second St., Manchester, NH 03102, 603-626-5489 usabodubuilding@aol.com

24 MAR, USAPL Iron Man Bench, Deadlift and Record Breaker, Pro Fitness, 350 Rte 46, Rockaway, NJ 07866, 973-627-

9156, www.profitness.com 24 MAR, NASA Texas State (Longview) NASA, Box 735, Noble, OK 73068, 405-

24 MAR, SLP Missouri State 'Raw' PL/ BP/DL, (Fredricktown, MO) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com 24 MAR, Oregon APF Rage for Records BP/DL (state/national)+, Big Bear's Gym 136 SE 1st, Newport, OR 97365, 541-574-4507, dozer2000@hotmail.com

24 MAR, WNPF S.C. State/Open PL (Greenville, SC) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418,

24 MAR. NASA Police & Fire Nation als, James Duree, 5619 Pawnee Ave... Kansas City, KS 66106, 913-596-

24,25 MAR, APF California State PL/BP (Fresno, CA) Bob Packer, 559-439-4394 24,25 MAR, USAPL Oregon State (Open to all USAPL members) Mike Mooney, 1170 N. Valley View Rd., Ashland, OR 97520,

24,25 MAR, ADAU Great Lakes PL (men & women - all ages - all wt. classes) Joe Orengia, 4468 W. 26th St., Erie, PA 16506,

25 MAR, WNPF Charlotte Open BP/DL & Ironman (Charlotte, NC) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-

30 MAR - 1 APR, 100% Raw BP Nationals (men & women, all age/wt. groups) Dave Lhota, 250 Peninsula Dr. Indian Lake, Central City, PA 15926, 814-754-8306

5361.25

No Back Pain

No Knee Pain

No Shoulder

No Spinal

Column Stress

Rack Handles

Single 22-Double 32-Other Models

Pain

Proven, Unsurpassed In Preformance, Safely, Comfort & Economy By Any Device

ach Robbins CSC - 1010 x 3 Warmur

CREPINSEK 130 Barnheisel Rd Hollister CA 95023 USA

HUGE IRON Powerlifting Schedule YEAR 2001

February 24, 2001 - WPO (TM) Qualifier (Universal Studios, Orlando, FL)

June 6.7, 2001 - AAPF National Champions (Las Vegas, NV)

June 23,25, 2001 - APF Senior Nationals (Ormond Beach, FL)

July 21, 2001 - WPO (TM) Semi-FinalsQualifier (Universal Studios, Orlando, Florida)

August 6, 2001 - Police & Fire Nationals (Las Vegas, NV)

November 17, 2001 - WPO (TM) Professional Powerlifting Championships (Universal Studios, Orlando, FL)

All meets at Huge Iron Training Center unless otherwise noted: 910 South Atlantic Avenue, Daytona Beach, FL 32176, (904) 677-4000

31 MAR, SLP Powerhouse Open BP/DL Classic (Richmond, IN) Son Light Power. 122 S. Sale St., Tuscola, IL 61953, 217-

253-5429, Sonlight@netcare-II.com 31 MAR, 3rd Wisconsin's Best BP, Glen Woychik, N34146 Moga Rd., Independence, WI 54747, 715-985-2608

MAR, NASA Kentucky State PL, BP, PS (Lexington, KY) Greg Van Hoose, RT 1 Box 166, Ravenswood, WV 26164, 3 0 4 - 2 7 3 - 2 2 8 3, ovhl@wirefire.com

1 APR (new date & contact) 12th Cabin Fever DL & BP, Jon Smoker, 30907 CR 16 W., Elkhart, IN 46516, 219-674-6683

1 APR, 2nd annual Pittsburgh Area Monster BP and/or DL (men & women - all classes/ divs. - cash prizes - Holiday Inn Airport) Mike Barravecchio, 301 Springwater Ct. Moon. PA 15108, 724-457-2708

3,4 APR, IPF World Masters BP (Luxembourg) 7 APR, USA 'RAW' Bench Press Federation Spring Nationals, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

Sonlight@netcare-il.com 7 APR, WNPF Pennsylvania State/Open PL (Lancaster, PA) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

7,8 APR, NASA High School Nationals (Oklahoma City, OK) NASA, Box 735, Noble, OK 73068, 7.8 APR. WPA Worlds

(Lancaster, PA) APA, Box 27204, El Jobean, FL 33927, 941-697-7962,

,8 APR, Power Palooza (PL, BP, DL - all div./wt. classes) Eugene Rychlak, 143 2nd Ave., Royersford, PA 19468, 610-948-

8 APR, SLP Primetime Fitness Spring BP/DL Classic (Crestwood City, KY) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-

8 APR, WNPF Northern Virginia BP/DL& Ironman (Quantico, VA) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-

3418, wnpf@aol.com
14 APR, NASA Tennessee State (Nashville) NASA, Box 735, Noble, OK 73068, 405-527-8513

21 APR, ADAU PA State (men's open teen, jrs.) Nick Theodorou, Nutritional ologies, 5 Stonecroft Dr., Easton, 18045, 610-258-1894, nutritek@gol.com

21 APR, NASA Indiana State (Indianapolis) NASA, Box 735, Noble, OK 73068 405-527-8513

21 APR, SLP Effingham Open BP/DL Classic (Effingham, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com 21 APR, USPF Alabama State PL, South-

eastern Regional PL & BP, Alabama High School PL, Alabama Special Olympics for Keys 4 PKU Foundation (open, class II, masters, women, high school) Jeff Green/ Chris Key, 2728 19th Pl. South, Birmingham, Al. 35209, 205-870-5438

21 APR, WNPF Western Pennsylvania (Black Hawk High School, Beaver Falls, PA) national qualifier, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670 after 5pm

21 APR, USAPL Missouri State/Ozark Open PL/BP (men & women - full meet -



master, teen) Mike Cissell, 15 Lakeside Dr Lake St. Louis, MO 63367, 636-625-1225 ((8-10pm) mcis904082@aol.com

21 APR, Spring Bench Press, John Shifflet Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com 21 APR, lowa/Midwest Open BP/DL, Trap DL (Open, Novice, Teen, Submaster, Mac ter, Women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 515-673-5240 21 APR, WPO (TM) Qualifier (location tba),

Beach, FL 32176, 904-677-4000 27-29 APR, 100% Raw Elementary, Middle, High School, Collegiate Na-tionals (men & women, all youth & jr. age groups & wt. classes) Dr. Spero Tshontikidis, 4850 Connecticut Ave. NW #903, Washington, DC 20008,

202-282-0528 28 APR, USAPL Heavy Metal Classic Full Meet, Pro Fitness, 350 Rte 46, Rockaway, NJ 07866, 973-627-9156,

28 APR, NASA North Carolina State (Hickory) NASA, Box 735, Noble, OK 73068 405-527-8513

28 APR, SLP National BP/DL, Son Light Power, 122 S. Sale St., Tuecola,

BENCH PRESS

Sat. March 17, 2001

IL 61953. 217-253-5429. Sonlight@netcare-il.com 28 APR, APF/AAPF Iron Island

Spring BP & DL (separate meets open m/f, masters m/f - limited to 1st 60 lifters) Iron Island Gym, 516-594-9014, jtb2040@aol.com)

28 APR, USPC Spring Classic Push Pull BP/DL (Seminole, OK) Shane Williams, RT. 1, Box 149, Wewoka, OK 74884

28,29 APR, AAU USA BP & DL (Best Western Image Suites - Moreno Valley, CA World BP qualifier-open, lifetime, masters, life masters, jr., submasters, law/mil, physically

challenged for men and women, all classes - raw & equipped, youth teen raw only. Entry deadline 4/1/01) Martin Drake, Box 108, Nuevo, CA 92567, 90! NTRLPWER@PE.NET 909-928-4797.

28,29 APR, WNPF Pan-AM PL (West Palm Beach, FL) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

APR, PPL Spring Classic Drug Free PL, Tee Meyers, 2250 Lumpkin Rd., Augusta, CA 30906, 706-790-3806, pythongym@aol.com

APR, NASA West Virgina State PL, BP & PS, Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283,

APR, NASA Pennsylvania State PL, BP, PS Pittsburgh, PA) Greg Van Hoose, RT. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com 5 MAY, NASA Missiouri State (Carthage)

NASA, Box 735, Noble, OK 73068, 405-

5 MAY, SLP Indiana State BP/DL (Frankfort, IN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

5 MAY, APA Great Lakes Open BP, DL, Push-Pull (Waukegan, IL) APA, Box 27204, El Jobean, FL 33927, 941-697-7962,

5 MAY, WNPF BP/DL & Ironman Na-5 MAY, WNPT BP/DL & Ironman Nationals (Las Vegas, NV) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
5 MAY, ADAU 19th Drug Free New Jersey

Raw PL & Raw BP/DL, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695 6 MAY, SLP Southeast Iowa BP/DL (Coralville, IA) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429 Sonlight@netcare-Il com

6 MAY, G.B.C. Barbell's 8th "No Druggies Allowed BP" (equipped & raw) Bob Verner, 826 Hazelwood Ave., Pittsburgh, PA 15217, 412-521-2620

12 MAY, NASA Kansas State (Wichita) NASA, Box 735, Noble, OK 73068, 405-527-8513

12 MAY, SLP Cross County Mall BP/DL Classic (Mattoon, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-Il.com 12 MAY, Lawrence Garro Memorial WNPF

2000 Maryland Championships, Brian Washington, Box 20042, Baltimore, MD 21284, lantic.net

12 MAY, APF Venice Beach Strict Curl, Venice Beach Rec. Ctr., 310-399-2775
12 MAY, WNPF American PL Championships (Baltimore, MD) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com 12 MAY, AAPF Florida State PL, Huge

Iron, 910 S. Atlantic Ave., Daytona Beach, FI 32176 904-677-4000

FL 32176, 904-677-4000
12 MAY, USPF Collegiate Nationals
(Beaver College - Glenside, PA - open
to full time graduate and undergraduate college or university students) Rob
Keller, Box 829, Ambler, PA 19002,
215-542-4941, rhk@bellatlantic.net
13 MAY, 6th USPF American Open BP & PL (Beaver College - Glenside, PA)
Rob Keller, Box 829, Ambler, PA 215-542-4941. 19002,

18-20 MAY, APF Master, St Junior, Teenage Nationals, Russ Bar-low, 175 Kennebec TR., Turner, ME 04282, 207-225-5070 or Shane McKenna 207-442-0180

19 MAY, 2nd Firehouse Strongm test, Graham Bartholomew, 301-893-8:30PM, after Grahambo@libertybay.com

19 MAY, 10th USAPL Rocky Mountain

States PL & Big Cat BP, Fitness Inc., 1800 Garrett Way #19, Pocatello, ID 83201, 208-233-8035 19 MAY, NASA New Mexico State (Albu-

querque) NASA, Box 735, Noble, OK 73068, 405-527-8513

19 MAY, Lifetime Natural Powerlifting Society Nationals, Son Light Power, 122 S. Sale St., Tuscola, IL 217-253-5429, Sonlight@netcare-il.com
19 MAY, WNPF Mid-NY State BP/DL &

Iron Man (Binghampton, NY) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com 19 MAY, Blue Ridge Strongman/woman, John Shifflett, Box 941, Stanardsville, VA

22973, 804-985-3932 before 9pm,

20 MAY, SLP Hard Core Gym BP/DL Classic (Chicago, IL) Son Light Power, 122 S. Sale St., Tuscola, II. 61953, 217-253-5429, Sonlight@netcare-il.com 20 MAY, WNPF Lifetime Drug Free National BP/DL & Ironman & New En

gland States BP/DL/Ironman (Danbury, CT) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com 23-27 MAY, IPF Women's Worlds

(Usti Nad Labem, CZ) 26 MAY, NASA East Texas State (Lubbock) NASA, Box 735, Noble, OK 73068, 405-527-8513

2 JUN, WNPF Teen, Jr., Subr Masters Nationals & Texas State PL (Dallas, TX) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com 2 JUN, APF Florida State Open PL, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FI 32176 904-677-4000

2,3 JUN, NASA Masters & Submasters, BP only & Power Sports Nationals (Nashville, TN) NASA, Box 735, Noble, OK 73068, 405-527-8513 3 JUN, SLP Indiana Summer BP/DL (Franklin, IN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-

5429. Sonlight@netcare-Il.com 5429, Soninghameterare-in.com 6,7 JUN, AAPF National Champion-ship (Las Vegas, NV) Huge Iron, 910 S. Atlantic Ave., Ormond Beach, FL 32176, 904-677-4000,

8.9 JUN, WNPF American BP & DL (men, women, masters, junior, teen) Brian Washington, BOX 20042, Balti-more, MD 21284, 410-265-8264,

3-16 JUN, 2001, World Police & Fire Games, Union Station, 39 Jackson Pl. #300. Indianapolis. IN 46225, 317-

#300, Indianapolis, IN 46225, 317-327-2001, 222.2001wpfg.org. 9 JUN, SLP Superman Classic BP/DL (Metropolis, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-Il.com JUN, APF Venice Open BP, Venice

Beach Rec. Ctr., 310-399-2775 9 JUN, WNPF Tennessee State/Open PL (Nashville, TN) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, not@aol.com

10 JUN, SLP Wisconsin Open BP/DL lington, WI) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-

54:9, Fuscola, 1L 61935, 217-235-5429, Sonlight@netcare-il.com 16 JUN, 2nd Raw Summertime DL, Gra-ham Bartholomew, 301-893-8290 after 8:30PM, Grahambo@libertybay.com

16 JUN, USA 'RAW' Bench Press Federation Summer Nationals (Mattoon, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

16 JUN, USAPL Eastern USA Open BP, USAPL National Squat, John Shifflett, Box 941, Stanardsville, VA 22973, 804 985-3932 before 9pm, valifting@aol.com
23 JUN, APF Central California Open & Novice PL/BP (Fresno, CA) Bob Packer, 559-439-4394

23 JUN, WNPF Roanoke Open PL (Roanoke, VA) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418,

23,24 JUN, AAU World BP (Rancho Buena Vista Performing Arts Center, Vista, CA - open, lifetime, masters, life masters, jr., submasters, law/ mil, physically challenged for men and women. All classes for raw and equipped. Youth teen raw only. En deadline 5/30/01) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797, NTRLPWR@PE.NET

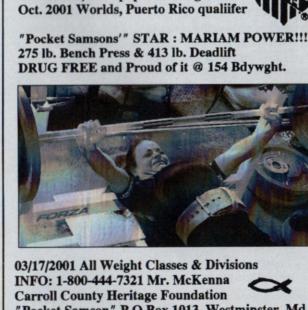
23,24 JUN, APF Senior Nationals, Huge Iron, 910 S. Atlantic Ave., Ormond Beach, FL 32176, 904-677-4000, www.hugeiron.com 23,24 JUN, WNPF Lifetime Nationals

Ron DeAmicis, 6531 New Rd., Young stown, OH 44515, 330-792-6670 af

23,24 JUN, West Coast Open (Ocean Front Hallmark Resort) Big Bears Gym, 136 SE 1st, Newport, OR 97498, 541-574-4507, dozer2000@hotmail.com 24 JUN, WNPF North Carolina State/

Open PL, WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com 30 JUN, Intl. Bavaria Cup DL (women, men, jr., master, team) Karl Greiner, Flurstr. 25, 84032 Landshut, Germany 0871-77575,

7 JUL, NASA Tennessee Classic (Nashville) NASA, Box 735, Noble, OK 73068,



North Carroll H.S., Hampstead, Md.

T.V. Radio, Newspaper coverage

03/17/2001 All Weight Classes & Divisions INFO: 1-800-444-7321 Mr. McKenna **Carroll County Heritage Foundation** "Pocket Samson" P.O.Box 1013, Westminster, Md. 21158-1013

405-527-8513 7 JUL, WNPF USA BP/DL & Ironn (Bordentown or Atlantic City, NJ) WNPF, Box 142347, Fayetteville, GA 30214 770-996-3418, wnpf@aol.com

7 JUL, APF Florida Push/Pull in Memory of Lawrence Monberg, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

8 JUL, WNPF Can-AM PL (Detroit, MI) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418,

12-15 JUL, USAPI. Men's Nationals, James Hart, Box 82264, Lincoln, NE 68501, 402-470-3672

14 JUL, ANPPC World Cup (Chicago, IL) Son Light Power, 122 S. Sale St., Tuecola, IL 61953, 217-253-5429. Sonlight@netcare-il.com
14 JUL, APF Venice Beach Open DL,

Venice Beach Rec. Ctr., 310-399-2775 21 JUL, NASA Grand Nationals (Hickory, NC) NASA, Box 735, Noble, OK 73068, 405-527-8513

21 JUL, WPO (TM) Semi-Finals Qualifier (location tba) Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-

27-29 JUL, 100% Raw Sr. Nationals (men & women, all age/wt. classes) Dr. Spero Tshontikidis, 4850 Con-necticut Ave. NW #903, Washington, DC 20008, 202-282-0528

28 JUL, SLP Frankfort Hotdog Festival BP/DL (Frankfort, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-Il.com
28 JUL, 15th Southeastern Illinois BP &

DL Classic (all age groups & wt. classes) Mark Motsinger, 201 N. Gum St., Harrisburg, IL 62946, 618-252-0881

28 JUL, WNPF Raw Nationals & North

CA) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418,

JUL, Madison Co. Fair Strongman/woman John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm,

4 AUG, SLP Ohio State Fair BP/DL (Columbus, OH) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com 4 AUG, APF Vench Beach Push/Pull PL,

Venice Beach Rec. Ctr., 310-399-2775 4 AUG, WNPF New Jersey State/Open PL (Bordentown, NJ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418,

5 AUG, WNPF Newark Open BP/DL & Ironman (Newark, DE) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418,

6 AUG, Police & Fire Nationals (Las Vegas, NV) Huge Iron, 910 S. Atlantic Ave., Ormond Beach, FL 32176, 904-677-4000, www.hugeiron.com 10,11 AUG, WABDL Twin Lab Na-

tional BP/DL (Sheraton Hotel, Birmingham, AL) Gus Rethwisch, Box 5295, Bend, OR 97708, 541-389-0600

11 AUG, USAPL N.J. Bench Press Open, Pro Fitness, 350 Rte 46, Rockaway, NJ 973-627-9156, 07866.

11 AUG, SLP Wisconsin State Fair BP/ DL (West Allis, WI) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com 11 AUG, Green County Strongman/

woman, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com 11,12 AUG, NASA World Cup PL, BP,

PS (Oklahoma City, OK) NASA, Box 735, Noble, OK 73068, 405-527-8513 12 AUG, SLP Missouri State Fair BP/DL (Sedalia, MO) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-

12 AUG, WNPF USA PL Champion ships (Atlanta, GA) & Atlanta Open BP/ DL/IM, WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com 17-21 AUG, IPF World Games PL

18 AUG, SLP Indiana State Fair BP/DL (Indianapolis, IN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253light@netcare-il.com

18 AUG, WNPF Central SC Open BP/DL & IM (Columbia, SC) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418,

unpf@aol.com

19 AUG, SLP Illinois State Fair BP/DL (Springfield, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com
19 AUG, WNPF Tarheel Open BP/DL &

Ironman (Fayetteville, NC) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

25 AUG, SLP Kentucky State Fair BP/DL Louisville, KY) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-Il.com

25,26 AUG, USAPL Lifetime Nation-

als, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com 26 AUG, WNPF Grand Carryon Open BP/ DL & Ironman (Phoenix, AZ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

AUG, AAU Raw Nationals (Casablanca Resort/Virgin Valley HS, Mesquite (Las Vegas area), Nevada open, lifetime, masters, life masters, jr., youth, teen, submasters, law/mil, physically challenged for men and women) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797, NTRI PWROPE.NET

AUG, AAU Nevada/California & Utah High School PL & BP Regionals on Friday before AAU Raw Nationals (youth, teen (14-15, 16-17, 18-19)) Mike Grajek, 702-498-9867, grajek@sisna.com 2 SEP, SLP DuQuoin State Fair BP/DL

(DuQuoin, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-Il.com 8 SEP, USAPL Deadlift Nationals

(Holiday Inn North, Newark, NJ) Pro Fitness, 350 Rte 46, Rockaway, NJ 973-627-9156, www.profitness.com

8 SEP, SLP Tennessee State Fair BP/DL (Nashville, TN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com 8 SEP, APF Venice Beach W. Coast Open

BP, Venice Beach Rec. Ctr., 310-399-2775 8 SEP, WPO (TM) Bench Bash for Cash, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000 12-16 SEP, IPF World Juniors (Sofia.

15 SEP, NASA Indiana Regional (Indianapolis) NASA, Box 735, Noble, OK

73068, 405-527-8513 15 SEP, SLP Village Square BP/DL (Effingham, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-

5429, Sonlight@netcare-il.com 16 SEP, SLP Iowa State BP/DL (Coralville, IA) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-

21-23 SEP, 100% Raw Deadlift Nationals (men & women, all age/wt. classes) Dave Lhota, 250 Peninsula Drive Indian Lake, Central City, PA 15926, 814-754-8306

22 SEP, 1st Fall Strongman Challenge, Graham Barthlolomew, 301-893-8290 after 8:30PM, Grahambo@libertybay.com 22 SEP, NASA New Mexico Regional (Albuquerque) NASA, Box 735, Noble, OK 73068, 405-527-8513

22 SEP, SLP OPEN NATIONAL POW-ERLIFTING CHAMPIONSHIPS, Son Light Power, 122S. Sale St., Tuecola, 61953. 217-253-5429,

22,23 SEP, USAPL Bench Press Nationals, Ed & Frank King, 24775 Au-rora Rd., Bedford Hts., OH 44146, 440-439-5464

23 SEP, SLP Wisconsin State BP/DL Classic (Burlington, WI) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-Il.com
29 SEP, NASA West Texas Regional

(Lubbock) NASA, Box 735, Noble, OK 73068 405-527-8513

30 SEP, SLP NATIONAL 'RAW' POW-ERLIFTING CHAMPIONSHIPS (Fredricktown, MO) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-

il.com SEP???, NASA Kentucky Regional (Lex-ington) NASA, Box 735, Noble, OK 73068, 405-527-8513

SEP???, NASA Ohio Regional, NASA, Box 735, Noble, OK 73068, 405-527-

6OCT, NASA Iowa Regional (Des Moines, IA) NASA, Box 735, Noble, OK 73068, 405-527-8513

6OCT, SLP Fall BP/DL Classic (Mattoon, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

Sonlight@netcare-il.com 7 OCT, SLP Chicagoland Open BP/DL Classic (Chicago, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-7 OCT, APA Bay State Open BP & DL (Worcester, MA) APA, Box 27204, El

Jobean, FL 33927, 941-697-7962, 13 OCT. NASA Tennessee Region

(Nashville) NASA, Box 735, Noble, OK 73068, 405-527-8513 13 OCT. SLP Arkansas State BP/DL

(Rector, AR) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, aht@netcare-Il.co 16-21 OCT, IPF World Masters

(Moose Jaw, Canada) 20 OCT, NASA East Texas Regiona (Longuiew) NASA, Box 735, Noble, OK 73068, 405-527-8513

20 OCT, SLP Fall BP/DL Classic (Richmond, IN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

27 OCT, APF/AAPF Iron Island Hallow een BP & DL (separate meets, open m/f, masters m/f, limited to 1st 60 lifters) Iron Gym, 516-594-9014, Island Gym itb2040@aol.com

27,28 OCT, NASA North Carolina Regional (Hickory) NASA, Box 735, Noble, OK 73068, 405-527-8513

27,28 OCT, ANPPC NATIONALS (Chicago, IL) Son Light Power, 122 S. Sale St., Tuecola, IL 61953, 217-253-5429, Sonlight@netcare-il.com OCT???, NASA Big River Classic (Blytheville, AR) NASA, Box 735, Noble,

(312) 473-4567

The Videotapes



The holder of more than 100 official and unofficial world records shows you how to train with three great video tapes: The Squat, The Deadlift. The Bench Press. Watch and learn as Ed demonstrates workouts and his methodical approach to training. Be there as Ed squats 975, deadlifts 901, bench presses 575; even does a 400 lb. behind the neck press! Ed's program can help you no matter what your strength level. Gum and actual contest footage, too. Each tape is approximately 50 minutes long.

Each tape \$39.95, add \$5 Shipping and Handling in U.S. Illinois residents, add 7 1/4% (\$2.90) Outside the U.S. add \$10. PAL or SECAM add \$5 each tape. Call for credit card orders or send check/MO to: COAN Quest, 745 North Torrence Ave., Calumet City, IL 60409 USA. Phone: 708-862-9779. Visit us on the Web! www.quadsgym.com

OK 73068, 405-527-8513

OCT???, NASA W.V. Regional, NASA. Box 735, Noble, OK 73068, 405-527-

OCT???, NASA PA Regional, NASA, Box 735, Noble, OK 73068, 405-527-8513 OCT 2001, AAU Worlds (Mayaguez, PR) Nestor Gregory, PRPF, Las Villas Park Rd. 142, Ramey, Aguadilla, PR

00604, 787-890-4636 3 NOV, NASA St. Louis Regional (Fairview Hts., IL) NASA, Box 735, Noble, OK 73068, 405-527-8513

3 NOV, SLP X-Treme Fitness Fall BP/DL Classic (Union, MO) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-

253-5429, Sonlight@netcare-il.com 3 NOV, WNPF Eastern Regional & Mary-land State BP & USPC Eastern Regional Curl, Brian Washington, Box 20042, Balti-more, MD 21284, 3cpower@bellatlantic.net 3 NOV, AAPF Southern States PL, Huge Iron, 910 S. Atlantic Ave., Daytona Beach FL 32176, 904-677-4000

4 NOV. USA 'RAW' BENCH PRESS FEDERATION GRAND NATIONALS, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com 10 NOV, NASA Wis-

consin Regional (Marshfield) NASA, Box 735, Noble, OK 73068, 405-527-

10 NOV, SLP IIInois State BP/DL, Son Light Power, 122 S. Sale St. Tuscola, IL 61953, 217-253-5429. Sonlight@netcare-

10.11 NOV, USAPL N.J. State PL. Pro Fitness, 350 Rte 46,

Rockaway, NJ 07866, 973-627-9156,

11 NOV. SLP Franklin Health & Fitness BP/DL Classic (Franklin, IN) Son Light Power, 122S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com 11 NOV, USAPL Ohio PL & BP State Championships (open men & women, men teen & masters & police & fire, raw men & women, raw masters) King's Gym, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464, Ed and Frank King 13-18 NOV, IPF World Mens

(Sotkamo, Finland) 17 NOV, NASA Arizona Regional (Casa

Grande) NASA, Box 735, Noble, OK 73068, 405-527-8513

17 NOV, SLP Kentucky State BP/DL (Paducah, KY) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-

17 NOV, 2nd annual WPO (TM) Pro-

American BP, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695 24 NOV, NASA Missouri Regional (Carthage) NASA, Box 735, Noble, O 73068, 405-527-8513

fessional PL Championships, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

17 NOV, ADAU Raw Drug Free North

NOV, USAPL National Police & Fire PL/BP, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com
1 DEC, SLP Son Light Winter Classic, Son Light Power, 122S. Sale St., Tuscola, IL 61953, 217-253-5429. Son Light Power, 1225. Sales C., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

1 DEC, APF Southern States Open PL, Huge Iron, 910 S. Atlantic Ave., Daytona

Beach, FL 32176, 904-677-4000 1.2 DEC, NASA Novice Nationals???

NASA. Box 735. Noble, OK 73068,

5-9 DEC, 100% Raw World Champi onships (men & women, all age/wt. classes) Dr. Spero Tshontikidis, 4850 Connecticut Ave. NW #903, Washing-ton, DC 20008, 202-282-0528 6-9 DEC, IPF World Bench Press (Taupo, New Zealand)
8 DEC. SLP Christmas for Kids BP/DL

Classic (Mattoon, IL) Son Light Pow 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-Il.com 8 DEC, APF 48th Iron Man Open PL & BP, Mr. & Ms. & Mr. Over 40 Iron Man (Fresno,

CA) Rob Packer 559-439-4394 8.9 DEC, USAPL Virginia State PL/BP John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm,

15 DEC, 16th Christmas BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm,

30 DEC, SLP The Last One! BP/DL Classic, Son Light Power, 122 S. Sale St. Tuscola, IL 61953, 217-253-5429,

29 MAY-2 JUN 02, IPF Women's Worlds (Riesa, Germany) 10-15 SEP 02, IPF World Juniors

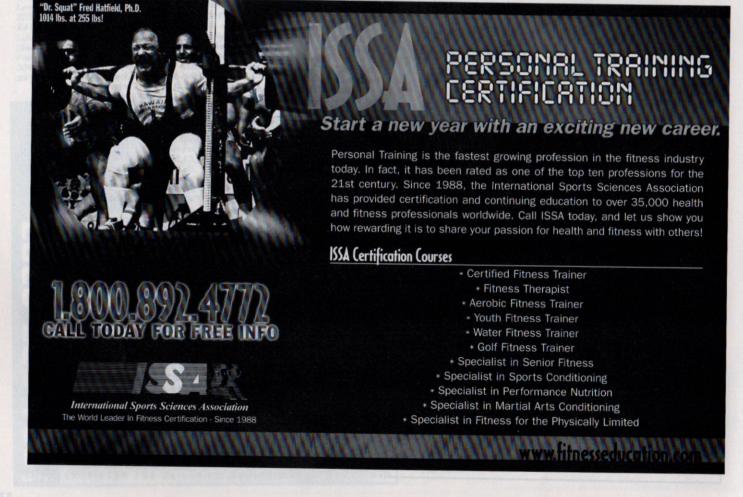
9-13 OCT 02, IPF World Masters (Cordoba, Argentina) 12-17 NOV 02, IPF World Men's

5-8 DEC 02, IPF World Bench Press

P.S. when writing include a Stamped, Self-Addressed Envelope. (USA meets only). If you phone, please note if there is a specific time to call and DON'T CALL COLLECT.

P.P.S. Italicized entries in this listing are new competitions or updates to previous entries.

MEET DIRECTORS... there are HUN-DREDS of meets for readers of PL USA to choose from each month. Put a display ad in POWERLIFTING USA to make YOUR MEET stand out. Call Mike Lambert at 800-448-7693 for details. We even do the typesetting for you - FREE!!



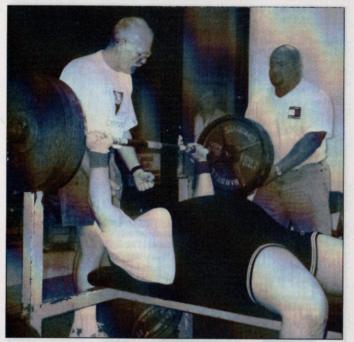
Village Square BP/DL Championship

UZ SEP	00 -	Ettingnam, IL	
BENCH PRESS		Mark Wittler	325
teenagemen		Loren Betzer	325
Eric Resor	230	4th	345*
Matt Mongeon	190	master men 50-59	
132		Ken Allen	240*
Matt Mongeon	190	police & fire	
148		Loren Betzer	325
Eric Resor	230	4th	345*
220		DEADLIFT	
Tony Nixon	450	148	
242		Bo Harrison	400*
Greg Chrun	500	shw	
275		Loren Betzer	550
Tim Wilson	430	police & fire	2000
hw		Loren Betzer	550
Earl Yingst	490	master men 40-49	
oren Betzer	325	Loren Betzer	550
tth	345*	master men 60-69	
master men 40-49		Darrel Sidwell	270*
Greg Chrun	500		

Ath 40.49 Darrel Sidwell 270*
Greg Chrun 500
personal record Best Lifter (BP) - GREG CHRUN. The Village Square Bench Press/Deadlift Championships were held at the Village Square Mall in Effingham, Illinois on September 2, 2000. Thanks once again to the mall for its continued support of the sport of powerlifting. In the bench competition we had two teenagers fairly new to the sport. Both trained by Ed Clark, they did well in just their second competition. Taking first, by formula, in the teenage class was Eric Resor, weighing in at 143 and finishing with 230. Eric also took the 148 open title. Second to Eric was Matt Mongeon with 190, weighing in at 125. Matt won the open 132 title as well, just missing a 200 pr third attempt. At 220 it was Tony Nixon, who finished with an easy 450. 475 looked like it would go just as easy, but Tony lost his balance twice and filled to lock it out. Greg Chrun returned to competition after about a year and a half, looking just as strong as ever. All three of his attempts seemed easy, finishing with 500. A fourth with a pr 520 fill just short of lockout. At a 242 bwt. Greg took both the open 242's and the master 40-49 class as well as the best lifter title for the competition. Tim Wilson had some problems locking out his left side with 455, having to settle with his opener of 430, on his way to the title at 275. In the shw class, big Earl Yingst opened and closed with 490 to take the win. This matched his personal best, but was all he had on this day missing a pr 500 on his final attempt. Second at shw was Loren Betzer who had come all the way from Leavenworth, Kansas to compete. Loren had a great day, finishing with a personal best 345 on his fourth attempt. Loren also finished third in the master 40-49 while winning the police & fire. Loren had a great day, finishing with a personal best 240, to take the master 40-49 with 325, just missing 335 on his final attempt. Ken Allen competition, locking out a personal best 270 at a 155 bwt. Loren Betzer took the remaining three classes, the lockout on a personal best 575 fourth attemp Thanks to my wife Susie and Ed Clark for their help (Thanks to Dr. Darrell Latch for providing results

Georgi	a Game	s Po	werlif	ting
22, 23	JUL 00	- Mai	rietta,	GA
OMEN	SQ	BP	DL	TO

22, 23 JU	JL 00	- Mai	ietta,	GA
WOMEN	SQ	BP	DL	TOT
Open				
132				
Tracy Hentges	200	130	200	530
165				
Anne Frazee	200	115	225	540
MEN				
148				
Junior 20-23				
Armond Honore	315	255	365	935
Open				
Armond Honore	315	255	365	935
165				
Junior 20-23				
Seth Davis	365	285	425	1075
Master 40-43				
Greg Kiser	575	385	670	1630
Open				
Greg Kiser	575	385	670	1630
Levi Alday	600	400	600	1600
Robert Barradas	540	430	570	1540
Kent Davis	415	285	540	1240
Chris Milton	385	300	450	1135
Steve Banks	280	205	365	850
Junior 18-19				
John Ridley	425	265		DNQ
Master 45-49				
Kent Davis	415	285	540	1240
181				
Junior 13-15				
Trey McAfee	275	265	495 *	1035



Loren Betzer locks out a PR 345 for 1st place in the Police/Fire division at the Village Square Championships. (Darrell Latch photo)

Junior 16-17	-			
Jim Smith Open	350	365	425	1040
David Williams	525	365	510	1400
Submaster	323	303	310	1400
Alton Cotton	225	185	385	795
Master 45-49			505	, ,,,
Garry Glenn	225	300	360	885
198				
Open				
Doug Gurth	450	340	500	1290
T. Youngblood	240	260	430	930
220				
Open				60000
Greg Campbell	600 700	490	530	1620
Ricco Impastato Submaster 35-39	700	475	315	1480
Jeff Weaver	650	355	605	1610
242	630	333	603	1610
Junior 20-23				
Maco Williams	240	200	460	900
Open		-00	100	300
Kevin Thomas	650	465	640	1755
Guest Lifter			1 - 1 3	
John Neel	475	350	530	1355
Law Enforcement				
Kevin Thomas	650	465	640	1755
275				
Open				
Deron Rogers	740	405	740	1885
Pat Anderson	660	405	635	1700
D. Williamson	135	600	405	1105
308				
Open	750	560 *		2000
Leon Barry Master 40-44	/50	200	750 *	2060 *
Ray Pelis	530	440	600	1570
SHW	330	770	000	13/0
lunior 20-23				
Ronnie Britt	260	245	445	950 *
* denotes New				
LIFTER: Greg Kise				

Hentges. The prize awarded was one airline ticket to any destination within The Continental United States. SPORTSMANSHIP AWARD: Women's 165 Class - Ms. Anne Frazee; Men's Lighweight Division - Mr. John Ridgely; Men's Heavyweight Division - Mr. Kevin Thomas. The three lifters listed above were awarded the Sportsmanship Award for dedicating their time in helping with the Meet and showing a professional attitude towards their fellow competitors. The Georgia Cames Powerlifting Championships were held on July 22 & 23 at Life University's Wellness Center. The meet had many excellent lifters and a few newcomers to the sport that showed some great potential in the years to come in powerlifting. When a director prepares a powerlifting meet it takes many volunteers to make it successful, as was the case for this meet. I must give special thanks to Buddy Duke of Adel, Georgia. Powerlifting is very fortunate to have such a professional and truly hard working individual in the sport. Without Buddy Duke this meet would not have been as successful as it was. Buddy has been helpful in several of the meets that I have put on. He is always willing to give his time to assist the directors and help any lifter who needs any advice. Buddy Duke exemplifies true class when it comes to the good of powerlifting and being a great individual. Nancy and Ben Parker are also two individuals who bring class to the sport of powerlifting, and without them it would not have been quite a success. They both are hardworking, friendly, and care tremendously about the sport of powerlifting, and without them it would not have been quite a success. They both are hardworking, friendly, and care tremendously about the sport of powerlifting, and without them it would not have been quite a success. They both are hardworking, friendly, and care tremendously about the sport of powerlifting, and without them it would not have been quite a success. They both are hardworking, friendly, and care tremendously about the sport of powerlifting, and without them it w

RON VIKING Shop Secure online for all your powerlifting needs. www.ironviking.com POWERLIFTING BELTS Canadian Made - IPF Regulation SP OR DP BUCKLE .3/8" THICK - \$53.99 1/2" THICK - \$57.99 Call - 1 - 800 - 600 - 8241 the IRON VIKING - located in London, Canada

for men, Armond Honore captured first place. The men's 165 open was tremendous with Levi Alday, Greg Klser, and Robert Barradas battling for top honors. Levi Alday had one of his best days ever, totaling 1600 lbs. With a 600 lb. squat, 400 lb. bench press, and 600 lb. deadlift. Barradas was right behind with a 430 lb. easy bench and a 1540 total. The 165 overall champion was Greg Kiser to put on a display of raw power. Kiser squatted 575, bench 375, and deadlifted 670 lbs. Kiser said that his goal would be to deadlift 700 lb. by the Georgia State Championships. The men's 13-15 age group saw a newcomer of Trey McAfee. He is 14 years old. Trey had a great day by deadlifting 495 for a new American Record. Trey held back in his other lifts so he could set the record in the deadlift. Trey was selected the Georgia games athlete of the year. Trey will be competing in the state championships in December. Sundays lifting featured some great lifting with jeff Weaver totaling 1610 lbs., and capturing first place in the 220 submaster division and Greg Campbell winning the 220 open with a total of 1620. Kevin Thomas had a great day, winning the 242 class with a 1755 total. Deron Rogers, fresh off his U.S.-P.F. National Championships had a near perfect day going 8 for 9 and totaling 1885. The men's open 308 lb. class displayed a newcomer Leon Barry, 24 years old and only in his third meet. Leon was suffering from a hamstring strain that occurred 3 weeks prior to the event; he was deadlifting 810 lbs. for reps in the gym at the time. Leon attained an American Record on Sunday, deadlifting 750 lbs. Leon also broke the American record in the bench and totaling 2800 lbs. in only his fourth meet. Leon has a great future ahead of him in the sport of powerlifting. The overall best men's lifter was Greg Kiser, who won a round trip airline ticket to anywhere in the US. I want to thank David Spring and Ray (Rock) Hemmings, for all of their help during the meet. Without them, this meet would not have been a success. Also thanks to Rico

Best of the Southwest III 25 JUN 00 - McMurry, PA

MEN		D. Radke	85
Teen		GrandMaster	
Heavy 14-16		N. Flores	100
J. Childers	205	DEADLIFT	
Light 17-19		MEN	
A. Bugno	290	Teen	
R. Zadrozny	280	Light 14-16	
Open		S. Antoinette	340
148		Heavy 14-16	
M. Booth	340	J. Childers	350
C. Venturella	320	Heavy 17-19	
C. Tarr	275	M. Raczkowski	515
165		I. Sever	545
O. Bev	400	JR Wysocki	400
I. Chimile	305	Open	
T. Brown	300	132	
181		K. Stevenson	400
B. Thompson	315	S. Antoinette	340
A. Gavlak	300	148	340
198	300	C. Tarr	300
K. Kupczynski	395	165	300
J. Schaffer	380	K. Cyprowski	470
Z. Childers	335		415
220	333	G. James 181	413
M. Smith	445	A. Gavlak	F20
			520
B. Dankanich	415	M. Raczkowski	515
R. Carter	400	B. McDermott	475
242		198	
G. Edmondson	480	J. Sever	545
R. Hennings	350	T. Simanovich	525
J. Siwiak	320	W. Donaldson	510
275		220	
J. Woods	475	R. Carter	620
J. Crotty	340	B. Simanovich	550
HWT		242	
P. Brown	550	J. Siwiak	525
Master		275	
P. Brown	550	B. Jelinek	600
R. Carter	400	Master	
R. Giacomantinio	330	R. Carter	620
Grandmaster		D. Radke	325
F. Gallagher	320	WOMEN	
B. Simanovich	350	Open Light	
J. Kuth	300	T. Antoinette	185
WOMEN		Master	
Open		D. Radke	220
Light		Grandmaster	1
T. Antoinette	105	N. Schuchert	215
		nage - Jeremy Ch	
		tte; Men - Ron (
		or providing the re	

09 SEP 00 -	Paw P	aw. N	DL/IM
BENCH	BP exh	ibition	
Masters 45+	Master		
181	R. Turr		525
G. Folley 305	Deadli	ft	
Open	Open		
181	181		
J. Cuciurean	J. Cuci		500
Ironman	BP	DL	TOT
Teen 14-15			
181			
T. Jones	175	335	510
Open			
181			
R. Palmer	370	500	870
198			
M. Fanone	430	650	1080
242			
J. Conley	350	470	820
308			
J. Cantler	350	600	950
Special thanks to Dan	DeFelice	, Came	ron Hull,
Brad Picardat, Paul Os	bon, Aa	ron Dif	rima and
Mike Newell. First time	promo	ters Mil	e Newell
and Aaron DiPrima did a	nice job	on their	first meet
and hopefully they were	n't too di	sappoin	ted by the
turnout and will do an	other on	e, beca	use it can
only get better. The mee	itself pro	oduced	some very
good lifting. In the bene	h only,	Master I	ifter Gary
Folley hit a personal bes	t of 305	in the 1	81's, John
Cuciurean lifted in the	same w	eight cl	ass in the
open div. and opened v	vith a Sta	te reco	rd of 450!
He looked strong down		it down	
	bringing		n. only to
have his shirt blow ou	bringing	an inch	n, only to
have his shirt blow ou	t about	an inch	from his
have his shirt blow ou chest. He went to 465 or	t about	an inch	from his it was just
have his shirt blow ou chest. He went to 465 or short of a lockout, which	his seco	an inch and and me to b	from his it was just believe he
have his shirt blow ou chest. He went to 465 or short of a lockout, which would have made the 4	his second leads	an inch ond and me to b outstand	from his it was just believe he ling lifters
have his shirt blow ou chest. He went to 465 or short of a lockout, whi would have made the 4 in the Iron Man were Ror	his second leads to heads to heads to heads to heads	an inch and and me to b outstand and Mar	from his it was just believe he ling lifters & Fanone.
have his shirt blow ou chest. He went to 465 or short of a lockout, while would have made the 4 into Iron Man were Ron Ron weighed 170 and be	h his second leads 50. The one Palmer anched 3	an inch and and me to b outstand and Mar 70 with	from his it was just believe he ling lifters & Fanone. but a shirt!
have his shirt blow ou chest. He went to 465 or short of a lockout, whi would have made the 4 in the Iron Man were Ron Ron weighed 170 and be He also made a great 6	h his second leads 50. The one Palmer anched 3: 05 deadl	an inch and and me to b outstand and Mar 70 with ift but v	from his it was just believe he ling lifters k Fanone. out a shirt! was called
have his shirt blow ou chest. He went to 465 or short of a lockout, whi would have made the 4 in the Iron Man were Ron Ron weighed 170 and be He also made a great 6 for unlocked knees. Ma	his second leads to his second leads to heads to	an inch and and me to b outstand and Mar 70 with ift but v in the	from his it was just believe he ling lifters ik Fanone. out a shirt! was called 198's and
have his shirt blow ou chest. He went to 465 or short of a lockout, whi would have made the 4 in the Iron Man were Roi Ron weighed 170 and be He also made a great 6 for unlocked knees. Ma benched a great 430; he	t about in his second heads 50. The on Palmer anched 3: 05 deadlink lifted owever h	an inch and and me to b outstand and Mar 70 with ift but v in the is dead	from his it was just believe he ling lifters ik Fanone. out a shirt! was called 198's and lift of 650
have his shirt blow ou chest. He went to 465 or short of a lockout, whi would have made the 4 in the Iron Man were Rot Ron weighed 170 and be He also made a great 6 for unlocked knees. Ma benched a great 430; h was really outstanding.	t about in his second heads 50. The on Palmer anched 3: 05 deadlink lifted owever head in the control of the co	an inch and and me to b outstand and Mar 70 with ift but v in the is dead he dead	from his it was just believe he ling lifters k Fanone. but a shirt! was called 198's and lift of 650 lift James
have his shirt blow ou chest. He went to 465 or short of a lockout, whi would have made the 4 in the Iron Man were Ro Ron weighed 170 and be He also made a great 6 for unlocked knees. Ma benched a great 430; h was really outstanding. Cantler from Rugby. En	t about in his second leads 50. The or Palmer anched 3: 05 deadl leads owever hand in tigland pull	an inch and and me to b outstand and Mar 70 with ift but v in the is dead he dead lled off t	from his it was just believe he ling lifters k Fanone. but a shirt! was called 198's and lift of 650 lift James hat rarest
have his shirt blow ou chest. He went to 465 or short of a lockout, whit would have made the 4 in the Iron Man were Rot Ron weighed 170 and be He also made a great 6 for unlocked knees. Ma benched a great 430; he was really outstanding. Cantler from Rugby, Engo ffeats, getting a dead	t about in his second leads 50. The or Palmer anched 3: 05 deadl leads owever hand in tigland pulift after	an inch and and me to b outstand and Mar 70 with if the is dead he dead lled off i	from his it was just believe he ling lifters k Fanone. but a shirt! vas called 198's and lift of 650 lift James hat rarest it once. I
have his shirt blow ou chest. He went to 465 or short of a lockout, whit would have made the 4 in the Iron Man were Ron Ron weighed 170 and be He also made a great 6 for unlocked knees. Mt benched a great 430; h was really outstanding. Cantler from Rugby, Enjof feats, getting a dead thought he was wasting	t about in his second leads 50. The on Palmer anched 3: 05 deadli ark lifted owever hand in the gland pullift after his time.	an inchend and me to boutstand Mar 70 without vin the dead led off I missing but he	from his it was just believe he ling lifters k Fanone. but a shirt! was called 198's and lift of 650 lift James hat rarest it once. I surprised
have his shirt blow ou chest. He went to 465 or short of a lockout, whis would have made the 4 in the Iron Man were Ro Ron weighed 170 and be He also made a great 6 for unlocked knees. Material beautiful outstanding. Cantler from Rugby, Engo feats, getting a dead thought he was wasting me when he came back	t about a his secoch leads 50. The on Palmer anched 3: 05 deadl ark lifted owever h And in tigland pullift after his time, to make	an inchend and me to boutstand Mar 70 with the is dead led off if missing but he a good	from his it was just believe he ling lifters & Fanone. out a shirt! was called 198's and lift of 650 lift James hat rarest it once. I surprised 600 in be
have his shirt blow ou chest. He went to 465 or short of a lockout, whit would have made the 4 in the Iron Man were Rot Ron weighed 170 and be He also made a great 6 for unlocked knees. Ma benched a great 430; he was really outstanding. Cantler from Rugby, End of feats, getting a dead thought he was wasting me when he came back 308 class. And winding to 150	t about a his second leads 50. The control of the c	an inchend and me to boutstand and Mar 70 with in the is dead he dead lled of 1 missing , but he a good was Ro	from his it was just believe he ling lifters k Fanone. out a shirt! vas called 198's and lift of 650 lift James hat rarest it once. I surprised 600 in be kv Tumer
have his shirt blow ou chest. He went to 465 or short of a lockout, while would have made the 4 in the Iron Man were Ror Ron weighed 170 and be He also made a great 6 for unlocked knees. Material was really outstanding. Cantler from Rugby, Eng of feats, getting a dead thought he was wasting me when he came back 308 class. And winding It who treated everyone I	t about a his second his second heads 50. The control of the contr	an inch and and me to b outstand and Mai 70 with if but v in the is dead he dead lled off t missing but he a good was Roc onstrati	from his it was just beelieve he ling lifters k Fanone. but a shirt! was called 198's and lift of 650 lift James hat rarest it once. I surprised 600 in be key Turner on of raw
have his shirt blow ou chest. He went to 465 or short of a lockout, whit would have made the 4 in the Iron Man were Ro Ron weighed 170 and be He also made a great 6 for unlocked knees. Material was really outstanding. Cantler from Rugby, Engo feats, getting a dead thought he was wasting me when he came back 308 class. And winding two treated everyone to yower when he made a	t about a his second leads for the control of the c	an inch and and me to b outstand and Mar 70 without v in the is dead he dead lled off i missing but he a good was Rocoonstrations sy 525	from his it was just believe he ling lifters k Fanone. Out a shirt! vas called 198's and lift of 650 lift of 650 lift James hat rarest it once. I surprised 600 in be ky Turner on of raw without a
have his shirt blow ou chest. He went to 465 or short of a lockout, whit would have made the 4 in the Iron Man were Ron Ron weighed 170 and be He also made a great 6 for unlocked knees. Mt benched a great 430; he was really outstanding. Cantler from Rugby, Eng of feats, getting a dead thought he was wasting me when he came back 308 class. And winding it who treated everyone I power when he made a bench shirt. With his	t about a his second leads 50. The of Palmers anched 3: 0. The first lifted owever hand in tigland pulift after his time, to make hings up of a demonstrative as shoulder.	an inch and and me to b outstand and Mai 70 with if but v in the is dead he dead led off missing but he a good was Roo oonstrati sy 525 healed	from his it was just selieve he ling lifters & Fanone. Just a shir!! was called 198's and lift of 650 lift James hat rarest it once. I surprised 600 in be key Turner on of raw without a up, he's
have his shirt blow ou chest. He went to 465 or short of a lockout, while would have made the 4 in the Iron Man were Ror Ron weighed 170 and be He also made a great 6 for unlocked knees. Mathematical hardware and the season made a great 430; he was really outstanding. Cantler from Rugby, Eng of feats, getting a dead thought he was wasting me when he came back 308 class. And winding the whot treated everyone to power when he made a bench shirt. With his looking forward to bigs.	t about a his second his second heads 50. The of Palmer anched 3:05 deadlark lifted owever head owever hand in tigland pulift after his time, to make hings up of a demo fairly eashoulder er things of the things of th	an inch and and me to b outstand Mar 70 withe ift but v in the is dead he dead led off i missing , but he a good was Roc onstrati sy 525 healed later on	from his it was just believe he ling lifters k Fanone. Just a shirt! vas called 198's and lift of 650 lift James hat rarest it once. I surprised 600 in be cky Turner on of raw without a up, he's his year.
have his shirt blow ou chest. He went to 465 or short of a lockout, whit would have made the 4 in the Iron Man were Ron Ron weighed 170 and be He also made a great 6 for unlocked knees. Mt benched a great 430; he was really outstanding. Cantler from Rugby, Eng of feats, getting a dead thought he was wasting me when he came back 308 class. And winding it who treated everyone I power when he made a bench shirt. With his	t about a his second his second heads 50. The of Palmer anched 3:05 deadlark lifted owever head owever hand in tigland pulift after his time, to make hings up of a demo fairly eashoulder er things of the things of th	an inch and and me to b outstand Mar 70 withe ift but v in the is dead he dead led off i missing , but he a good was Roc onstrati sy 525 healed later on	from his it was just believe he ling lifters k Fanone. Just a shirt! vas called 198's and lift of 650 lift James hat rarest it once. I surprised 600 in be cky Turner on of raw without a up, he's his year.

Mountaineer Invitational APF West Virginia PL & BP 09 SEP 00 - South Charleston, WV

550* 5Q

225

550*

350

270

715 415

500

740 735 715 540 490 415 660 625 630

505 1215

630 1760

320 1200

600 530

650

1850 1760

1820 1775

1750

455 255

TOT

BENCH

D. Robbins MEN 181

198 G. Combs

D. Robbins

S. Massey

M. Vallon

S. Kerchne R. McNutt

Open 132

220

Paul Sutphin, 25 time West Virginia Powerlifting Champion and Elite

lifter and Donald Robbins (right) triple bodyweight bench presser (550@181), as they were inducted into the Powerlifting West Virginia Hall of Fame. Eligibility standards require the lifter to have totaled Elite or other outstanding achievements. (photo courtesy of Mike Hill)

JUNIOR NATIONAL TITLE and captured the #5 spot of the TOP 10 POWERLIFTERS OF THE CENTURY (thru 1999). He has totalled elite in 5 weight classes along with numerous other achievements. His record goes on and on and his lifting continues. NO OTHER WEST VIRGINIAN HAS ACCOMPLISHED THESE FEATS! Paul has also worked diligently for the sport for many years in the area of meet promotions, officiating, and serving as State Chairman. DONALD ROBBINS is the other in-Chairman. DONALD ROBBINS is the other inductee to the WY POWERLIFTING HALL OF FAME.

Donald has been lifting for nearly 18 years and stands alone with the TRIPLE BODYWEIGHT BENCH PRESS. He has won several Teenage WY State Championships. Donald is the only Bench Presser to be inducted and many of his marks have yet to be broken in the Mountain State. DOUG Presser to be inducted and many of his marks have yet to be broken in the Mountain State. DOUG CURRENCE was not present to be honored. Future inductees include: Herb Fitzsimmons, Doug Currence, Mike Hill, the late Ernie Nagy... just to name a few. An official ceremony is planned in conjunction with a major event in order to recognize those who have literally wrote the book and pioneered WV powerlifting. Now for the lifting. The West Virginia Division was a good test as Lee Angle put together some good lifting at 242 including some PR's. Ken Samples is truly a gentleman as he is always around to set a bench mark in the age 60 and over category in the 181 lb. class. Cary Combs from Parkersburg will definitely exceed the WV State Master's record on the BP at 198 very soon in the 40-44 age group. Gary was a great help to us at the contest. Paul Sutphin came to lift but was saddened to learn that he had not a challenge for the Master's Division... anywhere in any class... so decided to take token lifts and assisted me with the contest. I want to thank Phillip Battle of Richmond, VA as he was also a great help and a real CLASS ACT. Last and not least, I will give thanks to my father, Bob Hill as he has been a great help to me with the contests of which I have held. In the 132 lb. class for the Mountaineer Invitational, David Young of VA did a 270 BP and a 400 DL at 132. Mike Vallone of Ohio performed great at 165 even though he was frustrated with his total and declined to deadlift heavy. Sonny Kerchner of Ohio was impressive in the 198's with his 430 bench and 570 deadlift. At 220, Robert Taylor was strong with a 1675 total. At 242, Joe Bayles totalled Elite with a 1940 and was also winner in the junior age group. Bernie Arrington totalled 1850 for an impressive finish of second place while Lee Angle was third. Scott Mount totalled Elit at 275 with lifts of 810 SQ - 500 BP - and a 635 DL via 1945 total. All of Mount's lifts were easy. My friend Bob Coe of the Westside Barbell made a strong comeback after or other outstanding achievements. (photo courtesy of Mike Hill)

A. Troutt 515 280 485 1280 Ing over 500! Prior to beginning the report of the lifting we are very proud of the first selections of lift and participate in this year's APF WY STATE (THAMPIONSHIP and the MOUNTAINEER INVITATIONAL as it was a great success with 23 lifters. In admittance to the cat that we are somewhat a relation selective in regard to our attendance, the quality of the lifting can only be outdone by a few, none of which I am familiar with locally. There were at least east of the sport, or achieved something in another 2 ELITETOTAL's made along with a TRIPLE BODY-WEIGHT BENCH PRESS and several lifters bench-

A.P.F.JA.A.P.F.

and In.

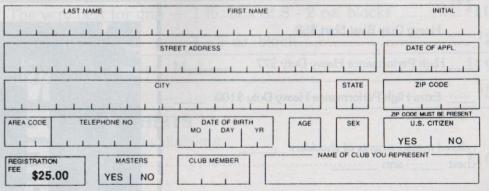
A.P.F. MEMBER

UNIOR NATIONAL TITLE and captured the #5

NEW A.P.F./A.A.P.F. Membership Application

AMERICAN POWERLIFTING FEDERATION AMERICAN AMATEUR POWERLIFTING FEDERATION

PLEASE PRINT CLEARLY . COMPLETE ALL ENTRIES .



ATHLETES, fill out card completely and mail with fee to: ARE YOU A PREVIOUS MAKE CHECK PAYABLE TO: A.P.F.

> 62 S. BROADWAY AURORA, IL 60505

SIGNATURE .

From the Originator of the Bench Shirt

presents:

The Inzer **HEAVY DUTY** Series Blast Shirts

High Performance Heavy Duty

- * extended power support range
- * new arm lock design
- * extra tricep support
- * extra reinforced construction
- * guaranteed more results than any other shirt
- * recommended for experienced powerlifters only

INZER ADVANCE DESIGNS, P.O. Box 2981, Longview,

Texas 75606, 1-800-222-6897, 903-236-4012

Improved Heavy Duty

* tight tough fit

Address

phone

- * strong support off chest
- * extra comfort built in
- * great immediate results

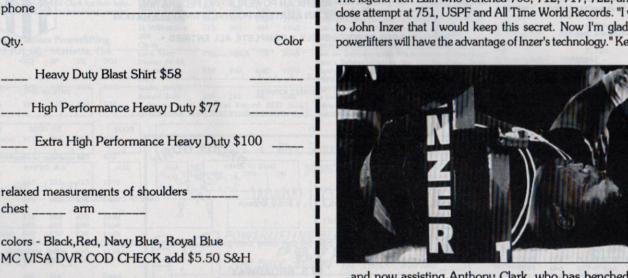
Extra High Performance Heavy Duty

- extra extended power support range
- * new arm lock design
- * more tricep support
- * extra reinforced construction
- * guaranteed more support and power than anything ever available before now An Incredible Shirt. We recommend getting accustomed to the HPHD Blast Shirt before use of this EHPHD Blast Shirt. Recommended for advanced, experienced powerlifters only

HPHD & EHPHD, the secret experimental technology that assisted:



The legend Ken Lain who benched 708, 712, 717, 722, and very close attempt at 751, USPF and All Time World Records. "I vowed to John Inzer that I would keep this secret. Now I'm glad other powerlifters will have the advantage of Inzer's technology." Ken Lain



... and now assisting Anthony Clark, who has benched 700,

Top Secret and Experimental until now! Now Available to YOU





725, 735, 738, 746, 750, 770, 775 in his quest for 800.

More Items Available from

800-222-6897

903-236-4012	
Inzer Advance Designs T-shirts — 2 color logo Full front logo or side chest logo Black, Navy Blue, Royal Blue, Red, White	\$8.00
Tank Tops — 2 color logo	\$10.00
Wrestling Singlets — Black, Navy Blue, Royal Blue, Red S, M, L., XL, XXL	\$28.00
Wrestling Singlets with full 2 color Inzer Advance Designs logo	\$33.00
Wrist Wraps — full length with velcro and thumb loop	\$9.95
Wrist Wraps — heavy duty, full length with velcro and thumb loop	
COMPETITION BELTS Lever Belts	
Both styles: lifetime guarantee, suede on both sides, patented lever action buckle, tighter than any other belt, tightens or releases in less than 1 second, hi-tech design available in any color (s), made in U.S.A.	tens up to 3 1/2" and appearance,
10 cm x 13 mm • 6 rows of stitching	\$68.00
10 cm x approximately 10 mm • 4 rows of stitching	\$58.00
Buckle Belts	

• suede on both sides • 4 rows of stitching • heavy duty rivets • any color • made in USA \$58.00 • suede on both sides • 6 rows of stitching • double prong • Black, Navy Blue or Red • good quality.... \$29.00 Chalk -1 - 2 oz. block \$2.00 makes nutting on tight suits easier M

• 10 cm x 13 mm • suede on both sides • heavy duty rivets • 6 rows of stitching • seamless roller

Suit Suppers — makes putting on tight suits easier. M, L	17.70
Ammonia Caps - Box of 12	\$5.00
T-SHIRTS	

(limited availability)	
Inzer Intensity - multi-color deadlift design	\$10.00
OFFICIAL MEET T-SHIRTS	
Baddest Bench in America - multi-color design	\$10.00
Hawaii World Record Breakers - years of 85, 86, 87, 88, 89, 90 multi-color designs (s,m)	\$10.00

VIDEOS

All Baddest Bench in America, Deadliest Deadlift and Hawaii World Record Breakers available on video. All videos show All Time Historical World Records being set. Prices range from \$20.00 - \$45.00

Vince Soto Memorial -Ohio State Fair BP/DL 05 AUG 00 - Columbus, OH

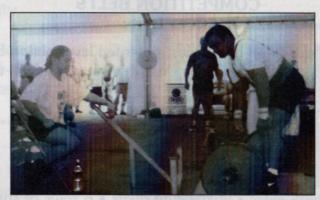
	00 -	Columbus, Or	
BENCHPRESS		Todd Readman	400*
Teenage Women		4th	405*
Jackie Brown	120	242	
Kathy Toth	135	Jerry Obradovic	600
Veronica Vaughn	120	4th Todd Fellure	620 475
Open Women Ryan Mobley	190*	R. Hennings	365*
Ashley Owens	120	4th	370*
Teenage Men 13-	15	Lynn Halter	365*
Chad Warvel	210*	275	
Andy Brennan	230	Chad Shortland	600*
P. J. Terrill	180	Jeff Peshek	570
Teenage Men 16-	17	Jim Hoskinson 4th	500 525*
148 Tim Monaghan	235*	Jim Danison	323
165	233	DEADLIFT	
A. McDaniel	250*	Teenage Women	
4th	265*	Jackie Brown	300*
198		Veronica Vaughn	300
Jimmy Steinberg	365	Ashley Owens Open Women	300
4th	380*	Open Women	
Mark Furman	350*	Ryan Mobley	400
Dave Schmitz 4th	340* 350*	4th Teenage Men 13-	410*
Matt Beck	260	Andy Brennan	400
220		P. J. Terrill	400
Matt Burk	305	4th	410*
242		Teenage Men 16- Mark Furman	17
Tom Golden	430*		580*
Teenage Men 18-		Dave Schmitz	460*
Shane Gibson	380	Junior Men	E20
Mike Blubaugh 4th	310* 320*	J. Tompkins, Jr. 4th	520 530*
Brian Bradford	350*	Jason Voelkel	500*
Justin Wood	315	4th	510°
Junior Men		Steve Snyder	470
Jonathan Brown	390	Submaster Men	
Mike Jones	425	Mark Wilder	515*
Steve Snyder	365	William Snapp	450
R. Hennings	365 370*	4th William Lee	475*
4th	340	Kirk Bardos	425 425
J. Tompkins Jr. Jason Voelkel	315	Master Men 40-49	
Submaster Men	3.3	Rick Hamsher	500
Dean Wall	525	4th	510*
Randy Merryman	405	Mike Plummer	540*
Jeff Ritzler	425*	Dan Dague	600
Kirk Bardos	425*	Mike Garrity	375*
4th	435*	Master Men 50-59	****
Scott Kinemond	325 340	Sam Glover, Sr. 4th	410* 420*
Bernard Smith Master Men 40-49 Joseph Yu	9	Master Men 60-69)
Master Men 40-49 Joseph Yu	360*	Master Men 60-69 Paul Wilder	
Master Men 40-49 Joseph Yu 4th	9	Master Men 60-69)
Master Men 40-49 Joseph Yu 4th Dan Dague Kurt Hall	360* 370* 500* 360	Master Men 60-69 Paul Wilder Open Men 148 Frank Ranelli	480
Master Men 40-49 Joseph Yu 4th Dan Dague Kurt Hall S. Welsheimer	360* 370* 500* 360 240	Master Men 60-69 Paul Wilder Open Men 148 Frank Ranelli 4th	480
Master Men 40-49 Joseph Yu 4th Dan Dague Kurt Hall S. Welsheimer Mike Garrity	360* 370* 500* 360	Master Men 60-69 Paul Wilder Open Men 148 Frank Ranelli 4th 165	480 400 415*
Master Men 40-49 Joseph Yu 4th Dan Dague Kurt Hall S. Welsheimer Mike Garrity Rick Hamsher	360* 370* 500* 360 240 250	Master Men 60-69 Paul Wilder Open Men 148 Frank Ranelli 4th 165 Jacob Williams	480
Master Men 40-49 Joseph Yu 4th Dan Dague Kurt Hall S. Welsheimer Mike Garrity Rick Hamsher Master Men 50-59	360* 370* 500* 360 240 250	Master Men 60-69 Paul Wilder Open Men 148 Frank Ranelli 4th 165 Jacob Williams 181	480 400 415* 260
Master Men 40-49 Joseph Yu 4th Dan Dague Kurt Hall S. Welsheimer Mike Garrity Rick Hamsher Master Men 50-59 Lane Clark	360* 370* 500* 360 240 250 380 305*	Master Men 60-69 Paul Wilder Open Men 148 Frank Ranelli 4th 165 Jacob Williams 181 Brad Bishop	480 400 415* 260 620*
Master Men 40-49 Joseph Yu 4th Dan Dague Kurt Hall S. Welsheimer Mike Garrity Rick Hamsher Master Men 50-59 Lane Clark Sam Glover 4th	360* 370* 500* 360 240 250	Master Men 60-69 Paul Wilder Open Men 148 Frank Ranelli 4th 165 Jacob Williams 181 Brad Bishop Washington Arias 198	480 400 415* 260 620*
Master Men 40-49 Joseph Yu 4th Dan Dague Kurt Hall S. Welsheimer Mike Garrity Rick Hamsher Master Men 50-59 Lane Clark Sam Glover 4th Ken Howell	360* 370* 500* 360 240 250 380 305* 310* 230*	Master Men 60-69 Paul Wilder Open Men 148 Frank Ranelli 4th 165 Jacob Williams 181 Brad Bishop Washington Arias 198 Eric Felts	400 415* 260 620* 405
Master Men 40-49 Joseph Yu 4th Dan Dague Kurt Hall S. Welsheimer Mike Garrity Rick Hamsher Master Men 50-59 Lane Clark Sam Glover 4th Ken Howell Master Men 60-69	360* 370* 500* 360 240 250 380 305* 310* 230*	Master Men 60-69 Paul Wilder Open Men 148 Frank Ranelli 4th 165 Jacob Williams 181 Brad Bishop Washington Arias 198 Eric Felts Chad James	400 415* 260 620* 405
Master Men 40-49 Joseph Yu 4th Dan Dague Kurt Hall S. Welsheimer Mike Garrity Rick Hamsher Master Men 50-59 Lane Clark Sam Glover 4th Ken Howell Master Men 60-69 Ron Bishop	360* 370* 500* 360 240 250 380 305* 310* 230*	Master Men 60-69 Paul Wilder Open Men 148 Frank Ranelli 4th 165 Jacob Williams 181 Brad Bishop Washington Arias 198 Eric Felts Chad James 220	400 415* 260 620* 405 600 425
Master Men 40-49 Joseph Yu 4th Dan Dague Kurt Hall S. Welsheimer Mike Garrity Rick Hamsher Master Men 50-59 Lane Clark Sam Glover 4th Ken Howell Master Men 60-69 Ron Bishop C. Workman	360* 370* 500* 360 240 250 380 305* 310* 230*	Master Men 60-69 Paul Wilder Open Men 148 Frank Ranelli 4th 165 Jacob Williams 181 Brad Bishop Washington Arias 198 Eric Felts Chad James 220 Mike Jarret	400 415* 260 620* 405 600 425 675
Master Men 40-49 Joseph Yu 4th Dan Dague Kurt Hall S. Welsheimer Mike Garrity Rick Hamsher Master Men 50-59 Lane Clark Sam Glover 4th Ken Howell Master Men 60-69 Ron Bishop C. Workman Open Men	360* 370* 500* 360 240 250 380 305* 310* 230*	Master Men 60-69 Paul Wilder Open Men 148 Frank Ranelli 4th 165 Jacob Williams 181 Brad Bishop Washington Arias 198 Eric Felts Chad James 220 Mike Jarret Todd Readman	400 415* 260 620* 405 600 425
Master Men 40-49 Joseph Yu 4th Dan Dague Kurt Hall S. Welsheimer Mike Garrity Rick Hamsher Master Men 50-59 Lane Clark Sam Glover 4th Ken Howell Master Men 60-69 Ron Bishop C. Workman Open Men 123	360* 370* 500* 360 240 250 380 305* 310* 230*	Master Men 60-69 Paul Wilder Open Men 148 Frank Ranelli 4th 165 Jacob Williams 181 Brad Bishop Washington Arias 198 Eric Felts Chad James 220 Mike Jarret Todd Readman Gino Santiago	400 415* 260 620* 405 600 425 675
Master Men 40-49 Joseph Yu 4th Dan Dague Kurt Hall S. Welsheimer Mike Garrity Rick Hamsher Master Men 50-59 Lane Clark Sam Glover 4th Ken Howell Master Men 60-69 Ron Bishop C. Workman Open Men 123 Jason Bernath	360* 370* 500* 360 240 250 380 305* 310* 230*) 270 250	Master Men 60-69 Paul Wilder Open Men 148 Frank Ranelli 4th 165 Jacob Williams 181 Brad Bishop Washington Arias 198 Eric Felts Chad James 220 Mike Jarret Todd Readman Gino Santiago 242 Jerry Obradovic	400 415* 260 620* 405 600 425 675
Master Men 40-49 Joseph Yu 4th Dan Dague Kurt Hall S. Welsheimer Mike Garrity Rick Hamsher Master Men 50-59 Lane Clark Sam Glover 4th Ken Howell Master Men 60-69 Ron Bishop C. Workman Open Men 123 Jason Bernath 148 Chris Collins	360* 370* 500* 360 240 250 380 305* 310* 230* 195 385*	Master Men 60-69 Paul Wilder Open Men 148 Frank Ranelli 4th 165 Jacob Williams 181 Brad Bishop Washington Arias 198 Eric Felts Chad James 220 Mike Jarret Todd Readman Gino Santiago 242 Jerry Obradovic Todd Fellure	400 415* 260 620* 405 600 425 675 585 700 630
Master Men 40-49 Joseph Yu 4th Dan Dague Kurt Hall S. Welsheimer Mike Garrity Rick Hamsher Master Men 50-59 Lane Clark Sam Glover 4th Ken Howell Master Men 60-69 Ron Bishop C. Workman Open Men 123 Jason Bernath 148 Chris Collins 4th	360* 370* 500* 360 240 250 380 305* 310* 230*) 270 250 195 385* 400*	Master Men 60-69 Paul Wilder Open Men 148 Frank Ranelli 4th 165 Jacob Williams 181 Brad Bishop Washington Arias 198 Eric Felts Chad James 220 Mike Jarret Todd Readman Gino Santiago 242 Jerry Obradovic Todd Fellure Sam Glover, Jr.	480 400 415* 260 620* 405 600 425 675 585 700 630 505
Master Men 40-49 Joseph Yu 4th Dan Dague Kurt Hall S. Welsheimer Mike Garrity Rick Hamsher Master Men 50-59 Lane Clark Sam Glover 4th Ken Howell Master Men 60-69 Ron Bishop C. Workman Open Men 123 Jason Bernath 148 Chris Collins 4th Joseph Yu	360* 370* 500* 360 240 250 380 305* 310* 230* 270 250 195 385* 400* 360*	Master Men 60-69 Paul Wilder Open Men 148 Frank Ranelli 4th 165 Jacob Williams 181 Brad Bishop Washington Arias 198 Eric Felts Chad James 220 Mike Jarret Todd Readman Gino Santiago 242 Jerry Obradovic Todd Fellure Sam Glover, Jr. 4th	400 415* 260 620* 405 600 425 675 585 700 630 505 525
Master Men 40-49 Joseph Yu 4th Dan Dague Kurt Hall S. Welsheimer Mike Garrity Rick Hamsher Master Men 50-59 Lane Clark Sam Glover 4th Ken Howell Master Men 60-69 Ron Bishop C. Workman Open Men 123 Jason Bernath 148 Chris Collins 4th Joseph Yu 4th	360* 370* 370* 360 240 250 380 305* 270 250 495 380* 310* 270 250 495 385* 400* 370* 370*	Master Men 60-69 Paul Wilder Open Men 148 Frank Ranelli 4th 165 Jacob Williams 181 Brad Bishop Washington Arias 198 Eric Felts Chad James 220 Mike Jarret Todd Readman Gino Santiago 242 Jerry Obradovic Todd Fellure Sam Glover, Jr. 4th Bryon Lannon	480 400 415* 260 620* 405 600 425 675 585 700 630 505
Master Men 40-49 Joseph Yu 4th Dan Dague Kurt Hall S. Welsheimer Mike Garrity Rick Hamsher Master Men 50-59 Lane Clark Sam Glover 4th Ken Howell Master Men 60-69 Ron Bishop C. Workman Open Men 123 Jason Bernath 148 Chris Collins 4th Joseph Yu 4th Joe Usberghi	360* 370* 370* 370* 370* 370* 370* 370* 37	Master Men 60-69 Paul Wilder Open Men 148 Frank Ranelli 4th 165 Jacob Williams 181 Brad Bishop Washington Arias 198 Eric Felts Chad James 220 Mike Jarret Todd Readman Gino Santiago 242 Jerry Obradovic Todd Fellure Sam Glover, Jr. 4th Bryon Lannon 275	400 415* 260 620* 405 600 425 675 585 700 630 505 505 500
Master Men 40-49 Joseph Yu 4th Dan Dague Kurt Hall S. Welsheimer Mike Garrity Rick Hamsher Master Men 50-59 Lane Clark Sam Glover 4th Ken Howell Master Men 60-69 Ron Bishop C. Workman Open Men 123 Jason Bernath 148 Chris Collins 4th Joseph Yu Joe Usberghi Frank Ranelli	360* 370* 5500* 360 240 250 380 380 305* 310* 220 250 195 385* 400* 370* 300 300	Master Men 60-69 Paul Wilder Open Men 148 Frank Ranelli 4th 165 Jacob Williams 181 Brad Bishop Washington Arias 198 Eric Felts Chad James 220 Mike Jarret Todd Readman Gino Santiago 242 Jerry Obradovic Todd Fellure Sam Glover, Jr. 4th Bryon Lannon 275 Chad Shortland	400 415* 260 620* 405 600 425 675 585 700 630 505 525
Master Men 40-49 Joseph Yu 4th Dan Dague Kurt Hall S. Welsheimer Mike Garrity Rick Hamsher Master Men 50-59 Lane Clark Sam Glover 4th Ken Howell Master Men 60-69 Ron Bishop C. Workman Open Men 123 123 123 124 125 126 127 128 129 129 129 120 120 120 120 120 120 120 120 120 120	360* 370* 370* 370* 370* 370* 370* 370* 37	Master Men 60-69 Paul Wilder Open Men 148 Frank Ranelli 4th 165 Jacob Williams 181 Brad Bishop Washington Arias 198 Eric Felts Chad James 220 Mike Jarret Todd Readman Gino Santiago 242 Jerry Obradovic Todd Fellure Sam Glover, Jr. 4th Bryon Lannon 275	400 415* 260 620* 405 600 425 675 585 700 630 505 505 500
Master Men 40-49 Joseph Yu 4th Dan Dague Kurt Hall S. Welsheimer Mike Garrity Rick Hamsher Master Men 50-59 Lane Clark Sam Glover 4th Ken Howell Master Men 60-65 Ron Bishop C. Workman Open Men 123 Jason Bernath 148 Chris Collins 4th Joseph Yu 4th Joe Usberghi Frank Ranelli Maurice Beals 165 Chris Vancheri	360* 360* 370* 500* 360 240 250 380 305* 310* 270 250 195 385* 400* 370* 300 300 330 3303 3300 3000	Master Men 60-69 Paul Wilder Open Men 148 Frank Ranelli 4th 165 Jacob Williams 181 Brad Bishop Washington Arias 198 Eric Felts Chad James 220 Mike Jarret Todd Readman Gino Santiago 242 Jerry Obradovic Todd Fellure Sam Glover, Jr. 4th Bryon Lannon 275 Chad Shortland ManWoman Master 70-79	400 415* 260 620* 405 600 425 675 585 700 630 630 700
Master Men 40-49 Joseph Yu 4th Dan Dague Kurt Hall S. Welsheimer Mike Garrity Rick Hamsher Master Men 50-59 Lane Clark Sam Glover 4th Ken Howell Master Men 60-69 Ron Bishop C. Workman Open Men 123 Jason Bernath 148 Collins 4th Joseph Yu 4th Joe Usberghi Frank Ranelli Maurice Beals 165 Chris Vancheri Jacob Williams	360* 370* 500* 360 240 250 380 305* 310* 270 250 195 385* 370* 360* 370* 370* 370* 370* 370* 370* 370* 37	Master Men 60-69 Paul Wilder Open Men 148 Frank Ranelli 4th 165 Jacob Williams 181 Brad Bishop Washington Arias 198 Eric Felts Chad James 220 Mike Jarret Todd Readman Gino Santiago 242 Jerry Obradovic Todd Fellure Sam Glover, Jr. 4th Bryon Lannon 275 Chad Shortland ManWoman Master 70-79 B. & L. Creech	400 415* 260 620* 405 600 425 675 585 700 630 505 505 500
Master Men 40-49 Joseph Yu 4th Dan Dague Kurt Hall S. Welsheimer Mike Garrity Rick Hamsher Master Men 50-59 Lane Clark Sam Glover 4th Ken Howell Master Men 60-69 Ron Bishop C. Workman Open Men 123 Jason Bernath 148 Chris Collins 4th Joseph Yu 4th Joseph	360* 360* 370* 500* 360 240 250 380 305* 310* 270 250 195 385* 400* 370* 300 300 330 3303 3300 3000	Master Men 60-69 Paul Wilder Open Men 148 Frank Ranelli 4th 165 Jacob Williams 181 Brad Bishop Washington Arias 198 Eric Felts Chad James 220 Mike Jarret Todd Readman Gino Santiago 242 Jerry Obradovic Todd Fellure Sam Glover, Jr. 4th Bryon Lannon 275 Chad Shortland ManWoman Master 70-79 B. & L. Creech 80-89	480 400 415* 260 620* 405 600 425 675 585 700 630 505 525 500 700
Master Men 40-49 Joseph Yu 4th Dan Dague Kurt Hall S. Welsheimer Mike Garrity Rick Hamsher Master Men 50-59 Lane Clark Sam Glover 4th Ken Howell Master Men 60-69 Ron Bishop C. Workman Open Men 123 Jason Bernath 148 Chris Collins 4th Joseph Yu 4th Joe Usberghi Frank Ranelli Maurice Beals 165 Chris Vancheri Jacob Williams Adam Tatusko 181	360* 370* 500* 360 250 380 305* 220* 250 385* 400* 370* 370* 370* 370* 370* 370* 370* 3	Master Men 60-69 Paul Wilder Open Men 148 Frank Ranelli 4th 165 Jacob Williams 181 Brad Bishop Washington Arias 198 Eric Felts Chad James 220 Mike Jarret Todd Readman Gino Santiago 242 Jerry Obradovic Todd Fellure Sam Glover, Jr. 4th Bryon Lannon 275 Chad Shortland ManWoman Master 70-79 B. & L. Creech 80-89 R. & J. Merrell	400 415* 260 620* 405 600 425 675 585 700 630 630 700
Master Men 40-49 Joseph Yu 4th Dan Dague Kurt Hall S. Welsheimer Mike Garrity Rick Hamsher Master Men 50-59 Lane Clark Sam Glover 4th Ken Howell Master Men 60-69 Ron Bishop C. Workman Open Men 123 Jason Bernath 148 Collins 4th Joseph Yu 4th	360* 370* 500* 360 240 250 380 305* 310* 270 250 195 385* 370* 360* 370* 370* 370* 370* 370* 370* 370* 37	Master Men 60-69 Paul Wilder Open Men 148 Frank Ranelli 4th 165 Jacob Williams 181 Brad Bishop Washington Arias 198 Eric Felts Chad James 220 Mike Jarret Todd Readman Gino Santiago 242 Jerry Obradovic Todd Fellure Sam Glover, Jr. 4th Bryon Lannon 275 Chad Shortland ManWoman Master 70-79 B. & L. Creech 80-89 R. & J. Merrell 2-Man Master	480 400 415* 260 620* 405 600 425 675 585 700 630 505 525 500 700
Master Men 40-49 Joseph Yu 4th Dan Dague Kurt Hall S. Welsheimer Mike Garrity Rick Hamsher Master Men 50-59 Lane Clark Sam Glover 4th Ken Howell Master Men 60-69 Ron Bishop C. Workman Open Men 123 Jason Bernath 148 Chris Collins 4th Joseph Yu 4th Joseph Welliams Adam Tatusko 181 Lane Clark 198	360* 360* 370* 500* 360 380 380 380 380 310* 230* 270 250 195 385* 400* 300 300 300 300 300 300 300	Master Men 60-69 Paul Wilder Open Men 148 Frank Ranelli 4th 165 Jacob Williams 181 Brad Bishop Washington Arias 198 Eric Felts Chad James 220 Mike Jarret Todd Readman Gino Santiago 242 Jerry Obradovic Todd Fellure Sam Glover, Jr. 4th Bryon Lannon 275 Chad Shortland ManWoman Master 70-79 B. & L. Creech 80-89 R. & J. Merrell 2-Man Master 12-Man Master 12-Man Master 12-Man Master 12-Man Master 12-Man Master 12-Man Master 13-Man Master 14-Man Master 15-Man Master 16-Man Master 17-Man Master 18-Man Master	480 400 415* 260 620* 405 600 425 675 585 700 630 505 525 500 700
Master Men 40-49 Joseph Yu 4th Dan Dague Kurt Hall S. Welsheimer Mike Garrity Rick Hamsher Master Men 50-59 Lane Clark Sam Glover 4th Ken Howell Master Men 60-69 Ron Bishop C. Workman Open Men 123 123 123 123 124 125 126 127 127 128 129 129 129 120 120 120 120 120 120 120 120 120 120	360* 360* 370* 500* 360 360 360 240 250 380 305* 270 250 195 385* 400* 370* 300 300 300 300 300 300 300 3	Master Men 60-69 Paul Wilder Open Men 148 Frank Ranelli 4th 165 Jacob Williams 181 Brad Bishop Washington Arias 198 Eric Felts Chad James 220 Mike Jarret Todd Radman Gino Santiago 242 Jerry Obradovic Todd Fellure Sam Glover, Jr. 4th Bryon Lannon 275 Chad Shortland ManWoman Master 70-79 B. & L. Creech 80-89 R. & J. Merrell 2-Man Master Creech -McNghtn Man-Woman	480 400 415* 260 620* 405 660 425 675 585 700 630 505 525 500 700 255 250 400
Master Men 40-49 Joseph Yu 4th Dan Dague Kurt Hall S. Welsheimer Mike Garrity Rick Hamsher Master Men 50-59 Lane Clark Sam Glover 4th Ken Howell Master Men 60-69 Ron Bishop C., Workman Open Men 123 Jason Bernath 148 Chris Collins 4th Joseph Yu 4th Joseph Wall Joseph Yu 4th Joseph Wall Joseph Yu 4th Joseph Wall Joseph	360* 360* 370* 500* 360 380 380 380 380 310* 230* 270 250 195 385* 400* 300 300 300 300 300 300 300	Master Men 60-69 Paul Wilder Open Men 148 Frank Ranelli 4th 165 Jacob Williams 181 Brad Bishop Washington Arias 198 Eric Felts Chad James 220 Mike Jarret Todd Readman Gino Santiago 242 Jerry Obradovic Todd Fellure Sam Glover, Jr. 4th Bryon Lannon 275 Chad Shortland ManWoman Master 70-79 R. & J. Merrell 2-Man Master Creech -McNightn Man-Woman Master Creech -McNightn Man-Woman Musher Creech -McNightn Man-Woman Plummer -Mobley	480 400 415* 260 620* 405 660 425 675 585 700 630 505 525 500 700 255 250 400
Master Men 40-49 Joseph Yu 4th Dan Dague Kurt Hall S. Welsheimer Mike Garrity Rick Hamsher Master Men 50-59 Lane Clark Sam Glover 4th Ken Howell Master Men 60-69 Ron Bishop C. Workman Open Men 123 Jason Bernath 148 Chris Collins 4th Joseph Yu 4th Joe Usberghi Frank Ranelli Maurice Beals 165 Chris Vancheri Jacob Williams Adam Tatusko 181 Lane Clark 198 Eric Felts Mike Plummer Sonny Kershner	360* 360* 370* 500* 360 360 360 240 250 380 305* 270 250 195 385* 400* 370* 300 300 300 300 300 300 300 3	Master Men 60-69 Paul Wilder Open Men 148 Frank Ranelli 4th 165 Jacob Williams 181 Brad Bishop Washington Arias 198 Eric Felts Chad James 220 Mike Jarret Todd Readman Gino Santiago 242 Jerry Obradovic Todd Fellure Sam Glover, Jr. 4th Bryon Lannon 275 Chad Shortland ManWoman Master 70-79 B. & L. Creech 80-89 R. & J. Merrell 2-Man Master Creech -McNghtn Man-Woman Plummer -Mobley L-Man Open	480 400 415* 260 620* 405 600 425 675 585 700 630 505 505 505 525 700 255 250 400 400 400 400 400 400 400 4
Master Men 40-49 Joseph Yu 4th Dan Dague Kurt Hall S. Welsheimer Mike Garrity Rick Hamsher Master Men 50-59 Lane Clark Sam Glover 4th Ken Howell Master Men 60-69 Ron Bishop C. Workman Open Men 123 Jason Bernath 148 Chris Collins 4th Joseph Yu 4th Joseph Williams Adam Tatusko 181 Lane Clark 198 Eric Fells Mike Plummer Sonny Kershner 220 Scott Lewis	9 360* 370* 500* 360 370* 360 360 360 360 360 360 360 360 360 360	Master Men 60-69 Paul Wilder Open Men 148 Frank Ranelli 4th 165 Jacob Williams 181 Brad Bishop Washington Arias 198 Eric Felts Chad James 220 Mike Jarret Todd Readman Gino Santiago 242 Jerry Obradovic Todd Fellure Sam Glover, Jr. 4th Bryon Lannon 275 Chad Shortland ManWoman Master 70-79 B. & L. Creech 80-89 R. & J. Merrelli 2-Man Master Creech -McNghtn Man-Woman Plummer-Mobley 2-Man Open Ritzler-Readman Plummer-Mobley	480 400 415* 260 620* 405 660 425 675 585 700 630 530 525 500 700 255 250 400 850 990 990
Master Men 40-49 Joseph Yu 4th Dan Dague Kurt Hall S. Welsheimer Mike Garrity Rick Hamsher Master Men 50-59 Lane Clark Sam Glover 4th Ken Howell Master Men 60-69 Ron Bishop C. Workman Open Men 123 Jason Bernath 148 Chris Collins 4th Joseph Yu 4th Joe Usberghi Frank Ranelli Maurice Beals 165 Chris Vancheri Jacob Williams Adam Tatusko 181 Lane Clark 198 Eric Felts Mike Plummer Sonny Kershner 1220 Scott Lewis Mike Jarret	9 360* 370* 500* 240 250 380 305* 310* 250 250 195 385* 400* 370* 300 330 330 295 380 390 320 5500 450	Master Men 60-69 Paul Wilder Open Men 148 Frank Ranelli 4th 165 Jacob Williams 181 Brad Bishop Washington Arias 198 Eric Felts Chad James 220 Mike Jarret Todd Readman Gino Santiago 242 Jerry Obradovic Todd Fellure Sam Glover, Jr. 4th Bryon Lannon 275 Chad Shortland ManWoman Master 70-79 B. & L. Creech 80-89 R. & J. Merrell 2-Man Master Creech -McNghtn Man-Woman Plummer - Lee Wilder - Wilder Wilder - Wilder	480 400 415* 260 620* 405 660 425 675 585 700 630 505 525 525 700 255 250 400 400 400 400 400 400 400 4
Master Men 40-49 Joseph Yu 44th Dan Dague Kurt Hall S. Welsheimer Mike Garrity Rick Hamsher Master Men 50-59 Lane Clark Sam Glover 44th Ken Howell Master Men 60-69 Ron Bishop C. Workman Open Men 123 Jason Bernath 148 Collins 44th Joseph Yu 44th J	360* 370* 500* 360* 370* 360* 380 380 380 370* 250 385* 400* 370* 370* 370* 370* 370* 370* 370* 3	Master Men 60-69 Paul Wilder Open Men 148 Frank Ranelli 4th 165 Jacob Williams 181 Brad Bishop Washington Arias 198 Eric Felts Chad James 220 Mike Jarret Todd Readman Gino Santiago 242 Jerry Obradovic Todd Fellure Sam Glover, Jr. 4th Bryon Lannon 275 Chad Shortland ManWoman Master 70-79 B. & L. Creech 80-89 R. & J. Merrell 2-Man Master Creech -McNghtn Man-Woman Plummer -Mobley 2-Man Open Ritzler -Readman Plummer -Lee Wilder - Wilder Brennan - Schmitz Wilder Brennan - Schmitz Brennan - Schmitz	480 400 415* 260 620* 405 6600 425 675 585 700 630 505 525 500 700 255 250 400 850 900 900 900 900 900 900 830 870 870 870 870 870 870 870 87
Master Men 40-49 Joseph Yu 4th Dan Dague Kurt Hall S. Welsheimer Mike Garrity Rick Hamsher Master Men 50-59 Lane Clark Sam Glover 4th Ken Howell Master Men 60-69 Ron Bishop C. Workman Open Men 123 Jason Bernath 148 Chris Collins 4th Joseph Yu 4th Joe Usberghi Frank Ranelli Maurice Beals 165 Chris Vancheri Jacob Williams Adam Tatusko 181 Lane Clark 198 Eric Felts Mike Plummer Sonny Kershner 220 Scott Lewis Mike Jarret eff Ritzler * denotes a perse * denotes a	9 360* 370* 500* 240 250 250 250 250 250 250 250 250 250 25	Master Men 60-69 Paul Wilder Open Men 148 Frank Ranelli 4th 165 Jacob Williams 181 Brad Bishop Washington Arias 198 Eric Felts Chad James 220 Mike Jarret Todd Readman Gino Santiago 242 Jerry Obradovic Todd Fellure Sam Glover, Jr. 4th Bryon Lannon 275 Chad Shortland ManWoman Master 70-79 B. & L. Creech 80-89 R. & J. Merrell 2-Man Master Creech -McNghtn Man-Woman Plummer -Mobley 2-Man Open Ritzler -Readman Plummer -Lee Wilder - Wilder Brennan - Schmitze Scord. Best Lifters	480 400 415* 260 620* 405 600 425 675 585 700 630 505 505 505 505 525 250 400 255 250 400 850 900 900 900 900 900 900 900 9
Master Men 40-49 Joseph Yu 4th Dan Dague Kurt Hall S. Welsheimer Mike Garrity Rick Hamsher Master Men 50-59 Lane Clark Sam Glover 4th Ken Howell Master Men 60-69 Ron Bishop C. Workman Open Men 123 Jason Bernath 148 Collins 4th Joseph Yu 4th Joseph Yu 4th Joseph Yu 4th Joseph Wall Joseph Yu 4th J	360* 370* 370* 500* 380 380 380 380 310* 230* 250 195 385* 400* 370*	Master Men 60-69 Paul Wilder Paul Wilder Prank Ranelli 4th 165 Paul Bishop Washington Arias 181 Brad Bishop Washington Arias 198 Eric Felts Chad James 220 Mike Jarret Todd Readman Gino Santiago 242 Jerry Obradovic Todd Fellure Sam Glover, Jr. 4th Bryon Lannon 275 Chad Shortland ManWoman Master 70-79 B. & L. Creech 80-89 R. & J. Merrell 2-Man Master Creech -McNghtn Man-Woman Plummer -Mobley 2-Man Open Ritzler -Readman Plummer - Lee Wilder - Wilder Brennan - Schmitz Ecord. Best Lifters iers - Heavewight Heavewight	480 400 415* 260 620* 405 675 585 700 630 505 525 500 700 255 250 400 850 900 900 900 900 900 900 900 1870
Master Men 40-49 Joseph Yu 4th Dan Dague Kurt Hall S. Welsheimer Mike Garrity Rick Hamsher Master Men 50-59 Lane Clark Sam Glover 4th Ken Howell Master Men 60-69 Ron Bishop C. Workman Open Men 123 Jason Bernath 148 Loseph Yu 4th Joseph Yu Ath Joseph Yu A	9 360* 370* 500* 370* 360 370* 360 380 380 380 370* 250 385* 400* 370* 370* 370* 370* 370* 370* 370* 3	Master Men 60-69 Paul Wilder Open Men 148 Frank Ranelli 4th 165 Jacob Williams 181 Brad Bishop Washington Arias 198 Eric Felts Chad James 220 Mike Jarret Todd Readman Gino Santiago 242 Jerry Obradovic Todd Fellure Sam Glover, Jr. 4th Bryon Lannon 275 Chad Shortland ManWoman Master 70-79 R. & J. Merrell 2-Man Master Creech -McNghtn Man-Woman Plummer - Mobley 2-Man Open Ritzler - Readman Plummer - Lee Wilder - Wilder Brennan - Schmitz Ecord. Best Lifters ins; Heavyweight (DL): Lightweight (DL): Lightweight	480 400 415* 260 620* 405 675 585 700 630 505 525 500 700 255 250 400 850 900 990 990 990 990 870 870 870 870 870 870 870 87
Master Men 40-49 Joseph Yu 4th Dan Dague Kurt Hall S. Welsheimer Mike Garrity Rick Hamsher Master Men 50-59 Lane Clark Sam Glover 4th Ken Howell Master Men 60-69 Ron Bishop C. Workman Open Men 123 Jason Bernath 148 Chris Collins 4th Joseph Yu 5th Joseph	360* 370* 360* 370* 500* 240 250 240 250 3880 305* 310* 270 250 195 385* 400* 360* 370* 300 380 330 380 330 380 330 380 350 380 350 360* 360* 360* 360* 360* 360* 360* 360	Master Men 60-69 Paul Wilder Open Men 148 Frank Ranelli 4th 165 Jacob Williams 181 Brad Bishop Washington Arias 198 Eric Felts Chad James 220 Mike Jarret Todd Readman Gino Santiago 242 Jerry Obradovic Todd Fellure Sam Glover, Jr. 4th Bryon Lannon 275 Chad Shortland ManWoman Master 70-79 B. & L. Creech 80-89 R. & J. Merrell 2-Man Master Creech -McNghtn Man-Woman Plummer -Mobley 2-Man Open Ritzler -Readman Plummer -Lee Wilder - Wilder Brennan - Schmitze Cord. Best Lifters ins; Heavyweight (DL): Lightweight - ke Jarrett. Team Che le Part - Leam Che Reserve - Lightweight - Ke Jarrett. Team Che Reserve - Lightweight - Ke Jarrett. Team Che Ke Jarrett. Team Che Reserve - Lightweight - Ke Jarrett. Team Che Reserve - Lightweight - Ke Jarrett. Team Che Ke Jarrett.	480 400 415* 260 620* 405 600 425 675 585 700 630 505 525 700 255 250 400 850 900 900 880 900 900 880 900 880 900 880 900 880
Master Men 40-49 Joseph Yu 4th Dan Dague Kurt Hall S. Welsheimer Mike Garrity Rick Hamsher Master Men 50-59 Lane Clark Sam Glover 4th Ken Howell Master Men 60-69 Ron Bishop C. Workman Open Men 123 Jason Bernath 148 Collins 4th Joseph Yu 4th Joseph Yu 4th Joseph Yu 4th Joseph Walliams Adam Tatusko 181 Lane Clark 198 Erric Felts Mike Plummer Scont Lewis Mike Jarret Jeff Ritzler Jeshop; Heavyweig Joship: Club Chan Willige Lane Clark Jesh Jesh Jesh Jesh Jesh Jesh Jesh Jesh	360* 360* 360* 360* 370* 500* 240 250 380* 380 380 380 380 380 380 380 380 380 380	Master Men 60-69 Paul Wilder Open Men 148 Frank Ranelli 4th 165 Jacob Williams 181 Brad Bishop Washington Arias 198 Eric Felts Chad James 220 Mike Jarret Todd Readman Gino Santiago 242 Jerry Obradovic Todd Fellure Sam Glover, Jr. 4th Bryon Lannon 275 Chad Shortland ManWoman Master 70-79 R. & J. Merrell 2-Man Master Creech -McNghtn Man-Woman Plummer - Mobley 2-Man Open Ritzler - Readman Plummer - Lee Wilder - Wilder Brennan - Schmitz Ecord. Best Lifters ins; Heavyweight (DL): Lightweight (DL): Lightweight	480 400 415* 260 620* 405 660 425 675 585 700 630 505 525 520 700 255 250 400 850 900 900 900 900 900 900 900 9

IN MEMORY ... "Vince Soto was a team leader for World Gym of Columbus, Ohio and an elite member of the Top 100 list in two different weight categories. I, along with many others, had the privilege of his leadership, motivation, and knowledge of the sport. He was a dedicated trainer, personal friend and the man responsible for introducing me to powerlifting. Vince, for reasons no one can explain, took his own life. While many feel that such an act is selfish, he was never selfish in life. He always found time to offer the right advice, organize the team for the next meet, help with equipment, and still found time to compete and be among the very best. He also found time to judge when asked. He was only 22 years old when he died, but carried the knowledge and dedication of someone twice that age.

Frank Ranelli, Team leader, World Gym

Vincent Soto March 30, 1977 to September 5, 1999

- * Member of, and employed by, World Gym of Columbus, Ohio, team leader
- Certified personal trainer N.S.C.A., I.S.S.A., A.C.E.
- * Top 100 list for 114 lb./52kg. In deadlift (July 1998 issue)
- * Top 100 list for 123 lb./56kg in deadlift (August 1999 issue) * Top 100 list for 123 lb./56kg in bench press (August 1999
- * Member of A.P.F.
- * Under his direction, team took 1st place at Ohio State Fair bench press and deadlift championships in 1998.



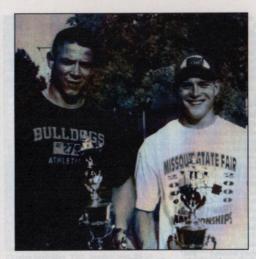




Like Father - Like Son ... Paul and Martine Wilder lock out 830 for 3rd place at the Ohio State Fair competition. (Darrell Latch photo)

Shane Cibson was the big winner, finishing with 380 @ 212. A fourth attempt with a pr 400 failed just short of lockout. Second place went to Mike Blubaugh, who got two prs, a 310 third attempt and a 320 fourth. Mike weighed in at 163. Brian Bradford also got a new personal record, ending with 350 @ 211 for third place. Justin Wood was fourth with 315. We also had a big junior men's class with six lifters. Finishing first was lonathan Brown, who 315. We also had a big junior men's class with six lifters. Finishing first was Jonathan Brown, who benched 390 at a 181 bwt. Second place went to Mike Jones who finished with 425, though weighing in at 249. Steve Snyder was third with 365 @ 220. Ramone Hennings was fourth with 365 and a personal best 370 fourth attempt. James Tompkins, Jr. was fifth, getting 340, while Jason Voelkel finished in sixth place with his opener of 315. At submaster it was Dean Wall for the win with a big 525. Dean weighed in at 236, just missing a pr 535 on his last attempt. Randy Merryman was second with 405 @ 198. Right behind Randy was Jeff Ritzler with a personal best 425, weighing in at 218. Kirk Bardos was fourth, having a great day with two new prs, a third attempt with 425 and a fourth with 435. Scott Kinemond finished in fifth place with just his opener of 325. Bernard Smith was sixth at 340. In the master men's 40-49 age group, Joseph Yu took the title with an amazing 360 pr at a 145 bwt. Joseph followed that with a pr fourth attempt 370. Second place went to Dan Dague, who at a 262 bwt. got his first 500 bench. successful fourth with 400 also went; his second profile day! Joseph Yu was second with his 360 profile day! Joseph Yu was second with his 360 profile day! Joseph Yu was second with his 360 profile day on his final attempt. Jacob Williams vas second with 310 missing 385 for the win on his last attempt. Adam Tatusko was third with 295, missing a prwith 300 for a fourth attempt. Lane Clark, winner of the master 50-59 class, also won here at 181 with a solid 380. Eric Felts looked strong at 198, taking that class with 390, coming close with a pr 405 fourth. Mike Plummer placed second at 198 with 320, while Sonny Kershner failed to get his opener in at 400. At 220 it was Scott Lewis with a big 500 opener for the win. Scott went on to try 530 and 550 for his last two attempts, falling short of lockout both times. In second place was Mike Jarrett with 450. Jeff Ritzler was third with his pr 425, followed by Todd Readman, who got all four of his attempts, ending with a personal best 405. Jerry Obradovic started with 520, missed 560 for his second attempt, got a 600 third, then nailed a strong 620 fourth attempt. Great lifting for the win at 242, Jerry! Todd Fellure only got his opener of 475, but that was good enough for second place. Ramone Hennings was third with 365 and his pr fourth of 370. Lynn Halter rounded out the field with a proval again next year! (These results by Dr. Darrell Latch). of his attempts, ending with a personal best 405. Jerry Obradovic started with 520, missed 560 for his second attempt, got a 600 third, then nailed a strong 620 fourth attempt. Great lifting for the win at 242, Jerry! Todd Fellure only got his opener of 475, but that was good enough for second place. Ramone Hennings was third with 365 and his prourth of 370. Lynn Halter rounded out the field with a personal best performance of 365. At 275 it was Chad Shortland with a personal best beof 00 for the win. It's always great to see a lifter reach a new level of performance. Great Job, Chad! Second place went to last years winner, Jeff Peshek, who struggled with his opener of 570, getting it for his second attempt, then missing 600 for his final attempt. Jim Hoskinson was third with 500, followed with a personal best 525 fourth attempt. Jim Danison struggled with 545 and 580, failing to get an opener in. Best lifters for the competition were Chris Collins, who at a 148 bwt. finished with 400 for the lightweight title, and Jerry Obradovic who got a big 620 at 242 for the heavyweight title! Moving on to the deadlift competition, the girls were up first. Taking her second title of the day was Jackie Brown, who at a 116 bwt. pulled a great 300 pr! Second place went to Veronica Vaughn, who are nutled 300 weighting in at 170. Ashley Ovens

		e Fair BP/DL	
13 AUG	00 -	Sedalia, MO	
ENCHPRESS		181	
naster women 40	49	Brian Wood	32
naster women 40). Withington	125	Scotty Jones	32
heresa Begley	125	Brian Beanland	31
ubmaster women		198	
Cindy Crossland	250	Dave Newman	45
pen women		Scott Marshall	41
ennifer Ross	130*	Jake Shull	37
mily Bradley	120	Darren Smith	33
arah Davis	100*	220	
eenage men 13-1	5	Keith Parish	45
lathan Gentges	255*	4th	47
lick Lastrada	260	Stephen McGill	36
th	270*	242	
ason Adams	185	Ron Ogle	50
ole May		Kevin Hahn	47
eenage men 16-1	7	Jim King	47
rett Arney	190	Gene Beler	43
randon Straube		4th	48
ack Tankersley	210	275	90
eenage men 18-1	9	Martin Lincoln	44
ach Cooper	365	4th	45
his Lastrada	330	J. Troutman	40
unior men		308	-
lick Young	420	C. Cantwell	50
rent Alpers	350° 315°	police & fire Elliot Smith	450
David Dougan naster men 40-49		DEADLIFT	431
65		master women 40	40
ohn Kessler	320	D. Withington	28
loger Bridges	215	Theresa Begley	25
81	-13	teenage men 13 -1	
lob Furey	385	Nick Lastrada	40
Curtis Evans			35
loyd Ouderkirk		Jason Adams	30
98	223	teenage men 16-1	
	450*	Brett Arney	37
ene Bauer	330*	Brandon Straube	
th	340*	teenage men 18-1	9
	320*	Zac Cooper	44
urt Poling		junior men	
20		Ryan Snelling	520
im Braithwait		master men 40-49	
42		181	
Gene Beler	430	Rob Furey	50
th	485*	Curtis Evans	40
harlie Martin	350*	198	
08		Dave Newman	520
d Finnell		Jim Spalding	500
naster men 50-59		242	
onnie Kirby		Gene Beler	57
om Barth		Rick Ford	55
ireg Stacherski	285	181	
ill Harris	265	Brian Wood	47
naster men 60-69		198	540
en DeBoer 48		Zach Alyea	42!
		Jack Shull	42:
yan Snelling		220	. 7
65		Jake Bradsher 275	670
ruce Stevens			580
ohn Kessler			
		nch Press/Deadlift	
conships were a	great st	crowd of spectat	7-10
ompetitors and a	great	crowd or spectal	UIS.



Best Lifters in the Deadlift at the Missouri State

a 420 pr for his final attempt. The "Great One takes another title! Lonnie Kirby weighed in at a trim 224 to finish with an easy 375 for the win at master 50-59. Lonnie tried a third with 400, but was just about the property to much on ten pounds too much on this day. (Never forget rule no. 1). Second at 50-59 was Tom Barth. Tom was another first timer, but finother first timer, but fin-ished with a personal best 300@194. Greg Stacherski, 300 @ 194. Greg Stacherski, along with his eagerly cheer-ing wife, finished with 285 for third. Finishing in fourth place was Bill Harris with 265, getting all three of his lifts with ease. In the master lifts with ease. In the master took the win with a 175 pr lift. This was Ken's first competition and he did well. In the open class it was Ryan Snelling for the win at 148. Ryan finished with a personal heat 315, A1165 Ruces

attention of Street Members of

Lincoln took the 275 title, unopposed, with a strong 580. Thanks to my wife Susie and son Joey for their help. Also a very special thanks to Charles Kelley, Chris Lastrada, Jeremlah Troutman and especially to Martin Lincoln, Sr. for all their help spotting and loading. See you all next year! (Thanks to Dr. Darrell Latch for these results).

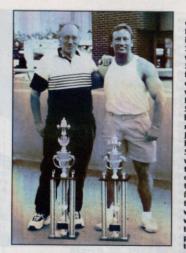
Indiana State Fair BP/DL 19 AUG 00 - Indianapolis, IN
CH PRESS Mike Murphy 480
Derrick Clore 470*

BENCH PRESS

Lynn Tompkins	135*	Tom: Manefold	460
Lynn Tompkins		Terry Mansfield	460
teenage men 16-		Mark Wynn	340
Cody Martin	340	275	
Matt Burk	310	Jim Hoskinson	520
teenage men 18-		Dave Williams	460*
Justin Tomich	360	308	
4th	375*	Jason Orick	515
Josh Hiles	320*	shw	
Darren Collins	185	Dave Callaway	540
	460*		
Mike Jesse		4th	550
Ross Aton	450*	Chad Berryman	490
4th	470*	DEADLIFT	
Rich Wehrman	385	teenage women	
Nick Abel	400*	Renee Brown	210*
Nick Harris	365*	submaster women	
Matt Ritter	315*	Shaunna Duncan	235*
4th	325*	teenage 16-17	
submaster men	343	Ben Aaron	390*
G. Lealiifano	540	Kris Robbins	440
master men 40-4		Brian Burns	380
Jeff Cardinal	350	teenage men 18-1	
M. Wigglesworth	360*	Justin Tomich	460*
Brett Kramer	340*	master men 40-44	500
4th	350*	Steve Retherford	400
master men 45-49	•	master men 45-49	
K. Hutchinson	500*	Mike Boyer	500
Jeff Fidler	435*	Robert McElroy	300
master men 50-59		master men 70-79	
Ted Striverson	510	Harry Landers	365
W. Smallwood	350*	police & fire	
Ron Cuny	325	Bill Ardery	500*
master men 70-79)	148	
Allen Glass	250	Rendell Miller	435*
police & fire		Ephraim Shields	430*
Bill Ardery	280	181	430
132	200	Ron Palmer	550°
Dan Prince	240	198	330
	240		
148	1000	Leo Kemna	600
Ephraim Shields	345	Keith Warren	570*
Rendell Miller	280	Steve Mendel	555*
165		220	
Joe McGowen	320*	Aaron Dashiell	545*
Shawn Cook	300	4th	555*
Micah Hiles	290	242	333
181	290	THE PERSON NAMED IN COLUMN TWO	
	2004		555
Ron Palmer	390*		550
David Brock	345*	308	elth.
Steve Watts	340		670*
198		Hank Carson	605
Marty Mills	445*		600
4th	455*	2-man	The .
220	-	master	
Danny Brock	405		
Channy Brock			650
Shawn Jacks	350*	open	
Clint VanTress			1000
Aaron Dashiell		Weiss/Archer	865
242			
George Lealiifano	540		
		Best Lifters: Lightwe	ight-
		eight: George Lealiit	
		ght: Ron Palmer, He	
weight Les Karry	Th	Indiana State Salan	-avy-
Description of	a. The	Indiana State Fair B	ench
riess/Deadilit Ch	ampio	nships were held at	the

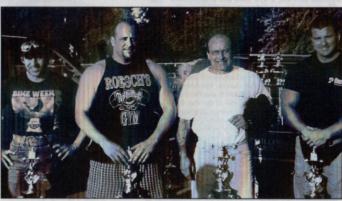


Harry Landers (70) and Allen Glass (72) lock out 650 at the Indiana State Fair BP/DL (photo provided by Dr. Darrell Latch)



550. Dave Callavoys went 4 for 4 at thus, finishing. Herry Adams are seven with the open of 400, mising \$20 twice, in the deadlift competing the seven of 400, mising \$20 twice, in the seven of 400 twice, in the se In his first competition, Joe McGowan had a per-fect day of lifting, finishing with a personal best 320 for the win at 165. Shawn Cook was second with for the win at 165. Shawn Cook was second with 300, weighing in at 154. Third place went to Micah Hilles who finished with a pr 290. Ron Palmer showed plenty of raw strength while capturing the 181's, ending up with a personal record of 390, all at a 172 bwt. David Brock also got a new prwith his 345 opener for second place. Steve Watts was third with 340. Marty Mills had a great day with his win at 198, posting a 445, followed by a 455 pr fourth attempt. Danny Brock only got his opener of 405, but that was good enough for the title at 220. Shawn Jacks also only got bis opener of 350 for second. There must have been something about this class, because between the four competitors

only two attempts were made. Clint VanTress failed to get his opener of 410, due to a minor back injury, and Aaron Dashiell missed his opener with 330. Finishing second to George Lealiifano at 242	STA	TE	FAI	R
was Mike Murphy with a big 480, just missing a pr	D		1.000	
500 for his final attempt. Derrick Clore, lifting in his	POW	AI	rliftin	O
first competition, got new personal records with	IOVV	CI	HILLI	5
each lift, finishing with 470 for third. Terry Mansfield				-
was fourth with 460 and Mark Wynn fifth at 340. Big Jim Hoskinson took the 275 lb. class with a big	Illinois	Stat	e Fair BP/DL	
520, missing only his final attempt with a personal	20 AUG	00 -	Springfield, II	5550
best 540. Dave Williams was second with 460, a	BENCH PRESS		Todd Rohrs	420
new personal record for him. Another great lifter,	open women		Brandon Taylor	410
Jason Orick, was alone at 308, but that didn't stop	Miranda Scott	200*	Brian Smith	300
him from going an easy 515, coming close with a pr	teenage men 16-1		275	
550. Dave Callaway went 4 for 4 at shw, finishing with the heaviest lift of the day, 550, for the win	Jerry Amsbury Matt Yarnell	215*	Jake Faulkner	
there. Chad Berryman was second with his opener	Antony Ramirez	285* 190	shw Robert Perrine	435
of 490, missing 520 twice. In the deadlift competi-	Wes Kauffman	210	4th	450
tion Renee Brown did well in her first competition,	Mark Rose	485*	DEADLIFT	
finishing with a personal record 210 to take the	Harley Sharp	360*	teenage men 13-	
teenage women's class. Shawnna Duncan also	4th	375*	Rick Gregory	350
won her first competition, lifting in the submaster women's class, ending up with a 235 pr. Ben Martin	master men 40-44		teenage men 16-	
took the teenage men's 16-17 age group, pulling a	Dave Newman Gene Beler	465* 485	Wes Kauffman 4th	365
personal best 390 at a 140 bwt. Second place went	4th	500*	Matt Yarnell	370
to Kris Robbins, who pulled 440 @ 181. Brian Burns	Tom West	375	4th	400
was third with 380, pulling at a 164 bwt. Justin	Mark Aydt	410*	junior men	NAME OF
Tomich took the 18-19 class with a personal best	4th	425*	Greg Burge	330
460 @ 210. Steve Retherford won the master 40-44	James Amsbury	305*	submaster men	JEE.
class with 400. The forty - one year old weighed in at 150. Mike Boyer took the master 45-49 class with	master men 45-49		Andy Look	505
500, missing a 550 fourth attempt. Second place	Randy Egli Eddie Poole	450 410	master men 40-4	
went to Robert McElroy who finished with 300 in	master men 50-59		Dave Newman Gene Beler	550°
his first competition. Seventy year old Harry Land-	Jerry Wood	425	Bruce Johnson	470
ers showed the youngsters what deadlifting was all	4th	430*	master men 45-4	
about, taking his class with a strong 365, weighing	Scott Craig	385	Randy Egli	550
in at a 185 bwt. Harry, who has practiced martials	4th	405*	master men 60-6	
arts for years, can still do side leg splits! Bill Ardey got a new pr with his win at police & fire, pulling	submaster men		John Bressner	400*
500 for the first time ever, weighing in at 183. It was	Ron Walsh 148	580	4th 148	425*
a close one at 148, both lifters weighing the same	Nick Clatfelter	275*	Mike Rollings	455*
and both posting new personal records for the class. Rendell Miller came out on top with 435 to	4th	290*	165	400
class. Rendell Miller came out on top with 435 to	Matthew Allen	160*	Edward Bridges	520
Ephraim Shields 430. A good day of lifting for both!	Jason Carson	420	John Whalen	460*
At 181 it was Ron Palmer with a strong 550 personal record, coming in at 172. That's more	Scott Craig	385	Bill Kalin	405*
than thirty pounds over triple bodyweight! Natu-	4th W. Anderson	405° 345	181 Joe Malek	450
rally, Ron received best lifter honors for the lighter	Mike Pacha	315	198	430
classes. Leo Kemna pulled a big 600 for the win at	Bill Kalin	200	Dave Newman	550*
198 and best lifter for the heavier classes. Leo's	181		Bryan Tribble	455*
victory made it even more of special day, having his	Tom West	375	4th	505*
father present to watch him lift. Second place went to Keith Warren, who continues to improve with	Paul Lejeune	315*	Z20	
each new competition. Keith pulled a pr 570, even	198 Dave Newman	465*	Tom Oberle Doug Trier	555* 550*
coming close with a 600 fourth. Battling with Keith	James Hall	455	4th	560*
for second was Steve Mendel, another potentially	Bryan Tribble	300*	242	300
great puller, who finished with a personal best 555,	220		T. C. Roesch	700
just missing the lockout with 575 to overtake Keith.		615*	Steve Parkhurst	665*
Aaron Dashiell had a great day with two new prs on	4th	630*	Sean Rea	665
his third and fourth attempts at 545 and 555 for the win at 220. At 242 it was Mike Matson over Mike		415*	Todd Rohrs	650
Jesse 555 to 550. Both tried and failed, with 600 for	Doug Trier Craig Hardwick	385 295*	Brian Smith man-woman	550*
the win. Ross Aton pulled the "big one" at 670 for	242	233	R./J.Merrell	270*
the win in the 308 class. This was a personal best for		485	2-man	2,0
Ross, who only weighed in at 286. Hank Carson	4th	500*	Irwin/ Harlow	1205
was second at 308 with 605 just missing the lock	Steve Parkhurst	460*	Bridges/Obede	750
out with a pr 625. In third place was Jason Orick	Pandy Feli: Harras	Best L	ifters (BP) - Lightw	eight:



Best Lifters at the Illinois State Fair - Edward Bridges, T.C. Roesch, Randy Egli, Bill Carpenter, (Photograph provided by Darrell Latch).

These is have there 'odd prov' had against cert set. It had allow men's to Revise Johnson who linkshood the Control of the Control of the Stands of the Control of the Cont



Kentucky State Fair BP/OL.

26 AUG 00 - Louville, NY.

26 AUG 00 - Louville, NY.

26 AUG 00 - Louville, NY.

27 Aug on the state of the and Jennifer Shea pulled three good ones, Inishing with 475 for the win there. Our only other team was the two - man with Dave Woods and Kris Magnusen. Together they pulled a strong 1165 and would have gone over 1200 if we could have gotten more weight on the bar (and if Dave would have pulled his share)just kidding! Showtime Cym



Best Lifters at the Duquoin State Fair meet-Ron Harlow, Bob Walker. (Photograph was provided courtesy of Dr. Darrell Latch to PL USA).

took the team title with members, Brandon Rose, P. J. Paff, Gayle Paff, Smitty Lancaster, Chuck Hires, Frances Baker, Bruce Thomas and David Anguish. Thanks to everyone who helped out loading, spot-ting and judging, including Kristen Plummer, aka. photographer, trophy girl, etc. See you all next year. (Thanks to Dr. Darrell Latch for these results).

Duquoin State Fair BP/DL 03 SEP 00 - Duquoin, IL

BENCH PRESS			
police & fire wor		Robert Rath	475*
Karen Gordon	160	DEADLIFT	
teenage men 13-	15	police & fire wo	men
Matt Garofolo	165*	Karen Gordon	300*
4th	180*	teenage men 13	-15
submaster men		Matt Garofolo	280*
David Lowe	370*	4th	300*
master men 45-4	9	police & fire me	n
Bob Walker	555	Larry Best	630
165		Mike Irwin	600
Bob Schubert	320	220	
4th	330*	Larry Best	630
220		Lloyd Edwards	480*
Lloyd Edwards	400*	242	
242		Ron Harlow	675*
Shawn Hankins	460*	2-man	
275		Harlow/Irwin	1150
* personal record	. Best I	Lifter (BP) - BOB V	VALKER
Best Hiller (DI)	BON	HADLOW The P	

Best Lifter (DL) - RON HARLOW. The DuQuoin State Fair Bench Press/Deadlift Championships were held September 3, 2000 at the fairgrounds in DuQuoin, Illinois. Thanks to Stephanie Reeder and the special events staff for all their help. Thanks also to meufa Eurla contact. were held September 3, 200 at the lairgrounds in DuQuoin, Illinois. Thanks to Stephanie Reeder and the special events staff for all their help. Thanks also to my wife Susie, son Joey, Bob Walker, Shawn Hankins, Jeff Garofolo, Ron Harlow and Mike Carbonaro for all their help loading, spotting and judging. In the bench press competitor, lifting in the open police & fire division. Weighing in at only 118, Karen finished with a strong 160 for the win, after missing that same weight on her second attempt. In the teenage class it was first-time lifter Matt Garofolo for the win. Matt finished with 165, then went on to get a 180 pr for a fourth attempt. David Lowe took the submaster men's class with a personal best 370, after missing his final attempt with 405. This was David's first competition also, with the potential to be a 450 bencher soon, once he gets used to his shirt. Best lifter once again was Bob Walker, who won again at master 40-49 with a conservative 555 weighing in at 255. A third attempt with a 570 pr was just a little off the groove. I need to talk a little about Bob at this time. Bob was the past owner of Walker's Gym in Fairfield, Illinois, and several years ago started working with special olympians in the sport of powerlifting. nois, and several years ago started working with special olympians in the sport of powerlifting. Since then, Lyndell and Mabel Smith of Flora have continued that work and now are more involved with special olympic athletes in powerlifting than anyone in the sport. But 800 Walker must be credited with starting this movement; and just think of the lives that have been touched since then. So not only does 806 have a big bench, he also has just as big a heart. Good job, 8061 At 165 it was 806 Schubert, finishing with 320, but going on lo get a pr 330 on a fourth attempt. This was a great effort for 806, who only weighed in at 161. Lloyd Edwards took the 220's with another strong showing, finishing with a personal best 400. Lloyd even came close with a fourth attempt of 420. Lloyd weighed in at 214. Shawn Hankins has made great strides since last year, getting all new personal marks to end with 460 and the title at 242.



Karen Gordon, at the Duquoin State Fair BP/DL, locks out a PR 300. (Photo by Dr. Darrell Latch).

Shawn's last two attempts with 480 and 500 failed only because he lost his footing. This boy will be pushing 550 by next year! Robert Rath also got a new pr, lifting in the 275's, finishing with a strong 475. A fourth with a pr 500 should have gone, but failed at lockout. In the deadlift competition Karen Gordon won her second title of the day with a great 300 pr. Karen missed this weight on her second attempt, but came back strong for her final attempt and nailed it! Matt Carofolo got two new pr's in his win at teenage, gong 280 and 300 for his fourth attempt. This fifteen year old already weighs in at 220. How'd you like to feed that one! Larry Best took the police and fire division finishing with 630 to Mike Irwin's 600. Larry came close with a 675 third attempt, which would have been a new personal record for him. Larry also won the open 220 class. Great lifting for a forty-nine year old. Mike also lifted well just missing a 625 pr for his third attempt. Lloyd Edwards got his new pr with a final pull of 480 to place second to Larry at 220. But it was Ron Harlow taking best lifter and first at 242 who pulled the biggest weight of the meet. Ron got a strong 675 pr on his third attempt, just missing a 700 fourth! A great pull at a 235 bwt. In he two-man event, Ron Harlow and Mike Irwin finished the day with a great 1150 pull to lockout. They had done 1200 in the gym, but! Time that was not after they had both maxed out in the single lift. Thanks again to all who helpede out, hopefully next year will have a much larger turnout. (Thanks to Dr. Darrell Latch for providing the results of this contest to Pt. USA).

	The same of	ate Fair BP/D	L	at 145. We had a full class at 181, with Tod Maggart taking the title over Dontay Robertso
	00 -	Nashville, TN		and Billy Papish. Todd finished with a personal ber
BENCH PRESS		308		400. Dontay was second, lifting in his first compe
teenage men 13-		Steve Branham	550	tition, with 395. Dontay came back with a pr 40
Chris Buck junior men	160	Terrance Tinsley police & fire	440*	fourth attempt. Billy Papish was third with 365
Matt Warren	455	Doug Sanders	400*	another personal record. At 198 it was Gar Shackelford. This was Gary's first competition
submaster men		4th	410*	where he finished with a personal record 300
Hunter Allen		DEADLIFT	3/16	Anthony Vellake matched his personal best of 52
4th	525*	master men 50-54		in his win at 220. Weighing in at only 212, Anthony
Jack Brown master men 50-54		Bruce Beerman 4th	450 465*	lift also gave him best lifter honors for the compe
Bruce Beerman		master men 60-64		tition. Second at 220 was Clint Poore, who finished with 485, but went on to lock out a personal best
master men 55-59		Larry Dacey	230	500 for a fourth attempt. John Maggart took th
Dwight Hooper	330	master men 70-74		242's with a strong 465, just missing a pr 485 fourt
Allen Buck		Joe Miller	475	attempt. Second at 242 was Jim Gerhardt with 440
master men 60-64 Larry Dacey	200	4th 148	490	Jim, who has put on just a few (?) pounds since las
master men 70-74		Ricky Griggs	435*	year, missed his final attempt with 455, which
Joe Miller	225	181		would have been a new pr for him. (Does getting fatter make you more stronger?) At 275 it was
148		Billy Parish	460*	Hunter Allen with that big 525 pr fourth attempt
Ricky Griggs	225*			I think he had 540 in him! Steve Branham won the
181 Todd Maggart	400*	Gary Shackelford	470*	308 class with a strong 550. His final attempt with
Todd Maggart D. Robertson	395*		500*	585 could have gone, as will 600 soon. Second a
4th		Jim Gerhardt	575	308 was Terrance Tinsley with a personal best 440 Terrance was close with a 460 fourth. Our fina
Billy Papish		John Maggart	480	lifter was Doug Sanders, who took the police & fire
198		4th	500*	division. Doug got all four of his attempts, finishing
Gary Shackelford	300*		4054	with a personal best 410, weighing in at 204. In the
220 Anthony Vellake	525	John Hamiliton 4th	485* 500*	deadlift competition Bruce Beerman continued hi
Clint Poore	485	shw	300	winning ways at master 50-54. Bruce finished a great day of lifting with a personal best 465 on hi
4th		Larry Forsythe	670	fourth attempt. Larry Dacey pulled an easy 230 fo
242		man-woman		the win at 60-64, just missing a big jump to 300 fo
John Maggart	465	Miller/ Savage	500°	his final attempt. It was great to meet Larry and
Jim Gerhardt 275	440	2-man Forsythe/Gerhard	11220*	have him compete with us. Another great lifter wa
4/3				
Hunter Allen	510	Allen/Foster		
Hunter Allen 4th	510 525*	Allen/Foster Warren/Waldron	1050	puller! Joe got all four of his lifts, finishing with a
4th The Tennessee S	525° tate F	Warren/Waldron air Bench Press/D	1050 900 Deadlift	puller! Joe got all four of his lifts, finishing with a unofficial world record 490! There's a lot of liften
4th The Tennessee S Championships w	525° tate F	Warren/Waldron air Bench Press/D eld September 9, 2	1050 900 Peadlift 1000 at	seventy-one year old Joe Miller. Now this boy's a puller! Joe got all four of his lifts, finishing with ar unofficial world record 490! There's a lot of liften one-third Joe's age who couldn't begin to pull tha kind of weight! Good Job, Joe! In the open classes
4th The Tennessee S Championships w the fairgrounds in	525° tate F vere he Nash	Warren/Waldron air Bench Press/D eld September 9, 2 ville. Thanks again	1050 900 Deadlift 1000 at to the	puller! Joe got all four of his lifts, finishing with ar unofficial world record 490! There's a lot of liften one-third Joe's age who couldn't begin to pull tha kind of weight! Good job, Joe! In the open classes Ricky Griggs won his second title of the day at 148
4th The Tennessee S Championships w the fairgrounds in Special Events pec	525° tate F vere he Nash ople at	Warren/Waldron air Bench Press/D eld September 9, 2 ville. Thanks again the fair for provid	1050 900 Deadlift 1000 at to the ing the	puller! Joe got all four of his lifts, finishing with ar unofficial world record 490! There's a lot of liften one-third Joe's age who couldn't begin to pull tha kind of weight! Good Job, Joe! In the open classes Ricky Griggs won his second title of the day at 148 with another personal record, this time with 435
4th The Tennessee S. Championships w the fairgrounds in Special Events pec Sports Arena and competition. In the	tate Fore he Nash ople at the he	Warren/Waldron air Bench Press/D eld September 9, 2 ville. Thanks again the fair for provid telp in setting up the press event, lon	1050 900 Peadlift 1000 at 1 to the ing the for the e teen-	puller! Joe got all four of his lifts, finishing with a unofficial world record 490! There's a lot of liften one-third Joe's age who couldn't begin to pull tha kind of weight! Good job, Joe! In the open classes Ricky Griggs won his second title of the day at 148 with another personal record, this time with 435 Billy Papish took the 181's with 460, his second pr
4th The Tennessee S Championships w the fairgrounds in Special Events pec Sports Arena and competition. In th ager Chris Buck lift	tate F vere he Nash ople at the he bended and	Warren/Waldron air Bench Press/D eld September 9, 2 ville. Thanks again the fair for provid selp in setting up ch press event, lon d won his first comp	1050 900 Peadlift 1000 at 1 to the ing the for the e teen- petition	puller! Joe got all four of his lifts, finishing with au unofficial world record 490! There's a lot of liften one-third Joe's age who couldn't begin to pull tha kind of weight! Good Job, Joe! In the open classes, Ricky Griggs won his second title of the day at 148 with another personal record, this time with 435 Billy Papish took the 181's with 460, his second prof of the day. This was also Billy's first competition Carry Shackelford won the 198's, as he did in the
4th The Tennessee S Championships w the fairgrounds in Special Events pec Sports Arena and competition. In th ager Chris Buck lift with a personal be	tate Free he Nash ople at the he bendest 160	Warren/Waldron air Bench Press/Deld September 9, 2 ville. Thanks again the fair for provid kelp in setting up ch press event, lon I won his first comp . This fifteen year o	1050 900 Deadlift 1000 at 10 the ing the for the e teen- etition Id only	puller! Joe got all four of his lifts, finishing with a unofficial world record 490! There's a lot of liften one-third Joe's age who couldn't begin to pull that kind of weight! Good job, Joe! In the open classes, Ricky Griggs won his second title of the day at 148 with another personal record, this time with 435 Billy Papish took the 181's with 460, his second profess the day. This was also Billy's first competition Gary Shackelford won the 198's, as he did in the bench, and as with the bench Gary posted new
4th The Tennessee S Championships w the fairgrounds in Special Events per Sports Arena and competition. In th ager Chris Buck lift with a personal be weighed in at 119	tate Free he Nash ople at the he bended and st 160 g, just	Warren/Waldron air Bench Press/D eld September 9, 2 ville. Thanks again the fair for provid selp in setting up ch press event, lon I won his first comp . This fifteen year o missing a fourth a	1050 900 Deadlift 1000 at 10 the ing the for the 10 teen- 10 teen-	puller! Joe got all four of his lifts, finishing with ar unofficial world record 490! There's a lot of liften one-third Joe's age who couldn't begin to pull tha kind of weight! Good Job, Joe! In the open classes Ricky Griggs won his second title of the day at 148 with another personal record, this time with 435 Billy Papish took the 181's with 460, his second prof the day. This was also Billy's first competition Gary Shackelford won the 198's, as he did in the bench, and as with the bench Gary posted new personal records with a 470 third and 500 fourth
4th The Tennessee S Championships w the fairgrounds in Special Events pee Sports Arena and competition. In th ager Chris Buck lift with a personal be weighed in at 115 with 165. Junior m	tate F vere he Nash ople at the he beneted and est 160 9, just en's wi	Warren/Waldron led September 9, 2 ville. Thanks again the fair for provid elp in setting up th press event, lon d won his first comp This fifteen year o missing a fourth a nner Matt Warren o	1050 900 Peadlift 1000 at 1 to the ing the for the e teen- etition ld only ttempt opened	puller! Joe got all four of his lifts, finishing with ar unofficial world record 490! There's a lot of liften one-third Joe's age who couldn't begin to pull tha kind of weight! Good Job, Joe! In the open classes Ricky Griggs won his second title of the day at 148 with another personal record, this time with 435 Billy Papish took the 181's with 460, his second po of the day. This was also Billy's first competition Cary Shackelford won the 198's, as he did in the bench, and as with the bench Gary posted new personal records with a 470 third and 500 fourth attempts. Chubby Jim Gerhardt took the 242's
4th The Tennessee S Championships w the fairgrounds in Special Events pec Sports Arena and competition. In the ager Chris Buck liff with a personal be weighed in at 119 with 165. Junior m with an easy 455,	525* state Fivere he n Nash ople at 1 the he be bended and est 160 0, just en's wi missin	Warren/Waldron air Bench Press/D eld September 9, 2 ville. Thanks again the fair for provid selp in setting up ch press event, lon I won his first comp . This fifteen year o missing a fourth a	1050 900 Peadlift 1000 at 1 to the ing the for the e teen- etition ld only ttempt opened 80 and	puller! Joe got all four of his lifts, finishing with a unofficial world record 490! There's a lot of liften one-third Joe's age who couldn't begin to pull tha kind of weight! Good job, Joe! In the open classes, Ricky Griggs won his second title of the day at 148 with another personal record, this time with 435 Billy Papish took the 181's with 460, his second professed to the day. This was also Billy's first competition Carry Shackelford won the 198's, as he did in the bench, and as with the bench Gary posted new personal records with a 470 third and 500 fourth attempts. Chubby Jim Gerhardt took the 242's pulling an easy 575, then passing on a third to save
4th The Tennessee S Championships w the fairgrounds in Special Events pec Sports Arena and competition. In lager Chris Buck lift with a personal be weighed in at 111 with 165. Junior m with an easy 455, a pr 500. Matt, wh these last two atte	tate F vere he n Nash ople at 1 the he be bended and est 160 9, just en's wi missin o weig mpts,	Warren/Waldron air Bench Press/Dadel September 9, 2 wille. Thanks again the fair for provide plant in setting up the press event, lond won his first comp. This fifteen year o missing a fourth a mner Matt Warren og his next two at 4 hed in at 244, did ko but was called for de services.	1050 900 Deadlift 1000 at 1 to the ing the for the e teen- vettion Id only ttempt opened 80 and ock out lipping	puller! Joe got all four of his lifts, finishing with au unofficial world record 490! There's a lot of lifter one-third Joe's age who couldn't begin to pull tha kind of weight! Good Job, Joe! In the open classes Ricky Griggs won his second title of the day at 144 with another personal record, this time with 435 Billy Papish took the 181's with 460, his second pt of the day. This was also Billy's first competition Gary Shackelford won the 198's, as he did in the bench, and as with the bench Gary posted new personal records with a 470 third and 500 fourth attempts. Chubby Jim Gerhardt took the 242's pulling an easy 575, then passing on a third to save it for the two - man. Second at 242 was Johr
4th The Tennessee S Championships w the fairgrounds in Special Events pec Sports Arena and competition. In the ager Chris Buck lift with a personal be weighed in at 113 with 165. Junior m with an easy 455, a pr 500. Matt, wh these last two atte the bar both time	525° tate Free he Nash ople at 1 the he bended and st 160°, just en's wi missin o weig mpts, les. At	Warren/Waldron air Bench Press/Deld September 9, 2 wille. Thanks again the fair for providelp in setting up to he press event, lond won his first comp. This fifteen year o missing a fourth a nner Matt Warrence g his next two at 44 hed in at 244, did ke but was called for d submaster it was it was a submaster it was it was it was a submaster it was it	1050 900 beadlift 1000 at to the ing the te teen- setition Id only ttempt pened 80 and ock out lipping Hunter	puller! Joe got all four of his lifts, finishing with au unofficial world record 490! There's a lot of lifter one-third Joe's age who couldn't begin to pull tha kind of weight! Good Job, Joe! In the open classes Ricky Griggs won his second title of the day at 144 with another personal record, this time with 435 Billy Papish took the 181's with 460, his second professed of the day. This was also Billy's first competition Gary Shackelford won the 198's, as he did in the bench, and as with the bench Gary posted new personal records with a 470 third and 500 fourth attempts. Chubby Jim Gerhardt took the 242'y pulling an easy 575, then passing on a third to save it for the two - man. Second at 242 was Johr Daggart with 480 and a personal best 500 fourth attempt. This was John's first competition also. A
4th The Tennessee S Championships w the fairgrounds in Special Events pec Sports Arena and competition. In In Ager Chris Buck lift with a personal be weighed in at 119 with 165. Junior m with an easy 455, a pr 500. Matt, wh these last two atte the bar both time Allen, looking str	tate F vere her Nash ople at the her bended and est 160 9, just en's wi missin o weig mpts, les. At	Warren/Waldron air Bench Press/Daded September 9, 2 wille. Thanks again the fair for providelp in setting up the press event, lon dwon his first comp. This fifteen year o missing a fourth a nner Matt Warrence g his next two at 44 did ke but was called for d submaster it was i than ever, and pro fit han even, and promise than even.	1050 900 beadlift 1000 at to the ing the te teen- setition ld only ttempt opened 80 and ock out lipping Hunter wing it	puller! Joe got all four of his lifts, finishing with au unofficial world record 490! There's a lot of lifter one-third Joe's age who couldn't begin to pull tha kind of weight! Good Job, Joe! In the open classes Ricky Griggs won his second title of the day at 144 with another personal record, this time with 435 Billy Papish took the 181's with 460, his second p of the day. This was also Billy's first competition Gary Shackelford won the 198's, as he did in the bench, and as with the bench Gary posted new personal records with a 470 third and 500 fourth attempts. Chubby Jim Gerhardt took the 242's pulling an easy 575, then passing on a third to saw it for the two - man. Second at 242 was Johr Daggart with 480 and a personal best 500 fourth attempt. This was John's first competition also. A 275 it was John Hamilton, another Troy Hick
4th The Tennessee S Championships with fairgrounds in Special Events pec Sports Arena and competition. In the Ager Chris Buck lift with a personal beweighed in at 115 with 165. Junior m with an easy 455, p pr 500. Matt, which these last two atteithe bar both time Allen, looking strewith his lifting. He	tate Fivere he Nashople at the he bended and est 160 Pi, just en's wim missin o weig mpts, es. At tonger unter e	Warren/Waldron air Bench Press/Dadel September 9, 2 ville. Thanks again the fair for providely in setting up the press event, lond won his first comp. This fifteen year o missing a fourth a mner Matt Warren og his next two at 4 hed in at 244, did kout was called for d submaster it was than ever, and propened with 475, in the presence of the presenc	1050 900 Deadlift 1000 at 1000	puller! Joe got all four of his lifts, finishing with au unofficial world record 490! There's a lot of liften one-third Joe's age who couldn't begin to pull tha kind of weight! Good Job, Joe! In the open classes Ricky Griggs won his second title of the day at 144 with another personal record, this time with 435 Billy Papish took the 181's with 460, his second p of the day. This was also Billy's first competition Cary Shackelford won the 198's, as he did in the bench, and as with the bench Gary posted new personal records with a 470 third and 500 fourth attempts. Chubby Jim Gerhardt took the 242's pulling an easy 575, then passing on a third to savi ti for the two - man. Second at 242 was John Daggart with 480 and a personal best 500 fourth attempt. This was John's first competition also. Al 275 it was John Hamilton, another Troy Hicke protege. John did well in his first competition
4th The Tennessee S Championships whe fairgrounds in Special Events pec Sports Arena and competition. In the ager Chris Buck lift with a personal be weighed in at 115 with 165. Junior moith an easy 455, a pr 500. Matt, whhese last two attente bar both time Allen, looking struth this lifting. His 505, but then came South the came and the came of the service of the	tate Fivere he Nashople at the he bended and est 160 Properties of the properties of the tended and en's wing missing o weig mpts, less. At the properties he back	Warren/Waldron air Bench Press/Daded September 9, 2 wille. Thanks again the fair for providelp in setting up the press event, lon dwon his first comp. This fifteen year o missing a fourth a nner Matt Warrence g his next two at 44 did ke but was called for d submaster it was i than ever, and pro fit han even, and promise than even.	1050 900 Deadlift 1000 at 1000 at 10 the ing the for the 1000 at 1000	puller! Joe got all four of his lifts, finishing with a unofficial world record 490! There's a lot of lifter one-third Joe's age who couldn't begin to pull tha kind of weight! Good Job, Joe! In the open classes Ricky Griggs won his second title of the day at 144 with another personal record, this time with 435 Billy Papish took the 181's with 460, his second professed of the day. This was also Billy's first competition Gary Shackelford won the 198's, as he did in the bench, and as with the bench Gary posted new personal records with a 470 third and 500 fourth attempts. Chubby Jim Gerhardt took the 242'y pulling an easy 575, then passing on a third to save it for the two - man. Second at 242 was Johr Daggart with 480 and a personal best 500 fourth attempt. This was John Hamilton, another Troy Hick protege. John did well in his first competition finishing with 485 and a personal best fourth with
4th The Tennessee S Championships whe fairgrounds in Special Events per Sports Arena and competition. In the ger Chris Buck lift with a personal be weighed in at 115 with 165. Junior m with an easy 455, a pr 500. Matt, whese last two atte the bar both time Alleling. Hooking strukh his lifting. His 505, but then cam best 525 for a four was Jack Brown, w	525* tate F vere he in Nash ople at I the h ne benited and est 160 9, just em's wi missin o weig mpts, l es. At onger unter ine back th atte who als	Warren/Waldron air Bench Press/Dadel September 9, 2 ville. Thanks again the fair for providelp in setting up to have sevent, lond won his first comp. This fifteen year o missing a fourth anner Matt Warren og his next two at 44 hed in at 244, did ke but was called for d submaster it was 1 than ever, and propened with 475, k with 510 and a pmpt. Second at sub o had a great day, 1	1050 900 Oeadlift 1000 at 1 to the ing the for the e teen- setition Id only ttempt spened 80 and ock out lipping Hunter wing it missed ersonal master getting	puller! Joe got all four of his lifts, finishing with au unofficial world record 490! There's a lot of liften one-third Joe's age who couldn't begin to pull tha kind of weight! Good Job, Joe! In the open classes Ricky Griggs won his second title of the day at 144 with another personal record, this time with 435 Billy Papish took the 181's with 460, his second p of the day. This was also Billy's first competition Gary Shackelford won the 198's, as he did in the bench, and as with the bench Gary posted new personal records with a 470 third and 500 fourth attempts. Chubby Jim Gerhardt took the 242's pulling an easy 575, then passing on a third to saw to for the two - man. Second at 242 was Johr Daggart with 480 and a personal best 500 fourth attempt. This was John's first competition also. A 175 it was John Hamilton, another Troy Hick protege. John did well in his first competition finishing with 485 and a personal best fourth with 500 for the win. Then at shw it was big Larry
4th The Tennessee S Championships with fairgrounds in Special Events per Sports Arena and competition. In the ager Chris Buck lift with a personal be weighed in at 115 with 165. Junior mith 165	tate F vere he Nash ople at I the he be bended and st 160 9, just en's wi missin o weig mpts, les. At onger unter of the back the	Warren/Waldron air Bench Press/D air Bench Press/D eld September 9, 2 ville. Thanks again the fair for providelp in setting up the press event, lon I won his first comp. This fifteen year o missing a fourth a nner Matt Warrence g his next two at 4 hed in at 244, did kout was called for d submaster it was I than ever, and propened with 475, with 510 and a pempt. Second at sub o had a great day, thing in at 172, Jaci	1050 900 900 900 90adlifth 1000 at 10 the ing the for the e teen- etition Id only ttempt opened 80 and ock out lipping Hunter wing it twinssed ersonal master getting k came	puller! Joe got all four of his lifts, finishing with a unofficial world record 490! There's a lot of lifter one-third Joe's age who couldn't begin to pull tha kind of weight! Good Job, Joe! In the open classes Ricky Griggs won his second title of the day at 144 with another personal record, this time with 435 Billy Papish took the 181's with 460, his second p of the day. This was also Billy's first competition Gary Shackelford won the 198's, as he did in the hench, and as with the bench Cary posted new personal records with a 470 third and 500 fourth attempts. Chubby Jim Gerhardt took the 242's pulling an easy 575, then passing on a third to save it for the two - man. Second at 242 was John Daggart with 480 and a personal best 500 fourth attempt. This was John's first competition also. A 275 it was John Hamilton, another Troy Hickortege. John did well in his first competition finishing with 485 and a personal best fourth with 500 for the win. Then at shw it was big Larry Forsythe, who only pulled what it took for best
4th The Tennessee S Championships with fairgrounds in Special Events pec Sports Arena and competition. In Mager Chris Buck lift with a personal be weighed in at 119 with 165. Junior mouth an easy 455, a pr 500. Matt, with these last two attente bar both time Malen, looking strawith his lifting. His 505, but then camest 525 for a four was Jack Brown, was Jack Brown, who have the bar both time the bar both time the bar both time with his lifting. His 505, but then camest 525 for a four was Jack Brown, which was been stored to be some the bar both time the bar	525* tate F vere he on Nash ople at the he ben ted and test 160 g, just en's wi missin o weig mpts, less. At onger unter the back th atte who als b. Weig attempt	Warren/Waldron air Bench Press/Daded September 9, 2 wille. Thanks again the fair for provide plant in the fair for provide plant in setting up to the press event, lon dwon his first comp. This fifteen year o missing a fourth a nner Matt Warrence ghis next two at 4 hed in at 244, did ke but was called for d submaster it was 1 han ever, and propened with 475, it with 510 and a propened with 475, it with 510 and a propension of all subon had a great day, thing in at 172, lack pling in at 172, lack pling in 415. Bruce Be	1050 900 900 at 10 the ing the for the e teen- etition Id only ttempt opened 80 and ock out lipping Hunter wing it missed ersonal master getting k came ereman	puller! Joe got all four of his lifts, finishing with au unofficial world record 490! There's a lot of lifter one-third Joe's age who couldn't begin to pull tha kind of weight! Good Job, Joe! In the open classes Ricky Griggs won his second title of the day at 144 with another personal record, this time with 435 Billy Papish took the 181's with 460, his second p of the day. This was also Billy's first competition Gary Shackelford won the 198's, as he did in the bench, and as with the bench Gary posted new personal records with a 470 third and 500 fourth attempts. Chubby Jim Gerhardt took the 242's pulling an easy 575, then passing on a third to save it for the two - man. Second at 242 was John Daggart with 480 and a personal best 500 fourth attempt. This was John's first competition also. At 275 it was John Hamilton, another Troy Hick protege. John did well in his first competition finishing with 485 and a personal best fourth with 500 for the win. Then at shw it was big Larn Forsythe, who only pulled what it took for best lifter, 670. Larry was also saving himself for the two man, and once you know who his partner is, you
4th The Tennessee S Championships whe fairgrounds in Special Events per Sports Arena and competition. In the ger Chris Buck lift with a personal be weighed in at 115 with 165. Junior m with an easy 455, a pr 500. Matt, whhese last two attethe bar both time Allen, looking struth his lifting. His 505, but then cam best 525 for a four was Jack Brown, whis first 400 bench close with his final pot a pr in his win was lack and the second	525* tate F Ferere his no Nash ople at I the his beneded anno oweigs mpts, leen's wi missim oo weigs mpts, leen's with attention of the his normal of the hi	Warren/Waldron air Bench Press/Dadel September 9, 2 ville. Thanks again the fair for providelp in setting up to have setting up to have sevent, lond won his first comp. This fifteen year o missing a fourth a nner Matt Warren og his next two at 44 hed in at 244, did ic but was called for d submaster it was I than ever, and proopened with 475, it with 510 and a pempto of the sevent and propened with 475, it with 510 and a pempto had a great day, thing in at 172, Jacip to of 415. Bruce ester 50-54. At a 21	1050 900 900 900 900 at 10 the ing the for the e teen- etition ld only ttempt ypened 80 and ock out lipping Hunter wing it tmissed ersonal master getting k came eerman 6 bwt.	puller! Joe got all four of his lifts, finishing with a unofficial world record 490! There's a lot of lifter one-third Joe's age who couldn't begin to pull tha kind of weight! Good job, Joe! In the open classes Ricky Griggs won his second title of the day at 144 with another personal record, this time with 435 Billy Papish took the 181's with 460, his second professor of the day. This was also Billy's first competition Cary Shackelford won the 198's, as he did in thench, and as with the bench Gary posted new personal records with a 470 third and 500 fourth attempts. Chubby Jim Gerhardt took the 242'y pulling an easy 575, then passing on a third to save it for the two - man. Second at 242 was Johr Daggart with 480 and a personal best 500 fourth attempt. This was John's first competition also. A 275 it was John Hamilton, another Troy Hick protege. John did well in his first competition finishing with 485 and a personal best fourth with 500 for the win. Then at shw it was big Lary Forsythe, who only pulled what it took for besilifter, 670. Larry was also saving himself for the two man, and once you know who his partner is, you will know why. In the man-woman pull, California's will know why. In the man-woman pull, California's will know why. In the man-woman pull, California's
4th The Tennessee S Championships with fairgrounds in Special Events per Sports Arena and competition. In the ager Chris Buck lift with a personal be weighed in at 115 with 165. Junior mith 165	525* tate F. Francisco F. All T. All	Warren/Waldron air Bench Press/Daled September 9, 2 wille. Thanks again the fair for providelp in setting up to heres event, lon dwon his first comp. This fifteen year o missing a fourth a nner Matt Warrence g his next two at 4 hed in at 244, did ke but was called for d submaster it was 1 han ever, and propened with 475, to with 510 and a pempt. Second at sub o had a great day, thing in at 172, Jaci pt of 415. Bruce B ster 50-54. At a 2 ster 50-55. Ster 50 mark	1050 900 900 900 900 at to the ing the for the e teen- setition ld only ttempt ppened 80 and ock out lipping Hunter wing it missed ersonal master getting k came erman 6 bwt. ced the	puller! Joe got all four of his lifts, finishing with au unofficial world record 490! There's a lot of lifter one-third Joe's age who couldn't begin to pull tha kind of weight! Good Job, Joe! In the open classes Ricky Griggs won his second title of the day at 144 with another personal record, this time with 435 Billy Papish took the 181's with 460, his second p of the day. This was also Billy's first competition Gary Shackelford won the 198's, as he did in the bench, and as with the bench Gary posted new personal records with a 470 third and 500 fourth attempts. Chubby Jim Gerhardt took the 242's pulling an easy 575, then passing on a third to save it for the two - man. Second at 242 was Johr Daggart with 480 and a personal best 500 fourth attempt. This was John's first competition also. A 275 it was John Hamilton, another Troy Hick protege. John did well in his first competition finishing with 485 and a personal best fourth with 500 for the win. Then at shw it was big Larry Forsythe, who only pulled what it took for besilitere, 670. Larry was also saving himself for the two man, and once you know who his partner is, you will know why. In the man-woman pull, California' own Joe Miller teamed up with a real beauty, Gali
4th The Tennessee S Championships w the fairgrounds in Special Events pec Sports Arena and competition. In lager Chris Buck lift with a personal be weighed in at 119 with 165. Junior m with an easy 455, a pr 500. Matt, wh these last two atte the bar both time Allen, looking stra with his lifting. Hi 505, but then cam best 525 for a four was Jack Brown, w as Jac	525* tate F he h Nash ople at the b Nash ople the b Nash ople the the the the the the the the the th	Warren/Waldron air Bench Press/Dadel September 9, 2 ville. Thanks again the fair for providelp in setting up to have setting up to have sevent, lond won his first comp. This fifteen year o missing a fourth a nner Matt Warren og his next two at 44 hed in at 244, did ic but was called for d submaster it was I than ever, and proopened with 475, it with 510 and a pempto of the sevent and propened with 475, it with 510 and a pempto had a great day, thing in at 172, Jacip to of 415. Bruce ester 50-54. At a 21	1050 900 900 90adlift 1000 at 10 the ing the for the e teen- etition ld only ttempt opened 80 and ock out lipping Hunter wing it missed ersonal master getting k came erman 6 bwt. ed the ing the	puller! Joe got all four of his lifts, finishing with a unofficial world record 490! There's a lot of lifter one-third Joe's age who couldn't begin to pull tha kind of weight! Good Job, Joe! In the open classes Ricky Griggs won his second title of the day at 144 with another personal record, this time with 435 Billy Papish took the 181's with 460, his second p of the day. This was also Billy's first competition Gary Shackelford won the 198's, as he did in the hench, and as with the bench Cary posted new personal records with a 470 third and 500 fourth attempts. Chubby Jim Gerhardt took the 242's pulling an easy 575, then passing on a third to save it for the two - man. Second at 242 was John Daggart with 480 and a personal best 500 fourth attempt. This was John's first competition also. A 275 it was John Hamilton, another Troy Hicks protege. John did well in his first competition finishing with 485 and a personal best fourth with 500 for the win. Then at shw it was big Larry Forsythe, who only pulled what it took for besi lifter, 670. Larry was also saving himself for the two man, and once you know who his partner is, you will know why. In the man-woman pull, California's own Joe Miller teamed up with a real beauty, Gail Swage, for the win. Joe and Gail finished with 500 Savage, for the win. Joe and Gail finished with 500.
4th The Tennessee S Championships with fairgrounds in Special Events pec Sports Arena and competition. In Mager Chris Buck lift with a personal be weighed in at 119 with 16S. Junior mouth an easy 455, a pr 500. Matt, whichese last two atteithe bar both time Allen, looking strawith his lifting. His 105, but then came sets 255 for a four was Jack Brown, with his first 400 bench close with his final got a pr in his win Sruce finished with eteurn of the late gittle with a strong. Legend in his own	525* tate F to the control of the co	Warren/Waldron air Bench Press/Deld September 9, 2 ville. Thanks again the fair for providelp in setting up to the press event, lon dwon his first comp. This fifteen year o missing a fourth a nner Matt Warren og his next two at 4 hed in at 244, did le but was called for dsubmaster it was i than ever, and propened with 475, it with 510 and a great day, thing in at 172, Jacip of 415. Bruce Be ster 50-54. At a 21 Master 55-59 mark wight Hooper, takinght Hooper, takinght Hooper, takinght who is deliff was one of the given the set of the given the set of the given to the given the set of the given th	1050 9eadlift 1000 at to the ing the for the e teen- enterties the light tempt light	puller! Joe got all four of his lifts, finishing with a unofficial world record 490! There's a lot of lifter one-third Joe's age who couldn't begin to pull tha kind of weight! Good Job, Joe! In the open classes Ricky Griggs won his second title of the day at 144 with another personal record, this time with 435 Billy Papish took the 181's with 460, his second professor of the day. This was also Billy's first competition Gary Shackelford won the 198's, as he did in the bench, and as with the bench Gary posted new personal records with a 470 third and 500 fourth attempts. Chubby Jim Gerhardt took the 242'y pulling an easy 575, then passing on a third to save it for the two - man. Second at 242 was John Daggart with 480 and a personal best 500 fourth attempt. This was John's first competition also. A 275 it was John Hamilton, another Troy Hick protege. John did well in his first competition finishing with 485 and a personal best fourth with 500 for the win. Then at shw it was big Lam Forsythe, who only pulled what it took for besi lifter, 670. Larry was also saving himself for the two man, and once you know who his partner is, you will knowwhy. In the man-woman pull, California's own Joe Miller teamed up with a real beauty, Gai Savage, for the win. Joe and Gail finished with 500, this being Gail's first time even touching a bar. Up
4th The Tennessee S Championships whe fairgrounds in Special Events pec Sports Arena and competition. In the ager Chris Buck lift with a personal be weighed in at 115 with 165. Junior m with an easy 455, a pr 500. Matt, which these last two attents and the bar both time and the bar both time seets 525 for a four was Jack Brown, whis first 400 bench was Jack Brown, whis first 400 bench close with his final got a pr in his win Bruce finished will return of the late gittle with a strong degend in his own benchers at 181 in benchers at 181 in section of the late gittle with a strong degend in his own benchers at 181 in sections with the late gittle with a strong degend in his own benchers at 181 in sections.	525* tate F teres with the second of the sec	Warren/Waldron air Bench Press/D air Bench Press/D eld September 9, 2 ville. Thanks again the fair for providelp in setting up the press event, lond won his first comp. This fifteen year o missing a fourth a nner Matt Warren og his next two at 4 khed in at 244, did kout was called for d submaster it was 1 khan ever, and proopened with 475, it with 510 and a pmpt. Second at sub o had a great day, thing in at 172, Jack by 10 of 415. Bruce Be ster 50-54. At a 21 Master 53-59 mark might Hooper, takingth, who is defired the ster 50-54 with the ster 50-54 with the ster 50-55 which wight, who is defired the ster 50-55 which wight, who is defired the ster 50-56 with	1050 9000 9000 9000 9000 9000 9000 9000	puller! Joe got all four of his lifts, finishing with a unofficial world record 490! There's a lot of lifter one-third Joe's age who couldn't begin to pull tha kind of weight! Good Job, Joe! In the open classes Ricky Griggs won his second title of the day at 144 with another personal record, this time with 435 Billy Papish took the 181's with 460, his second p of the day. This was also Billy's first competition Gary Shackelford won the 198's, as he did in the bench, and as with the bench Gary posted new personal records with a 470 third and 500 fourth attempts. Chubby Jim Gerhardt took the 242's pulling an easy 575, then passing on a third to saw it for the two - man. Second at 242 was John Daggart with 480 and a personal best 500 fourth attempt. This was John's first competition also. A 275 it was John Hamilton, another Troy Hick protege. John did well in his first competition finishing with 485 and a personal best fourth with 500 for the win. Then at shw it was big Larry Forsythe, who only pulled what it took for besilfere, 670. Larry was also saving himself for the two man, and once you know who his partner is, you will know why. In the man-woman pull, California's own Joe Miller teamed up with a real beauty, Gai Savage, for the win. Joe and Gail finished with 500, this being Gail's first time even touching a bar. Up next was the two-man pull, always a crowd pleaser.
4th The Tennessee S Championships with fairgrounds in Special Events per Sports Arena and competition. In the ager Chris Buck lift with a personal be weighed in at 115 with 165. Junior movith an easy 453, apr 500. Matt, whithese last two atte the bar both time tallen, looking strowth his lifting. His 505, but then cam best 525 for a four was Jack Brown, wis first 400 bench close with his final got a pr in his win struce finished witleturn of the late get it le with a strong flegend in his own senchers at 181 in ay that). Second	525* tate F teres tate I have been to the teres to the teres taken to the teres	Warren/Waldron air Bench Press/Deld September 9, 2 ville. Thanks again the fair for providel september 9, 2 ville. Thanks again the fair for providelp in setting up the press event, lond won his first comp. This fifteen year o missing a fourth a nner Matt Warrence g his next two at the din at 240 at 4 did lo but was called for described to the submaster it was than ever, and propened with 475, with 510 and a pempt. Second at sub o had a great day, hing in at 172, Jaci hing in at 187, Jaci hing in at 188, Jaci hing in a second at 188, Jaci hing in at 188, Jaci hing in a second at 188, Jaci hing in a	1050 9000 9000 9000 9000 9000 9000 9000	puller! Joe got all four of his lifts, finishing with au unofficial world record 490! There's a lot of liften one-third Joe's age who couldn't begin to pull tha kind of weight! Good Job, Joe! In the open classes Ricky Griggs won his second title of the day at 144 with another personal record, this time with 435 Billy Papish took the 181's with 460, his second professor of the day. This was also Billy's first competition Cary Shackelford won the 198's, as he did in the bench, and as with the bench Gary posted new personal records with a 470 third and 500 fourth attempts. Chubby Jim Gerhardt took the 242's pulling an easy 575, then passing on a third to save it for the two - man. Second at 242 was John Daggart with 480 and a personal best 500 fourth attempt. This was John's first competition also. A 275 it was John Hamilton, another Troy Hicks protege. John did well in his first competition finishing with 485 and a personal best fourth with 500 for the win. Then at shw it was big Larry Forsythe, who only pulled what it took for besi lifter, 670. Larry was also saving himself for the two man, and once you know who his partner is, you will knowwhy. In the man-woman pull, California's own Joe Miller teamed up with a real beauty, Gail Savage, for the win. Joe and Gail finished with 500, this being Gail's first time even touching a bar. Up next was the two-man pull, always a crowd pleaser. Finishing first was the team of Larry Forsythe and Jim Gerhardt with a big 1220 pull! Of course, as
4th The Tennessee S Championships with fairgrounds in Special Events pec Sports Arena and competition. In Mager Chris Buck lift with a personal be weighed in at 119 with 16S. Junior mouth an easy 455, a pr 500. Matt, whichese last two atteithe bar both time Allen, looking strawith his lifting. His 105, but then came sets 125 for a four was Jack Brown, with his first 400 bench close with his final got a pr in his win Sruce finished with eteurn of the late gittle with a strong. Legend in his own enchers at 181 in any that). Second who finished with	525* tate F vere he had no had	Warren/Waldron air Bench Press/Deld September 9, 2 wille. Thanks again the fair for providel pin setting up to the press event, lon dwon his first comp. This fifteen year o missing a fourth a nner Matt Warren og his next two at 4 hed in at 244, did le but was called for dsubmaster it was i than ever, and propened with 475, it with 510 and a great day, with 510 and a great day, with 510 and 510 a	1050 9000 9000 9000 9000 9000 9000 9000	puller! Joe got all four of his lifts, finishing with a unofficial world record 490! There's a lot of lifter non-third Joe's age who couldn't begin to pull tha kind of weight! Good Job, Joe! In the open classes Ricky Griggs won his second title of the day at 144 with another personal record, this time with 435 Billy Papish took the 181's with 460, his second p of the day. This was also Billy's first competition Gary Shackelford won the 198's, as he did in the bench, and as with the bench Gary posted new personal records with a 470 third and 500 fourth attempts. Chubby Jim Gerhardt took the 242's pulling an easy 575, then passing on a third to saw it for the two - man. Second at 242 was John Daggart with 480 and a personal best 500 fourth attempt. This was John's first competition also. A 175 it was John Hamilton, another Troy Hick protege. John did well in his first competition finishing with 485 and a personal best fourth with 500 for the win. Then at shw it was big Larry Forsythe, who only pulled what it took for bestifete, 670. Larry was also saving himself for the two man, and once you know who his partner is, you will know why. In the man-woman pull, California's own Joe Miller teamed up with a real beauty. Gai Savage, for the win. Joe and Gail finished with 500, this being Gail's first time even touching a bar. Up next was the two-man pull, always a crowd pleaser. Finishing first was the team of Larry Forsythe and Jim Gerhardt with a big 1220 pull! Of course, as always, Larry was pulling about 900 lbs. while Jim
4th The Tennessee S Championships whe fairgrounds in Special Events per Sports Arena and competition. In the Ager Chris Buck lift with a personal be weighed in at 115 with 165. Junior m with an easy 455, a pr 500. Matt, which hese last two atteine bar both time Allen, looking strewith his lifting. He 105, but then cam best 525 for a four was Jack Brown, whis first 400 bench was Jack Brown, whis first 400 bench close with his final got a pr in his win Bruce finished with event of the late gittle with a strong degend in his own benchers at 181 in lay that). Second who finished with learly Brentwood	525* tate F vere he had been been been been been been been bee	Warren/Waldron air Bench Press/Deld September 9, 2 ville. Thanks again the fair for providelp in setting up the press event, lond won his first comp. This fifteen year o missing a fourth a nner Matt Warren og his next two at 4 thed in at 244, did kout was called for d submaster it was 1 than ever, and propened with 475, c with 510 and a pmpt. Second at sub o had a great day, thing in at 172, Jack by the second at sub o had a great day, thing in at 172, Jack with 510 and a pmpt. Second at sub o had a great day, thing in at 172, Jack with 510 and a pmpt. Second at sub o had a great day, thing in at 172, Jack with 510 and a pmpt. Second at sub oo had a great day, thing in at 555 mark wight thooper, tak wight Hooper, tak wight, who is defir grows one of the grows one of the grows one of the onal best 210 Aller ensesee, was lifting nessee, was lifting second on the second of t	1050 9900 9900 9900 9900 9900 9900 9900	puller! Joe got all four of his lifts, finishing with a unofficial world record 490! There's a lot of lifter one-third Joe's age who couldn't begin to pull tha kind of weight! Good Job, Joe! In the open classes Ricky Griggs won his second title of the day at 144 with another personal record, this time with 435 Billy Papish took the 181's with 460, his second professor of the day. This was also Billy's first competition Cary Shackelford won the 198's, as he did in thench, and as with the bench Gary posted new personal records with a 470 third and 500 fourth attempts. Chubby Jim Gerhardt took the 242'y pulling an easy 575, then passing on a third to save it for the two - man. Second at 242 was John Daggart with 480 and a personal best 500 fourth attempt. This was John's first competition also. A 275 it was John Hamilton, another Troy Hick protege. John did well in his first competition finishing with 485 and a personal best fourth with 500 for the win. Then at shw it was big Larry forsythe, who only pulled what it took for besilifer, 670. Larry was also saving himself for the two man, and once you know who his partner is, you will know why. In the man-woman pull, California's own Joe Miller teamed up with a real beauty, Gai Savage, for the win. Joe and Gail finished with 500 this being Gail's first time even touching a bar. Up next was the two-man pull, always a crowd pleaser. Finishing first was the team of Larry Forsythe and Jim Gerhardt with a big 1220 pull: Of course, as always, Larry was pulling about 900 lbs. while Jim was dragging up the rest. Nothing's changed since
4th The Tennessee S Championships whe fairgrounds in Special Events per Sports Arena and competition. In the ager Chris Buck lift with a personal be weighed in at 115 with 165. Junior mith 165.	525* tate F vere he had been a Nash pole at the he beneted annotated and mission o weight the he beneted and he had been at the had been a the had been at the had been a	Warren/Waldron air Bench Press/Deld September 9, 2 wille. Thanks again the fair for providel pin setting up to the press event, lon dwon his first comp. This fifteen year o missing a fourth a nner Matt Warren og his next two at 4 hed in at 244, did le but was called for dsubmaster it was i than ever, and propened with 475, it with 510 and a great day, with 510 and a great day, with 510 and 510 a	1050 9000 9000 9000 9000 9000 9000 9000	puller! Joe got all four of his lifts, finishing with au unofficial world record 490! There's a lot of liften one-third Joe's age who couldn't begin to pull tha kind of weight! Good Job, Joe! In the open classes Ricky Griggs won his second title of the day at 14 with another personal record, this time with 435 Billy Papish took the 181's with 460, his second pot the day. This was also Billy's first competition Gary Shackelford won the 198's, as he did in the bench, and as with the bench Gary posted new personal records with a 470 third and 500 fourth attempts. Chubby Jim Gerhardt took the 242's pulling an easy 575, then passing on a third to save it for the two - man. Second at 242 was John Daggart with 480 and a personal best 500 fourth attempt. This was John's first competition also. A 275 it was John Hamilton, another Troy Hick protege. John did well in his first competition finishing with 485 and a personal best fourth with 500 for the win. Then at shw it was big Larry Forsythe, who only pulled what it took for besilfier, 670. Larry was also saving himself for the two man, and once you know who his partner is, you will know why. In the man-woman pull, California'n own Joe Miller teamed up with a real beauty, Gail Savage, for the win. Joe and Gail finished with 500, this being Gail's first time even touching a bar. Up next was the two-man pull, always a crowd pleaser. Finishing first was the team of Larry Forsythe and Jim Gerhardt with a big 1220 pull! Of course, as always, Larry was pulling about 900 lbs. while Jim was dragging up the rest. Nothing's changed since last year but Jim's bodyweight. Second place went
4th The Tennessee S Championships with fairgrounds in Special Events per Sports Arena and competition. In the ager Chris Buck lift with a personal be weighed in at 115 with 165. Junior m with an easy 457, a pr 500. Matt, whichese last two atte the bar both time Allen, looking strowith his lifting. His 505, but then cam best 525 for a four was Jack Brown, wis first 400 bench close with his final got a pr in his win Bruce finished with enturn of the late get it with a strong legend in his own beachers at 181 in any that). Second who finished with hearby Brentwood is second compe Dacey came all way Lass, finishing with sishing with significant sishing with significant sishing with significant si	525* state F F F F F F F F F F F F F F F F F F F	Warren/Waldron air Bench Press/Deld September 9, 2 ville. Thanks again the fair for provide led in the fair for provide led in setting up the press event, lon of won his first comp. This fifteen year o missing a fourth a nner Matt Warrence g his next two at the din at 244, did led to the submaster it was the din at 244, did led to the was called for do submaster it was the met was a submaster it was the din at 244, did led to the was called for do you had a great day, hing in at 172, Jacl hing in at 172, Jac	1050 9000 9000 9000 9000 9000 9000 9000	puller! Joe got all four of his lifts, finishing with a unofficial world record 490! There's a lot of lifter one-third Joe's age who couldn't begin to pull tha kind of weight! Good Job, Joe! In the open classes Ricky Griggs won his second title of the day at 144 with another personal record, this time with 435 Billy Papish took the 181's with 460, his second p of the day. This was also Billy's first competition Gary Shackelford won the 198's, as he did in the hench, and as with the bench Gary posted new personal records with a 470 third and 500 fourth attempts. Chubby Jim Gerhardt took the 242's pulling an easy 575, then passing on a third to save it for the two - man. Second at 242 was John Daggart with 480 and a personal best 500 fourth attempts. This was John's first competition also. A 275 it was John Hamilton, another Troy Hick protege. John did well in his first competition finishing with 485 and a personal best fourth with 500 for the win. Then at shw it was big Larry Forsythe, who only pulled what it took for besi lifter, 670. Larry was also saving himself for the two man, and once you know who his partner is, you will know why. In the man-woman pull, California's own Joe Miller teamed up with a real beauty, Gail Savage, for the win. Joe and Gail finished with 500 this being Gail's first time even touching a bar. Up next was the two-man pull, always a crowd pleaser Finishing first was the team of Larry Forsythe and Jim Gerhardt with a big 1220 pull! Of course, as always, Larry was pulling about 900 lbs. while Jim was dragging up the rest. Nothing's changed since last year but Jim's bodyweight. Second place went to Hunter Allen and William Foster, who just
4th The Tennessee S Championships whe fairgrounds in Special Events per Sports Arena and competition. In Mager Chris Buck lift with a personal be weighed in at 115 with 165. Junior mouth an easy 455, a pr 500. Matt, which these last two attenties a pr soon who fair with his lifting. Hoos, but then cambest 525 for a four was Jack Brown, who first 400 bench close with his first 400 bench close with his final got a pr in his win Bruce finished with eath of the late gitle with a strong legend in his own benchers at 181 in any that). Second who finished with earby Brentwood is second compedacey came all way alass, finishing with only weighed in at who weighed in at some second compedacey came all way alass, finishing with only weighed in at	525* tate F tate	Warren/Waldron air Bench Press/Deld September 9, 2 ville. Thanks again the fair for provideling the fair for provideling the fair for provideling the fair for provideling the fair for provide the fair for fair fifteen year on missing a fourth a nner Matt Warrence g his next two at 4 hed in at 244, did le but was called for dsubmaster it was it than ever, and propened with 475, cwith 510 and a pempt. Second at subso had a great day, thing in at 172, Jacipt of 415. Bruce Be ster 50-54. At a 21 Master 55-59 markwight Hooper, takkwight, who is delire 75-59 was Aletonal best 210 Aller nessee, was lifting sixty-four year old Florida to take his m A good lift for a Roo Miller took the	1050 9000 9000 9000 9000 9000 9000 9000	puller! Joe got all four of his lifts, finishing with a unofficial world record 490! There's a lot of lifter non-third Joe's age who couldn't begin to pull tha kind of weight! Good job, Joe! In the open classes Ricky Griggs won his second title of the day at 144 with another personal record, this time with 435 Billy Papish took the 181's with 460, his second p of the day. This was also Billy's first competition Gary Shackelford won the 198's, as he did in the bench, and as with the bench Gary posted new personal records with a 470 third and 500 fourth attempts. Chubby Jim Gerhardt took the 242'y pulling an easy 575, then passing on a third to save it for the two - man. Second at 242 was Johr Daggart with 480 and a personal best 500 fourth attempt. This was John's first competition also. A 275 it was John Hamilton, another Troy Hick protege. John did well in his first competition finishing with 485 and a personal best fourth with 500 for the win. Then at shw it was big Larn Forsythe, who only pulled what it took for besi lifter, 670. Larry was also saving himself for the two man, and once you know who his partner is, you will knowwhy. In the man-woman pull, California's own Joe Miller teamed up with a real beauty, Gai Savage, for the win. Joe and Gail finished with 500, this being Gail's first time even touching a bar. Up next was the two-man pull, always a crowd pleaser. Finishing first was the team of Larry Forsythe and Jim Gerhardt with a big 1220 pull! Of course, as always, Larry was pulling about 900 lbs. while Jim was dragging up the rest. Nothing's changed since last year but Jim's bodyweight. Second place went to Hunter Allen and William Foster, who pulled couldn't quite get in the groove, but who pulled
4th The Tennessee S Championships whe fairgrounds in Special Events pec Sports Arena and competition. In Mager Chris Buck lift with a personal be weighed in at 119 with 165. Junior me with an easy 455, a pr 500. Matt, which these last two attents a proposition of the last store at 181 in 180. Special with his lifting. His 180, but then camest 525 for a four was Jack Brown, whis first 400 bents of the last got a pr in his win struct finished with eaten of the late got the last got a prin his win benchers at 181 in any that). Second who finished with nearby Brentwoods second compenses of the late got and the late got and la	525* state F F reverse that F F reverse have been been been been been been been be	Warren/Waldron air Bench Press/Deld September 9, 2 ville. Thanks again the fair for provide plants are sent the fair for provide plants are sent plants. The first comp a missing a fourth a mer Matt Warrence ghis next two at 4 hed in at 244, did ke but was called for d submaster it was 1 hed in at 244, did ke but was called for d submaster it was 1 mpt. Second at sub on had a great day, thing in at 172, but on the sent plants of	1050 9900 9900 9900 9900 9900 9900 9900	puller! Joe got all four of his lifts, finishing with au unofficial world record 490! There's a lot of lifter one-third Joe's age who couldn't begin to pull tha kind of weight! Good Job, Joe! In the open classes Ricky Griggs won his second title of the day at 144 with another personal record, this time with 435 Billy Papish took the 181's with 460, his second pot the day. This was also Billy's first competition Gary Shackelford won the 198's, as he did in the hench, and as with the bench Gary posted new personal records with a 470 third and 500 fourth attempts. Chubby Jim Gerhardt took the 242's pulling an easy 575, then passing on a third to save it for the two - man. Second at 242 was John Daggart with 480 and a personal best 500 fourth attempts. This was John's first competition also. A 275 it was John Hamilton, another Troy Hicks protege. John did well in his first competition finishing with 485 and a personal best fourth with 500 for the win. Then at shw it was big Larry Forsythe, who only pulled what it took for besiliter, 670. Larry was also saving himself for the two man, and once you know who his partner is, you will know why. In the man-woman pull, California's own Joe Miller teamed up with a real beauty, Gail Savage, for the win. Joe and Gail finished with 500, this being Gail's first time even touching a bar. Up next was the two-man pull, always a crowd pleaser. Finishing first was the team of Larry Forsythe and Jim Gerhardt with a big 1220 pull: Of course, as always, Larry was pulling about 900 lbs. while Jim was dragging up the rest. Nothing's changed since last year but Jim's bodyweight. Second place went to Hunter Allen and William Foster, who just couldn't quite get in the groove, but who pulled 1050. Matt Warren and W. C. Waldron were third with 900. Thanks to all who helped with the com-
4th The Tennessee S Championships with fairgrounds in Special Events per Sports Arena and competition. In the ager Chris Buck lift with a personal be weighed in at 115 with 165. Junior movith an easy 453, a pr 500. Matt, whithese last two atte the bar both time tallen, looking strowth his lifting. His 505, but then cam best 525 for a four was Jack Brown, wis first 400 bench close with his final got a pr in his win struce finished with enternessed with the familiar of the late gittle with a strong flegend in his own benchers at 181 in ay that). Second who finished with hearby Brentwood is second compediacey came all way alass, finishing with only weighed in all thas, getting all this 125. Joe flew in from the lease getting all this 125. Joe flew in from the second compediates, getting all this 125. Joe flew in from the second compediates getting all this 12	525* tate F ferere here here here here here here he	Warren/Waldron air Bench Press/Deld September 9, 2 ville. Thanks again the fair for provide led in the fair for provide led in setting up the press event, lond won his first comp. This fifteen year on missing a fourth a nner Matt Warrence g his next two at 4 hed in at 244, did led but was called for described in the submaster it was than ever, and propened with 475, with 510 and a pempt. Second at subo had a great day, hing in at 172, Jaci hing hing hing hing hing hing hing hin	1050 9000 9000 9000 9000 9000 9000 9000	puller! Joe got all four of his lifts, finishing with ar unofficial world record 490! There's a lot of lifter non-third Joe's age who couldn't begin to pull tha kind of weight! Good job, Joe! In the open classes Ricky Griggs won his second title of the day at 148 with another personal record, this time with 435 Billy Papish took the 181's with 460, his second professor of the day. This was also Billy's first competition Gary Shackelford won the 198's, as he did in the bench, and as with the bench Gary posted new personal records with a 470 third and 500 fourth attempts. Chubby Jim Gerhardt took the 242's pulling an easy 575, then passing on a third to save it for the two - man. Second at 242 was John Daggart with 480 and a personal best 500 fourth attempts. This was John's first competition also. At 275 it was John Hamilton, another Troy Hicks protege. John did well in his first competition, finishing with 485 and a personal best fourth with 500 for the win. Then at shw it was big Larry Forsythe, who only pulled what it took for best lifter, 670. Larry was also saving himself for the two man, and once you know who his partner is, you will knowwhy. In the man-woman pull, California's own Joe Miller teamed up with a real beauty, Cail Savage, for the win. Joe and Gail finished with 500, this being Gail's first time even touching a bar. Up next was the two-man pull, alifornia's own Joe Miller teamed up with a real beauty, Cail Savage, for the win. Joe and Gail finished with 500, this being Gail's first time even touching a bar. Up next was the two-man pull, alifornia's own Joe Miller teamed up with a real beauty, Cail Savage, for the win. Joe and Gail finished with 500, this being Gail's first time even touching a bar. Up next was the two-man pull, alifornia's own Joe Miller teamed up with a real beauty, Cail Savage, for the twin. Joe and Gail finished with 500, this being Gail's first time even touching a bar. Up next was the two-man pull, alifornia's own Joe Miller teamed up with a real beauty, Cail Savage, for t
4th The Tennessee S Championships w the fairgrounds in Special Events pec Sports Arena and competition. In Mager Chris Buck lift with a personal be weighed in at 119 with 16S. Junior m with an easy 455, a pr 500. Matt, wh these last two atte the bar both time Allen, looking str with his lifting. Hi 505, but then cam best 525 for a four was Jack Brown, w his first 400 bench close with his final got a pr in his win Sruce finished with return of the late g ittend in his own benchers at 181 in any that). Second who finished with hearby Brentwood sis second compe Dacey came all way Jass, finishing with unly weighed in at Jass, getting all th Jass, getting a	525** state F, tate the half of the half o	Warren/Waldron air Bench Press/Deld September 9, 2 ville. Thanks again the fair for provide plants are sent the fair for provide plants are sent plants. The first comp a missing a fourth a mer Matt Warrence ghis next two at 4 hed in at 244, did ke but was called for d submaster it was 1 hed in at 244, did ke but was called for d submaster it was 1 mpt. Second at sub on had a great day, thing in at 172, but on the sent plants of	1050 9900 9900 9900 9900 9900 9900 9900	puller! Joe got all four of his lifts, finishing with ar unofficial world record 490! There's a lot of lifter non-third Joe's age who couldn't begin to pull tha kind of weight! Good Job, Joe! In the open classes Ricky Griggs won his second title of the day at 148 with another personal record, this time with 435 Billy Papish took the 181's with 460, his second pot the day. This was also Billy's first competition Gary Shackelford won the 198's, as he did in the bench, and as with the bench Gary posted new personal records with a 470 third and 500 fourth attempts. Chubby Jim Gerhardt took the 242's pulling an easy 575, then passing on a third to save it for the two - man. Second at 242 was John Daggart with 480 and a personal best 500 fourth attempts. This was John's first competition also. Al 275 it was John Hamilton, another Troy Hicks protege. John did well in his first competition, finishing with 485 and a personal best fourth with 500 for the win. Then at shw it was big Larry Forsythe, who only pulled what it took for best lifter, 670. Larry was also saving himself for the two man, and once you know who his partner is, you will know why. In the man-woman pull, California's own Joe Miller teamed up with a real beauty, Gail Savage, for the win. Joe and Gail finished with 500, this being Gail's first time even touching a bar. Up next was the two-man pull, always a crowd pleaser. Finishing first was the team of Larry Forsythe and Jim Gerhardt with a big 1220 pull: Of course, as always, Larry was pulling about 900 lbs. while Jim was dragging up the rest. Nothing's changed since last year but Jim's bodyweight. Second place went to Hunter Allen and William Foster, who just couldn't quite get in the groove, but who pulled 1050. Matt Warren and W. C. Waldron were third with 900. Thanks to all who helped with the com-



At the Tennessee State Fair BP/DL - Dr. Darrell Latch, Troy Hicks and Dwight Hooper. (This photograph provided by Dr. Darrell Latch).

1st Annual World Gym Labor Day Cook Out and Bench Pres

COOK		d belieff i ie.	-
04 SEF	00 - N	New Haven, (T
BENCH		242	
Women		M. Hogan	275
97		275	
K. Steele	85	R. Rohmer	300
123 .		M. Maryland	225
E. Steele	60	Submasters	
Submasters		148	
97		50-59	
35-39		S. Cannady	200.
KSteele	80*	181	
Men		45-49	
148		J. Steele	225
5. Cannady	200	55-59	
181		N. Wellins	185
I. Steele	225	242	
N. Wellins	185	45-49	
198		M. Hogan	275
B. McLean	225	275	
		65-69	
			2004

Meet director: Joseph Steele; Head Judges: Neal Wellins and Mark Hogar, Announcer: Neal Wellins Sponsor: World Gym of Hamden, CT and Connie Steele. # denotes best lifter; * denotes heaviest lifter. The 1st Annual APA World Gym Labor Day Cook - Out and Bench Press Championships went very well. The contest was held with the Annual World Gym Labor Day Cook - Out. This was the 30th Annual Labor Day World Gym / Pumping Iron Cook - out with the 1st Annual Bench Press Contest beld with it. The weather was great, the bench press Cook - out with the 1st Annual Bench Press Contest held with it. The weather was great, the bench press and Cook - out was held at Connie Steele's house. With over 100 people attending the cook - out and bench press contest. In the Men's Division, Ron Rohmer was the best lifter in the contest with a 300 lb. lift in the 275 lb. class. This was the Heaviest Lift in the meet. In the Women's Division, Kim Steele was the Best Lifter in the contest with a 85 lb. lift in the 97 lb. class. After the contest, Ron Rohmer was given the 2000 World Gym Powerlifter of the Year Award. He has set two World Records in the 65-69 age group in the 275 lb. class. Ron has lifted in six meets, after his comeback in June 2000. Ron had a heart attack last year and now is doing better than ever. (Thanks to Joseph Steele for the meet results).

WNPF Teen-Junior, Submaster & Master Nationals & American 17-18 IUN 00 - Baltimore, MD

17-10 10		Duiti	,		34
BENCH		OPEN	RAW		C
132		HICK		300	1
14-16		50-59			T
GIAMBALVO	205	COTE		420	3
148		50-59	RAW		K
OPEN RAW		DAVI	5	315	3
HENDERSON	320	242			A
40-49 RAW		40-49			11
HENDERSON	320*	DOW		480	1
60-69 RAW	000		RAW		K
BARTLETT	230*	NAGI		405	C
165	230		SSAND		0
20-23		MON		265	R
BARFIELD	325	275	-		0
OPEN	323	OPEN	1		C
BARFIELD	325		HINGTO	N 440	4
33-39	343	40-49			C
BRAVARD	260		HINGTO	N 440	14
33-39 RAW	200		RAW		1
ALPERT	310	GREE		385	1
181	310		RAW	303	S
40-49 RAW			AONS		1
WITMER	240	DEAD			K
198	240	165	ori		M
20-23		33-39			Y
COFFMAN	345	BRAV		450	FI
OPEN	343	198	ARD	430	2
HANDLIN	420	11-13			C
	420	FERRI		200	0
OPEN RAW NO	415	220	· LL	200	B
33-39	413		RAW		P
LOMBARDO	350	THO		645	3
	330		RAW	043	P
220 OPEN		THO		645	4
	505	OPEN		043	B
BARRET-BL	303		MAS-BL	645*	2
33-39 BARRETT	505	242	NAS-BL	043	1
	303	40-49	D 414/		G
40-49	2/0	NAGI		475	2
RAWLS	360		RAW	4/3	D
40-49 RAW	200			525	0
HICKS	300	-	HIONI		Z
WOMEN	SQ	BP	DL	TOT	0
123					C
14-16					G
AVYLLA					3
17-19					Q
PENDLEBURY	210	85	250	545	4
33-39					M
PIPPERT					4
132					B
33-39 RAW	3 3 5	Ten!	1000		K
O'DONALD	170	105	195	470	50
14-16					C
DURPAS	200	115	235	550	2

165



Coach Joe Steele presents Ron Rohmer with his awards at the Labor Day Cookout Meet: A) Best Lifter Award, B) Heaviest Lift Award, C) World Cym Powerlifter of the Year Award 2000. (Joe Steele photo)

20-23 RAW

175* 95* 215* 485*

250 185* 360* 795

STAPLES

HAYES-BL

123

440 245 500* 1185 400 205 405 1010

415* 400* 455 1270

600 445 615 1705

540 370

-16					BOWMAN	540	370	600	1510	
MONSON	260	140	325	725	33-39					
CHMARSKY 2	220	135	315	670	FONIO 40-49	645	445	615	1705	
-19					HARDIE	450	320	500	1270	
XON	260	100	285	635	50-59 RAW BUCCHIONI	405*	275*	525*	1205*	
8 -16					THORNBURGH	280	155	320	755	
NDLEBURY	315	180	370	865	275					
VANSON					17-19	565	360	540	1465	
-19	350	160	460	970	ANDRADE 20-23	363	300	340	1403	
IIFAULT 5	350	160	460	9/0	WALTERS	515	370	480	1365	
-19					33-39 RAW					
HASSON	385	245	410	1040	BROOKS	625	435*	640*	1700*	
-19 RAW					OPEN RAW					
IOMAS	325	205	420	950	BROOKS- BL	625*	435*	640*	1700*	
-39		220	450	****	40-49		350	630*	1530	
NGURE	485	320	450	1255	SMITH	550	350	630	1530	
-39 RAW	355*	310	450	1115	17-19					
PERT	333	310	430	1113	HEINRICHER	540	280	540	1360	
-16					BURKHOLDER	400	245	400	1045	
AMER	300	220	435	955	40-49					
DRMIER	295	190	400	885	WHEELER	725	435	605	1765	
PEN RAW					17-19 RAW				1.1.	
MBERGER-BL	405	315	535	1255	MILIER	540*	355*	540*	1425*	
PEN					*New WNPF Ame					
TINA	455	290	455	1200	Best lifter. Team					
49		200		****	Champions, Ov (Thanks to WNPF					
TINA	455	290	455	1200	(Inanks to WNPF	ior prov	noing th	ese mee	t results).	
CKSON 8										
-19 RAW					SCID	D	1:6:	Mani		
AUFFER	475	275	475	1225	N. C.			ALIAN MARKET		
-19		777			27 MA					
DULOPOULOS	485	250	640*	1375	123	SQ	BP	DL	TOT	
ILANI	350	215	405	970	Ouch	315	210	365	890	
OUTH 11-13					132 Le	325	205	398	925	
RRELL	125	110	200	425	165	343	203	330		
LDWELL					Roane	455	265	605	1325	
PEN					181					
OWN- BL	565	365	625	1455	Brinson	405	260	540	1205	
ARO	500	315	560	1365	Gonzalez	450	300	400	1150	
-39					King	305	250	350	905	
ARO	600	315	550	1365	Lines*	275	235	305	815	
49		1			198 Sandford	475	360	520	1355	
OWN	665	365	525	1455	Watt	460	385	505	1350	
0					Andrews	400	365	560	1325	
-19 JILLET	490	285	485	1260	Jones, B.*	305	245	365	915	
-23	490	203	403	1200	Fortune	265	155	430	850	
DUGHERTY	500	325	500	1325	242					
PEN RAW		2500	1	-	Glover	660	400	710	1770	
MMERMAN	610	360	550	1510	Izzo	425	315	505	1245	
PEN					SHW		-			
OX	700	495*	550	1745	Brown*	605	525	510	1540	
ARDNER -39 RAW	560	355	530	1465	*Denotes those i Lifters division. N	lathanie	el Glove	r for E I	Block was	
UINN	450	325	600	1375	awarded the "Be					
49			10000	Total Date	platform. He was					
ENENDEZ	525	320	575	1420	lifter of the conte					
49 RAW					Block was award lightweight platfo					
EE	500*	335*	550°	1385*	Judges: Rober					
NES	405	300	500	1205	McIntyre, John S					
-59 DTE	55	420*	525*	1000	Vito Moceyunas.	The G	ym Staff	of S.C.	I. Dallas:	
2	33	420	323	1000	C.A.M. Thomas R	ovinski	C.P.M.	Norm D	emming,	
- inches									March 1	

and C.A.S. Louise Cicerchia. Security Dept.: Capt. Davenport and Culinary Manager "DOC." Cameraman: Nate Moore, Audio Specialist: Paul Schluter, Cym Clerk: Kevin Cannady, Set Up Crew: Chuck Haas, Steve Fredericks, Announcer Joep D., Score Keepers: Owen Williams, Sidney Coolbaugh, Chuck Jones, Hubble, Safwat Davis, Spotters and Loaders: Chalie "Bo" Crenshaw, Richard "Big Willie" Williams, Jubilee McGee, Mark "Wizard" Robinson, J. "Crackerman" Grimes and Tony Sandor. Thank you again for your participation! Special attention should be given to the men in the 198 lb. weight class. For them, it was a real nail biter until the very end when Mr. Sanford won on his last dead-lift attempt by a mere 5 lbs. They say that the meet doesn't start until the weight hits the floor!!! After a two year lay-off, "The Spirit of Powerlifting" has been rekindled here at S.C.I. Dallas. On behalf of the Activities Department we would like to constitute and thought all of the lifters for their the Activities Department we would like to con-gratulate and thank all of the lifters for their participation. We would also like to express our appreciation to everyone who contributed their time and efforts in assisting with this year's event. (Thanks to Nathaniel Glover for providing results).

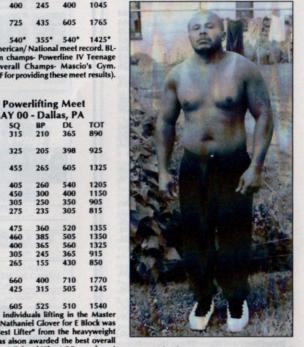
Labor Day 2000 Meet 04 SEP 00 - Rahway, NJ SQ BP DL TOT 455 345 455 1255 585 435 635 1655 495 385 545 1425

Thompson 495 385 545 1425

Master
Sonnlag 495 295 475 1265

Walker 405 325 495 1225

On Labor Day 2000, we had a full powerlifting contest in the big yard. You only got two lifts on the squat, bench, and deadlift. If you missed your opening lift and did not get it on your second attempt, the contest was over for you. In the lightweight division coming in first place was Anderscavage. He squatted 455, benched 345, and deadlifted 455 for a 1255 total weighing 171 lbs. Good lifting! In the heavyweight division coming in first place was Chambers. He squatted 585, benched 435, and deadlifted 635 for a 1655 total weighing 318.1 came in second place and this is my first 3 lift powerlifting contest. I squatted 495, way below parallel. I benched 385 and deadlifted 545 for a 1425 total weighting 236 lbs. lifting RAWI want to thank L. Little and D. Carson two powerlifting champions who have helped me over the last couple of years to learn about powerlifting. In the master's class, in first place is Sonntag who squatted 495, benched 295, and deadlifted 475 at 41 years of age and it was his first powerlifting contest and he lifted RAW. Thanks to the spotters, judges, and East Jersey State Prison Recreation Department. (Thanks to Patrick Thompson for the results).



Patrick Thompson went 495 385 545 to come in second in the heavyweights at the Labor Day 2000 meet. (photograph provided courtesy of Patrick Thompson)

		en BP & Stric	t Curl	(
15 JU	L 00 -	Durham, CT		1
BENCH		J. Matla	375	1
Teen (formula)		242		1
J. Syc	295*	B. Sisk	480	
G. Bayea	275	J. Milausky	450	12
C. Bozzi		M. Slaga	420	2
Junior		275		1
J. Vynalek	250	I. Toland	470	(
Submaster		T. Toland		A R T R B 2 T
J. Silano	270	308		R
Master		A. Mecteau	420	T
40-49		Strict Curl		R
M. Slaga	420	Open		B
50-59		148		2
R. Cote	435!	B. Moorehead	135	T
Masters 60+		198		٨
A. Myers	210	L. Cortezzo	195	A 2 B
Open		220		
148		J. Vynelek	160	S
B. Moorehead	310	242		T

185

B. Swanson (BL) 485 A. Mecteau 185
Repetition w/bodyweight
B. Swanson 37 reps with 195 lbs.
B. Moorehead 36 reps with 145 lbs.
J. Syc 30 reps with 145 lbs.
J. Silano 23 reps with 150 lbs.
G. Bayea 21 reps with 160 lbs.
J. Vynalek 12 reps with 200 lbs.
Penotes CT Record; IDenotes Master Record. The APA Nutmeg Open Bench Press was held at Cognichaug High School in Durham, Connecticut. Special thanks to Gary Larson, Donna Slaga, Roland Cote, and Janet Arel for a fine job judging the event. Special thanks also to the spotters and loaders for doing a fine job. After the regular bench meet ended we threw a repetition with bodyweight bench meet and a curl meet for the fun of it. The meet ran smoothly. Awards were made out of silver meet ran smoothly. Awards were made out of silver and went over great. Much more APA action to come in Connecticut. (Thanks to Scott Taylor for providing the results for this competition to PLUSA).

B. Swanson (BL) 485 A. Mecteau

LISAPI Rattle of the Creat Lakes III

25 MAI				
BENCH	Interpretation	165		
MEN		J. Hb	ron	430
Open		181		-
114			lomon	395
T. Distaulo	155	198		I don't
123		D. G	rega	430
S. Petrencak	265	HS (I	r./So.)	
D. Miller	145	123	Hopers 1	
148		D. M		145
G. Page	315	(Jr./S	r.)	
165		165		
M. Vail	385		oldsmith	265
T. Isaac L. Miller	350	181		1,500
L. Miller			audry	300
A. Soloman	395	Novi	ce Leone	500
T. Richards	360		hards	360
198	300	D. St		420
S. Spinelli	480	E. Kir		315
G. Tarr	460	J. We		360
M. Crawford	450	J. Kor		315
M. Landino	445		orales	325
220			dmaster	
R. Young - BL	531		dsmith	315
C. Scott	480		grands	
B. Hennebert	350	R. Klo		310
242		C. Le		230
K. Mayer	520	P-M		
P. Vargo	480	G. Ta		460
T. Lamoureux 275	450		awford	450
			ldsmith	315
J. Peshek F. Palmer	560 450	M. Zu	рко	
SHW	430	C. Wa		370
W. Likens	545	E. Kin		315
J. DeLone	500	K. Wr		313
G. Goodrick	455	Novic		
Juniors		P. Var		480
165			omon	395
J. Hixon	410		odrick	455
D.Newell	330	D. Fin		340
198		J. Cap		255
M. Karlovic	350	WOM	IEN	
220		Open		
D. Callanan	335	114		
A. Cook	390	T. Dis	taulo	155
242		123		
S. Mendenhall 275	355	B. Faz	10	100
B. Karlovic	530	L. Kra		150
SHW	330	B. Mu		130
T. Mendenhall	400	Raw 1		130
Collegiate	100	B. Faz		100
Powerlifting	SQ	BP	DL	TOT
MEN	34	Dr	DL	101
open				
165				
I. White	520	335	600	1455
A. McVaney	515	295	540	1350
A. Raffaele	480	305	510	1295
M. Vail	445	385	460	1290

G. Foy	345	240	415	1000	165				
181					J. Hixon	450	410	475	1335
D. Sustin	490	300	430	1220	181				
198					A. Solomon	450	395	475	1300
D. Waterman	520	320	570	1410	HS (Fr./So.)				
J. Selby	520	325	530	1375	165				
220					S. Baker	280	155	265	700
N. Keleman	575	425	640	1640	181				
C. Scott	585	480	575	1640	J. Beaudry	340	300	465	1005
M. Zukowski	560	370	645	1575	220			100	
R. Bluck	550	385	565	1500	D. Baker	450	215	405	1070
T. Hale	405	275	505	1165	Masters				
R. Young	145	510	145	821	I. Cook	565	400	635	1600
B. Hennebert					G. Beck	500	340	580	1420
242					M. Terman	555	335	600	1490
T. Lamoureux	550	450	575	1575	I. Koplin	450	315	450	1215
M. Watts	550	410	520	1480	S. Zedella	415	275	525	1215
275					S. Goff	340	210	415	965
B. Helmer -BL	800	515	750	2015	R. Ramirez	400		425	800
S. Fair	545	335	525	1405	K. Lanci	145	135	425	705
T. Clary	530	340	500	1345	J. Register	145	145	145	435
SHW					Grandmasters				433
J. Wallace	550	505	645	1660	J. Cash	595	410	575	1475
W. Likens	600	545	145	1290	C. Evans	415	340	415	1155
E. Schendal	375	265	475	1115	R. Goldsmith	365	315	355	935
Juniors					D. Yanoscik	135	135	135	405
165					Greatgrands	133	133	133	403
I. Hixon	450	410	475	1335	D. Lindsley	145	250	145	525
275				1333	P-M-F	143	230	143	323
S. Fair	545	335	525	1405	D. Sustin	490	300	430	1220
Collegiate	H				Sgt. J. Reese	405	275	550	1230

240 315 415 355 J. Ross J. Sense S. Goff 305 305 210 525 485 415 1245 1195 965 405 340 Novice
D. Schuck
D. Sustin
B. Alley
J. Fry
D. Wallace
D. Griffin 550 490 430 470 400 350 300 325 400 300 305 360 375 285 225 240 660 430 530 525 550 430 415 365 1610 1220 1265 1355 1325 1065 940 930 Sgt. R. Haywo S. Herrick WOMEN 185 150 300 635 B. Wessler - BL 275 200 365 840 B. Wessler - BL 275 200 365 840
Collegiate 25 155 225 605
Best Lifter Female Full Meet: Brooke Wessler - 165
lbs.; Best Lifter Fell Powerlifting Meet: Brett Helmer - 275 lbs.; Best Lifter Bench Press Tournament: Ralph Young - 220 lbs. 1st Place Bench Team: King's Gym (Ed & Frank King); 2nd Place Bench Team: Sunsation Fitness; 1st Place Full Power Meet: Pierce Construction Team; 2nd Place Full Power Meet: King's Gym (Ed & Frank King). The 1999 "BATTLE

BUY WHOLESALE

DYMETADRINE 750 XTREME ANDRO PRODUCTS

SPORT DRINKS

24 oz. bottles - 20 per case 40 grams protein and 0 grams carbohydrates Reg. \$50.00 \$35.95

DRINK

3 ANDRO XTREME ct - L-Phenytalanine - L-Lyrosine 4-Diol, 5-Diol, 19-Nor 60 capsules / Reg. \$39.95 \$23.97

CREATINE / RIBOSE

CREATINE Powder

1200 gram / \$43.99 \$26.39 2000 gram / \$59.99 \$35.99

RIBOSE Powder 150 gram / \$59.99 \$35.99

RIBOSE-2500 MG

90 capsules / \$48.99 \$29.39

ANDRO-STACK 850 capsules contain - 100 mg Androstenedio 100 mg DHEA - 650 mg Tribulus Terrestis 120 capsules - Reg. \$29.99 \$17.99

19-NOR 3-ANDRO

\$42 22

5-DIOL 250 250 mg. 5-Androstenediol FOR POTENT ANABOLIC EFFECTS STOSTERONE BOOSTING PROPERTIES

60 capsules - Reg. \$23.37 \$38.95

VITAMINS AND PAKS

> SUPER MULTI PAK \$13.75

> > PRO PAK s17.99 \$29.99

VIT-A-DAY

PRO COMPLEX "The Drink"

ANABOLIC ACTIVATOR 24 oz. bottles - 20 per case
A combination of activators such as Dibencozide, Yohimbe
Bark, BCAA's, Inosine, Ginseng, Fromnium and much more.
32 g. Protein
Reg. \$50.00
75 g. Carbs
\$22.36

EXTREME PURE PROTEIN

Reg. \$50.00 Close Out! \$37.00 NOW \$27.00 NITRO GLYCEROL

No carbs, fats, or sugars -It's DYN-O-MITEI
Og protein, 40g Glycerol, 200mg Ma Huang, and 40mg Niacin Reg. \$50.00 Close Out! \$39.00 NOW \$29.50 RAZOR 18 oz. bottles - 24 per case tion of Ma Huang and Guarana with L-Carmitne promium Picolinate - Only 90 calories Reg. \$45,36

PURE PROTEIN BAR

Outside U.S.
\$8.00 Shipping +
30% Surface or 40% Airmal
Minimum \$6.00
Oklanhoma Residents
Add 8.5% Sales Tax
YOUR ORDER MAY BE

SUBJECT TO BULK

SHIPPING \$6.00

MUSCLE WORLD, LTD.

FATBURNING

PURE PROTEIN COOKIE

PROTEIN POWDERS AMINO ACIDS

Protein Powder
5 lb / Reg. \$39.99

\$23.99 DEAL! NITRO AMINO 1001

\$15.00 GLUCOSAMINE plus CSA capsules / Reg. \$35.98 \$17.99

PRO COMPLEX POWDER \$37.79

EGG D'LITE THO CANS \$17.95

> MIGHTY ONE 8 lb. / Reg. \$29.97 \$17.98

PROTEIN BARS

THERMO SPEED BAR \$17.52

> ALL PRICES SUBJECT TO CHANGE CHECK / CASH / CREDIT CARD / C.O.D. (\$25,00 min.)
> Outside USA and Customer Service Call
> 1-405-275-3689 1-405-275-3739 Fax Call TOLL FREE - Orders Only

1-800-272-0051

OF THE GREAT LAKES III" Full Powerlifting Meet and/or Separate Bench Press Tournament was held at Nordonia High School in Macedonia, Ohio. The meet was a bigger success than last years meet. Over 100 lifters from Ohio, Pennsylvania, Indiana, Kentucky, New York and as far away as Quebec, Canada came to compete in this event. All were barring for the three covered 47-inch long "Conan the Barbarian Swords". Due to the growing size of our meet we had to go to two platforms and will continue in that fashion for years to come. Fans from every aspect of the lifting realm saw some great lifting. This tournament was exciting and at times hard fought. Each of the lifting real may be more great lifting. This tournament was exciting and at times hard fought. Each of the lifting real and and the lifting real and and the lifting real and trained very hard for this meet. Some attained American Records, and some attained Personal Records. Some won First Place and some finish Second. When all was said and done ... All walked away Champions, giving it their all. Top Lifting honors went to Brooke Wessler in the 165 lb. Full Powerlifting Meet, Big Bad Brett Helmer in the 220 lb. Bench Press Tournament. Our Top lifters won an engraved, 47 inch long "Conan the Barbarian Sword and Display Rack. In the Team Race, Pleace Construction, led by Brett Helmer walked away with the Full Power Meet Team Tille. Finishing in 2nd Place in the Full Power Meet Team Tille. Finishing in 2nd Place in the Full Power Meet Team Tille. Finishing in 2nd Place in the Full Power Meet Was Xing's Cym really flexed their muscle in the Scorm. As a special people, who with the Full Power Meet Lake North Power Away Champions, giving in 2nd All Place in the Full Power Meet Team Tille. Finishing in 2nd Place in the Full Power Meet Rack Scorms and Place in the Full Power Meet Team Tille. Finishing in 2nd Place in the Full Power Meet Team Tille. Finishing in 2nd Place in the Full Power Meet Team Tille. Finishing in 2nd Place in the Full Power Meet Team Tille. Finishin

spring around February or March. So if you want A Great Drug Tested Meet, Huge Trophies, A Full Service Concession Stand and a Plaque and 47 Inch Long "Conan the Barbarian Sword" For the Best Lifter, come to the meet that is destine to become one of the best, "The Battle of the Great Lakes IV" next year! I hope to see you there. Lift Drug Free, Good Luck and God Bless You! Gary "Big K" Kanaga (Thanks to USAPL for these results).

USAPL Northwest Regional Teen PL 20 MAY 00 - Seattle, WA

3	Deadillt		220		
t	16-17		L. McC	raney	40
d	181				
n	P. Melegrito	380			
d	Bench/Dead	300	RP	DL	TOT
7				DL	
t	14-15				
t	198				PIES
t	E. Daikoku		165	300	465
a	18-19				
1	165				
i	T. McKinney		185	355	540
i	WOMEN	SQ	RP	DL	TOT
		34	D.	DL	
t	16-17				
r	132	22.0		1000	
1	C. Tran (BP)	225	110	240	575
ı	198				
1	R. Rudometkin	290	140	280	710
•	MEN	-			
	14-15				
	132	100			0000
	D. DeHart	280	145	260	685
	F. Merida	205	130	245	610
	165				
	L. Pendergraft	235	165	275	675
	181	A STATE OF	100000		
	G. Brown	245	195	300	740
		243	193	300	740
	198		100		
	J. Schmid	305	180	350	835
	16-17				
	132				
	T. Uomoto	200	175	275	650
	148				
	K. Herzik	215	190	305	710
		213	190	303	/10
	165				
	J. Kim	275	185	315	775
	198				
	T. Myers	365	240	420	1025
	220				
	W. Williams	315	275	450	1040
	242	313		450	1040
		400	375		1300
	T. Smith	425	3/3	500	1300
	275				
	D. Milliken (BP)	505	425*		1455
	D. Paine	225	235	375	835
	*New American			ficial (1	Thanks
	USAPL for provid	ling the	results	for this	contest
	OSAFE IOI PIOVIC	S tile	·······································		Comes

Beloit Riverfest Bench Press 08 JUL 00 - Beloit, WI

Beloit Riverfest Bench Press

08 JUL 00 - Beloit, WI

Exciting music, delicious food, good times spent with good friends - these are the hallmarks of Beloit, Wisconsin's annual RIVERFEST. The festival's annual lineup of over 50 acts bring national head-lining favorite, regional crowd - pleasers and local talent to the festival's four stages. This year, located on the beautiful Rock River in newly revitalized scenic Riverside Park, adjacent to the serenity of the lagoon, the calming sounds of water fountains, and the occasional calls of the wildlife which inhabit the area, the first RIVERFEST Bench Press Championship meet was held. The platform, situated on an outcropping of land into the lagoon, provided an excellent view for spectators surrounding the area. All lift - offs were conducted by 5 time Masters Bench Press Champion, Mike Sweeney. While some of the lifters were accustomed to the use of bench shirts, all lifters opted to go RAW at this meet. Sixteen year old, Mike Spradling of Belvidere, IL took FIRST PLACE in the 75 kg, teenage 16-17 class, opening with a successful 105 kg. He followed up with a splendid 114 and just missed 119 on his third attempt. Eighteen year old, Dan Finnegan of Beloit, WI took FIRST PLACE in the 125 kg, teenage 18-19 class. Dan opened with a successful 134.5 kg, but failed to advance to 163.5. Forty-nine year old, Ferry Turmer of Hillipoint, WI took FIRST PLACE in the 100 kg., masters 45-49 class. Opening with a successful 134.5 kg, Terry struggled and missed his second lift of 145.5. Twenty-seven year old, Robert Norman of Beloit, WI took FIRST PLACE in the 90 kg., men's open. Robert opened with an easy 163.5 kg. and smodel 175 with his second attempt. Robert finished with 186 and a title: BEST LIFTER. Beloit RIVERFEST has grown since its birth in 1988, becoming one of the largest music festivals in Wisconsin and one of the state's premiere summer events boasting crowds in excess of 20,000. Adding the Bench Press Championships to its list of activities in 2000, RIVERFEST and t

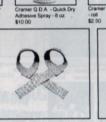
POWERLIFTING PARAPHERNALIA





















\$ 9.00 \$14.00 \$19.00





SHIPPING \$6.00
Outside U.S.
\$6.00 Shipping +
30% Surface
or 40% Airmail

Minimum \$6.00 klahoma Residen





Heet - Pain Relieving Liniment w/ applicator 2.33 oz. \$13

BULLDER





(holds 1 \$3.95

ALL PRICES SUBJECT TO CHANGE

Outside USA and Customer Service Call 1-405-275-3689 1-405-275-3739 Fax Call TOLL FREE - Orders Only 1-800-272-0051

M. Vail

CPA NORD-EST Canadian BP 29 IUL 00 - Matane, Canada

	10 - M	atane, Canac	ıa
BENCH		open	
WOMEN		F. Plamondon	375
114		Sub	
T18-19		F. Plamondon	375
A. M. Allard	120q	M. Plourde	
Open		DEADLIFT	
B. Thibault	130	WOMEN	
4th	135q	132	
132		Junior	
Junior		M. Ghilbault	320
M. Guilbault	135*	4th	325
148		MEN	
Junior		165	
M. H. Chisholm	175*	Open	
MEN		C. Dallaire	636
165		M40-44	
M40-44		C. Dallaire	636
C. Dallaire	315	181	
M75-79		Open	
G. LaBrecque	310	J. St. Pierre	450
181		198	
Open		Open	
J. St. Pierre	420	S. Ross	490
Sub		Sub	
S. Hebert	300	S. Ross	490
198		220	
Sub		M45-49	
S. Ross	310	R. Gagne	625
220		242	
Junior		Open	
A. Pelletier	300q	J. Francoeur	551
M45-49		F. Plamondon	430
R. Gagne		Sub	
242		F. Plamondon	430
		S. Santerre	620

*Denotes world record; q = Quebec records. Best lifter: BP - Jacky St- Pierre; DL - Claude Dallaire. Head Referee - Marcel St - Laurent; side referee -Kim St - Laurent and Marc Rioux; Statistician -

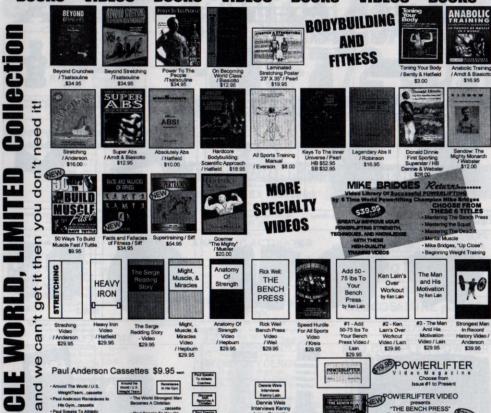
......

		husker State	
16 JU	L 00 -	Lincoln, NE	
BENCH		67.5	
MEN		T.J. Vrba Submaster	187
Junior 110		Submaster 100	
M. Rathien	385	I. Probasco	380
Master 40-49	275	R. Krupicka	
67.5		125	
D. Anderson	275	R. Giessleman	374
75 S. Marshall	260	Teen 52	
5. Marshall	260	M. Hafenbrack	148
B. Sindelar	385	56	140
Master 50+		J. Dexter	93
75		67.5	
D. Goodwin	170	J. Owen	181
D. Mertes	214	75 J. Kempf	325
100		82.5	323
C. Garmong	286	M. Strong	281
125		WOMEN	
R. Kubat	374	Open	
125+ R. Ruffcorn	424	52 T. Brenneman	115
Open	424	Master	113
67.5		48	
D. Anderson	275	S. Hammers	99
75	The same	Junior	
R. Worden	281	67.5	
S. Marshall 82.5	260	E. Peterson POL/FF	
B. Scherer	292	60	
85.2	best	B. Anderson	104
D. Peplinski	319	67.5	
90	ni ino	E. Peterson	
M. Elbert	363	DEADLIFT	
100 M. Waszgis	407	Master 100	
M. Summers	369	R. Erb	529
110	Millio.	110	rallouve
R. Donscheski	451	B. Sindelar	551
M. Rathjen	385	Open	
POL/FF		60 J. Engel	402
S. Marshall	260	90	402
82.5	blad	M. Little	567
B. Scherer	292	125+	
90		B. Busteed	666
M. Elbert 100	363	Teen 52.5	
T. Anderson	501	M. Hafenbrack	330
D. Young	380	110	Liberty
110	1911	C. Streblow	501
C. Nelson	259	WOMEN	
125	274	Open 60	
R. Giesselman 125+	374	M. James	308
T. Lamb	435	Submaster	300
Special Olympian	ATTE OF	52	
TALEST VIA 1800		L. Spath	181
Ironman		BP DL	TOT
MEN - Master			
67.5 M. Lofing		270 424	694
w. roung		270 424	1

3

82.5					Open					100				
S. Stickney		308	440	749	60					B. Miller	352	275	485	1113
110					M. James	203	93	308	606	Spec. Olv.	-			
B. Sindelar		385	551	909	MEN			2812 314	100 30 41	100				
110					Master					R. Bishop	165	148	214	529
M. Coe		292	369	661	67.5					J. Gertin	198	121	209	529
Open					M. Lofing	413	270	424	1107	110	on terms	equito:	977770	1000
75					90	THE REAL PROPERTY.	200	STATE OF	of quantities	K. Daily	231	126	303	661
M. James		236	446	683	T. Grindstaff	385	303	413	1102	125	0 77501	1.750	1	
R. Worden		281	347	628	H. Huffman	363	259	429	1052	I. Boctock	286	154	319	760
100			170000	N. ST.	100			-01704	HE TOPPA	125+		19/19/19		
M. Drueppel		457	677	1135	B. Miller	3352	275	485	1113	R. Carper	281	203	303	788
110					110		A TOTAL	71750	DOS ASSO	Teen 14-15	H THE		303	, 00
R. Ruhs		308	402	710	M. Coe	341	292	369	1003	52				
Raw		73	AN STA	of Statement	B. Sindelar	501	358	551	1410	M. Hafenbrack	270	148	330	749
75					Open				setting the	56	o spine	bring Cro	-	
R. Worden		281	347	628	60					S. Huffman				
T. Mason		225		225	J. Engel	275		402	677	Teen 16-17				
Teen					100			of Miles	hythai	75				
52					I. Himmelrick	501	352	551	1405	J. Kempf	363	214	402	981
M. Hafenbrack		148	330	479	125+					D. Huffman	292	248	unité dal	540
50					R. Ruffcorn	518	440	496	1455	82.5	a Trans	37 F. Say		44
. Engel			402	402	J. Bolger	600	451	551	1603	D. Anderson	374	242	369	986
full Power	SQ	BP	DL	TOT	POL/FF				THE OWNER OF THE OWNER	100	C Miles	00000		
WOMEN	3000				125+					I. Miller	286	167	369	865
Teen 18-19					C. White	463	418	567	1449	Teen 18-19	17140		II GOM	1
60					I. Bolger	600	451	551	1603	82.5				
M. Divine	253	170	264	688	Raw	- Briga	NI THE	PERMIT	1119 30	B. Michael	529	292	490	1311
90+		CE SENI	W 955 0	1 19 10 10	90					90	9 5000	421711	100	12/1
. Greenup	451	225	402	1080	1. Sicheneder	363	209	402	975	A. Beil	529	336	545	1410

BOOKS···VIDEOS···BOOKS···VIDEOS···BOOKS···VIDEOS···BOOKS



Reminisces In His Gym Dennis Weis Interviews Kanny Lain Dennis Weis Interviews Kenn Lain - Cassette \$9.95 Shipyoped Malina A Christian Paul Speaks To You On 1998 WPC Bench Press / Powerlitting Worlds - Graz, AUSTRIA - 7 tapes 1998 WABCL National Berch Press - Eving, TX - 1 tape 1998 USAPI, National High School Chempionships - Lincoin, No. - 3 tapes 1998 USAPI, Lifetime Nationals - Saint Louis, Mô - 2 tapes 1998 USAPI Lifetime Nationals - Saint Louis, Mô - 2 tapes 1998 USAPI Lives State High School Chempionships - Alexandria, LA - 2 tapes 1998 APF Sonior Nationals - Chicago, IL - 2 tapes 1998 APF Sonior Nationals - Chicago, IL - 2 tapes 1998 APF Sonior State - Stithwater, OK - 1 tape 1998 APF Texanged, Junior/Studenster/Master Nationals - Daylona, FL - 2 tapes 1998 APT Secrepad, Junior/Studenster/Master Nationals - Daylona, FL - 2 tapes 1998 APT Secrepad, Junior/Studenster/Master Nationals - Caybon, CO - 2 tapes 1998 WAT Secrepad, Junior/Studenster/Master Nationals - Avaida, CO - 2 tapes 1998 WAT Secrepad, Junior/Studenster/Master Nationals - Avaida, CO - 2 tapes 1998 WAT Secrepad Province - Cambon March - 2 tapes 1998 WAT Secrepad Province - Cambon March - 2 tapes 1998 WAT Secrepad Province - Cambon March - 2 tapes 1998 WATEPS WATER Province - Cambon March - 2 tapes 1998 WATEPS WATER Province - Cambon March - 2 tapes 1998 WATEPS WATER Province - Cambon March - 2 tapes 1998 WATEPS WATER Province - Cambon March - 2 tapes 1998 WATEPS WATER Province - Cambon March - 2 tapes 1998 WATEPS WATER Province - Cambon March - 2 tapes 1998 WATEPS WATER Province - Cambon March - 2 tapes 1998 WATER Province - Cambon March - 2 tapes 1998 WATER Province - Cambon March - 2 tapes 1998 WATER Province - Cambon March - 2 tapes 1998 WATER Province - Cambon March - 2 tapes 1998 WATER Province - 1 tapes 1998

2000 championships - Fort Hood, TX - 2 tapes ench Press / Deadlift - Oklahoma City, OK - 1 tape lationals - Fort Hood, TX - 2 tapes lowerlifting Championships - Fort Hood, TX - 2 tapes DL Championships - Seminole, OK - 1 tape

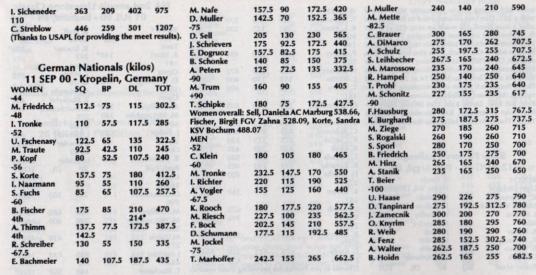
\$29.95 Buy 4 Get 1 FREE-

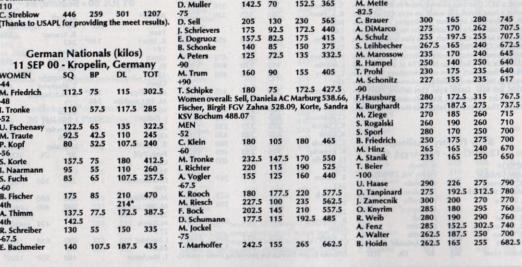
ALL SALES FINAL
NO EXCHANGES OR RETURN
ON BOOKS AND VIDEOS
ALL PRICES SUBECT TO CHANC
Check / Cash / Credit Card
C. O. D. (\$25.00 min.)

WOWIERLIFTER VIDEO

"THE BENCH PRESS"
The Greatest Bench Pressers
ALL IN ONE VIDEO

CALL TOLL FREE 1-800-272-0051





09 IUL 00 - Lafavette, OH

227.5 300 842.5 225 312.5 827.5

225 312.5 827.5 200 290 820 220 305 780 187.5 280 772.5 205 265 740 172.5 277.5 720 170 245 710 162.5 287.5 700

180 255 700 162.5 250 672.5

335

260 270

865 815

290 330

360 330

300 260

375

300 300 240

Men Overall: Herchenhein, Jorg P o w e r g y m Wiesbaden 530.11, Brauer, Christian Kropeliner, SV 502.80, Mainka, Torsten ACLauchhammer

495.81. (Thanks to Thomas Klose for the results

Muscle Bound Fitness Push/Pull

M. Simpig -110 T.Mainka

J. Breitzke
M. Schrode
U. Rohde
W. Nestler
T. Imbeck
T. Guhde
M. Fischer

J. Tiedtke M. Verhoff C. Ewald

J. Lother S. Schafer +125

A. Dorner

M. Jager M. Kleidt K. Haasler

WORLD,

MUSCLE

CRAIN'S

FROM

ONLY

EXCLUSIVE

-

LIFT BAR

DIATELY

10 pair

Dumbbell Rack

\$437.50 OLYMPIC SOLID HEX DUMBBELLS

\$.56 Ab. PRO STYLE DUMBBELLS Chromed & Knurled Handles) ** \$.60 Ab OLYMPIC PLATES\$.54 Ab.

Pro Style Dumbbell or Hex

\$395.00

\$165.00

-125 J. Herchenhein A. Koch

A. Kwaschny

BENCH		275	
148		Raw Open	
Teen 13-16		T. Lahna	325
A. Rovan	215	Open	
165		J. Prater	500
Teen 13-16		DEADLIFT	
M. Schott	185	123	
Teen 17-19		Teen 17-19	Pines
R. Pace	205	S. Kenner	365
181		165	
Teen 13-16		Teen 13-16	
A. Hicks	275	M. Schott	350
Open	I Migray	Teen 17-19	
M. Maxwell	350	R. Pace	315
198		181	
Raw Teen		Open	
A. Plunkett	250	M. Maxwell	560
Teen 17-19		198	
A. Plunkett	260	Teen 13-16	
Open		Z. Miller	330
A. Stillman	285	Teen 17-19	
I. Ankrom	360	A. Plunkett	420
220		Open	
Submaster Raw		J. Murthy	560
B. Dotson	335	A. Stillman	435
Raw Open		242	
M. Lahna	380	Masters	
Open		C. Walters	385
R. Young	545	Open	
242	10000	E. Whitmore	435
Raw Open		C. Walters	385
E. Whitmore	320	SHW	
L. TTIMOTO	220	K. Holshver	700

Best lifter in the bench press was Ralph Young, best lifter in the deadlift was Mike Maxwell. Meet directors-John and Kayleen Blackstone. Thanks to judges - Dave Roof, Scott Stoffer and Lonnie Ridenbaugh. Spotters - Jason Dempsey, Avery Dotson, Gerry Griffith, and Greg Eikenberry. Rick Williamson was at the score table. (Thanks to John Blackstone for providing us with the meet results).

Who's Got The Biggest Bench? 24 JUN 00 - LaCrosse, WI

BENCH		Herber	375
Teen Boys		275	
165		Brodt	350
Ausen (15)	250	308	
275		Woychik	550
Dinfickler (17)	255	Master 181	
Teen Girl		40-45	
165		Peterson	245
Robie (14)	135	46-50	
Women		Goldsmith	260
148		55+	
Gardner	190	Mattson	175
Men		Master 198	
Open		56+	
132		Dingfelder	315
Poellinger	205	Roffler	170
148		Master 220	
Micheal	205	45-50	
165		Barum	265
Stinson	370	Master 275	a service
Wells	315	51-55	
198		Brodt	350
Kronebusch	250	Master 308	
220		40-45	
Neilson	405	Brust	520
Weltzien	350	Submaster 242	
242		Kaufman	430
Franco	450	Belisle	415
Herman	400	Jacobs	270
Thanks to Glen	Wovchil	k for providing the	results
rimino to Oren	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,		1 1 10 1

MILED	7/16 inch holes for safety pins at each inch. 20x20x3/8 inch steel base. Hydraulics rated 6,000 lbs. per pair. Absolutely safe, noiseless, effortless way to get your own perfect height for the bar. Ruggedly, but beautifully made. Once you've tried their smooth, effortless operation you'll never go back to the old pin adjusted or jack rack operated squat stand or bench press. Don't waste another minute lifting heavy bars to change the height on your bench or squat or that of a training partner. Jack racks can and do slip they are dangerous. See how your garage or service station lifts heavy weights, then buy CRAIN'S MUSCLE WORLD, LIMITED HYDRAULICS!	(ED
LD, L	Official Para-Olympic Conference Designed for And Used At The Bench Press	LIMI

AN EXCLUSIVE ONLY FROM CRAIN'S MUSCLE WORLD, LIMITED

DRAULICS

Official Para-Olympic Confee Designed For And Used At The Bench Press Now with chrome and numbered heights stamped in uprights and **EACH ARE A ONLY \$699.00** WITHOUT HYDRAULICS \$599.00

MUSCLE WORLD,

CRAIN'S

FROM

ONLY

EXCLUSIVE

power forum

polier of bars for the WPC - APF - WPF - USPF - IPA - IPF - USAPL - WABDL .\$199.00 TEXAS POWER BAR \$449.00 OKIE SOUAT BAR ...25 kg

.\$269.00 **OKIE DEADLIFT BAR** ..\$ 113.85 Olympic Power Bar - 5 ft Safty Squat Bar Olympic Power Bar - 6 ft . .\$ 118.80 \$ 70.00 Olympic Power Bar - chrome or black- Imported .\$ 152.00 Olympic Power Bar - American Made . Olympic Gerard Trap Bar Olympic E-Z Curl Bar ...\$ 44.00 Super Duty Cambered Olympic Bench Press Bar ...45 lb ..\$161.70 \$ 52.50 ...\$150.00 Double Wide Deadlift Jack - Regular or Adjustable.

Rubber Gym Floor Mats 4'x6' - 5/8" thick\$70.00 *** Olympic Dumbbell Handles w / collars \$72.00/pair Olympic E-Z on Spring Collars \$9.00 Spin-Lok lympic Colla \$28.00 Okie-Grip Collars \$60.00

SHIPPING \$6.00

Freight FOB Shawnee

ALL PRICES SUBJECT TO CHANGE
PLEASE CALL FOR UPDATED PRICES
CHECK / CASH / GREDIT CARD / C.O.D. (\$250 00 min.)
Outside USA and Customer Service Call
1-405-275-3689 1-405-275-3739 Fax Call TOLL FREE - Orders Only

Not a conversion
THE ONLY TRUE DEAD,
ON THE MARKE
Adds 20 to 50 lbs. IMMER

Dumbbell Racks

..500 lb...

1500 lb.

5 pair

Pro Style Dumbbell or

Hex Dumbbell Rack

\$288.75

E-Z Curl Olympic Colla \$18.00

1-800-272-0051

Big Bench Shootout II 13 MAY 00 - Keene, NH

DENICH		Family 1411	
BENCH		Formula	
MEN		Junior 20-23	
165		S. Decato	480
J. Stabile	380	S. Swiderski	240
R. Longdin	355	D.J. Larose	325
P. Soto	310	Submaster 33-39	
H. Decato	275	J. Stabile	380
181		J. Romano	445
B. Masello (BL)	475	C. Brien	340
B. Samson	360	S. Casey	360
C. Brien	340	F. Engel Jr.	300
C. Kanavas	300	Master 40-44	
198		K. Mattson	420
K. Mattson	420	P. Thomsen	350
G. Sotirakos	415	Master 45-49	
F. Engel Jr.	300	D. Jarvis Sr.	330
220		Master 50-54	
S. Decato (BL)	480	R. Beaulieu	300
P. Thomsen	350	Master 55-59	
242		P. Soto	310
S. Van Brunt	450	Novice	
I. Romano	445	P. Thomsen	350
R. Boise	365	R. Fitzgerald	330
275		WOMEN	
D.J. Larose	325	Open	
308	no DE im	114	
K. Schofield	420	J. Shand (BL)	135
SHW	1570	123	100.00
H. Magoon	325	P. Juyo	85
Teen 18-19	PASSES.	165	199
165		W. Wolfe	130
H. Decato	275	Submaster 33-39	
198	0	165	
K. Fisk	245		130
I I'-LI'-Lt-		ra-bilata 200 -1 1/2	

K. Fisk 130 W. Wolfe 130 Highlights were James Stabile's 380 at 163 bodyweight. Bob Masello won the 181 class and Best Light Lifter doing 475 at 175. Bob will nail 500 soon. Ken Mattson dropped to 198 and still manged 420 to win the open and masters. Ken is 43 and is from Foxboro, MA. At 220, Shane Decato made 480 look easy. He easily won the open and Jr. 20-23 divisions. Shane has a big future. He also squats over 700 and deadlifts well over 600 lbs. Shane was also the Heavweight Best Lifter. Master squats over 700 and deadlifts well over 600 lbs. Shane was also the Heavyweight Best Lifter. Master lifter, Peter Soto weighed 161 at 55 years old. He put 310 up and took third in the men's 165 class and won Best Lifter in the Men's Masters. Roland Beaulieu weighed 218 and got his first 300 bench at 54 years old and this after only a few weeks of rehab after a knee operation. Meet director-Louie LaPoint; Table - Bill Durant; Head Judge - Joe Romano; Side Judges - Joe Carrigan, Jim Supry; Spotters and Loaders - Joe Coppo, Lionel Fisk. (Thanks to Louie LaPoint for providing the results).

USPF 2000 WV State BP

WOMEN		65-69	
132		D. Robbins	248*
20-23		198	APT WALL
J. Robertson	181*	Open	
MEN		B. Samples	314
148		Region IV	
Open		D. Lass	435
F. Lupis	330	Region IV Subm	aster
Submaster		M. Tonkovich	352
D. Jarvis	181	50-54	
45-49		B. Samples	314
F. Lupis	330*1	220	
165		Open	
Open		M. Hartzell	325
J. Rinker	385	Submaster	
K. Samples	225	J. Henry	369
Submaster		Law Enforcemen	nt
J. Rinker	385*	A. Pauley	374*
55-59		242	
K. Samples	225	Open Law Enfor	
60-64		C. Phillips	402*
R. Cseh	231	Submaster Law	
20-23		J. Bailes	330
M. MiCase	319	275	
181		Open	
18-19		J. Watson	429
R. McMellan	402*	Submaster	
Open		J. Watson	429*
D. Robbins	518*!	Law Enforcemen	
Submaster		B. Rectenwald	385
L. Ramsey	330	308	
		20-23	
		K. Kappas	330

* denotes WV state record; ! denotes American Record. The WV State Bench Championships was held at Parkersburg South High School auditorium. The meet was highlighted by eight WV state records and two American records. The American Records were set by 148 lb. Frank Lupis of Martinsburg, WV in the 45-49 age group. Frank benched 330 lbs. The 181 lb. American open record was broken by Bluefield, WV lifter Donald Robbins. Donald made 518 lbs. on his second attempt and barely missed 534 on his third attempt. Donald reported he is going after 600 lbs. and perhaps he will do 3 times bodyweight. Jennifer Robertson set a WV State Junior Record in the 132 lb. class with a 181 lb. bench. James Rinker made a comeback in the 165 class by winning the

open and setting a new submaster state record with a 385. Dan Lass also returned to the platform after a long layoff. He made an easy 435 at a 183 R. L. Fiore lb. bodyweight and won the Region IV division. MEN John Watson set a new submaster record in the 275 lb. class with a 429 bench. John also won the open division. Chris Phillips and Anthony Pauley set Law 165 Enforcement records with Anthony going 402 in St. Larriset Level 242s and Chris benching 374 at 220. I would J. Martin like to thank Rich Deem of Parkersburg South for making the school available. Referees were Roger Kyle, Bill Kyle, David Kyle, Lori Jeffrey, Mary Jef. C. Colondri frey, John Messenger, Ken Wooddell, and Rick Yates. (Thanks to Dave Jeffrey for the meet results).

Body Factory Challenge

BENCH		S. Lev	vis	
Light Division		Heav	Wt. Di	rision
K. Stefanan	115	B. Au	isio	400
Middle Wt. Div	ision	J. Sua	485	
J. Mazza	400	P. Bo	wlby	445
4th	415	M. Pa	scoe	390
B. Kaiser	325	J. Mir		375
R. Hiuyard	330	J. Bor		400
B. Moran	260	B. Sm		390
D. Polak	300	R. D'	Antonio	460
Power Meet	SQ	BP	DL	TOT

POWERLIFTING

Add 50 to 75 lbs To Your Bench Press

Add 50 to 75 lbs To Your Bench Press / Lain \$16.00

NUTRITION.

STEROIDS

AND

SPORTS

MEDICINE

Laminated Poer "THE SQUAT" \$3.00

BIGGEST

ISA:	2nd	annula	Limestone	Classic
	01	JUL 00	- Bedford, I	IN
BENCH			B. Wall	29

200	133	3/0	003					
165	115	230	510	BENCH		B. Wa	II	290
				148			\$450 CO	Control 1
				Teen		R. Kra	mer	300
370	270	450	1090	B. Short	140*			300
				181				
500	265	475	1240	Open			ita	425
355	250	400	1005		260		SEP OF	74.
375	200	400	975				renhv	475
			00+					460
350	300	505	1155		380*			450
36 Bell	u (100)	A STORY					chinson	430
500	295	530	1325		-10			
					425*			460
					743			
							der	425
					260			-
					300			350
						BL	DL	TOT
333	193	400	930					
215	220	260	005					
313	230	360	905			260	300	560*
	400		1600					
								1060
380	275	390	1045			240	400	640
530	315	500	1345				430	430
						425	630	1055*
arrish fo	r provid	ing thes	e results).	T. Blacketer		460	560	1020*
	370 500 355 375 350 500 405 375 450 385 335 315 575 380 530 675 385	370 270 500 265 355 250 375 200 350 300 500 295 405 365 375 310 450 280 385 285 335 280 335 280 335 280 355 315 230 575 400 380 275 530 315	165 115 230 370 270 450 500 265 475 355 250 400 375 200 400 350 300 505 500 295 530 405 365 470 375 310 520 450 280 450 385 285 540 335 280 405 355 195 400 315 230 360 575 400 625 380 275 390 530 315 500 675 425 540 385 270 425	165 115 230 510 370 270 450 1090 500 265 475 1240 355 250 400 1005 375 200 400 975 350 300 505 1155 500 295 530 1325 405 365 470 1240 375 310 520 1205 450 280 450 1180 385 285 500 1170 335 280 405 1020 355 195 400 950 315 230 360 905 575 400 625 1600 380 275 390 1045 530 315 500 1345 675 425 540 1640	165 115 230 510 BENCH 148 Teen 7 Teen 8 Short 181 Open 355 250 400 1005 D. Shershel 375 200 400 975 198 Open 350 300 505 1155 M. Phillips M. McLaughlin 500 295 530 1325 40-44 J. Fidler 375 310 520 1205 220 450 280 450 1180 Open 385 285 500 1170 B. Magnus 335 280 405 1020 Push/Pull 355 195 400 950 Open 181 315 230 360 905 D. Schershel 198 M. McLaughlin M. McLaughlin 950 Open 181 315 230 360 905 D. Schershel 198 M. McLaughlin 98 380 275 390 1045 M. McLaughlin 220 530 315 500 1345 M. Lewis 275 425 540 1640 J. Lowder 4549	165 115 230 510 BENCH 148 Teen 140* 181 181 Open 375 200 400 975 198 Open 375 310 520 1205 220 404 40-44 191 191 191 191 191 191 191 191 191 1	165 115 230 510 BENCH 148 40-44 148 40-44 148 40-44 148 40-44 148 40-44 148 40-44 148 40-44 148 40-44 148 168 149 149 149 149 149 149 149 149 149 149	165

280 155 370 805



HALLMENT MONEY ~ Powerlifting Greatest ench Press / Williams \$19.95

SPECIALTY

Assession 2000

VIDEOS

\$7.95

Drug Use & Detection in Amoteur Spre

Update Four



MECKANIC BARDON



2.4

























\$12.00 Drug Like & Detaction in American Spor

NO DRUG TESTS

Drug Use & Detection Update #1, 2, 3 \$16.00 / Grunding \$39.95 CRAIN'S MUSCLE WORLD, LTD. 3803 North Bryan Road nee, Ok. 74804-2314 USA

letabol Diet

1996

FOREVER NATURAL

病

Drug Use & Detection Update #4 \$11.00 IPPING

ANGES OR RETURNS ON BOOKS ALL PRICES SUBECT TO CHANGE Check / Cash / Credit Card / C. O. D. (\$25.00 min.)
Outside USA and Customer Srevice Call
1-405-275-3689 or Fax 1-405-275-3739

USPF Summer Blast 1055 985 885 520 15 JUL 00 - Concord, NH 450 400 385 315 290 350 230 205 Fourth Attemp 45-49 BP 285 250 TOT SQ 375 300 DL 245 420 235 270 905 970 Hargett 198 Brown Sholar Solang 220 Stouers White Hornbeak 1225 1090 725 J. Bourque F. Paulitz T. Gove Masters P. Bennett R. Renshaw Open 165 415 440 465 315 330 330 495 565 485 405 350 300 455 430 425 1225 365 310 1335 1280 275 655* 965 1175 350 330 295 550 445 415 180 1325 385 400 440 315 275 1090 985 242 Pendleton's Powerman 2000 1605* 1445 1295 1170 1135 Owens! Branch Houston Stevens Dorsey 275 600* 500 410 405 345 400 405 370 315 340 605* 540 515 450 450 C. Carlson 181 375 285 245 905 26 JUL 00 - Pendleton, IN 181 R. Fowler J. Miller 198 T. Enquist (BL) A. Welch J. Bourque R. Renshaw P. Lemieux BP 475 300 300 555* 275 350 Open 132 Cobbs 148 Hazzard Warren Suggs 165 Keith Grienez VanDuyn Heavarn 181 SQ 925 870 245 385 370 315 315 310 285 1560° 1290 1225 1175 1105 630* 475 415 425 380 560 500 495 440 440 250 205 215 405 365 275 970 840 490 315 500 405 400 245 500 500 1400 1150 270 405 455* 340 335 500 470 440 405 1455 Wise Allen Williams 265 235 205 185 950 910 880 670 295 295 270 390 380 385 335 1350 1205 1065 425 425 325 l Best lifter, * best lift. All lifts were dor on. Only some cheap knee wraps and small belts were used. (Thanks to David Owens for ding the results to POWERLIFTING USA). 525 300 385 425 250 180 550 420 400 1500 970 965 1165 1065 405 405 315 205 445 455

If we don't have it and we can't get it then you don't need it! Collection DMSO EXERCIS



MUSCLE WORLD, LIMIT

CRAIN'S

日本日



FRIGHTLIFTING



ANDERSON

TOLL FREE 1-800-272-0051





























R. Jeffords Open 148 D. Corsi 165 C. McGrail 181

55-59 455 540 275 565 D. Picard 18-19 J. Furnell SHW 565 D. Picard 565 610 450

USAPL East Coast Deadlift 27 AUG 00 - Newburgh, NY

310

265

380

485

350

485

ecial Olympics

D. DeCamp

Master 181 50-54 B. Todd

J. Reardor 50-54

R. Batista R. Jeffords

D. Ronga L. Faniel NJ Guest

40-44

M. Tiano PF-Mil

F. Harris

F. Panaro Novice/Sub

M. Bro

Master 45-49

F. Panaro

C. Slaybough

220

535

350

630

530

510

565

650

475

650

F. Paulitz 440 330 565 1335
T. Gove 465 330 485 1280

*Denotes state record; Bt denotes best lifter. Meet director: Jamie Fellows, Score keepers: Paul Mancini, Rodney Roy. The iron pile was ablaze with adrenaline and anticipation this weekend during the full power meet at the New Hampshire State Prison, and the competition left the lifters in awe of one man. Pete Bennet, 62 years old totaled 965 lbs: 385 squat, 180 bench press, and a 400 deadlift, making him the first place master and a third place in the 220 open. Not bad, for what he characterized as a bad day. Keep up the good work Pete, you give us youngsters a good view of our Golden Years. for the most part the meet progressed without a hitch: Four guys DQed and had to take the benches on the sidelines, while the rest of us competitors moved the weight, but they nonetheless cheered us on. Next time, guys, always remember to open with a lift you know you can get for at least four reps. This strategy allows you to meet the first hurdle and compete in the competition. Carl Carlson, the only 165 lb. class competitor did a nice 375 squat but hurt his back in the process. He went on to make a 285 bench - his personal best-and his back only allowed him a 245 deadlift registering a 905 total, first place in the juniors, and first place for the 165 open. The 181s class had only two lifters, but Ray "Hollywood" Fowler broke a state record with a 555 deadlift, followed his record lift with a 300 bench, a 475 squat, totaled 1330, and won first place. The 198 class was packed with eight lifters (three DQed) and five proceeded. Tom "Tree Trunks" Enquist opened with an easy 630 squat and broke the state record by a 70 pound jump. He passed on his third squat, made a 370 bench, a 560 deadlift, followed his necord lift with a 300 bench, a 475 squat, 4315 bench, and a 495 deadlift need to the state record place with a 415 squat, 315 bench, and a 495 deadlift. He totaled 1225 and won the first place as a submaster. The 220 class consisted of four lifters. One competitor DQe

70

Son Light Power Open PL/BP

23 SEF	00 -	Tusco	la, IL	
BENCH		220		
open women 123		Gary Ca police &		360*
Karen Gordon		220		Marie .
master men 40-44 220		Greg Fo		490*
Greg Foster		198		Mark.
master men 50-54		Ed Temi	DL	325 TOT
Powerlifting submaster women 123	SQ	ВР	DL	101
Susan Decker	205*	110*	260*	575*
132		TENNES OF	win wer	10173
Susie Blackwell	125*	115*	225*	465*
master women 45	49			
Barb Blackwell	135*	95*	230*	460*
master women 50 123	-54			
Donna Catron	170*	135*	200*	505*
submaster men 242				
Ron Harlow 275	600*	405*	675*	1680*
Brad Saunders	575*	415*	550*	1540*
4th		430*		1555*
master men 45-49 220				
Dan Hale	465*	260*	400*	1125*
master men 50-54 220				
Larry Weiss 220	535*	315	545*	1395*
Gary Catron	510	360*	480	1350
master men 55-59 198				
Dave Lawrence	610*	315*	540*	1465*
police & fire 181				
Steven Gawlik	565*	335*	540*	1440*
open men 181				
Steven Gawlik 198	565*	335*	540*	1440*
Dave Lawrence 220	610*	315	540*	1465
Jeff Archer	425	355	465	1245
4th			475	1255
275 Richard Auxer	635*	425*	675*	1735*
275	033	425	0/3	1/35
Scott Kellerhals	525	405	520	1450



Best Lifters at the Son Light Power Open Nationals were (left to right) Richard Auxer - Men's Overall, Susan Decker - Women, Greg Foster-Bench Press. (photograph provided courtesy of Darrell Latch)

Foster-Bench Press. (photograph provided courtesy of Darrell Latch)

The first annual Son Light Power Open National Powerlifting/Bench Press Championships were held September 23, 2000 at Son Light Power Gym in Tuscola, Illinois. We had a good tumout of liften, Tuscola, Illinois. We had a good tumout of liften, Tuscola, Illinois, We had a good tumout of liften, Tuscola, Illinois, We had a good tumout of liften, Tuscola, Illinois, We had a good tumout of liften, Tuscola, Illinois, We had a good tumout of liften, Tuscola, Illinois, We had a good tumout of liften, Tuscola, Illinois, We had a good tumout of liften, Tuscola, Illinois, We had a good tumout of liften, Tuscola, Illinois, We had a good tumout of liften, and and national records being set. In the full power division, Susan Decker won her first national title with some greal lifting in the submaster women's division. Lifting in the 123 lb. class and weighing in at 116, Susan finished with 20 So squat, a 110 bench and a 260 deadlift for a 575 total. Susan actually locked out with 300 on her final attempt, but was called for hitching by both side judges. Tough break, but still a great day of lifting, with all new national records, which also earned Susan best lifter honors among the women. Our other submaster lifter was Suse Blackwell, who took the 132 lb. class. Susie seemed to struggle throughout the day, settling with her opener squat of 125, getting a 115 bench, but pulling a strong 225 deadlift to total 465. Susie's lifts were also new lift of the last lifters, Susie's lifts were also new lift of the last lifters, Susie, Barb and Donna train at Iron House in 100, peston, Illinois). In the submaster men's division, Illinois, In the submaster women at 126, long the submaster women at 1275. In the maste years, as he went 535-315-545-1395 for the title. All of Larry's lifts were national records except the bench, which Gary took with 360. Gary finished with a 510 pr squat and a 480 deadlift for a 1350 total and second place. This was Gary's first national competition, so you better watch out for him next year, Larry! Al 55-59 was the master's master. tional competition, so you better watch out for him next year, Larry! At 55-59 was the master's master, Dave Lawrence. Also from lowa, Dave has numerous titles to his credit, and it certainly showed in his lifting. Weighing in at 191, Dave went eight for nine, missing only his final lift of the day by failing to lockout his 560 deadlift. The strongest squatter, pound for pound, Dave finished with a great 610! 243-275
A 315 bench and a 540 deadlift gave Dave a 1465 total with all new records at 198. Dave also took the open 198 class, setting new open records in the squat and deadlift. Another double-winner was 15teven Gawlik, who won at 181 in both the police & fire and open divisions. Steven had his greatest day of lifting ever, with all new personal and hational records in both divisions! At a 181 bwt. Steven squatted 565, benched 335 and pulled 540 for a great 1440 total! Great job, Steven! Jeff Archer won his first national title in the open 220 class. It's great to see someone like Jeff improve so much since his first competition a little over a year ago. With all new personal records, Jeff went ten for ten, starting with a 425 squat. A great 335 bench was next, followed by a 465, then a strong 475 fourth attempt deadlift, for a 1255 total. Congratulations Jeff, you deserved it! Up next was one of the house is amyone's guess, but we're glad he did! Richard set all new national records, 221-242 221-242 221-242 1

deadlift for a 1735 total. Richard's only miss was his final attempt deadlift with a personal best 710. Great having you here, Richard! Second place at 275 went to Scott Kellerhals. Scott got a pr squat with 525, a strong 405 bench, and a 520 pull for a 1450 total. In the bench press competition first up was another little dynamo, Karen Gordon, all 116 lbs. of her. But don't let her size fool you, for Karen nailed a 170 bench to take the open women's 123 lb. class with another new national record. Greg Foster, undoubtedly one of the strongest natural benchers at 220, finished with 490 for the win at master 40-44, 220 and the police & fire 220 classes. Greg came so close with 500, and will probably get that weight and more at the AAPF Worlds in Las Vegas next month. Both were nationals SLP records and at a 210 bwt. earned Greg best lifter honors for the bench competition. Gary Catron took the master 50-54 220s with his national mark of 360. Gary even came close with a pr 380 final attempt. Ed ter 50-54 220s with his national mark of 360. Gary even came close with a pr 380 final attempt. Ed Teran, also from Iron House Gym, finished the day with his best ever 335 for the win at 181 open. Ed had missed 325 on his second attempt, but then came back to get it on his third, before nailing 335 on his fourth attempt! Thanks to Linda Middleton and Leslie Dodd (both multi-national & world powerlifting champions) for doing an excellent job judging, and to my sons Joey and D.C. for loading and spotting. Thanks to everyone else who helped in any way, also. See you all next year! (Thanks to Dr. Darrell Latch for providing these meet results).

Mid Atlantic Bench Press 19 AUG 00 - Stanardsville, VA

31	13 400	00 - 3	tanarusvine, v	~
a	148		Ryan McMillian	415
st	Open		40-49	
t-	Frank Lupis	315	Al Statman	315
d	13-19		50-59	
	Josh Brothers	180	Warren Brothers	255
t.	20-23		242	
d	B.J. O'Bien	250	20-23	
r	181		Ben Bowman	330
W	Open		40-49	
s,	Scott Gay	300	Marvin Durrette	440
n	13-19		50-59	
-	Steve Payne	235	Jerry Pool	310
e	50-59		275	
e	Oscar Rickman	260	35-39	
S	198		David Wood	390
t	Open		Female	
!	Craig Palmer	450	165	
2	13-19		Bonnie Graube	150
g	(Thanks to John !	Shifflet	t for providing the	result

		Club, Inc. BP Beaver Dam,	
	00-1		
BENCH		J. Housel	315
MEN		2ND Place	
Teen 14-19		J. Christian	245
Heavyweight		Heavyweight	
166-181		Champion	
E. O'Brick	270		425
I. Nelson	200	2ND Place	
199-220		T. Rozinski	400
D. Miller	300	WOMEN	
B. Bradley	250	Lightweight	
221-242		149-165	
J. Achterberg	340		110
J. Baldwin	250	1	
243-275		149-165	
J. Jacobs	285		140
B. Purpus	270	199-220	
Age 20-34		S. Woychik	115
Heavyweight		DEADLIFT	
182-198		MEN	
M. Amobia	375	Teen 14-19	
199-220		I. Nelson	335
K. Reese	360	199-220	
221-242		B. Bradley	470
T. Rozinski	400	D. Miller	390
243-275		Age 20-34	
K. Wannebo	425	182-198	
Age 35+		M. Amobia	455
Lightweight		199-220	
149-165		S. Coogan	540
J. Housel	315	221-242	
J. Christian	245	T. Rozinski	610
Heavyweight		Age 35+	
166-181		149-165	
A. McCredie	310	J. Christian	330
D. Wilerson	300	166-181	
J. Raether	285	B. Goldsmith	450
B. Goldsmith	270	182-198	
182-198		D. Dixon	450
D. Dixon	290	D. D. Marcelle	400
M. Disch	260	199-220	
D. Rabe	225	S. Coogan	540
221-242		221-242	
R. Vivier	385	R. Vivier	575
243-275		243-275	The same
M. Glomski	365	M. Glomski	565
276+		276+	
B. Sutton	300		525
Lightweight		Champion	
Champion		T. Rozinski ke for these meet	610

Late Date Change ... the USPF new Jersy State and North Jersey High School meets have been changed from March 10th to March 31st. Contact Eddie Horton at 908-282-1260 or USPFehorton@aol.com for further information

ter / loaders Dr. James Chantlier, Wes Hanna, Drayton Hardy, Ben Guinn, and Jim Hinze. Referees Mike Andres, Bob Spaulding, John Maddox, and Les Hassler. The scoring table was run by Renatta DeFelice, Alex O'Brien, and Kim O'Brien. My family all pitched in to get the event set up and ready to roll very early Saturday morning. Big Danny DeFelice helped out with all the details that make his meets so great! Our sponsors were Powerhouse Gym of Grand Rapids, Busy Body Home Fitness, Crain's Muscleworld, Motor City Barbell, Visionary Business Systems, Wiegen Mack of Detroit, and the Tri-Cities YMCA. Now for the lifting!! The weather was beautiful for this outdoor event in downtown Grand Haven, MI, held to honor the memory of those lost when the USS Escanaba was sunk. The USS Escanaba was a Coast Guard ship stationed in Grand Haven, sunk during World War 2, losing all but two crewmen. Every year there is a celebration for the Coast Guard here in Grand Haven, now the best the APF has to offer can be a part of this celebration! Best bench went to Mike Evans with a 342 e J 48. Best women's open was Laura Wilson with 751 @ 123. Best master was Greg McMillan with 1273 @ 181. Best open lightweight was Scott Kuderick with 1510 @ 198. Best open heavyweight was Dante Fortin with an inspiring 1868 @ 242. The best team was Team Strength Online by a close margin (TSO:40 - Powerhouse Gym:36). State records are indicated with a **. Congratulations to all who set a record, state or personal!! (Thanks to Tom O'Brien for the results).

1st USS Escanaba Memorial PL/BP

12 AUG 00 - Grand Haven, MI

352 220

424 242 M. Marsh

407

424

M. Plummer

I. McDermutt

DL

507 209

551 485

600 501 402

661 501 600 1763

352° 176° 330° 859°

402* 325* 413* 1140*

551 391 600 1543

501 275 540 1317

622 733

1394 1295

1736 1449 1229

440 352 451 1245

I. Harrison 192* WOMEN

325* J. Arvin SQ BP

507 281 203 99

573 385 523 319 485 325

55 55

628 507 573 374 474 352

341* J. Elsworth Master 55-59

281

MEN

M. Evans

J. McDen 220 D. Richard S. Imkamp

275 E. Palmer

M. Szudarek

308 R. Johnson P. Sazy Teen 14-15 P. Sazy 165

T. Jones Teen 16-17 198

Junior 20-23 275

ubmaster 33-39

USAPL Nebraska Bench Press 12 AUG 00 - Columbus, NE

B. Scherer 314 Women B. Anderson 132 115 M. Elbert E. Peterson 148 181jp 220 352 J. Larchick C.Nelson 176 242 B.Getchell 275 Beckerich M. Hafenbrack 148 R. Donschesk 275 319t C. White

J. Mumaw	501	275	540	1317	Open		R. Geisselman	374	T. Smith	160	275	
242					S. Auxier	308	SHW		D. Neal	165	250	
D. Fortin	771*	435	661*	1868*	S. Runyan	248	T. Lamb	451p				
308					181		Masters	40.6	K. Bello	180	400	
R. Johnson	688*	501	589	1780	D. Thurman BL	440n	L. Tierney 275	501m				
Master 40-44					B. Taake	325	B. Sindelar 242		B. Hotard	260	450	
198							- master state recor		B. Cashio	230	405	
D. Anderson	507	286	507	1300			, t - teenage state re		S. Mougeot	220	375	
242							hanks to the USAP		198		3,0	
I. Simonovich	639*	347	600	1587			ults to Powerlifting		S. Chenevert	110	230	
SHW					brosining mese ii	neet tes	and to touchining		220	110	230	
K. Luczkowski	165*	396*	429*	992*					J. Doucet	225	385	
Master 45-49					Downelifting !	Wast	Summer Bench	fact	242	223	303	
181								icst	L. Jones	215	450	
G. McMillian	474*	292	507	1273*	25 JUN	4 00 -	Denver, CO		Open	*13	450	
C. Huey	440	352*	451	1245	WOMEN		R. Minshew (264	340*	181			
198					Open		J. Lynn (202)	285	D. Belanger	405	600	
M. Plummer	474*	281	523*	1275*	E. Anderson (120	1165	Master 60+		I. Robles	325	500	
Master 65-69					C. Barba (118)	155	Light		198	343	300	80
220					O. Sage (109)	130	J. Mcintyre (285)	390	N. Criteser	315	405	
B. McNaughton	159	143	220	523	S. Tracey (95)		Decesare (197)	325*	220	313	403	
Master 70-74					Master 40-49		J. Carter (196)	285	I. Henderson-Coffey	360	555	-
165					A. McTighe (187)	200*	Open		242	300	333	
B. Creech	203*	99*	209*	512*	MEN		132		C. Chatman	365	520	
Novice					Teen Light		T. Kibel	185	J. Kipp	325	555	
165					L. Hanifen (140)	275*	148		N. Leask	315	445	ш
J. Doty	413	325	440	1179	M. Jarrett (145)		R. Fry	345*	275	313	443	
181			130,20		Submaster		P. Prado	275	I. Powers	450	550	
J. Mumaw	501	275	540	1317	J. Schermerhorn	530	M. Jarrett	4/3		430	330	
J. Proce	402	319	413	1135	D. Brown (224)	465	165		308	460	650	
198					B. Collins (255)	480	J. Opp	320	C. Coaker	460	630	
D. Anderson	507	286	507	1300	G.L. Clark (224)	400	D. Dunn	315	Submasters 35-39			
B. Helfst	468	358	474	1300	T. Rickett (177)		N. Rodriguez	300	220	360	555	
M. King	429	226	424	1080	Master 40-49		S. lannetta	285	J. Henderson-Coffey	360	333	
220	7.0				Light		181	203	WOMEN			
B. Hislop	463	402	540	1402	P. Prado (143)	275	T. Rickett		Teen 105			
Z. Butler	451	402	534	1388	G. Pratt (167)	255	198			75	185	
Dr. S. Cohle	363	330	501	1196	Anderson (148)	165	I. Miller	355	K. Reed	13	103	-
242	303	-			S. Harms (178)	100	220	333	A. Allen	105	225	
T. Kollers	501	352	556	1411	Heavy		I. Mione	425	123	103	223	
275		7.33.33			G. Gertner (357)	515*	B. Hunt	340		90	160	
D. Vontom	573	374	501	1449	B. Gillock (310)	470°	242	340	E. Chapman	90	100	
Z. Bowling	501	341	507	1350	F. Surber (242)	440°	D. Brown	465	N. LaCour	90	225	
I. Harbourne	474	352	402	1229	Arnsdorf (220)	410	I. Whitbread	420	165	90	223	
SHW		-	-		J. Miller (196)	355	275	420	M. Berneiser	120	250	
K. Luczkowski	165	396	429	992	I. Hundley	155	B. Collins	480	C. Wells	100	250	
WOMEN					Master 50-59		C. Hundley	385	A. Angelloz	85	200	-
Open					Light		319	303		63	200	
123					T. Byington (164)	250	J. Schermerhorn	530*	181	80	225	
L. Wilson	286	167*	297	751	Heavy	230	SHW	330	B. Marchive	00	223	-
I would like to the					G. Duggan (304)	385	D. Gaudreau	565*	198+	120	275	-
people who mad	e the w	hole me	et possi	ble Spot-	Blackman (228)	325	T. Koenigs	460	Pr Leminson	120	2/3	-
people wito mad	the W	note mic	er boss	orer shore	DisCRINEII (220)	323	1. Abenigs	400	Open			

		Penci		FI	
20 MA	1 00 -	Maste			
EN		40+	-		
en is		275 R. Pot	reian	350	
Davis	300	WOM			
08 Dedon	280	Teen 198+			
5	200	J. Lafit	ite	110	
Strickland pen	490	Open 122			B
8	205	E. Mei		95	
Weekley 5	305	DEAD	LIFE		9
McMullen	340	Open			
Cagnolatte	375	148 W. Cl	arke	415	
. Clark Meredith	320 265	175 A. Kas	chak	500	
Mereonn 8	203	308	Char	300	
Medina	375 340	B. Bar Maste		500	1
Butler 0		181			
Montgomery	475		tefano	555	
Reinhart Sanders	470 305	WOM Open	EN		1
12	475	132 T. Rob		250	1
Mapoles 5	4/3	148			-
Bush	435	P. Tho	mpson	205 TOT	
EN en		BP	DL	101	1
4 200 00			225	210	
. Campbell		85	225	310	1
Bordelon		155	275	430	1
Melacon		220	370	590	
Busch 8		150	275	425	,
Hutchinson		135	315	450	
Smith		160 165	275 250	435 415	-
Neal 5		103	230	413	-
Bello		180	400	580	
Hotard		260	450	710	
Cashio		230	405	635	-
Mougeot 8		220	375	595	-
Chenevert		110	230	340	
0 Doucet		225	385	610	
2			450	665	5
Jones pen		215	430	993	:
1 Belanger		405	600	1005	i
Robles		325	500	825	1
8 Criteser		315	405	720	
0					
Henderson-Co 2	offey	360	555	915	,
Chatman		365	520	885	1
Kipp Leask		325 315	555 445	880 760	
5					,
Powers 8		450	550	1000	F
Coaker		460	650	1110	5
bmasters 35-3 0	19				F
Henderson-Co	ffey	360	555	915	,
OMEN en					t
5			100	260	
Reed 4		75	185	260	t
Allen		105	225	330	,
3 Chapman		90	160	250	2
2			225		
LaCour 5		90	225	315	,
Berneiser Wells		120	250 250	370 350	F
Angelloz		100 85	200	285	5 f
1					1
Marchive		80	225	305	t

120 275 395

165
T. Pisclottie
130
245
375
Best Lifter: Men - D. Belanger; Women - A. Allen.
Imagine lifting in paradise - outdoors, under a
thatched roof, with a view of the Gulf of Mexico
and Hooters Girls. That was the setting for the 2nd
annual "KING OF THE BEACH" contest held by
Chip Holston and James Kober of Chip's 24 Hour
Fitness Center at Bamboo Willie's on Pensacola
Beach, Florida. This year's contest was a Push and
- Pull Contest with over 60 lifters from all over the
Southeast, including 20 lifters from Louisiana Tech
who came with Coach Redd Bueche. Many thanks
to everyone who helped make this meet a success
especially the Judges: Robert Hughes, Mel Ferguson
and Joe DeStefano; Marion Hughes, Debbie and
Rhonda Hughes and all the loaders, and Bamboo
Willies and Hooters for their sponsorship and
generous discounts for the lifters! Join us in Paradise for next year's KING OF THE BEACH CONTEST!! (Results by Chip's 24 Hour Fitness Center).

10th Annual Endless Summer BP/DL

naster r 50+	3
r 50+	4
r 50+	4
der	1
verson	4
r 55+	
lski	2
r 60+	
sala	2
LIFT	
en	
hoven	4
e	
alton	5
mer	6
r 50+	
77.7	4
-	ider hose who : Press mee out - of - th - droppin at Ron Pa

ment and some of the questions he asked, and yet he made some lifts that pretty good veterans could only dream of. Wearing only a T-shirt and demon-strating less than perfect technique, he still man-aged a lift that should land him in the TOP 100 for aged a lift that should land him in the TOP 100 for 165s, a nice 370 bench press But that was only the beginning: in the deadlift he hit another likely TOP 100 lift on his second attempt, 555, with room to spare. So on his third he went for broke and while there have been all the second sec it was very very hard, he never gave up and 600 was his, a lift that will land him in top 25 in the United his, a lift that will land him in top 25 in the United States easily! This is a young man who's now standing at the crossroads; did he light up Goshen like a comet that will soon be gone, or will he seize this moment to go on to bigger and greater things, so that one day we'll all be remembering when he first burst upon the scene? I wish! I had the magic words that would cause him to go for broke until all his potential is exhausted many years down the road, because if he doesn't, it will be a terrible waste. But I've seen a few of these performances in my time, and they can go either way. Second best performance in the bench was Angel Cancel. He steadily gets better and in winning the 181s, he set a meet record of 330. Also lifting their best ever, were a couple of Master lifters: Tim Werblo got his PR as a light 275 with a 350, and Tony Horvath made a 320 in the 220, 45 and over. Apparently some of the ultra high reps he has been doing have PR as a light 275 with a 350, and Tony Horvath made a 320 in the 220, 45 and over. Apparently some of the ultra high reps he has been doing have paid off big time, which should come as no surprise to Ken Leistner or myself, since both of us have long recommended doing this type of training from time to time. Ted Striverson just toyed with everyone in the bench, doing 3 of the most laughably easy attempts I've ever seen, finishing with a 440 in the 275, 50 and over, leaving everyone wondering what he could have done. And in the 220's Elkhart's Mike Johnson came in, in great shape and also hit a PR 430. Novice Rob Langwell was impressive for a first-timer, getting a nice 270 at 148. And veteran Rob Reed went for all the marbles with a PR 530 which would have also won the 275's, but he couldn't quite lock it out. Also in the deadlift Ron Palmees partner, E. J. Wallton, made a very good couldn't quite lock it out. Also in the deadlift Kon Palmees partner, E. J. Walton, made a very good 500 deadlift as a Novice. This was the most success-ful meet yet for the Goshen Fitness Center and hopefully this is a trend that will continue, because they are doing a great job with their promotions. (Thanks to Jon Smoker for providing the results from this competition to POWERLIFTING USA).

\$995 plus shipping HOME MODEL Great for Strength \$695 and Rehabilitation plus shipping **WESTSIDE BARBELL**

1417 DEMOREST RD. COLUMBUS OH 43228

PHONE (614) 276-0923

WOULD YOU LIKE TO ADD 100 POUNDS TO YOUR SOUAT AND DEADLIFT?

patent #5,356,359

72

USAPL 8 APR					M. Metheny M. Alexander	232.5	175 127.5 137.5	242.5 237.5 192.5	650 592.5 557.5
Ozark Bench Pres		B.Schmi		125	M. Paulus 275	227.5	137.3	192.3	337.3
Women Open	ser la	50-54	No.	bearing.	J. Kruszynski	282.5	147.5	302.5	732.5
165		J. Spring	meyer	142.5	S. McKelvey	245	170	192.5	607.5
D. Hicks	60	198			J. McGee	222.5	152.5	230	605
SHW		40-44			S. Mangin	282.5			
S. Pledger	75	K. Ruble		172.5	275+				
Women Masters 148		R. Schul 45-49	Z	137.5	J. Pledger	310	195	275	780
M. Post	85	J. Scalzi	1	117.5	Masters 40-44				
Women Teenage	03	55-59	S elizar		181 R. Schmitt	175	122.5	230	527.5
165		A. Dicar	dia	140	198	173	144.5	230	327.3
L. Pledger	45	220	1697446	village.	R. Fitzgerald				
SHW		45-49			275				
S. Pledger	75	W. Stros		167.5	J. Kruszyniski	282.5	147.5	302.5	732.5
Men Open		B. Zicke	lbach		275+				
114		50-54			J. Pledger	310	195	275	780
D. Cohn		A. Kisro		170	Masters 45-49				
165		S. Caldy	vell	162.5	198				
G. Dolci	165	60-64		165	W. Cooper	185	117.5	215	235
181 D. Rosenzweig	175	J. Bouris		103	220	275.5	182.5	285	740
T. Scagliarini	150	45-49			L. Sample M. Paulus	275.5	137.5	192.5	557.5
198	130	G.Chrur		205	M. Paulus 242	22/.3	137.3	192.3	337.3
R. Petzoldt	175	275	1	HOMB	G. Chrun	240	205	242.5	687.5
K. Ruble		40-44			Masters 55-59	-			-
K. Hazlett	170	J. Vosler	10	160	198				
G. Ludwig	160	50-54			L. Bargatze	200	122.5	212.5	535
R. Schulz		J. Adam		160	A. Dicandia	192.5	140	192.5	525
J.Scalziti	117.5	J. Bryani		135	275	A PAGE	Change		
220	175	SHW			I. Obermark	110	137.5	182.5	430
M. Metheny L. Tiexeira	175	40-44 J. Pledge		195	OZARK OPEN				
242	1/3	L. Betze		130	Women Open 105				
G. Chrun	205	50-54	480		S. Denbow	47.5	27.5	62.5	137.5
275		E. Coate	*	170	114	77.10			
B. McDonough	237.5	Men's T			Je. Marcellis	117.5	57.5	125	300
B.Dolan		14-15	1999		A.Jackson	70	37.5	220	217.5
J. Schroeder		165	10	Southern .	Ja. Marcellis	122.5			
J. McGee	152.5	J. Danie	is	72.5	123				
Men Masters		18-19			S. Hobson	70	42.5	90	202.5
181 40-44		N. Youn	-		132		25	87.5	180
D. Rosenzweig	175	N. TOUR	8		K. Sands	67.5	25	87.5	180
WOMEN	SQ	BP	DL	TOT	148 M. Motsinger	57.5	30	95	182.5
Open	34		-		L.Bartko	37.3	30	,,,	
148					165				
L. Bartko					D. Hicks	115	60	120	295
165					Women Masters				
D. Hicks	115	60	120	295	148				
Teen					M. Post	122.5	85	142.5	350
165		0071.179		270	Men Open				
L. Pledger	107.5	45	117.5	270	114				
MEN					D. Cohn	145	62 -		
Open					R.Villareal	120	62.5		
114 D. Cohn	145				132 A. Whigham	205	97.5	205	530
181					181		3713		
B. Doster	232.5	142.5	220	595	B. Doster	232.5	142.5	220	595
198					T.Scagliarini	222.5	150	212.5	585
K. Garrett	272.5		282.5	705	198				
R. Petzoldt	227.5		250	652.5	K. Garrett	272.5	150	282.5	705
G. Lugwig	235	160	235	630	R. Petzoldt	227.5	175	250	652.5
M. Bauman	250	145	230	625	K. Hazlett	242.5	170	227.5	640
B. Mattingly	212.5		267.5	622.5	G.Ludwig	235	150	235	630
M. Harrison	202.5	120	230	552.5	J. Scalzitti	192.5	117.5	235	545
L Sample	272.5	182.5	285	740	220	300	187.5	315	802.5
	247.5		257.5	672.5	R. Lawary R. Fowler	270	187.5	250	687.5
L. Tiexeira						4/0	130		00/.3

250 242.5	672.5 650	correcti establis it appea
302.5 230 220	732.5 605 560	going t Lawary. it open- capture class. Ti (they a
235	545	due to h Mafuli conside bothers army o
		souri. A
212.5 192.5	535 525	fishing. but a r recently
65	260	lbs. and lifter to across t
137.5	470	an Ilino caught! Walley!
182.5	527.5	Strosnie female Mark &
230	617.5	Quarte The Bel ern Illin
202.5	505	missed
192.5	482.5	missed hard to
182.5	467.5	in the m
190 195	457.5 447.5	continu
222.5	640	differen
215	535	Indiana
160	375	New Yo
230	605	hand. T
232.5	557.5 s; Open	Higgins Rouse,
	Lindsay	he's fro
edger; 1	st Place	a tight p
Just son	me after	at the m

L. Tiexein M. Meth T. Pitts 275

275 J.Kruszynski J. McGee B.Mitchell S.Mangin Masters 198 40-44 R. Fitzgerald 45-49 J. Scaliziti 55-59 L. Bargatze A. Dicandia 220

282.5 147.5 222.5 152.5 192.5 147.5 282.5

thy, this was a record set by Ron Serra, ished quite a while ago. Going into the meet, cared the best lifter in the Ozark division was to be between Kenny Garrett & Rodney y. Kenny uncharacteristically stumbled and med up the door for Lawary. Lindsay Sample red his 10th state title by winning the 220 lb. The nearest lifters to him have just 6 titles are: brother Leonard Sample, who retired health reasons; George Krockenberger; Vae i & Pat Rankin). Rumor has it that he may the retiring though, possibly due to some Expending the door for Lawary. Lindays Sample, who retired to health reasons (Gorge Excehargery Lva Masters 1988) 192.5 117.5 225 545 549 542 520 60 122.5 117.5 225 545 549 542 60 122.5 140 192.5 the wayside due to the dark side of the force. Pat's target audience is the guys that have not yet decided to use strength enhancing drugs; and his goal is to show them that they too can get strong without using, as long as they are patient. Well that about wraps it up for another state meet. Thanks again to the Cissell family for giving us wonderful outings each year to lift in. If it were averaged out, a meet director probably makes about .25 cents per hour on running meets. Anyone who doesn't think so, should try it, or at least take a step closer and inspect a little deeper. It takes months to plan a meet, and even when it's over at 5pm that day, we all go home, but the meet director still has more work to do. Mike, Sue & Steve do an outstanding job carrying the load for all of us. Thanks again to them; and thanks also to the glant meet production crew that know's who they all are. See you next time! (results provided by courtes) of Rick Fowler)

1,2 API	SQ		DL	TOT
WOMEN 97	sq	Br	DL	101
Drug Free				
H. Schomoyer	200			
Teenage	200			
H. Schomoyer 123	200			
Drug Free	***		205	860
J. Burkey 132	400	155	305	860
J. Lippert		290		
Teenage				
N. Reynolds 148		165		
Teenage				
R. Goodwin	150	140	250	540
Drug Free				
L. Auckland	400	245	385	1030
Teenage BP				
R. Goodwin		140		
Master	400	245	385	1030
L. Auckland Grandmaster	400	245	383	1030
D. Mikolski	100	95	225	445
165	100	93	223	443
D.Musser	350	210	335	905
Drug Free				
M. Franklin	320	135	340	770
Teenage				
M. Franklin 181	320	135	340	770
Teenage	-		1	
M. Malkasian	290	125	310	725
Drug Free	200	125	310	725
M. Malkasian 198	290	125	310	/25
Teenage	250			
J. Chae Drug Free	250			
J. Chae	250			
Men	230			
123				
Drug Free				
R. Bodine	225	170	300	695
132				
50-59				
I. Redding	400	215	425	1015



W. P. O.TM World Powerlifting Organization™ **YEAR 2000** Membership Application



PLEASE PRINT CLEARLY * COMPLETE ALL BLANKS

Last Name			First Name			Initial
Street Address/P. O. Bo	ALIEN			ALL STATES	our product of a pooler Calvest of the contract of the	
City	According to the last		State		ZIP	
Telephone Number	Secretary of the	Date of Birth		Age		Sex
Social Security Number	salas Pasala Salas Pasala	Occupation			Date o	f Application
IF UNDER 18 PARENT MUST INITIAL	THAT THE ABI CORRECT AND ACCORDANCE THE W.P.O.™	HIS APPLICATION IOUVE ANSWERS ARE TO THAT I AM ELIGIBLE WITH THE RULES OF TURE X	TRUE AND LE IN			

YEAR 2000 Membership Registration Fee: \$ 25.00

Mail Application & Check To:

Huge Iron Production, Inc. 910 S. Atlantic Avenue Ormond Beach, FL 32176

148					BP				
Drug Free					M. St. Laurent		350		
C. Ingram	425	330	420	1175		4th	360		
Submaster BP					70-79				
C. Taylor		270			D. Giller	300	285	440	102
165					181				
B. Crowe	620	435	550	1605	Drug Free				
R. Dumas	355	330	375	1060	F. Piermattei	550	3350	575	147
Teenage					S.Johnson	540	360	515	1413
D. Barnes	350				S. Kohler	480	365	445	1290
Teenage BP					BP				
B.Leonard		300			L. Ryan		380		
Submaster					S. Johnson		360		
N. Neidigh	405	325	425	1155	40-49				
40-49					F. Piermattei	550	350	575	1475
G. Ruth	465	260	425	1150	S.Johnson	540	360	515	141
L. Weibley	425	240	450	1115	50-59				
50-59					D. Junkins	315	235	380	930
M. St. Laurent	545	350	550	1450	BP				
Auged to you	4th	360			J. McIntire		320		



445 460 1450

510

550

710

610 630 450

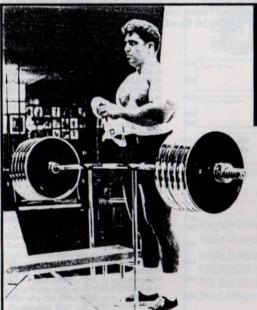
510 225 450 1185

425 1375

1915

1610

1185



Legendary Pat Casey King of Powerlifters now reveals his traning secrets

and training techniques

- First man to bench press over 600
- First man to squat over 800
- First man to total over 2000

First Time Ever - actual routines as well as with complete training poundages

Send \$15.95 + 4.50 shipping & handling to: **Bruce Wilhelm Exercise Equipment** P.O.Box 2269 Daly City, CA 94017

	Interna		Lifting for		ssociation
		Appli	ication for	Registratio	<u>on</u>
Last Name		First	DES DAL	Initial	New Renewal
Street Address			B	City	
State or Province			Zip Code	ME	Country
Telephone	Date of Birth		Age	Sex	Pro Am Elite Am

Payment is accepted in the form of cash or money order only. Payment can be made to your state chairman.

Payment can be mailed to: IPA, c/o Mark Chaillet, 2536 Eastern Blvd., #515, York, PA 17402

A. Griffith	700	370	500	1570
40-49				
M. Dimiduk	800	405	710	1915
BP				
J. Walk		340		
Guest Lifter				
J. Toranzo		700		
308				
Drug Free				
T.Graver Jr.	410	380	510	1300
BP				
B. Frisby		525		
40-49				
T.Graver Sr.				
50-59 BP				
L. Schoelkoph		315		
SHW				
Drug Free				

Jenny ended up with the Womens 182 Classes saw some great benches as 18 year old Natashia Reynolds set a record lift of 165 and Just missed out on a 185 pound lift. Jerry Lynn Lippert (Womens Bench Press Best Lifter) wowed the audience by benching 290 at a bodyweight of 129. Lisa Auckland did some incredible lifting at 41 years of age and bodyweight of 146.5. She squatted 400 setting a record, benched 245 and did a record deadlift of 365. Lisa is also a NPC International level body-builder. Rachel Goodwin competed in the Womens 165 classes was est by Denise Musser who squatted 360, benched 210 and deadlift of 367. Lisa is also a NPC International level body-builder. Rachel Goodwin competed in the Womens 165 classes was est by Denise Musser who squatted 360, benched 210 and deadlifted 335 for 9405 total. Melisas Franklin did some great lifting for a teenager and ended up with a 770 total. Dottle Mikoloski competed in the womens grandmaster division and set some nice record lifts in the 60-64 bracket. She pulled an impressive 235 deadlift welghing 137. Cindy Crawford competed in the Bench Press only event and had a bad day with a 725 total. Outstanding for 16 years of age. Only one competed in the Womens 186 deadlift was an impressive 310 and she ended the word. John was around when the sport began and before that was an olympic lifter. He did not fail to her return. Year after year the name John Redding has been heard at powerlifting meets across the word. John was around when the sport began and before that was an olympic lifter. He did not fail to her return. Year after year the name John Redding has been heard at powerlifting meets across the word. John was around when the sport began and before that was an olympic lifter. He did not fail to her return. Year after year the name John Redding has been heard at powerlifting meets across the word. John was around when the sport began and before that was an olympic lifter. He did not fail to her year to the proper standard of the proper standard of the proper stan

A. Criffith 700 370 500 1570

40-49

M. Dimiduk 800 405 710 1915

BP

J. Walk 340

Guest Lifter
J. Toranzo 700

Toranzo 700

Toranzo 700

Toranzo 700

Toranzo 700

Br. Frieby 40-49

T. Graver Jr. 410 380 510 1300

Br. Frieby 525

More Lifter 90-50 500 700 1970

Meet Directors: Carl Seeker & Scott Taylor. Sponsor: Inzer Advance Designs. Saturday & Sunday, April 1-2 at 9AM each day Carl Seeker & Scott Taylor. Sponsor: Inzer Advance Designs. Saturday & Sunday, April 1-2 at 9AM each day Carl Seeker & Scott Taylor. Sponsor: Inzer Advance Designs. Saturday & Sunday, April 1-2 at 9AM each day Carl Seeker & Scott Taylor. Sponsor: Inzer Advance Designs of the State of Pennsylvania filled to capacity. Spectators came from all around to see the big lifts being performed. This was by far the most popular event to come to the state of Pennsylvania filler to possible. Wilhout the generous sponsonships of John Inzer this sport would be in serious trouble. Carl Seeker trucked his equipment over 5 hours and set the site up with some grade A stuff. Monolifts were available for the platform and warmup areas thanks to Carl. The lifters loved it Special thanks are also in order to R&As, Ross Althouse, Dick Armstrong, Torn Levering, Mike Patton, Marrus and Dawn Coulter, Bob Hurtl, John Bott, Ben Young a.k.a. Amish Outlaw, Keith Snyder Leo Ryan for the Coaz-Cola Products, Emily Found and sportners who did a fantastic job, Kalthy Roberts and sportners who did a fantastic job, Kalthy Roberts and sportners who did a fantastic job, Kalthy Roberts and sportners who did a fantastic job, Kalthy Roberts and sportner who did a fantastic job, Kalthy Roberts and sportners who did a fantastic job, Kalthy Roberts and sportners who did a fantastic job, Kalthy Roberts and sportners who did a fantastic job, Kalthy Roberts and sportners who did a fantastic job, Kalthy Roberts and sportners who did a fantastic job, Kalthy Roberts and sportners who did a fantastic job, Kalthy Roberts and sportners who did a fantastic job, Kalthy Roberts and sportners w

10 SEP	00 - B	altim	ore, N	ID
105	BP	DL	PC	TOT
W Raw BP+DL				
P. Yiannouris	65	135		200
W Jr. BP+DL (20	0-23)			
P. Yiannouris	65	135		200
123				
W BP Open				
A. Salter	170			170
W Raw BP				
A. Salter	170		170	
M MTR Raw Bp	(40-49)			
G. Murphy Jr.	175			215
M MTR. Bp (40-				
G. Murphy Jr.	215			215
W BP+DL Open				
B. Barnowich	120	240		360
W MTR BP+DL				
B. Barnowich	120	240		360
148				
W BP Open				
A. Dalton	120			120
W Raw BP				
A. Dalton	120			120
Curl 180				
M Curl Open				
B. J. Edwards			150	150
B. J. Edwards			150	150
181				
M Raw BP				
G. Hope	315			315
M Raw BP+DL				
M. Platt	225	350		575
M MTR BP+DL	60-69)			SAFL
W Pichandron	270	400		670

New Product



FULL BEAM SAFETY POWER HOOK "The Safety Power Hook is now available in the Full Beam version. This allows a full range of side to side adjustment even beyond the rack's width. Most lifters set the hooks at the elbow position for squats. Deep hooks and floating action allow near perfect entry before the lift off. You are not required to step back. This is especially useful when intensifying your training with rubber bands or chains, the fore and aft pulling is eliminated. The return lever may be used when spotters are available. The optional hydraulic system allows the level to be adjusted with the weights in place. The entire assembly breaks down easily and completely enabling quick transport to meets or installing the unit in confined spaces such as basements. The "Sumo" base, exclusive 1/2" incremental adjustments, foot room and exceptional corner bracing are all a part of the FULL BEAM SAFETY POWER HOOK when ordered with the IRON CLAD & BUILT TO SUIT SAFETY POWER RACK which is available many sizes and gauges. The FULL BEAM SAFETY POWER HOOK may also be fitted to your rack. A free standing version will also soon be available. Call us anytime for your design needs at 831-637-0797. Or write for more information to: CREPINSEK'S SAFETY POWER SQUAT BAR, 130 Barnheisel Road, Hollister, CA 95023"

198					D. Taylor	280	400		680
M BP Open					Curl 230				
T. Dorsey	455			455	M Curl Open				
M P/F/M BP					P. Maizels			150	150
D. Conway	300			300	M MTR Curl (40	149)			
M MTR BP (40-4	9)				D. Taylor			130	130
G. W. Shanholz	350			350	M MTR Curl (60	1-69)			
M MTR BP (50-5	9)				R. DeBaufre	4		110	110
R. Elliott	350			350	242				
D. Conway	300			300	M Raw BP				
M BP +DL Open					D. D. Harris	325			325
C. Morris	440	580		1020	M Raw BP+DL				
T. Getsinger	375	480		855	D. F. Riffle	375	635		1010
Curl 200				SER PASS	Curl 260				
M Curl Open					Ir. Curl 14-16				
T. Getinger			165	165	D. Praydis Jr.			125	125
M. Quarto			160	160	M MTR Curl (30	130)			
C. Walsh			160	160	F. Lawless	33)		160	160
220					Curl M SHW			100	100
M BP Open					M MTR Curl (40	140)			
I. Brown	415			415	D. Pravdis Sr.	7)		150	150
G. Petrides, Jr.	385			385	M MTR Curl (50	150)		130	130
M Raw BP	303			303	C. Smith	-35)		150	150
R.S hanks	405			405	275			130	130
M MTR BP (33-3				403	M Raw BP				
J. A. Crockett Jr.				330	Disantostefano	460			460
M MTR BP (40-4				330	M Raw BP+DL	400			400
D. Taylor	280			280	M. Derda	240	400		000
				280		340	480		820
M MTR BP (50-5					M MTR BP+DL				
R. Shanks	405			405	M. Derda	340	480		820
M MTR BP+DL (M MTR BP+DL				
J. A. Crockett Jr.		485		815	C. E.Smith	365	450	Andrea	815
M MTR BP+DL (4	40-49)				(Thanks to Brian	Washing	zton for	the mee	t results

(article continued from page 12)

darticle continued from page 12)
beat David Chase of Florida 606 to 562. Chase set a Florida state record. Outstanding lifter lightweight was Willie McCoy and heavyweight was Jerry Capello. In master 47-53, Homi Shivale set a California state record of 424 which was 11 pounds shy of Larry Muth's world record of 435. At 165, John Tyree hauled in a spectacular 600 for a world record and the outstanding lifter award for lightweight. At 181, Richard Hagedom from Alabama set a world record with 584 to beat two of Bull Stewarf's pupils, Gene Alexander and Mick Stevens, who did 567 and 529 respectively. At 198, Anders Wahlund, of Sweden, set a world record with 617 beating Ted Butler's old record of 600. Robert Ward of Astoria, Oregon was second with 479 and Emanuel Howard of Louisiana was third with a Louisiana state record 462. Warren Orbaugh of Guatemala was fourth with 451. Jim Snodgrass of Texas was fifth with 440, and Chris Pena of Hermiston, Oregon was sixth with 407. At 220, Craig De 50to of Lahaina, Maul pulled 584 to edge Patrick Fay who pulled 567. Patrick pulled 600 on a fourth for a law/fire world record. Steve Rosenberg, of Texas was third with 433. At 242, it was the battle of Central Washington. Sandberg won with 600, and Roger Nelson was second with 589. Dale McPherson, the owner of Han's Cym in Ellensberg, Washington. Sandberg won with 600, and Roger Nelson was second with 589. Dale McPherson was third with 556 and Bill Anderberg was fourth with 529. Bill coached by Jerry Capello from Medford, Jerry's Team Powerhouse Cym came in fourth. At 275, Tom Ekenberg of Texas beat Isaac Pankratz of Oregon 567 to 518. At super, Leo Contreras set a California state record with 473 to beat Keith Ward of Hawaii whose 462 was also a state record. Outstanding lifter lightweight was John Tyree and heavyweight was Cliff Sandberg, In master 54-60, Gordon Santee, a WABDL world udge set a world record with 538 at 165. Moses Timbal of Hawaii was second with 473. At 181, Mitch Sperling set a California state record. Histop cient over 400. At 220, Toe Preston, from Hawaii set a world record 611 to beat Jimmy Young's record of 600. Skip Hall of Alabama was second with an Alabama state record of 562, and Dave Cheek from Oregon was third with 473. At 242, Daniel Smith III beat Jimmy Duckett 440 to 380. Jimmy's 380 was an Oklahoma state record. At 275, Mike Fryar beat Bobby Dodd 556 to 468. At 308, Robert O. Smith hauled in 556, a ways short of his world record 578. At super, Don James did a world record 529. Outstanding lifters were Olicio dos Santos and Toe Preston. In Class I deadlift, Jon Shapiro set a California state record with 363 at 148. At 165, Joseph Withers set a Washington state record of 473. Joe Ojeda of Texas was second with 440. Erick Kuskie of California was third with 429 and a California state record. Al Gunoe of Wyoming was fourth with 413 and a Wyoming state record. Luke Bevill, of Texas, was fifth with 358. At 181, Mark Pearce of Texas shattered Kirk Taylor's Texas state record with 529 - about 80 pounds better than the old record. In second was Johnny Hernandez of Idaho who set an Idaho state record of 573. In third, was Steve McMillan of Georgia who did 413 and third was 80b Vickery of Texas who did 347. At 198, Alexander Geitner of Germanny won the world championships with 523. Steve Ughe of California state record held by Marc Coffey. In third was Wade Ricard with 473. At 220, Troy Fryar from Michigan set a state record with 501. At 275, Darryl Nge Ricard with 534 and a California state record. Mike Smyser was third with 523 and Joe Garcia was fourth with 501. At 275, Darryl Ng of Hawaii set a Hawaii state record of 506 and won the worlds. In second was William Pontius of Washington with a Washington state record with 573. And 196 of Hawaii set a Hawaii state record of 506 and won the worlds. In second was William Pontius of Washington with a Washington state record with 578. Barry are fourth with 501. At 275, Darryl Ng of Hawaii set a Hawaii state record of 578. At 308, Gary Brower of Idaho set an Idaho sta was fourth with 556. At 308, Gary Brower of Idaho set an Idaho state record with 578. Barry Idaho set an Idaho state record with 578. Barry Duncan of Tennessee was second with 529 and Cory Huwe of Washington was third with a Washington state record of 479. At super, David Chase set a Florida state record of 562 to beat Leo Contreras who did a California state record of 473. Outstanding lifter was Mark Pearce and Jerry Hertager. In master men 61-67 deadlift, Precious McKenzie of New Zealand set two world records - one in masters with 447 at 132

pounds at age 64 and the open, beating all the young kick butt in their prime WABDL lifters. Precious is a gem that never ages. He never ceases to amaze me. At 148, Lindy Blas of Hawaii tied his world record with 440, but it was a Hawaii state record since his world record was set while he was a resident of California. In second place was Richard Gidcumb, of Arizona, with 352. At 165, Richard Abbott pulled 485 just 5 pounds shy of his world record. At 181, Rudy Lozano set a California state record of 485. At 198, Pete Wilson set a California state record with 452, and Ron Jorgenson was second with a Washington state record of 391. At 220, Harold Smith of Montana set a Montana state record with 523. At 308, Gary Johnson, of Walla Walla, Washington, set a world record with 347 pounds. J.P. Krachunis was second with 253. In master 68-74, Jim Schall won at 165 with 347. At 181, Ross Phillips who holds the world record at 529 had to settle for 485. At 198, Austin Demello set a California state record with 347. In master 75-79, Robert 5 tephan, of Lacrosse, Wisconsin set a world record with 336 at 165 at age 77. He was named outstanding lifter for 61+ age group, and was the second outstanding leadiliter of the meet behind Olicio dos Santos of Brazili. In 75-79 181, Dr. Donald Dreyer of Louisiana set a world record with 170. He is 79 and is a full time doctor. In teenage men 13-15 age group, Andrian Brooks, coached by Bull Stewart, pulled a world record record with 170. He is 79 and is a full time doctor. In teenage men 13-15 age group, Andrian Brooks, coached by Bull Stewart, pulled a world record 242 at 97 pounds. At 105, Johnny Herriandez Jr. set an Idaho state record with 203. At 114, Stephen Lynn set a Washington state record with 248 and Rocky Hernandez was second with an Idaho state record of 181. At 123, Clayton Pinson, of Oklahoma, set an Oklahoma state record of 220. At 148, Hayward Blake coached by veteran John Ford pulled a huge 402 for a world record. Michael Enioe was second with 314, Andy Munsey



Meeker Makes Off with trophy!!

Pulling Big Time - Mary Jacobson

was third with 308. Andy was the world record holder with 325. Adam Contreras was fourth with 198. At 165, Michael Minahan set a Califor-nia state record of 303. At 198, Kevin Bowen set nla state record of 303. At 198, Kevin Bowen set a Texas state record of 391 - world record is 413 by Chris Ware of Oregon. At 220, Keenan Brown did 338. Keenan is from the Washington school for the blind, and he brings a lot of enthusiasm to the platform. At 242, Nick Heppner beat Fernando Rigo's seemingly, or at least 1 thought, unbeatable world record of 529 at age 15. Nick did the impossible with 534 to beat Rigo's record. Rigo is from Brazil. Outstanding lifter was Nick Heppner. In teenage 16-19, Stefan Hudson from the Washington school for the blind set a world record 176 at 105. At 132. Gary Remiticado, of Heppner. In teenage 16-19, Stefan Hudson from the Washington school for the blind set a world record 176 at 105. At 132, Cary Remiticado, of Hawaii, pulled a very impressive Hawaii state record of 424 - 16 pounds off the world record held by Barry Kunkel. At 148, Ramyar Baradari won the worlds with 418. In second was Travis Godawa, of Louisiana, with 352, a Louisiana state record. Herbert Allen was third with 231. At 165, Casey Gutches did 468 to beat Rick Mitchell who did 457. Tyler Charouhas did 451 for third. Tyler is the world record holder in 13-15 165 with 413. Jesse Kim was fourth with 402. At 181, Frank Silva did 451 to beat Ryan Ford who did 352, while representing the Washingtong school for the blind. Rob Peck and his assistants were fantastic in handling these kids and they were the most lociferous of the entire audience. At 198, Tyrese Hayes of Mississippi beat the relning World Champion and world record holder, Phil Davi, 623 to 606. Davi, while lifting in the open two days before, set the world record on a fourth with 623, so Hayes tied it. Hayes ws the outstanding lifter for middleweight and Gary Remiticado was the outstanding lifter for lightweight. At 220, Anthony Schlegel who is from Dallas, Texas and is on a football scholarship to the Air Force

Academy set a world record of 628 and was named outstanding lifter of the heavyweights. At 275, DeShaun Milliken, the top high school running back in the state of Washington had had a duel with Lee Taylor. They, both, did 628, but Milliken was the lighter man and won. Bull Stewart was coaching Milliken, and I'm sure that had a lot to do with Milliken's win in a very tight battle. In open men law/fire Joe Sermeno set a California state record with 440 and beat Erick Kuskie, who also broke the California state record held by Sermeno which was 424 with a 429. At 181, Kirk Nakamura of Hawaii beat Richard McKeefer of Oklahoma 518 to 501. McKeefer's lift was an Oklahoma state record. At 242, Mike Smyser of California state record with 523. At 275, Mike Camlin set a world record with 738 to beat Walf Faulkner, who did a California state record of 600. Camlin is one of the best deadlifters in the world and should do 800 if he sticks with it. Outstanding lifter was Mike Camlin. In submaster law/fire, Andy Ellis broke the world record of 413 by over 100 pounds wiht a 518 and, of course, was also a Texas state record. At 220, Jason Jackson did 600, a little off his world record of 611. I know Mark Jackson, and I'm sure he will be back to get the record again. At 308, Rick Russell set a world record of 677 to beat Malkolm Ahlo Jr. who set a Hawaii state record of 622. Russell was outstanding lifter and should deadlift as much as he wants. Someday, maybe even 825-840 if he toughens up, gets consistent and loses 15 pounds. He only pulled twice in the last 3 months. He has a lot of potential. In master men law/fire 40-47 age group, Joe Sermeno broke Robert Straker's world record with 440. Straker, whose record was 380, broke his own record with 440, but Sermeno kept upping it until it was out of Straker's reach. Sermeno, also got a California state record and Straker got an Oregon state record and Straker got an Oregon state record and Straker got an Oregon state record of 418 his hould be addited to the side of the side of t 462 at 198 to beat Emanuel Howard, who set a Louisiana of 462. Green was the lighter man and the world champion. At 220, Patrick Fay set a world record and beat Les Peratrovich's old record of 567 with 568. I'm sure that record will switch hands a few times before its over. Patrick Fay was named the outstanding lifter. In the special olympians' deadlift, David Morgan pulled both a special olympian record 266 at 123 and a California state junior record. That's big weight for 123. At 132, Rick Braae pulled both a special olympian and a California state record in teenage 16-19 132 pound class with 187 pounds. Gary Heuer pulled both a special olympian record and a California state record of 181 in submaster 148 pound. Jon Shapiro lifted on Thursday, set a California state record of 186 in submaster 148 pound. Jon Shapiro lifted on Thursday, set a California on Sunday and pulled a special olympian record of 352. Lauren Dare pulled a California state record in junior women at 165 with 248 Louisiana of 462. Green was the lighter man and



Application for Registration WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS (WABDL)

V A					
					Club Name
	Sta	le .	Zip		Area Code/Telephone
Leferee Status	U.S. Citizen	? Date of Birth	Sex	Today's Date	Card Issued By
	Referree Status World National State	teferre Status U.S. Citizen		Leferee Status U.S. Citizen? Date of Birth Sex	State Zip Leferee Status U.S. Citizen? Date of Birth Sex Today's Date

Registration Fee \$15.00 Make checks payable to and mail to: WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS P.O. Box 5292 Bend, Oregon 97708

NOTE: All WABDL-sanctioned meets will be subject to drug testing.

In recognizing the need for drug usage detection, I agree to submit to any testing procedures deemed appropriate by WABDL or its agents and shall accept the results and consequences of such tests.

If under 18, have parent initial _

Signature

pounds as well as a special olympian record. These special olympians are not handicapped; they're kicking butt in California. At 165, Jonas Freeburg pulled 209 for a special olympian record. Bernadette Hanson, who is 41, pulled a large 275 at 165 in the ladies division special olympics. Antwon Belfis pulled 341. In second was master lifter, Richard Dunning who pulled 236 for a California state record. At 220, Casey Dan pulled a very good 396 at age 20 for a California state California state record. At 220, Casey Dan pulled a very good 396 at age 20 for a California state record in the junior divison as well as a special olympian record. John Wooten Jr. was second with 275 and a California state record in Class I. Steve Yaughn was third with 248. In the 275 pound class, Paul Schaeffer got a special olympian record as well as California state record in the deadlift masters 54-60 with 292 pounds. Paul is 58. In second was David Ashcraft with 275 and third was Steve Molinari at 248. In the ladies' deadlift, in open women, there were some big third was Steve Molinari at 248. In the ladies' deadlift, in open women, there were some big pulls maybe the biggest in history. I'll have to check with Herb Glossbrenner on that one. But in 97 pounds, Ana Santiago Ordonez pulled a world record of 330 pounds - that's almost 4 sacks of cement. She is from Guatemala and is she tough. At 105, almost as amazing, Carmela Baqui of Hawaii pulled a world record 330. In second was Vickie McNeely of Alabama with an Alabama state meaning 325 and in third weak have Badagoon state record of 253 and in third was Mary Pederso state record of 253 and in third was Mary Pederson with a Washington state record of 165. At 114, Valerie Tyree is probably the toughest and strongest women in the world pound for pound - on top of that she is beautiful and shapely - an

example of why women should lift weights (big weights) - she did 429 at 114!!! What can I say. She's bionic, she's got the most intense psyche of any deadlifter I ever saw. Needless to say, it was a world record and the highest ever in her weight class with the possible exception of Diana Rowell and old Doyle Kenady protege. At 123, Jill Remiticado pulled a huge 336 as a teenage! Jenni Bechtold was second with 314 and an Oregon state record, Jill's 336 was a Hawaii state record in both open and teengae. In third was Beth Higginbotham with an Arizona state record of 259. At 132, Jerri Lynn Lippert broke Jo Walker's world record of 407 with 407. That combined Jerri's 314 bench may give her a strong argument Jerri's 314 bench may give her a strong argument as being the strongest woman in the world pound for pound. Her total of the two lifters would be as being the strongest woman in the world pound for pound. Her total of the two lifters would be 722, and I know she can squat over 300 pounds, which would give her somewhere between 1000 and 1100 pounds total in powerlifting. Valerie Tyree's total is about 950-1000 at 114. Both of those women would win IPF World Championships. In second place, to Jerri Lynn Lippert, was Lynn Robinson with 308 and Azure Skellington of Hawaii did 286 for a Hawaii state record. At 148, Flozzell Stewart pulled a very good 363 weighing only 138 for a Washington state record and a world championship. In second was Suzanne Williams with 341 and an Alabama state record. At 165, Mariam Power of Canada beat Mary Jacobson's world record of 381 with 391. Mary did 374 at this contest for second and wasn't even close with 391 to beat Mariam's

record. However, she came back on Sunday and I lit a fire under her, and she broke her masters world record of 381 with 382. She just missed 392 by a hair. Mary is 45, Mariam Power is 25. Mary will deadlift between 450 and 500 at age 48-50 - that's going to be huge folks! Michele Jagoda, another youngster, was third with 341 and an Oregon state record. Betty Ann Heriford was fourth with 308. Betty is over 50. At 181, Valli Vance did 281 for a world record in master 40-46 181 pound class, but well behind Julie Kimoto's world record in the open of 385. At 198, Kelly Hernandez set a world record of 303 to beat Mary Ann Cahill's record of 292. Mary Ann is from Canada. Outstanding lifters was Valerie Tyree and Flozzell Stewart. In master women deadlift at 40-46 105, Vickie McNeely of Alabama set a world record of 253. At 123, Carol Patterson set a world record of 337 - that's a big number for a 45 year old woman who only weighs 122. At 132, Lynn Robinson set a Washington state record with 308. At 165, Mary Jacobson set a world record with 308. At 165, Mary Jacobson set a world record with 392 and a near miss with an open world record of 392. At 181, Valli Vance from Hermiston, Oregon set aworld record. In fact, she broke the world record 3 times and ended up with 281. Carol Patterson was outstanding lifter. In master women 47-53 132 pound class, Patty Pendergast beat Janet May's world record of 286 by one pound with 225. At 165, Betty Ann Heriford set a world record with 308-16 pounds over her old record of 292. Cathy 308-16 pounds over her old record of 292. Cathy

B. Leitz 518 C. Higa 391 A. Webb 413 D. Johnson 380 Open Law/Fire V. McNeely

Chapman was second with Washington state record of 275. In master 54-60, Mary Louise Coffey set a world record with 203 at 148 pounds beating Marlene Nardes' record of 198 set in Brazil on September 16. At 198, Thea Strom broke her old record of 236 with a world record Brazil on September 16. At 198, Thea Strom broke her old record of 236 with a world record of 253 as well as a California state record. In master women 61-67, Grace Cloniger of Nevada beat the old world record of 125 pound by 156 pounds with a big 281 at age 65 - that's unbelievable. That's one of the best lifts I have ever seen all things considered. Patty Pendergast beat her by 1 point in the coefficient for best lifter, however. In junior women, Tamara Coulombe at 114 set a world record of 275 to beat her old world record of 259. At 123, Jenni Bechtold broke Carri McKeeter's world record of 231 with a big 314 and a near miss with 330. She is coached very well by Jerry Capello, who had 4 women set world records and he got one himself at 690 at master 40-46 242. In second place was Beth Higginbotham with an Arizona state record 259, and in third was Carrie McKeefer with an Oklahoma state record of 236. At 132, Erin Moore was one of Sam Pecktol's lifters who came in first. Sam's team Superior Gym and Fitness of Medford, Oregon won the team title as he had nine first place winners. Erin won the world championship over Karolina Liuska of Sweden with a 314 to her 231. At 148, Bonnie McMillion set a Texas state record with 369 to win the worlds. At 181, Anna Meisner set an Oregon state record with 303 pounds. Any time a woman can deadlift 300

WABDL World BP and DL

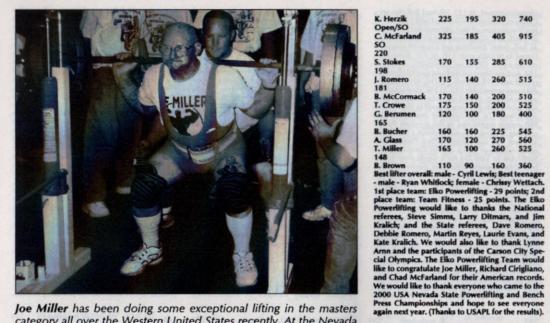
16-19 N	NOV	00 - Reno, NV		J. Sjogren K. Malone	496 429	D. Marxheimer R. Davidson	358 236	T. Ekenberg E. McConnell	358 314	308 J.P. Krachunis	353	165 R. Bish	352	C. Baqui M. Pederson	121 88
BENCH		T. McKinney	501	275		181		308	NOT IT	G. Johnson Sr.	303	E. Kuskie	347		-
MEN		K. Ward	374	J. Stewart	628	J. Jones	402	R. Patterson (BL)	529	Master 68-74		J. Sermeno	303	V. Tyree	203
Open		Junior 20-25		K. Walden	545	B. Cox	363	D. McCreary	440	165		181	-	E. Avillanoza	137
114		148		B. Vessels	501	R. Ventilari	286	O. Hampton	352	J. Schall	203	K. Nakamura	380	123	
E. Noi	259	S. Kido	336	W. Pontius	424	198		309+		181	SHILLIN	R. McKeefer	358	J. Remiticado	198
123		4th	352	S. Khader	374	G. Herring	534	C. Rosborough	451	K. Koki	336	220	1000	4th	203
H. Garcia	209	P. Schiffner	330	308		D. Piggee	485	L. Contreras	429	R. Phillips	242	C. Bowen	413	B. Higginbotham	
132		D. Martinez	319	J. Cunningham	606	B. Beebe	485	K. Ward	396	198		242	207	132	ON THE REAL PROPERTY.
K. Unten	363	R. Sanchez	319	I. Erevia	462	K. Kanemoto	435	B. Lobins		J. Cantu	374	S. Sims II	462	J. Lynn Lippert	303
148	4999	R. Snelling	314	J. Wooner	462	B. Hines	363	Master 54-60		4th	385	S. Ross	435	4th	314
M. Hokoana	363	D. Engles	314	M.Ahlo Ir.		P. Radmilovich	336	165		Master 75-79	000	M. Smyser	402	J. Rodriguez	160
K. Luna	347	T. Deitrick	308	309+		K. Wilson	264	L. Cardon	348	165		K. Wilkerson	402	A. Skellington	143
M. Montoya	281	D. Weekley	275	T. McKinney	501	220	-	4th	352	S. Ronolo (BL)	319	275		A. Ferschwyler	137
165		R. Johnson	198	G. Niualiku	440	D. Callas	336	M. Timbal	303	181	3.5	F. Wakakuwa	600	148	13/
S. Kaneshiro	446	165		R. Shepard	Section 1	242		C. Brenol	220	D. Dreyer	143	M. Camlin	451	K. Haller	225
4th	447	J. Luther (BL)	441	Teen 13-15		A. Thompson Ir.	540	181		198	. 43	W. Faulkner	407	S. Williams	154
I. Luther	441	R. Kawabata	374	105		D. Mulder	479	M. Sperling	325	O. Whitehead	221	308	407	C. Cameron	148
I. Youshimura	435	L. Luther	352	J. Hernandez Ir.	101	M. Lutz	451	R. Creevy	314	242	221	M. Ahlo Jr.	501	165	140
I. Romero	347	S. Sequin	352	114		J. Harms	440	I. McCamman	303	V. Starkel	292	309+	301	L. Blackburn	297
181	34/	D. Travis	325	R. Hernandez	82	A. Clayton	402	D. Covello	259	Master 80+	474	M. Ned	639		
L. Jones (BL)	479	M. Moore	275	123	02	M. Moore	374	198	239	148			573	M. Jacobson	248
J. Korn III	473	G. Ramos	181	I. Chavez	188	G. Stevens	286	R. Matheson	385	J. Heizelman	176	T. Lualemaga Submaster Law/Fi		M. Power	242
T. Scott	462	181	101	C. Pinson	115	275	200	R. Tsutsui	374	Class I	1/6		re	G. Anderson	225
J. Hernandez	451		473	148	113	P. Andrews	523		347			165		L. Vasquez	203
		J. Korn III		H. Blake	253			T. Camp		132		R. Bish	352	B. Ann Heriford	181
A. Berry	451	R. McKeefer	358			C. Moon	518	O. dos Santos	325	O. Martinez	281	181		198	1000
P. Cannizzaro	429	J. Thomas	330	4th	264	4th	524	G. Larue	325	148		A.J. Agamao	429	S. Lonn	253
P. Thomas	418	198		M. Enloe	170	D. Frosland Jr.	496	L. Hilger	319	D. Engles	314	4th	446	199+	
J. Jones	402	E. Mil-Homens	451	A. Munsey	126	4th	513	G. Holzinger	297	J. Shapiro	286	198	100	K. Pitts	325
J. Picking	380	H. Rhoton	440	A. Contreras	99	K. Sacher	473	220		165		E. Sim	468	4th	336
J. Trewin	369	C. Matthews	402	165		J. Hofmeister	462	Sekermestrovich		J. Withers	374	220		Junior 20-25	
M. Rainey	325	J. Anthony	314	M. Minahan	203	J. M. Ceccarelli	451	T. Preston	369	L. Luther	352	J. Jackson	545	114	
198		220		220		T. Di Filippi	242	J. Paggett	363	S. Hauger	347	K. Millrany	435	T. Coulombe	170
G. Warrington	557	E. Wright	457	K. Browne	170	R. Sanchez		J. Skip Hall	225	E. Kuskie	347	C. Bowen	413	D. Gagliardi	154
G. Herring	534	D. Goldsworthy	424	242		308		242		B. Ridolfi	308	275		123	
B. Beebe	485	T. Charley	402	N. Heppner	314	B. Gillespie (BL)	639	D. Smith III	418	L. Bevill	303	J. Tovar	469	B. Higginbotham	132
H. Rhoton	440	J. Schrag	363	275		T. Manno	611	D. Cone	358	J. Ojeda	297	4th	479	132	
M. Desrosiers	429	242		B. Weston	253	G. Brower	462	T. Bunce	330	A. Rerellana		D. Ng	451	E. Moore	132
P. Davi	407	K. Rose	479	Teen 16-19		P. Ratsch	435	J. Duckett	253	181		308		165	
220		T. Osborne	435	105		C. Huwe	402	275		J. Picking	380	F. Nelson	451	R. Plant (BL)	225
M. Ludovico	551	C. Smith	418	S. Hudson	82	309+		G. Nelson (BL)	562	K. Nakamura	380	Master 40-47 Law	Fire	Submaster 34-39	
M. LaMarque	501	J. McCullough	385	132		A. Ramsey	551	P. Velazco	413	J. Thomas	330	165	7 7 9	105	
C. Nightingale	496	B. Backstrom	369	G. Remiticado	248	R. Young	518	T. Lucas	264	M. Rainey	325		303	V. Paton	126
R. Rogers	424	A. Gruver	352	148		D. Chase	457	308		T. Birkhead	270			123	1000
G. Lands	mi. Du	275	-	A. Parker	286	B. Rehberg	440	R. O. Smith	435	198		198	.0,	J. Green	148
J. Raynor		J. Thiessen	462	T. Godawa	248	Master 47-53		309+	433	S. Ughe	374		352	132	140
242		C. Sacher	440	H. Allen	99	132		D. James	440	220	3,4	220	332	J. Souders	132
S. McShane	584	A. Snider	413	165		H. Shivaie	192	Master 61-67		T. Charley	402		440	148	132
A. Thompson Ir.	540	Submasters 34-39		L. Bevill	309	165	174	132		R. Edwards	385		374	K. Haller	225
L. Birgado	523	165	word.	J. Kim	225	J. Tyree	363	P. McKenzie	253	J. Hutchings	369		3/4		
J. Biewer	512	S. Kaneshiro	446	181	223	181	303	148	233			242		S. Gall	178
C. Gallagher	507	4th	447	A. Palombo	352	L. McAllister	418	L. Blas	220	J. Schrag	363		402	Wurdinger-Kelly	170
I. Fullerton	502			R. Ford	176				220	J. LaSalle	363	275		S. Williams	154
		S. Ward	413		1/6	R. Hagedorn	336	R. Gidcumb	220	R. Dunn	336		407	181	None 1
J. Sjogren	496	V. Oliveira	352	198		D. Bell	308	165		D. Callas	336	308		S. Allen	203
T. Singh	440	4th	363	P. Davi	407	G. Alexander	303	G. Johnson	325	242		1	501	199+	
S. Ross	435	181	A STATE OF	S. Hoffman	286	M. Stevens	286	4th	332	D. Mulder (BL)	479		512	T. Malone (BL)	314
V. Garcia	352	J. Hernandez	451	220		198		H. Nageri	297	M. Lutz	451		451	J. Morales	99
275		A. Berry	451	D. Puder	248	W. Orbaugh	402	R. Abbott	225	M. Smyser	402	Master 48+ Law/Fi	re	Teen 13-15	
T. Meeker	656	K. Lee	418	275		E. Howard	385	181		J. Mozingo	402	198		97	
G. Nelson	589	E. Bravo	374	D. Milliken	413	R. Gessmann	352	R. Lozano	337	275		E. Howard	385	L. Garcia	71
B. Vessels	501	198		J. Cam	407	N. Santora	314	4th	338	D. Ng	451	220		114	
J. Robinson	468	E. Sim	468	L. Taylor	270	220		J. Gladson	242	M. Camlin	451	P. Fay	336	E. Schneider	126
S. Khader	374	W. Omura	457	309+		S. Finegan	424	198		W. Pontius	424		275	4th	132
P. Marcoff	369	F. Dena III	418	S. McDaniel	402	R. Edwards	385	P. Wilson	336	G. Ramsdell	391	275	1000	132	THE PERSON
308	1105	G. Fraser	413	Master 40-46		R. Dunn	336	B. Miller	303	T. Ekenberg	358		529	A. Skellington	143
R. Kennelly	705	220	A STATE OF	123		D.J. Jamerson	303	220	T.iCle	308	1	THE RESERVE THE PARTY OF THE PA		Teen 16-19	OKI SAN
B. Gillespie	639	J. Jackson	545	G. Murphy	209	H. Barett	242	H. Smith	319	J. Erevia	462	308		123	
S. Wong	633	K. Millrany	435	4th	220	S. Ramey		R. Yoshida	270	G. Brower	462		529	J. Remiticado (BL)	108
T. Manno	611	R. Rogers	424	132		242		242	270	B. Sabin	451	309+	227	4th	203
309+	011	D. Bradshaw	402	Allen Young	297	R. Kendell	418	K. Anderson	402	C. Huwe			479	148	203
	620		402	148	29/		410				402		1/9		
M. Ned	639	G. Lands		S. Weingust	363	275 B. Dooley	485	4th	418	309+	457	WOMEN		J. Waltenbaugh	77
T. Lualemaga	573	242		165	303	C. Bonneau	418	O. Bruce 275	314	D. Chase L. Contreras	457	Open		199+	170
B. Jackson	562	R. Kitani	567	103		C. Bonneau	410	2/3		L Contreras	429	105		R. Malone	170

pound is impressive. At 198, Heather Myers broke the world record 3 times and ended up with 330 and added an Oregon state record to her collection as well. Outstanding lifter was Bonnie McMillion. In submaster women, Vickie Paton, being one of John Tyree's lifters, is obviously a good deadlifter and she didn't disappoint with a world record 242 at 105 beating the old record by over 50 pounds. At 132, Heidi Gantz coached by Jerry Capello put up a huge 374 world record deadlift. In second was Dr., Jennifer Souders, who is a surgeon from Seattle, with a Washington state record of 264. In third was Hazel Greene of Ireland with 225. She is the former world record holder with 314. At 148, Susan Gall another one of Capello's girls did an Alabama state record of 341. At unlimited Daria Cal coached by Buil Stewart set a world record 363 to beat Jan Morales of Brazil who did 292. Outstanding lifter was Heidi Gantz. In teen women 13-15 age group, Azure Skellington from Hawaii at 132, broke her old world record by almost 100 pounds. She is coached by Keith Ward of The Fear God Power Team. In teen women 16-19, Merissa Baker of Texas shattered the world record of 187 by doing 242. At 123, Jill Remiticado of Hawaii broke her own world record with an impressive 336. At 148, Liz Kert-Kravitz of Canada beat Julie Waltenbaugh of Washington 253 to 159, Julie got a Washington state record for her efforts. Outstanding lifter was Jill Remiticado. In the special olympian's bench press at 123, David Morgan set a California state record in Class I with 115 as well as a special

olympian record. At 132, Michael Bell also set a California state record in Class I with 110. At 148, Jon Shapiro was off his California state record of 275 with 253. Gary Heuer was second with 126. At 165, Jonas Freeburg set a special olympian record in WABDL with 110. At 181, Brent Ruth put up a nice 209 to set the WABDL record. At 198, Andrew Bidders et National special olympian record with 176 pounds. At 220, Steve Vaughn did a very respectable 192, At 275, Paul Schaeffer set the WABDL special olympian record of 126. This is probably the biggest meet in history with 562 lifters, 770 benchers and deadlifters, and 960 names mentioned in the program due to entering in more than one division. I would like to thank first and foremost Elma Thomas who spent numerous hours on the computer from 10:00 AM to 1:00 AM for 6 weeks prior to the meet? days a week. At the meet, she was working starting Tuesday, November 14 by stuffing 562 packets - about nine hours on Wednesday, he worked 9:00 AM to 4:00 AM. On Thursday, Friday, and Saturday, it was the same 9:00 AM to 4:00 AM. Out of 770 computer entries, she made 3 mistakes. Unfortunately one person and his wife, who we corrected the mistake for, wasn't very forgiving but life goes on. I want to thank her husband Gary Thomas, who ran the weigh - in room and was very cordial to everyone, and I think made the weigh - ins a pleasant experience. As a lifter, I hated weigh - ins. I want to thank bennis Burke, the chief of officials. Beth Mallory, who did a great job of scorekeeping, was usual did not make one mistake. Also, Chris Erhardt,

Superstore, Rick Brewer of House of Pain, John Inzer of Inzer Advance Designs, Doug Patterson of Johnny Anderson of Adrocare, and Mike Bandera of Mac Barbell, Mark and Ellen Chaillet, of Johnny Anderson of Advicate, and Alice Bandera of Mac Barbell, Mark and Ellen Chaillet, Jan Dellinger, Barb Andrelczyk, and Jake Burkhardt of York Barbell, Don Harina and Steve Hawkins of Coca Cola, Jeff Magruder, Mike Lambert of Powerlifting USA for sponsoring and the excellent coverage, Neal Spruce of Apex Fitness, Giorgio USA of Forza Strength Systems, Kay and Laura Lee Grizzle of High Cascade Emu Oil, Randy Shepherd of T-shirts Hawaii, Don Buehl of Vital Foods Sports Supplements, Brian Clary and Nye Smolley of Budweiser, Gordan Sage of Life Smart and Ed McDonald of Thermo Link. Also, I want to thank Roger Slingerman and Tom Fletcher of Northern California Special Olympics and Rob Peck of The Washington School for the Blind. Team Scoring: Teams were limited to no more than benchers and 5 deadlifters or vice versa. 1st: Superior Cym and Fitness (Medford, no more than benchers and 5 deadlifters or vice versa. 1st: Superior Gym and Fitness (Medford, Oregon) 228 points; 2nd: Team Fitness (Duncanville, Texas) 218 points; 3rd: Palace Gym Barbell Club (Burlingame, California) 212 points; 4th: Powerhouse Gym (Medford, Oregon) 202 points; 5th: Gateway Athletic Club (Seattle, Washington) 197 points; 6th: Team Texas (Dallas, Texas) 196 points; 7th: Guatemala 194 points! 8th: Training Station (Hermiston, Oregon) 186 points; 9th: Iron Island Gym (Alameda, California) 176 points; 10th: Brazil 120 points; 11th: Germany 112 points; 12th: Canada 104 points; 13th: Sweden 68 points; 14th France 54 points. (Thanks to Gus Rethwisch for providing results).

Master 40-46		4th	623	242		B. Anderberg	529	A. (TR) Brooks	242	J. Garcia	501	148	2/2	H. Rodriguez 165	225
105		220	-	J. Garcia	501	275		V. Brown	126	J. Mozingo	473	F. Stewart S. Williams	363	B. Ann Heriford	308
V. McNeely	121	W. McCoy	734	275		T. Ekenberg	567	105	-	275	606	165	341	C. Chapman	275
123		D. Flunker	589	B. Vessels	755	I. Pankratz	518	J. Hernandez Jr.	203	D. Ng W. Pontius	573	M. Power	391	Master 54-60	
C. Patterson	159	P. Khenna	440	W. Pontius	573	309+		114	248	T. Ekenberg	567	M. Jacobson	374	148	
132		242		L. Harju	573	L. Contreras	473	S. Lynn R. Hernandez	181	M.Fryar	556	M. Jagoda	341	M. Coffey	203
S. Gomez-Leon	225	B. Howard	744	R. West	551	K. Ward	462	123	101	G. Ramsdell	485	B. Ann Heriford	308	198	
148		J. Capello	690	S. Khader	551	Master 54-60		C. Pinson	220	308	100	181		T. Strom	253
C. Cameron	148	B. Driskill	650	308	622	G. Santee	523	148		G. Brower	578	V. Vance	270	Master 61-67	
165		C. Mock, Jr.	628	M. Ahlo Jr. 309+	977	4th	535	H. Blake	402	B. Duncan	529	4th	281	165	
M. Jacobson	248	D. Glahn	501	V. Eldridge	710	M. Timbal	424	M. Enloe	314	C. Huwe	479	198		G. Cloninger	281
198		V. Garcia	501	S. J. Taylor	633	C. Brenol	374	A. Munsey	308	309+		K. Hernandez	303	Master 68-74	
L. Feusi	214	D. Robinson		Master 40-46	033	181		A. Contreras	198	D. Chase	562	Teen 13-15		198	82
4th	220	P. Andrews	810	148		M. Sperling	418	165		L. Contreras	473	132		G. Mighell	88
Master 47-53 123		B. Vessels	755	B. Uyeoka	496	F. Isernio	407	M. Minahan	303	Open Law/Fire		A. Skellington	286	4th Special Olympian	
Taubmann (BL)	170	M.Camlin	738	165	53250	198		198		165		Teen 16-19		BENCH	
148	.,,	S. Khader	551	E. Diaz		O. dos Santos(Bl		K. Bowen	391	J. Sermeno	440	114	236	123	
C. Luprete	159	P. Marcoff	529	181		4th	700	220	-	E. Kuskie	429	M. Baker	242	D. Morgan	115
165		S. Sahota		F. Ventilari	330	D. Johnson	622	K. Browne	358	181	P10	4th	242	132	W1.1
B. Ann Heriford	181	308		198		G. Holzinger		242		K. Nakamura	518	J. Remiticado	330	M. Bell	110
G. Ramey	154	R. Russell	677	M. Bryant	485	220		N. Heppner	534	R. McKeefer 242	301	4th	336	R. Braae	77
C. Chapman	115	D. Askanas		K. Wilson	429	T. Preston	611	Teen 16-19 105		M. Smyser	523	148	330	148	
Master 54-60		309+	-	220		J. Skip Hall	562		176	275	323	L. Kert-Kravitz	253	J. Shapiro	253
123		D. Munsey	716	W. McCoy	734	D. Cheek	473	S. Hudson 132	170	M. Camlin	738	I. Waltenbaugh	159	G.Heuer	126
G. Camp	126	V. Eldridge	710	D. Stratton	683	D. Smith III	440	G. Remiticado	424	W. Faulkner	600	Submaster 34-39	10.30	165	SE N
181		K. Ward	462	D. Rodgers	529	I. Duckett	380	148	727	Submaster Law/F		105		J. Freeburg	110
J. Hamblin	182	Junior 20-25		242	690	275	300	R. Baradari	418	181		V. Paton	236	B.Hanson	99
4th	187	148	530	J. Capello B. Driskill	650	M. Fryar	556	T. Godawa	352	A. Ellis	518	4th	242	L. Dare	93
Master 61-67		R. Snellin	462	D. Fuss	600	B. Dodd	468	H. Allen	231	220		132		D. Ruffini	82
148	***	P. Schiffner	457	D. Glahn	600	308	100	165		J. Jackson	600	H. Gantz	363	K. Jones	
M. Turner	115	S. Kabat J. Castillo	437	M. Moore	578	R. O. Smith	556	C. Guches	468	275		4th	374	181 B. Ruth	209
G. Cloninger	115	165		G.Stevens	545	309+		R. Mitchell	457	D. Ng	606	J. Souders	264	A. Belfils	148
K. Gallagher	110	D. Travis	600	A. Clayton	518	D. James	519	T. Charouhas	451	308		H. Greene	225	198	140
Master 68-74		C. Grail	473	275		4th	529	J. Kim	402	R. Russell (BL)	677	148		A. Bixler	170
198		M. Moore	473	T. Brooks	662	Master 61-67		L. Bevill	358	M. Ahlo Jr.	622	S. Gall	364	4th	176
G. Mighell	99	I. Oieda	451	T. Stewart	600	132		181		Master Law/Fire	40-47	S. Williams	286	R. Dunning	137
Master 75-79		G. Ramos	330	J. M. Cecarelli	545	P. McKenzie	440	F. Silva	451	165	***	Wurdinger-Kelly	200	220	
148		A. Woods	286	T. DiFilippi	501	4th	447	R. Ford	352	J. Sermeno	440	199+ D. Cal	363	S. Vaughn	192
G. Tomlin	88	181		308		148		198		R. Straker	402	J. Morales	292	J. Wooton Jr.	192
Law/Fire		T. Caprari	705	S. Pecktol	650	L. Blas	440	T. Hayes (BL)	623	198 M. Godawa	451	Junior 20-25		C. Dean	176
Submaster		A. Corson	551	G. Brower	578	R. Gidcumb	352	P. Davi K. Eslick	556	242	73.	114		242	
165		R. McKeefer	501	B. Duncan	529	165	485	220	330	A. Clayton	518	T. Coulombe	275	B. Kincaid	
L. Blackburn	297	S. McMillian	413	C. Huwe	479	R. Abbott	483	A. Schlegel	628	275	3.0	123		275	
Master 48+		198		P. Ratsch		181 R. Lozano	485	275	020	W. Faulkner	600	J. Bechtold	314	P. Schaefer	126
148		E. Mil-Homens	600	309+ B. Rehberg	606	198	403	D. Milliken	628	308		B. Higginbotham	259	D. Ashcraft	126
C. Luprete	159	C. Matthews	600 523	D. Chase	562	P. Wilson	452	L. Taylor	628	J. Minahan	518	C. McKeefer	236	S. Molinari	121
DEADLIFT		A. Geitner	323	Master 47-53	302	R. Jorgenson	391	A. Bales	424	Master Law/Fire	48+	132		DEADLIFT	
MEN		D. Goldsworthy	501	132		220		Class 1		198		E. Moore	314	123	286
Open		242	301	H. Shivaie	424	H. Smith	413	148		T. Green	462	K. Liuska	231	D. Morgan	286
123	402	T. Osborne	606	165	7.7	242		J. Shapiro	363	E.Howard	462	148		132	187
H. Garcia	402	K. Rose	551	J. Tyree (BL)	600	Om Bruce	523	165		220		B. Mc Million	369	R. Braae	10/
O. Martinez	424	275	331	181		308		J. Withers	473	P. Fay (BL)	568	181		J. Shapiro	352
148	727	J. Thiessen	611	R.Hagedorn	584	G. Johnson Sr.	314	J. Ojeda	451	WOMEN		A. Meisner	303	G. Heuer	181
M. Hokoana	551	A. Snider	507	G. Alexander	567	4th	347	E. Kuskie	429	Open		198	303	165	
R. Snelling	530	Submaster 34-39		M. Stevens	529	J. P. Krachunis	253	A. Gunoe	413	97		H. Myers	330	B. Hanson	275
R. Wideman	473	148		198		Master 68-74		L. Bevill	358	A. S. Ordonez	325 330	Masters 40-46	330	L. Dare	248
K. Luna	457	M. Freedman	479	A. Wahlund	617	165		181		4th	330	105		J. Freeburg	209
165		R. Wideman	473	R. Ward	479	J. Schall	347	M. Pearce	529 523	105 C. Baqui	325	V. Mc Neely	253	181	
R. Cirigliano	551	J. Walker	424	E. Howard	462	181		J. Hernandez	413	4th	330	123	-33	A. Belfils	374
C. Grail	473	165		W. Orbaugh	451	R. Phillips	485	S. McMillan	347	V. McNeely	253	C. Patterson	337	B. Ruth	314
B. Ridolfi	468	V. Oliveira	440	J. Snodgrass	440	198	347	B. Vickery	34/	M. Pederson	165	132		198	
181		181		C. Pena	407	A. De Mello	34/	A. Geitner	523	114		L. Robinson	308	A. Bixler	341
T. Caprari (BL)	705	J. Hernandez	523	220	-04	Master 75-79		S. Ughe	501	V.Tyree (BL)	429	S. Gomez-Leon	303	R. Dunning	236
R. House	584	N. del Cid	507	C. DeSoto	584	165	325	W. Ricard	473	123	470	165		220	
J. Trewin	529	198		P. Fay	567 600	R. Stephan (BL) 4th	336	220	4,3	J. Remiticado	330	M. Jacobson	385	C. Dean	396
K. Nakamura	518	G. Fraser	540	4th	535	181	330	T. Fryar	600	J. Bechtold	314	181		J. Wooten Jr.	275
N. Turk	501	220		S. Rosenberg	333	D. Dreyer	165	R. Kornis	501	B. Higginbotham		V. Vance	270	S. Vaughn	248
S. Miller	485	J. Jackson	600	C Sandbarr	600	4th	170	242	501	132	Tide	4th	281	275	200
400		D. Flunker	589	C. Sandberg			170	J. Hertager (BL)	650	J. Lynn Lippert	408	Masters 47-53		P. Schaefer	292
198															
A. Wahlund P. Davi	617	R. Etsell R. Kornis	573 501	R. Nelson D. McPherson	589 556	Teen 13-15 97		R.Cuddeback	534	L. Robinson	308	132 P. Pendergast (B)		D. Ashcraft S. Molinari	275 248



	* 0			E			A			Best lifter overa - male - Ryan V 1st place team: To Powerlifting w referees, Steve Kralich; and ti Debbie Romen Kate Kralich. V Amn and the p cial Olympics.	whitlock; Elko Po eam Fitn ould like Simms, he State o, Martir Ve would articipan The Elko	female werliftings - 25 to the Larry referee Reyes, I also lib its of the Powerl	- Chriss ng - 29 p points anks the Ditman s, Dave Laurie ke to the Carso ifting Te	y Wettach. coints; 2nd The Elko National , and Jim Romero, Evans, and ank Lynne n City Spe-	B. Coisson (128) Masters Heavy S. Chatis (219) R. Cerrato (268) J. Dunn (238) J. Dunn (238) A. Funaro (214) Cappocia (284) T. Tinam (228) R. Harrey (207) Kingston (230) Sapienza (192)	135 490 550 440 600 670 560 475 525 385	265 400 265 470 420 370 310 350 295	305 525 575 480 635 600 525 560 575 400	705 1330 1425 1185 1705 1690 1455 1345 1450
			- Committee			0			2000	like to congratu					B. Klinger (265) I. Reardon (188)	450 470	560 240	430 460	1440 1170
DOMESTIC OF							1//		1000	We would like					D. Cease (245)	425	385	500	1310
AND DESCRIPTION OF THE PARTY OF						100	1000	456		2000 USA Nev					K. Johnson (275)	400	530	425	1355
										Press Champio					E. Brown (216)	145	335	465	945
Joe Miller	has l	peen	doing	some	exceptional	lifting	g in t	he m	asters	again next year					B. Tood (182)	340	270	375	985
category al	I over	the !	Neste	ern I In	ited States red	centh	Att	he Ne	cheve	again next year	. (10 03/1		re results j.	K. Carrol (211)	390	325	400	1115
					photo provid					the state of			rottesi		B. Hotaling (235) Special Olympian	290	200	330	820
											JSAPL				M. Jones (208)	410	220	480	1010
USAPL	Mayad	- Ctat	DI S	. RD	D.P. Calle	M. B.		2000	4 1945	12,13	AUG 0	O - All	bany,	NY	W. Lyons (274)	360	205	425	990
		TO SERVICE STATE OF THE PERSON NAMED IN	The state of the s	THE PARTY NAMED IN	A. Scardino	450	280	450	1180	MEN	SO	BP	DL	TOT	C. Vooys (109)	145	130	190	465
	NUG 0	U - EIK	O, NV		Open		220		4270	Open	IN 3 5				J. DePew (165)	150	165	330	645
WOMEN	SQ	BP	DL	TOT	S. Mortensen	515	330	525	1370	132					F. Heigel (177)	155	150	255	575
Teen					J. Fisher	380	240	450	1070	B. Coisson	135	265	305	705	Teenage				
148				480	Teen R. Whitlock	450	240	400	1275	148					Light Boys				
E. Farnsworth		170		170	198	450	340	485	1275	J. Gengo	390	305	430	1125	Gambino (148)	285	270	350	905
132 C. Wettach	210	90	250	***	lunior					T. Carotta	350	300	400	1050	Cease Jr. (146)	150	220	220	590
SO SO	210	90	250	550	S. Mecham	430	375	500	1305	165					G. Howard (166)	165	160	300	625
S. Good	135	115	195	445	Open	430	3/3	300	1303	D. Kirschen	475	350	500	1325	Heavy Boys	133	0.00		
MEN	133	113	193	443	M. Reves	490	325	460	1275	K. Buddle	470	235	540	1245	K. Collyer (206)	405	275	450	1130
319					B. Giles	260	270	330	860	J. Roberts	415	360	450	1225	WOMEN				
Open					Masters/Open	100				C. McGrail	415	250	475	1140	Open 105				
C. Aichs	675	475	650	1800	C. McFarland	430	265	505	1200	B. Engstrom	370	250	450	1070			***	220	
Masters/Open	0,0	7,5	050	1000	181			1000		F. Otterio	325	285	440	1050	M. Bertoli 114	115	140	320	575
L. Ditmars	400	400	400	1200	Junior					181					I. Davis	210	100	390	990
275	100	-	100		J. Barrett	320	225	300	845	T. Piazza	525	350	560	1430	132	310	100	390	880
Masters/Open					Masters					T. Ravesi	520	330	510	1360	A. McCallion	225	140	215	580
C. Lewis	720	535	680	1935	E. Wettach	200	200	415	815	J. Montero B. Serritella	400	290 225	460 455	1150 1135	I. Funaro*	225	110	250	585
S. Anderson	575	330	525	1430	Teen					198	455	225	433	1135	SHW	223	110	230	363
Masters	billion.	41/11	branch	cheur s	M. Romero	265	140	315	720	R. Pearo	P00	300	560	1360	F. Werle	370	230	370	970
E. Acey		400		400	165					T. Dashnav	500 325	275	440	1040	M.J. ODonnel	335	210	300	845
242		10.00		2021	Masters					220	323	2/3	440	1040	Masters Light	333	-10	300	043
Open					R. Çirigliano	150	150	605	905	A. Funaro	600	470	635	1705		115	140	320	575
D. Romero	450	390	525	1365	148					R. Brunk	570	450	540	1560	Teenage			320	373
E. Davis	475	320	525	1320	Open					R. Hansen	520	380	630	1530	Light Girls				
220					B. Montague	340	330	430	1100	S. Gavin	570	350	600	1520	C. Lesson (110)	165	95	210	470
Masters					Teen					C. Soloyna	475	350	575	1400	* designates an ou				
J. Miller	400	245	490	1135	A. DeHerra	320	235	330	885	T. Hallenback	485	340	550	1375	USAPL for provding				

USA Powerlifting™ (tormerly ADFPA) Membership Application • 124 W. Van Buren St., Columbia City, IN 46725 (219) 248-4889 • (219) 248-4879 fax • www.adfpa.com • www.usapowerlifting.com

170 175 120

160 120 100

225 270 260

Conditions Of Membership: As a condition of membership to USAPL, I agree to follow and obey all rules, regulations, and drug testing procedures of USAPL. I further agree that the rules, regulations, and drug testing procedures as a condition of continued membership. I agree that my membership may be revoked temporarily or permanently, suspended, and/or denied for my failure to obey USAPL rules, regulations, and drug testing procedures. I will voluntarily submit to any drug testing procedure that USAPL has approved in its rules, regulations, and drug testing procedures. If I do test positive for a banned substance, I agree that the results of the test are conclusive, and I further agree to accept the consequences of that positive test regarding my membership.

positive test regarding my membership.

As a condition of membership to USAPL, I understand and accept that I am prohibited from using any substance or doping method that is banned by the United States Olympic Committee. It is my sole responsibility to stay current with any USOC banned substance or doping method, including those most recently banned. I further accept sole responsibility for what I take into my body and that should I consume a banned substance unknowingly, and test positive for that banned substance, I shall be solely responsible for the consumption of that banned substance and shall accept the results and consequences of that test.

If I am suspended from membership for any reason, including testing positive for a banned substance or doping method, I permit USAPL to publish my name as a suspended member and/or a member who is suspended for testing positive for a banned substance or doping method on the Internet, in Powerlifting USA, or any other publication that USAPL so chooses.

(All memberships expire Dec. 31; Those purchased after Nov. 1, will expire Dec. 31 of the following year.)

SIGNATURE:	100	C Pakingso	If under 2	1 yrs., Parent Initial:	Date:	Prior Reg. #
Name:			Pho	ne:	E-Mail:	All Part No.
Address / City / State / Zip Code:	MA AL	Hefina	ONE PERSON	A THE PARTY OF	15 writery	Marin Marin Co.
Date Of Birth:	Age:	Sex:	U.S. Citizen?	USAPL Registered Cl	ub Represented:	

Date Of Birth:	Age:	Sex: U.S. Citizen? USAPL Registered C	Club Represented:
Competing Divisions:	Membership Prices:	USAPL Merchandise:	Method Of Payment:
Open Teen (14-19 yrs.)	Adult - \$40.00	Logo T-Shirt = \$15.00 (Size Qty) Rulebook = \$25.00	Credit Card: Visa - Master Card - Discover Exp. Date
Junior (20-23 yrs.) Master (40 yrs. & up)	High School - \$30.00	Polo Shirt w/Logo - (s-xl) = \$35.00 (xxl & up) = \$37.00 (navy - white) (Size	The second of th
Collegiate Military	Special Olympian - \$10.00	•Sweatshirts w/Logo - (s-xl) = \$30.00 (xxl & up) = \$32.00 (navy) (Size)	Credit Cardholder Signature
Police & Fire High School	Tax Deductible Donation	 Logo Hats (denim – black – white) = \$15.00 Referee Designation Polo w/Logo- (s-xt)=\$30.00 (xxt & up)=\$32.50 	Check / Money Order #
Special Olympian	\$	Ref. Status (Size Qty)	Total Purchased:

QUEST NUTRITION

Find out what some of the top level athletes are taking!!!

Mike Mastrean



735

- Quest Whey
- 40 mg Sodium
- Glutamine

Now Available: HARD CORE

-НМВ

Online ordering available soon!

QUEST NUTRITION 3000 Mattison St. NW Duluth, GA 30096

Used by World, National and State Champions

- 2000 AAU World Champ -1940 @ 198!!

- Synergy
 - 34g Protein
 - 5 g Creatine
- 3 g Glutamine
- 24g Protein
- 1 g Sugar
- Creatine
- Quest RX
- Questalean

"The Ultimate Anti-catabolic"

-Glutamine

Call for informative brochure!!

Tel: (770) 495-0787 Fax: (770) 497-1817

Get THE ROPE Advantage Work your muscles harder than you've ever dreamed of. Joint and spine friendly.

Kit P. 815 Sq. 54 years of age Mark P. 495 B.P. High School Brett A. 440 B.P. Teen Sabine S. 205 B.P. at 115 lbs

GET THE ROPE ADVANTAGE

Poster Manual and Apparatus Only \$49.95

BODYBUILDER WORKS

Call me or call them, but use it!!!

THE SHIRT

Padded where the bar sits for more comfortable squats Only \$29.95. Please include shirt size with order

Send checkor money order to: The Body Hobby Shop 77 Santa Isabel Blvd. #5-16 Laguna Vista, TX 78578 956-943-2618

E-Mail address: kit.price@prodigy.net http://home1.gte.net/mlp/kit/hobby.ht

During the first few weeks, gains of 2 to 3 reps on each dumbbell exercise are being experienced. After a few months users are increasing 20 to 30 lbs. to each dumbbell. POWER HOOKS have been highly recommended by a variety of medical and personal training professionals.

wer Hooks fit all standard and Olympic size dumbbells. larger dumbbell bars over 3-3/4" circumference order the Power Hooks. The XL-Power Hooks also fit the tri-bar and

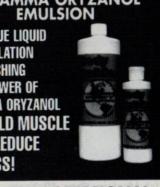
TO ORDER BY CREDIT CARD CALL TOLL FREE:

1-888-669-6316 Dealer

BODYBUILDER

A GAMMA ORYZANOL EMULSION

A UNIQUE LIQUID FORMULATION UNLEASHING THE POWER OF **GAMMA ORYZANOL** TO BUILD MUSCLE AND REDUCE STRESS!



For THE PROFESSIONAL And THE BEGINNER

Body Builder way up and my body fat lower than ever!"

-W. KIT PRICE



Power Lifter **EQUI-AIDE PRODUCTS** PO Box 393 • Merrick, NY 11566 516 378-0271 • 1-800-413-3702

WWW.EQUIAIDE.COM

Beyond a Century, Inc.

Performance Powders ...

How much have you been paying? Tribulus Ext. 45% Bulgarian 100gm 19.50 Ribose 100 gm. 5-Methyl-7-methoxy Isoflavone 20gm 29.90 Diindole Methane, (10x 13C!) 20 grams 11.75 7.50 Androstenedione 50mg 60 caps 16.00 5-Androstenediol 20gm pwd (200 dose) 23.75 4 Androstenediol, 20 grams (200 dose) 37.50 Norandrostenedione pwdr, 200 days 22.50 Creatine Monohydrate 99+% 1000gm 27.00 Chrysin, pure powder, 50gm. Yohimbe 2% Std. Extract! 50gm . 8.50 Glutamine 250gm/1kg 14.50/45.00 Ephedra, 25mg ephedrine 100 caps 13.50 "Low Heat" Whey Protein 80% 2 lbs Whey Protein Optimum Choc/Van/Straw 5lbs . 32.50 ZMA, 808 mg, 100 capsules 11.50 Sublinaual hGH 90 dose. 69.00

We will Match Advertised Prices!!

Shipping only \$4.50 any size order! Visa/MC/Dscvr/Amex orders call:

(800-777-1324) Or send money order to:

Beyond a Century, Inc. ~since 1983~ HC76 Box 200P Greenville ME 04441 Hundreds of Products - Ask for FREE catalogs Order On-Line with our Secure Server: www.beyond-a-century.com **Authenticity of Products Guaranteed!**



Kalika & Matt, promoters and lifters, at Kauai Gym in Kapaa, Kauai,

1st Annual Kauai BP 15 JUL 00 - Kapaa, HI

BENCH		220	
WOMEN		M. Okami	315
97		308	3.5
B. Ladky	55	K. Ward	370
114		Open	3,0
C. Bagui	105	123	
S. Alves	50	I. Paleracio	135
132		148	
A. Skellington	105	K.I. Ishikawa	315
148		165	
P. Hanley	95	K. Arakaki	340
P. Brown	85	B. Carvallto	300
181		R. Nagao	285
M. Press	135	C. Rose	275
MEN		181	1000
Teen		D. Vernes	315
165		R. Negrille	285
S. Tamura	255	B.Burgess	255
198		198	
B. Kanei	225	W. Ortiz	330
220		220	
K. Rapozo	240	B. Brown	410
Master		M. Fernandez	400
165		242	
J. Nakamura	260	J. Garcia	405
181		308	
L. Soltren	280	R. Candeza Jr.	400
198		SHW	
J. Elwyn	135	K. Alves	420
Bench Press Con all from Kauai a from Waimanal Ward, which rur god before the win before anyo for Sam and I fo Briana Ladky (Fo benching 55 lbs. 114 lb. class was	npetition nd som to, and nor has neets and ne else. or the wear God . Also fr Carmel	Kauai with our 1st of the "Fear Go their crafty coac it that he talks di nd knows who is ; (Hey Keith put a worlds HAHA!). I deam) in the 97 I om Fear God fear a Baqui benching	most of d" team h Keith rectly to going to word in We had b. Class n in the 105 lbs.
		was Samantha "Tl at 12 years old.	
		at 12 years old.	

er of Fear Gods team in the 132 lb. class was

Sean Tamura benching 255 lbs. In the 198 lb. class Big Brandon "Hawn", Kanei benched 225 lbs. In the 220 lb. class Keoki "Where's My Horse" Rapozo pushing up 240 lbs. In the Master Men 165 lb. class, John Nakamura pushed 260 lbs. In the 198 lb. class, John Nakamura pushed 260 lbs. The 181 lb. class was won by a huge man named Louis "yo quiero taco bell" Soltren pressed 280 lbs. In the 198 lb. class, John "Kaheke" Elwyn benched a huge 135 lbs (1 see with about 2 years of training I'm seeing a 145 lb. Bench in his future!). In the 220 lb. class Moki "Deputy Dog" Okami benched 325 lbs. And from Fear God, Keith "Hear Voices" Ward pushed 370 lbs. In the open class 123 lbs. Judison Paleracio pushed 135 lbs. In 148 lb. class K.J Ishikaw got 315 lbs. Huge competition in the 165 lb. class 1st went to the man from west side Kelly Arakaki pushing 340 lbs. 2nd went to Bryan Calvalito 300 lbs. 3rd went to Robert Nagao pushing 285 lbs. Lot as 1st went to the man from west side Kelly Arakaki pushing 340 lbs. 2nd went to one of the hardest working guy in the gym Randy Negrillo pushing 285 lbs. In the 181 lb. class was pell pushing 285 lbs. 3rd went to Brad Burgess 255 lbs. In the 198 lb. class uncontested was Will The Thrill" Ortiz benched 330 lbs. In the 220 lb. class a language and the sent of the most related and laid back guys around. I look forward to competing with him again. In the super was Kalika "I wish I could get my shirt to fit right" Alves benching 420 lbs. I make a lot of jokes but hey that's me and that what competition is all about "Having Fum". We raised some money for Alisya Shimitzu. Our prayers go out to be risay strong, also many thanks go out to the retwer there that day, they were everywhere! Eugene for the "Killa" sounds, John Nakamura for the water and tents, and Mati Tuzoun and Shane McChane for the exhibition. Shane did a beautiful 585 lbs. at 240 lb. and to all of the helpersyou know who you are many thanks. Much Mahalo guys, train hard, keep strong! (courtesy of Keith Ward).

Clinton Cou	nty Y	MCA Open B	P/DL
29 JUL	00 -	Frankfort, IN	
BENCH PRESS		275	
teenage men		Mike Moore	340*
Mike Griffy	315*	shw	
junior men		Adam Hankins	450
Andy Cobb	240	DEADLIFT	
submaster men		submaster men	
Jeff McKenzie	390	Mike Hinders	495
master men 50-59)	master men	
T. Striverson	460	60-69	
master men 70-79)	Luke Anderson	405
Allen Glass	240	70-79	
165		Allen Glass	315
Alberto Martinez	265*	198	
181		Steve Mendel	510
Marty Mills	410	220	
198		Mike Gugino	480*
Mike Hinders	385*	4th	500*
220		242	
Mike Gugino 242	375	Mark Struck	525*
Mark Struck	345*		



the win at master 50-59. Allen Glass took the 70-79 class again, ending with 240, getting all three of his attempts. In the open division, Alberto Martinez got all new pr's on the day, finishing with a great 265 @ 156. Marry Mills took the 181s with 410 at 180. This gave Marty the best lifter honors for the competition. At 198 Mike Hinders got a personal best 385, just missing 400 for a fourth attempt. Mike Gugino only got his opener of 375, but showed plenty of promise as he took the 220 class, weighing in at a mere 204. Mark Struck took the 242s with 345, another personal record! This was Mark's first competition. Mike Moore also got a pr with 340, in his win at 275. At SHW it was Adam Hankins finishing with an easy 450 for the win. A Hankins finishing with an easy 450 for the win. A fourth attempt with 460 would have gone, but was just out of the groove a little. In the deadlift competition Mike Hinders took the submaster class, going 3 for 3 on the day, to finish with 495 for the web 1 to 160.60 the 60-69 master's class, Luke Anderso the win. In the 60-69 master's class, Luke Anderson finished with an easy, easy 405 for the win. This sixty-eight year old looks twenty years younger and pulls like he's thirty years younger. Luke said he has been training for fifty years and also competes as a very successful bodybuilder. Another ageless wonder is Allen Glass. Nobody would guess he's really seventy-two. Allen is also a very successful bodybuilder, as well as a multi-actival and world.

champion powerlifter. Allen captured the 70-79 class with 315. At 198 it was Steve Mendel with 510. Steve continues to struggle with his form, but once he gets over that he'll be sneaking up on 600 soon! Steve's pull at a 190 bwt. gave him best lifter honors for the competition. Mike Gugino finished up a great day of lifting with two new personal records at 220. Mike's 480 third attempt and his 500 fourth were great pulls with great form! Mark Struck also got two new pr's on the day with his last pulls of the day, finishing with 525. Mark took the 242s, weighing in at a light 222. Team honors went to The Clinton County YMCA Power Team with members Mike Hinders, Mark Struck, Mike Moore and Jeff McKenzie. Thanks to Mike Griffey and Mike Moore for their help loading and spotting. (Thanks to Dr. Darrell Latch for these meet results).

International Strength - Push/Pull 03 JUN 00 - Atlanta, GA

	Open		M. M	urphy	37	75*
	L. Smith	270*	Subs			_
	L. Smith	270-	D. Mo	oore	36	5
	132	2/0-	275 Teen			
	Women		S. For	4	32	
	C. Melton	175*	J. Duy		17	
	165	1/3	Open		1/	3
	40-44		E. Bro		=	0*
	D. Short	220	Subs	***	30	~
	181		E. Bro	wn	50	ю*
e	Open		SHW		-	_
Y	B. Fisher	335	Open			
A	198		J. Hea		55	0*
y	Open		Subs			
ĺ	J. Bugg	365	J. Hea	rd Jr.	55	0*
s	G. Gay	340	DEAD	LIFT		
-	Junior		275			
١,	G. Gay	340*	Teen			
t	220		S. For		41	
5	Open		J. Duv	all	16	5
f	M. Driggers	420*	Subs		ati :	
-	55-59		E. Bro	wn	60	0
P	R. Roach	285	BP	DL	TOT	
e	40-44		BP	DL	101	
2	S. Lumpe		300	460	760	
9	220		300	400	700	
5	Open					
Z	A. Biangasso		330	620	950	
t	242		330	020	330	
ì	Subs					
e	P. Ciaramello		300	500	800	
i	275					
	Teen					
t	S. Ford		325	415	740	
,	J. Duvall		165	175	340	
•	Subs					
8	E. Brown		500	600	1100	
r	BENCH PRESS	BODY	WEIGH	IT	REPS	
1	J. Bugg		195		31*	
1	L. Smith		125		29	
5	A. Biangasso		215		22	
t	S. Lumpe		220		20	
•	R. Roach		220		11	
•	S. Ford		260		10	
1	Women		122		6*	
	C. Melton		132	_	6.	
	Fourth Attempts Jonah Duvall - 27				n. ch	
	Ford - 275 Teen -	Bonch !	bench i	7ESS- 17	D Box	vn
•	220 55-59 - Benc					
	770 33-33 - Beuc	11 LIC22 .	473 , N	MIKEN	mb2 - 1;	.0

Open - Deadlift - 675*; Mark Phillips - 198 Junior Deadlift - 675*; *-indicates a new National Reocr Being set in the ISA. (results from Mark Phillip

2000 Old Dominion BP/Curl 18 MAR 00 - Stanardsville, VA

315

360 355 240

225

40-49 Frank Lupis 165

198 Randy Lantz 20-23

Keith Garber 35-39 Julian Anderso Mark Wilhour

50-59

Open 35-39

Guy Loretta 18-19

Micky Tingler

Open Robert Prince Gary Hodges 40-49

John Graube

310 40-49 Carroll Thorton 245 319 Plus

Steve Battista 20-23

Keith Garber

Randy Hoover

Open leff Bach

275

Cliff Richardson 475



"My name is Thomas Comfort and I recently competed inmy fourth benchpress meet. I did the Old Dominion B.P. and strict curl which took place on March 18, 2000 in Stanardsville, Va. I lift at 165 lb.s at a bodyweight of 155. Enclosed are two photos of myself and two exceptional bench pressers. John Graube (left) just made the top 20 in masters 275 lb. division for the bench. John had a lift of 520 lbs. in the open division. The other young lifter's name is Adam Mamola. Adam (seen at right) also competes in the 165 lb. division. He had a 390 lb. bench in the open division. I am not trying to age too fast, but I can honestly Isay I am looking forward to November, at which point I can compete at submaster and get away from young studs such as Adam. I would like to thank Julian Anderson for taking the photos. I also would like to thank John Shifflett for being very professional at his meets and for taking time to have phone conversations with me."

435

365



The Gang at Hillsboro for the Old Settler's Day BP/DL Classic: (I-r, standing) Terry Childers, James Ewing, Corey Black, Birdie Scoggins, Mike Wells: (kneeling) Benny Hutchinson, Mark Hahn. (Latch photo)

sic wasat the Hillsboro Health & Fitness Club in Hillsboro, IL. A special thanks to Birdie Scoggins for her help in organizing this competition. In the bench press competition Corey Black took the teenage title with a strong 325. A PR attempt with 335 on his final attempt failed to lock out. James Ewing won the master class with 260, getting all three of his attempts. Jim weighed in at 240. Benny Hutchinson had problems with his shirt, finally taking it off and lifting "raw". Benny finished with his opener of 310 for the title at 198. Mike Wells almost got his final attempt with a PR 330 before settling with 315. That was still good enough for the win at 220. Then at 242 was Mark Hahn, who took that class, getting all 4 of his attempts, each stronger of the stronger of th win at 220. Then at 242 was Mark Hahn, who took that class, getting all 4 of his attempts, each stron-ger than the last. Mark finished with a personal best 470, weighing in at 230. In the deadlift competition forty-nine year old Birdie Scoggins competed in the nine year old Birdie Scoggins competed in the

CPA BP/DL 2000 17 JUN 00 - Sherbrooke, Quebec

17 JON 00	- Sher	brooke, Queb	ec
BENCH		242	
WOMEN		Open	
132 Open		J. Francoeur	44
L. Landry	200#	S. Grenier M. Ferland	47
Sub	200*	M. Feriand Sub	4/
L. Landry	200	S. Santerre	40
148 Junior		M. Plourde	39
M. Guilbault	130	R. Gagne	45
165	130	SHW	-
Junior		Sub	
M.H. Chirsholm	180*	C. Marceau	34
MEN		DEADLIFT	
148		WOMEN	
T 16-17		148 Junior	
D.McQuillen	215 o	M. Guilbault	30
T18-19		4th	31
F. Roy	170	MEN	
165		165	
Open		Open	
J.P. Cormier	285#	C. Dallaire	63
C. Dallaire	315	M40-44	
M40-44		C. Dallaire	63
C. Dallaire	3150	181	
181		T16-17	32
T16-17 M. Cimon	2500	J. Snadden 4th	33
M. Cimon I. Snadden	205	M. Cimon	38
T18-19	203	4th	48
F. Prevost	245	T18-19	-
Open	243	F. Prevost	34
E. Lessard	325	4th	37
A. Forcier	300#	Open	SIR
Sub	and the same	E. Lessard	47
A. Forcier	300#	A. Forcier	40
S. Hebert	305	Sub	
M. Nadeau	325	A. Forcier	40
M40-44		198	
S. Quintal	310o	T 18-19	
198		M. A. Brussette	37
M50-54		220	
J. Leblond	2750	M40-44	
M60-64		JP Marceau	34
J. Marchand	300	4th	35
220		M45-49	
T13-15		G. Marceau	40
J. Levesque		242	
Junior	200	Open	53
M. Page	360	E. Ouellet J. Francoeur	55
Open M. Thoriault	455	S. Grenier	70
M. Theriault	458	Sub	,,
M40-44	430	S. Santerre	63
M. Theriault	455#	M45-49	03
4th	458#	R. Gagne	62
J.P. Marceau	260	4th	63
M45-49	-	SHW	
J. Desjardins	235#	Sub	
, 30,0000000000000000000000000000000000		C. Marceau	38

MEETING THE DEMANDS OF TODAY'S ATHLETES

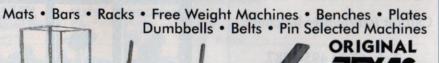


1617 W. Highway 303 **Grand Prairie, TX 75051**

Call today for our catalog & for pricing info

800-942-0338

www.mac-barbell.com





Official Supplier to the Texas High School Power Lifting Association

Old Settler's Days BP/DL Classic

BENCH PRESS		master men 40-	49
teenage men		James Eming	510
Corey Black	325	220	
master men 40-49		Mike Wells	315
James Ewing	260	242	
198		Mark Hahn	460
B. Hutchinson	310	4th	470*
DEADLIFT		181	
master women 4	10-49	Terry Childers	380
Birdie Scoggins	95	4th	390
The Old Settler's	Dave F	Bench Press/Dead	ift Clas

WHOLESALE NUTRITION MEGA-STORE

•We Carry All Major Nutritional Lines

•All Lines Discounted Daily 40% To 80% Off Retail Prices

We Can't Be Undersold...Guaranteed!

•We Ship UPS Ground The Same Day You Order

•FREE Shipping For All Orders Over \$100.00

•We Stock Over 20,000 Items









891 1/2 State Road 436, Casselberry, FL 32707

(407) 261-9383 Fax (407) 261-9384

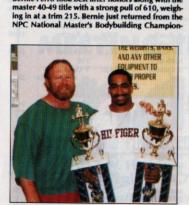
MAIL ORDERS: Call For The Most Competitive Price Available!

VISIT OUR WEB SITE AT: WWW.NUTRITIONMEGASTORE.COM (800) 215-2667

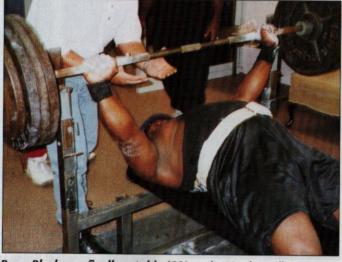
Northern Illinois Open BP/DL

01 OCT 00 - Chicago Heights, IL Jason Cervantes master men 40-49 Bernie Ferro BENCH PRESS teenage women 13-15 Veronica Solecki 85* 425* teenage men 16-17 master men 50-59
Murphy Mahalik 250* Dr. S. Mahalik 235*
teenage men 18-19 DEADLIFT -19 DEADLIFT 320* teenage men 16-17 330* Murphy Mahalik 425* Jason DaViera master men 40-49
350* Bernie Ferro 610
master men 50-59
415 * Dr. S. Mahalik 510* 350* Eriek Nickson

Barry Blackman 275 410* Jake Stephanski 165 565 Eriek Nickson Pete Kletz Pete Kletz 555 Eriek Nickson 3U5-308 4th 520° *
Personal record. Best Lifter (BP) - PETE KLETZ;
Best Lifter (DL) - BERNIE FERRO. The Northern Illinois Open Bench Press/Deadlift Championships were held October 1, 2000 at Powerline Gym in Chicago Heights, Illinois. Many thanks to Valerie Weber for graciously allowing us to hold the competition there. It was another smaller meet, but we Chicago Heights, Illinois. Many thanks to Valerie Weber for graciously allowing us to hold the competition there. It was another smaller meet, but we all had a great time, with some great lifting and a wild crowd! In the bench press competition, first-time competitor Veronica Solecki won her first title, lifting in the teenage women's division. At just fourteen years of age, Veronica got 85 with ease, just missing her final attempt with 100. This girl has potential! At teenage 16-17 was Murphy Mahalik, also lifting in his first competition, taking the title with a pr 250. Jason DaViera won the 18-19 class with 320, then a strong 330 fourth attempt. This kid only weighed 154! Erick "Flex" Nickson got a pr with 350 for the win at 165. Eriek was featured in last month's Issue of Flex magazine as one of the "new faces" in bodybuilding. Tim Widmer had a good day getting a strong pr with 415 to capture the 220 title. Tim came dangerously close with 430 on his final attempt. Well, Barry finally got 400! Maybe it was the crowd and the other lifters, or maybe it was the "threats" made by his girlfriend Mary that done it. "That boy's gonna walk home if he don't get that 400 today!" When that woman talked, everyone listened! Well, whatever, Barry Blackman not only got his pr at 400, but came back for a stronger 410 third attempt for the win at 242. Great job, Barry! At 275 it was Pete Kletz with a strong opener of 565! But it was 600 he came to get. Two attempts and two failures really frustrated not only Pete, but everyone there, who really got behind this lifter. Winning best lifter really didn't help, especially after getting 600 in the gym last week. Oh, well, don't worry Pete, it will come, we just all hoped it would be today. It was Jason Cervantes first competition, where he captured the 308 class with his opener of 365. But it was 1600 he came to get. Two attempts and two failures really frustrated not only Pete, but everyone there, who really got onot men by the strength of the day it will come, we just all hoped son, won his second title of the day with a 425 pull in the teenage men's 16-17 age group. This 220 lb. sixteen year old is really a great kid with a great attitude, and is also a two-lime state champion high school wrestler! Another great lifter was 148 winner Jake Stephanski, who pulled a great personal best of 405 @ 143! This kid's been playing football and hasn't even deadlifted in a month and a half! Eriek Nickson really had a great day of pulling, with a 505 pr third attempt, but then closed out the day with a great 520 fourth attempt! Great Job, Flext Bernie Ferro took best lifter honors along with the master 40-49 title with a strong pull of 610, weigh-



Dr. Darrell Latch (left) with Eriek Nickson who PRed a 350 BP and 520 DL at 165 in his first competition. (photo courtesy of Dr. Latch)



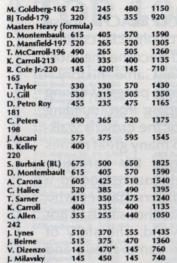
Barry Blackmon finally gets his 400! at the Northern Illinois Open

Style H

ips where he always places well, and at the a snips where he aiways piaces well, and at the a of forty five, stays in contest shape year around. [Stephen Mahalik, with another pr, took the mast 50-59 class. Stephen finished with a great 510 pt to finish a great day of lifting. Thanks to everyor who helped load and spot, the kids who helpe with the trophies, and Lorena, who served as the trophy girl. (Thanks to Dr. Darrell Latch for results

2000 USAPL Connecticut State

24 SE	P 00 -	West	on, CI	
Women (formula		BP	DL	TOT
A. Scudder-106	180*	105*	300*	585*
J. Russell-123	215	170*	290	675
J. Lerner-191	245	130	290	664
H. Wilcox-148	250	170	250	670
T. Bloom-136				
Men				
Special Olympia	n			
K. Bligh	335	285	380	1000
D. Dennin	125	205	310	640
Teenage (formula	a)			
J. Cunningham	480	285	540	1305
T. Pigeon-178	435	305	500	1240
P. Braun-215	505	310	525	1340
Master Light (for	mula)			
Archambault(BL	310	200	390	900
U. GIH-162	530!	315	505	1350!
D. Petro Rov-163	455	235	475	1165



W. Birnbaum 525 330 620 1475
G. Landers 575 370 525 1470
*denotes State Record; I denotes American Record;
BL - Best, Lifter. Special Thanks to our sponsors:
Scott Benjamin - Conceptual Imagery, David's
Catering, Poland Spring Water, Grade A Shop-Rite,
Village Bagels, Nutritional Technologies, Tommy
K's Supplements, Stamford Podiatry Group, Dr.
Mitchell Gordon - Family Chiropractic, FAST (Filness & Sports Training), Moore Center for Rehabilitation, Femia Landscaping, Servpro, Metro Business Systems, The Kneaded Touch in Fitness, FitTek, Norwalk Health & Racquet Club. Administrative Help: Ron Geoghegan, Mike Lanzaro, Big
Lou!!I, Lucia Fiaschetti, Stephanie Hartmeyer, Philip
Licastri, Beth Beeston, Amy Babkie, Anna Mae
Schaub, Delia Thompson, Robert Fisher. All Spotters & Loaders!!! Weston Girls Soccer. Jenny Armstrong, Krista Bonneau, Kat Palmieri & Christie
Wilhelmy. (Great Job - Concessions!) AMTA Connecticut Sports Massage Team - Jocelyn Keith. Dr.
Brett Carr - Meet Chiropractor. Judges: Linda Jo
Belsito (announcer), Ted Giantini, Ed Kutin, John
Gengo, Ray Pamulo, Pete Gisondi. Without a doubt,
the best volunteer team 1 have ever had! (Lloyd
Weinstein) The 2000 version was a comeback of
sorts, as the time of year and venue were changed.
Although the turnout of 39 lifters was disappointing, it allowed for a smooth running and enjoyable

contest. The new venue was Weston (Ct.) High Note of the best venue where I've ever run a meet! My event staff was superb and the school staff was "take charge", and very cooperative. Perhaps running the meet in Sept. backs fired, but I think those that competed enjoyed it! Highlights included the lifting of 220 lb. winner-Scott Burbank of New Hampshire. He showed awesome all around ability with his 1825 total! 77 year old Fred Archambault thrilled the crowd with great lifting, as did fellow master Dennis Montembault. Abigail Scudder and Julie Russell posted fine results in the Women's division. Ulric Gill and Roland Cote Jr. did a great job setting American records in the squat and bench accordingly. (results courtesy of USAPL/Lloyd Weinstein)

Nordic Men's Championships 9 SEP 00 - Tornby, Denmark (kg) SQ BP DL TOT 185 122.5 182.5 490 135 102.5 190 427.5 ssen DEN 170 150 170 445 222.5 175 240 637.5 265 145 285 695

O. Neselius SWE 320 210 H. Winter FIN 280 195 S. Vorup DEN 307.5 177.5 Kompelien NOR 290 182.5 M. Larsen DEN 265 160 182.5 287.5 760 160 270 695
 100

 T. Taksdal NOR
 300
 220
 290
 810

 K. Hansen DEN
 300
 210
 297.5
 807.5

 T. Paavilainen FIN 300
 195
 307.5
 802.5

 L. Sorige DEN
 300
 192.5
 290
 782.5
 J. Ljungberg SWE 370 A. Randen NOR 315 M. Sorig DEN 310 235 350 955 200 310 825 212.5 292.5 815 M. Sorig DEN 310 212.5 292.5 815 J. Hoyset NOR 305 185 315 805 125+ P. Kyneb DEN 340 210 355 905 I. Wahlgvist SWE Thanks to Heikki Orasmaa for providing results)

POWERBELT worn by Champions

















\$23.00

\$35.00





Style





key Dale Cr





FOR BELT ORDERS GIVE COLOR / WAIST SIZE / SINGLE OR DOUBLE PRONG



Power Shoe







Muscle World, Ltd.

THE ONLY SQUAT SHOE

EVER DESIGNED FOR SQUATTING BY A WORLD CLASS SQUATTER

• Wedge Heel • 2 Velcro Straps For Support







Otomix \$99.00

CRAIN'S MUSCLE WORLD, LIMITED Genesis POWER Genesis DEADLIFT SUIT **SUIT®** NEW! NEW!

port and explo

THE NEXT GENERATION IN POWER GEAR



You Asked For It And Now You Have It!







...\$10.95

Shipping \$6.00

CRAIN'S MUSCLE WORLD,LTD 3803 North Bryan Road Shawnee, OK 74804-2314 U.S.A.



1	The Genesis POWER SUITs	\$55.00
	US Trademark Reg. #1544517 Size 18-46 Navy Blue, Black, Red. Royal Blue, L Forest Green, Gold, Burgandy, White - Two & Three Color Available The Senedis DEADLIFT SUIT	\$55.00
1	Double Thick Genesis POWER SUIT®	\$109.00
1	Training Genesis POWER SUIT® No Straps	\$42.00
1	Double Thick Training Genesis POWER SUIT®	\$83.00
١	Genesic POWER BRIEF™	\$29.00
1	Double Thick Semest POWER BRIEF™	\$57.00
1	The POWER SUIT®	\$39.00
1	US Trademark Reg. #1544517 Size 18-46 Navy Blue, Black, Red. Royal Blue, L Forest Green, Gold, Burgandy, White - Two & Three Color Available	ight Blue,
1	Training POWER SUITe No Straps	\$29.00
1	POWER BRIEF™	\$19.00
1	Custom Alterations	\$10.00 - UP
7	FOR ALL SUIT ORDERS GIVE HEIGHT/ WEIGHT / THIGH MEAST	REMENTS
ı	LYCRA/COTTON LIFTING SINGLET XS - XL	\$35.00
9	Navy Blue, Black, Red, Royal Blue, other colors & prints XXL \$37.00 XXXL \$39.00 XXXXL \$41.0	
8	INZER ADVANCED DESIGN	
	Patent #4473906 Navy Blue, Black, Red, Royal Blue. Give Chest/Biosp/Shoulder Measurement	Size 34 - 64
	Blast Shirt	
-	Blast Shirt Double Thick	\$ 75.00
1	Heavy Duty Blast Shirt	
1	Heavy Duty Blast Shirt Double Thick	
ı	High Performance Heavy Duty Blast Shirt	
ı	High Perf. Heavy Duty Blast Shirt Double Thick	
	Extra High Performance Heavy Duty Blast Shirt	
ш	Extra High Perf. Heavy Duty Blast Shirt Double Thick	5150.00

Extra High Performance Heavy Duty Blast Shirt
Extra High Perf. Heavy Duty Blast Shirt Double Thick
Erector Shirt ALL PRICES SUBJECT TO CHANGE
CHECK / CASH / CREDIT CARD / C.O.D. (\$25.00 min.)
Outside USA and Customer Service Call 1-405-275-3689
FAX: 1-405-275-3739
Call Toll Free - Orders Only

1-800-272-0051



Brett Moorehead gets set to attempt 440 at the APA New England Open. (Scott Taylor photo)

APA New England Open 23 SEP 00 - Rutland, VT

BENCH		Maste	1 20-23	
WOMEN		C. Frost		34
Open		Maste	r 60+	
R. Dages	135	J. Salmon		28
MEN		Open		
Submaster		165		
S. Ryan	350*	B. Morriss		25
Master 40-49		198		
D. Harvie	535*	J. Mat 242		39
		D. Harvie		53.
Powerlifting	SQ	BP	DL	TOT
Master 50-59				
S. Fassett	550	365	550	1465
Open				
148	J. about	No. Service	70.1	
J. Laird	365	155	405	925
165				
B. Moorehead	400	340	430	1170
B. Reitz	400	250	410	1060
181				
S. Kay	460	380	540	1380
M. Twitchell	430	370	530	1330
198			Total Par	
K. Lawson	555	305	545	1405
220				1000000
D. Emmons	555	380	550	1485
242				SA DE
G. Russo	625	460	530	1615
308				
J. Wade	450	365	525	
A. Rumrill	375	345	545	1265
* denotes VT Re	cord. (Th	e result	s by Sco	tt Taylo

UNCLASSIFIED ADS

\$3.00 per line per insertion Figure 34 letters & spaces per line

Shrug & Log Bars, Talons, Farmer dumbbells & Handles, thick grip barbells & dumbbells, vertical bars, reverse hyper or dip/parallel chin for the rack, adjustable grippers & plate loading grip machines, custom bars & hardware. Plain steel, polished, painted & stainless steel.Much more. From the same folks who have brought you affordable accurate machined steel fractional plates since 1990. Customer oriented service, quality workmanship, made in USA, competitive prices, worldwide delivery, credit cards accepted, stock orders ship w/in 24 hrs. Order by phone, email, snail mail. Catalog w/free Sandow postcard \$5.85 US, 9.95 elsewhere PDA 104 Bangor Street Mauldin SC 29662 864-963-5640 fractionalplates.com

IRON MAN MAGAZINE, honest coverage of the Iron Game. \$29.95 for 1 year, (12 issues), Iron Man, 1701 Ives Ave., Oxnard, CA 93033

Build Your Own Professional Metal Gym Equipment, 120 different plans available, only \$3.00 each shipped, complete catalog \$3.00; C. Miller, P.O.Box 1234, Ft. Laud, Florida 33302

TRAP BAR POWER PAGE web site http://www.gerardtrapbar.com E-Mail questions to: trapbar@yahoo.com

National & World Championship Powerlifting Customized Rings by Josten. C.W. Lee, 4000 Linfield Lane, Lima, Ohio 45806 (419) 229-5346 SASE.

Frantz Sports Ctr for all your powerlifting needs. Call 1-800-537-5532

Safety Power Racks Armor Clad & Built to Suit 2x2 2x3 2x4 3x3 tubing .120 .188 .250 thick Unique Gussets Quick Assembly Std or Sumo Base / Q-Fold / Olympic 1/2" incremental adjustment Quick UPS Delivery included from Crepinseks's

SAFETY POWER SQUAT BAR The New COMBO BAR **SAFETY POWER HOOKS** 831-637-0797 call/fax

MORE POWER? www.sorinex.com

Frantz liquid smelling salts - 3X stronger & lasts 3X longer. Call for retail & wholesale prices. 1-800-537-5532

WANT STRENGTH? www.sorinex.com

Discount Sports Nutrition www.massmedia-online

EARN \$\$\$ ON THE INTERNET!

- Why choose Pharmanex (R)
- Keep your business open 24 hrs www.rep.pharmanex.com
- Rep ID#9087654
- E-mail: globalfitness@surf1.de

HAVE YOU EVER NOTICED ... How many world and national records have been set on Sorinex brand equipment? Many pro and college teams depend on us for their strength needs! We have it all! 803 781 9471, PO Box 121 Irmo S.C. 29063, www.sorinex.com

Insane prices - Compete Supplements has them on: ANSI, Betastatin, Biotest, Champion, Cytodyne, E.A.S., FSI, HDT, ISS Research, Muscletech, Nature's Best, next Proteins, Optimum Nutrition, P.A. C. Research, Scitec, Sopharma, Syntrax, Twinlab, VPX, and many more! We willnot be beaten by anyone, anywhere on price or product knowledge. Call 618-233-1080, or visit or website at Completesupplements.com. Be prepared for huge savings!

NEED EQUIPMENT? www.sorinex.com

Back Issue Muscle Magazines Only \$3.95 ea/Catalog \$2.00: Raroha, 1320 NW 98 Av, Plantation, FL 33322

HANSEN'S GYM Revolutionary Grip Tool. Build a Crushing Grip. Novice to Elite. Do Not Miss Another Deadlift Because of a Weak Grip. \$7.00 Cash/MO (includes S/H) 8300 Weaver Woods Place, Noblesville, In 46060

N. VA's True Powerlifting Gym. Located outside the DC Beltway @ Haymarket, VA. Featuring MonoLift. Iso Square Racks, 703-754-4763

POWER HOTLINE

is the twice a month FLASH bulletin of the Iron Came, produced through the offices of POWERLIFT-ING USA for over 18 years, and sent out to its subscribers via FIRST CLASS MAIL so you will get the news while it is still NEW. Each edition is packed with a huge variety of IRON GAME-oriented information-almost all of which you will never find in any other composite source. Recent issues cover the "New" MONOLIFT machine, the Hornet Juice performance aid, the NCAA's ban on supplements, etc.. It's only \$28 for 24 information packed FIRST CLASS issues (\$39 for overseas air mail) to POWERLIFT-ING USA, Post Office Box 3238, Camarillo, CA 93011

REMEMBERING MUSCLE BEACH ... those were the golden days of physcial culture, heading to what would become the most famous beach in Iron Game history -MUSCLE BEACH - hitting poses, working out on the rings, pumping iron, building human pyramids just for the crowds walking by to appreciate. So many great names of Physical Culture used this particular stretch of sand as their touchstone to a collective of ideas and personalities who would go on to influence thousands, if not millions, around the world. The story of how this magical place came about, and what became of those whose paths crossed there will connect you with the roots of your sport. (128 pages, 125 classic black and white photos, available from Powerlifting USA, Box 467, Camarillo, CA 93011 for \$26.95 plus \$4.00 for postage and handling.

"The Strongest Shall Survive" ... this is the classic Bill Starr training manual, long out of print, but now available once again. (See our review of the book in the Feb/97 PL USA, page 10). Price for a copy of the book is \$20 plus \$4 postage and handling. Send your order to Powerlifting USA, P.O. Box 467, Camarillo, California 9301 1, before this book sells out again FOREVER!

The response to our offer of the new book MUSCLETOWN USA by John D. Fair has been overwhelming - this insightful examination on the pervasive impact of Bob Hoffman and the York Barbell Club on today's Iron Game triad of Bodybuilding, Olympic Lifting, and Powerlifting, is as revealing as it is entertaining. The foundations of our sport obviously had some cracks, but the bedrock of our origins was just as obviously vital, resilient, and impossible to keep down. This is a book that you will be compelled to read from cover to cover. (432 pages, 70 illustrations). Paperback edition is \$23.50 plus \$4 shipping and handling per book (we have some more of the hardbound books in stock - \$65 plus \$4 s/h). Send orders for MUSCLETOWN USA payable to Powerlifting USA, Post Office Box 467, Camarillo, CA 93011.

TOP 100 For standard 198 lb/ 90 kg. USA lifters in results received from November 1999 through Oct. 2000.

661 Compton, R..11/7/99 660 Kanemoto, K..2/12/00 660 Murrell, J..8/10/00 650 Alessandro, J..11/20/99 650 Berny, C..5/20/00 650 Tracsy, B..5/21/00 650 Martley, M..6/16/00

635 McDowell, J. 6/16/00 635 Beck, J. 7/8/00 633 Welch, L. 4/29/00 633 Kegrice, J. 5/21/00 633 Shaw, B. 6/3/00 633 Tluttki, N. 6/10/00 633 Olson, G. 6/17/00 630 Uson, G. 6/17/00 630 Lyone, B. 11/2/11/99 630 Rodacker, M. 2/5/00

630 Mendoza, J. 5/27/00 630 Enquist, T. 7/15/00 628 Haga, A. 6/25/00 625 Herrera, S. 12/4/99 625 Wallace, D. 12/4/99 625 Lambart, K. 6/17/00 622 Garrett, K. 11/6/99 622 Brandau, J. 11/13/99 617 Luns, E. 3/11/00 617 Lohman, M. 5/7/00

606 Johnson, B..6/3/00 606 Terry, C..7/10/00 606 Malecha, S..10/8/00 605 Sansbury, T..6/16/00 602 Tracy, P..3/18/00 600 B urgess, C..11/7/99 600 Watkins..11/20/99 600 Bufkin, J..12/11/99 600 Bufkin, J..12/11/99 600 Cole, D..2/28/00

600 Manley, S., 6/17/00 600 Keyhea, V., 7/29/00 600 Keyhea, V., 7/29/00 600 McShane, J., 9/3/00 595 Linn, T., 6/25/00 595 Connors, J., 10/28/00 590 Fields, D., 11/20/99 590 O'Brien, C., 12/11/99 590 Johnston, R., 12/11/90

383 Nealy, D..8/26/00 545 Lawrence, R.11/13/99 534 Zweng, M..11/20/99 530 Adams, J..2/20/00 525 Cormier, S..2/12/00 525 DeCourt, B..8/5/00 523 Warrington, G..11/6/99

470 Mills, M..10/8/00 465 Wolfley, M..11/20/99 465 Clayman, G..5/13/00 465 Pensyl, S..6/10/00 465 Vining, J..6/17/00 465 Wining, J..6/17/00 465 Newman, D..8/20/00 465 Gillis, H..8/26/00 462 Edl. C..4/16/00 460 Tarr, G..3/25/00

450 Blevins, B..7/15/00 450 Caserta, M..7/15/00 450 Brown, J..10/15/00 446 Hernandez, J..3/18/00 446 Miller, M..5/21/00 445 Landino, M..3/25/00 445 Small, G..5/13/00 445 Smith, J..7/29/00 445 Dorsey, T..9/10/00

d, M..12/5/99 , C..12/5/99 , P..12/18/99 440 Roomson, A.,3/25/00 440 Wagner, R.,4/8/00 440 Lichtenberger, M.,4/29/00 440 Katt, D.,5/21/00 440 Chicoine, R.,8/12/00

00DEADLIFT

749 Terry, C..7/10/00 734 Bufkin, J..12/11/99 733 X, L..12/18/99 722 Cole, D..11/6/99 710 Garrett, K..11/6/99 710 Meyers..7/8/00 710 Willett, M..7/10/00 705 Benemerito, R..11/19/99 705 McGlynn, J..7/10/00

672 Fanone, M..5/21/00 666 Manley, S..2/12/00 666 Reynolde, K..3/25/00 666 Mendoza, J..4/9/00 666 Kegrice, J..8/12/00 661 Wagner, R..4/8/00 661 Byas, A..5/7/00 660 Casagrande..11/20/99 660 Casagrande..11/20/99 656 Zweng, M..11/20/99

644 Jones, G..1/29/00 640 Maslow, L..12/18/99 640 Kouloupoulos..6/18/00 639 Wendel, E..6/10/00 635 Bult, G..6/25/00 633 Shelton, T..4/30/00 633 Welch, L..4/29/00 633 Shaw, B..6/3/00 633 Maslecha, S..10/8/00 630 Mascha, S..10/8/00

628 Linn, T..6/25/00 628 Thierry, D..8/13/00 625 Carter, S..3/18/00 625 Valchine, J..3/26/00 625 Soversson, M..6/3/00 622 Knight, M..3/11/00 622 Blue, D..3/18/00 622 Lohman, M..5/7/00 622 Richardson, K..5/21/00 622 Dell, R..5/21/00

622 Davl, P..8/12/00 620 Ash, E..11/20/99 620 O'Brien, C..12/11/99 620 Kouf, D..4/1/00 620 Derring..4/29/00 620 Fahrehfeld, W..10/28/0 617 Poulich, A..4/16/00 615 Winters, J..12/4/99 615 Hill, B..5/20/00 615 Murrell, J..8/10/00

611 Johnson, D..11/6/99 611 Meier, C..3/19/00 611 Robinson, T..3/25/00 611 Posey, K..3/26/00 611 Johnson, A..4/9/00 611 Johnson, A..4/9/00 610 McDowell, J..11/20/99 610 Anderson, B..3/26/00 610 Sowinski, J..4/8/00 610 Titel, L.4/8/00

610 Rodacker, M..4/29/00 610 Sanders..5/6/00 610 Goodrich, K..6/11/00

605 Adams, J.2/20/00 605 Groman, T..6/10/00 605 Lambert, K..6/17/00 605 Butler, T..8/10/00 605 Veneziano...9/00 605 Lindquist, S..10/28/00 600 Lerth, A..11/6/99 600 Compton, R..11/7/99 600 Schmidt, B..12/4/99 600 Lester, R..12/11/99

2138 Kelkum, J..11/20/99 1967 McGhynn, J..7/10/00 1962 Zweng, M..11/20/99 1920 Carnaghi, T..10/28/00 1901 Benemerito, R..7/10/00 1870 Adams, J..2/20/00 1868 Wagner, R..7/10/00 1800 Statzer, P..6/16/00 1774 Fanone, M..5/21/00 1765 Mastrean, M..3/18/00

1752 Tracey, B..5/21/00 1750 Tessaro, P..11/20/99 1724 Willett, M..7/10/00 1719 Terry, C..7/10/00 1710 Ferrara, K..6/16/00 1703 X, L..12/18/99 1694 Blue, D..5/20/00 1690 Murrell, J..8/10/00 1681 Lawrence, R..11/13/99 1680 Bufkin, J..12/11/99

1675 Benyaminovich, B.,2/27, 1675 Berry, C.,5/20/00 1670 Beck, J.,7/8/00 1669 Shaw, B.,6/3/00 1664 Garrett, K.,11/6/99 1664 Weich, L.,4/29/00 1660 Baumgart, J.,5/13/00 1658 Compton, R.,11/7/99 1658 Richardson, K.,3/11/00 on, T..3/11/00

1631 Baxter, R..6/11/00 1625 Tykıtki, N..6/16/00 1620 Kegrice, J..3/11/00 1620 Iverson, D..4/15/00 1610 Lambert, K..6/17/00 1610 Lambert, K..6/17/00 1605 Alessandro, J..11/20/99 1605 James..7/16/00 1605 Newman, D..10/29/00 1603 Poulich, A..4/16/00

1603 Jackson, J..5/13/00 1603 Stills, R..6/10/00 1600 Burrows, M..5/13/00 1598 Cole, D..2/26/00 1598 Andrus, M..6/11/00 1598 Thierry, D..8/13/00 1595 Theory, D..8/13/00 1595 Benford, G..11/20/99 1595 Benford, G..11/20/99 1592 Lohman, M..5/7/00 1587 Johnson, A..4/9/00

1570 Byas, A..5/7/00 1570 Nichalson..5/20/00 1570 Nowsk, A..6/3/00 1565 Brandau, J..11/13/99 1565 Blanchard, S..11/20/99 1565 Wagner, D..11/20/99 1565 McClaren, J..4/29/00 1565 Dell, R..5/21/00 1565 Linn, T..6/25/00 1566 Derring..4/29/00

1560 Enquist, T..7/15/00 1560 Kibble..9/23/00 1559 Atkinson, J..5/21/00 1555 Romberger, R. 11/20/99 1555 Chowanec, P.J. 11/20/99 1555 Fidsoy..8/12/00 1554 Kelfani, J..12/5/99 1554 Luna, E..3/11/00 1550 Herrera, S..12/4/99

PL USA Top 100 **Achievement Awards**



Powerlifting USA TOP 100 Achievement Certificates are printed in Red and Gold ink on exquisite paper, embossed with the gold seal of Powerlifting USA Magazine, and signed by Mike Lambert. They specify your name, TOP 20, 50, or 100 ranking division, weight class, and actual numerical ranking in your class. The price for this documentation of your achievement is \$6. We also offer a wood grain plaque with a clear cover, ready to hang. The certificate and display plaque are available together for \$21.95. If you have appeared on a TOP 100 list, you are eligible. Send your name, street address, weight class, lift, date it was made, the amount of weight, and the list that your name appeared on. Send \$6 per certificate or \$21.95 for certificate and deluxe mounting plaque, payable to Power-lifting USA, Box 467, Camarillo, CA 93011. (CA residents - 7 1/4% tax).

NEXT MONTH... TOP 220s

Corrections.... Hennis Washington III reports that his full name is as noted and that he actually benched 319 and totaled 1366 at the WPO Meet in Daytona Beach onf May 20th. The USAPL Michigan results published on og. 66 of the October 2000 edition of Powerlifting USA, were actually not the results of the meet held on November 6th, 1999, but a partial duplication of the results of the July 22nd meet. Lynda Christopher states "In the April issue for the world bench press championships held in Las Vegas, Nevada you had me down for winning the 114 open bench. I won the 114 open and submaster 114 weight division. I would appreciate a correction." We do make errors in our compilation of the various ranking lists we publish, however, in some cases we were not able to obtain a copy of the necessary meet results from the meet director, and occasionally the meet results contain errors. We apologize for any errors that our readers find in our competition reports or ranking lists, or anywhere else in the magazine, regardless of the source of the problem, and we encourage you to please send any corrections to "PL USA ERRORS" Department, Box 467, Camarillo, California 93011 (Sometimes, it takes a while to verify the correction before it is published)

To Our Extreme Pure Protein Powder, Your Muscles Look Exactly Like This.



Extreme Pure Protein Powder™—One of The Quickest and Most Readily Absorbed Forms of Protein.

Extreme Pure Protein Powder[™] contains Bi-Pure [™] a specially formulated all natural whey protein isolate composed of beta-lactoglobulin and alpha-lactalbumin, the quickest and most readily absorbed forms of protein. In fact, the protein source used in Extreme Pure Protein Powder[™] is so superior, it's even prescribed by doctors for the treatment of severe catabolic tissue injury. Extreme Pure Protein Powder[™] is high in lactoferrin for immune system support and has a total of 17 grams of branched chain amino acids. With no fat, no sugar and no aspartame, it's the clear choice for those who wish to build and maintain lean muscle tissue. Available in Swiss Chocolate and French Vanilla.



Extreme Pure Protein Powder™—The Strongest Protein Ever Developed™

Sport Nutrition 800.854.5019 • www.sportnutrition.com

Both Flavors Now Available in A New

ADVANCE DESIGNS

THE BEST POWERLIFTING BELTS IN THE WORLD

13mm lever belt \$68 13mm buckle belt \$70 10mm buckle or lever belt \$58 Tapered buckle or lever belt \$52

Choice of stiff
leather for the
firmest support or
soft leather for
immediate comfort.
Extra firm leather will
conform over time for a
permanent personal fit.
Soft leather will conform to your
shape more quickly.

Available in any style. Most popular choices are double prong buckle, single prong buckle or lever belt

13mm or 10mm thick, 10cm wide or 10cm tapered to 6cm body-building style suede both sides, suede inside only, or smooth leather both sides.

ZINC PLATED STEEL BUCKLE

- Tongue loop RIVETED NOT SEWN.
- Lockstitched with corrosive resistant hi-density nylon
- SAME RIVETS AS USED ON THE SPACE SHUTTLE.
- Highest quality suede provides non-slip surface.
- Not bradded. High compression riveted. Will never come loose.
 - New, closer prong holes for more choice in precise fitting.

VE MAKE POWER GEAR A SCIENCE 1-800-222-6897

Available at GNCLiveWell and other fine gyms and bealthfood stores nationwide.