POWER SHOE

maximize your leverage o stabilize your body

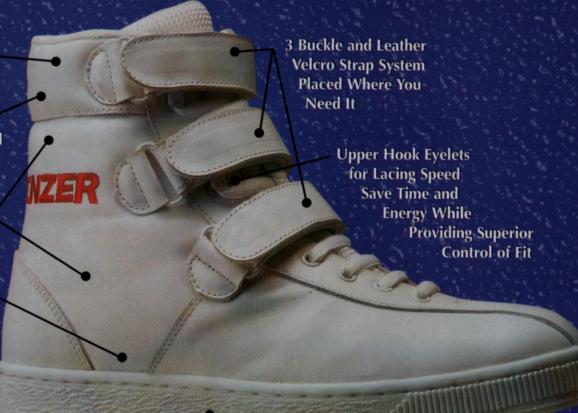
The first powerlifting shoe designed specifically for medium stance to wide stance squatters with emphasis on a proper leverage base, stability, and shin/ankle position.

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





SOLE MOLDED TO PERFECTION 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.

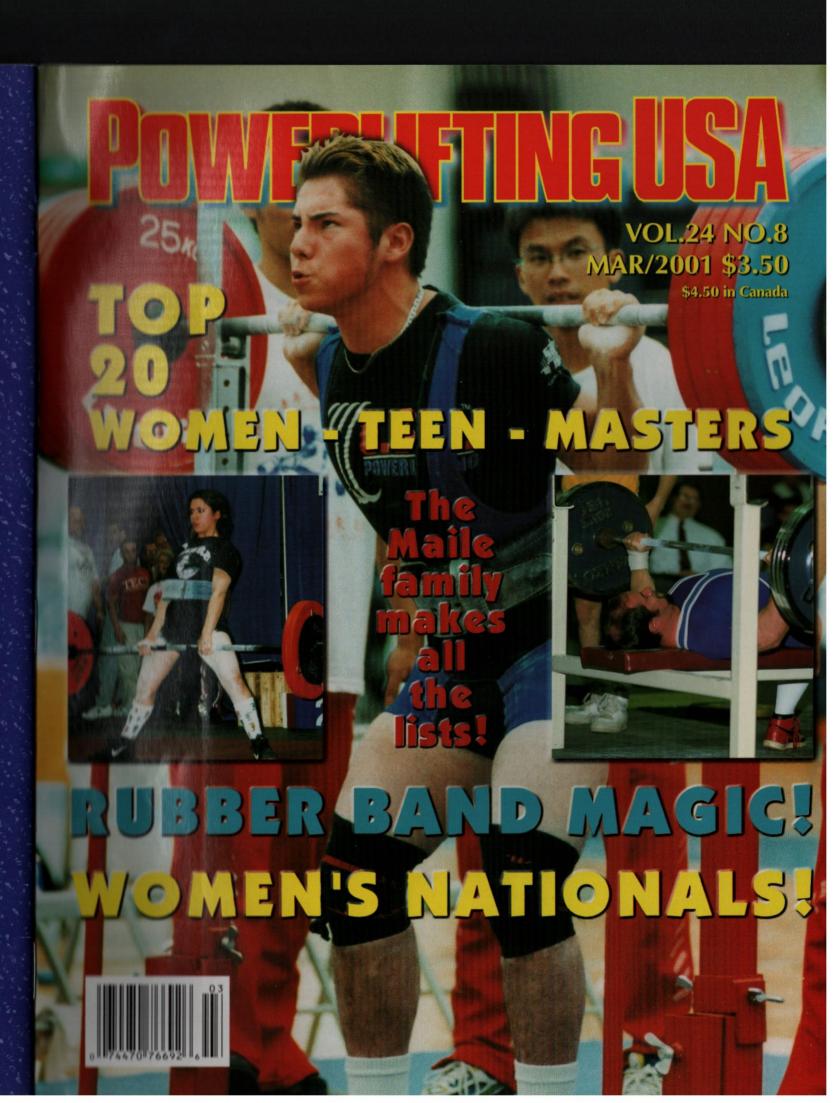
INZER POWER SHOE \$119.95

Available in solid white with scarlet red logo, Solid black available soon. Sizes 4 1/2 - 15

All-Direction Traction Bottom

ADVANCE DESIGNS

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







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.

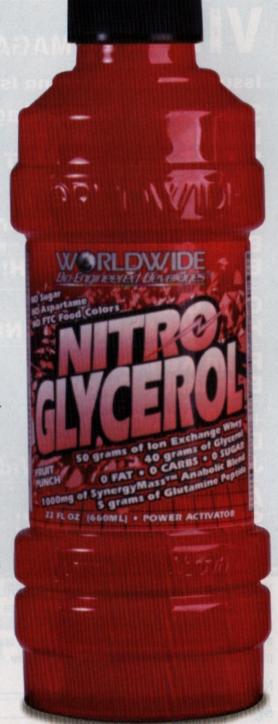
The result: nothing else even comes close.



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



upcoming issues	 These other issues will follow, 	veeks for delivery.) You will be billed separately SPECIAL SUBSCRIPTION OFFER			
	very 3 months, at \$19.95 per issue*	First payment	\$ 19.95 US		
pius oaii. Ailu y	ou are nee to cancer anythine.	Shipping + handling	\$ 2.95		
Name		Sub-Total	\$ 22.90*		
Address		Sales tax (CA residents only)			
		Total Enclosed	\$		
City	StateZip	□ Visa □ MC □ Am Express □	Discover		
Phone		Card No.	Exp. Date		
31	*Non U.S. residents add \$3.50 per issue	Signature			

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
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

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

POWERLIFTING USA advertising rates available upon your request.

City_

MUSCLE MENU

- Volume 24, Number 8 - March 2001 -

HOOKING UP THE BANDSDr. Larry Miller6
WESTSIDE DEADLIFT TRAININGLouie Simmons10
USAPL WOMEN'S NATIONALSDr. Mike Hartle12
WORKOUT OF THE MONTHBruce Anderson13
ASK THE DOCTORMauro Di Pasquale MD15
DR. JUDDJudd Biasiotto Ph.D16
POW!ER SCENENed Low17
NARROW STANCE SQUATSDoug Daniels18
WHAT'S THE DIFFERENCERuss Barlow19
HARD CORE GYM #2Rick Brewer20
WPC WORLDS PT. IIHerb Glossbrenner22
WPC WORLD BENCH PRESSHerb Glossbrenner26
WNPFWORLD CHAMPIONSHIPSTroy Ford32
TOP 20 WOMEN RANKINGSMike Lambert38
TOP 20 TEENAGE RANKINGSMike Lambert40
TOP 20 MASTER RANKINGSMike Lambert42
COMING EVENTSMike Lambert53
UNCLASSIFIED ADS94

ON THE COVER.... daughter Jennifer Maile (left) - who just won the 105s at the USAPL Women's Nationals (Hartwig), son Justin Maile (center - Isagawa), and father Larry Maile (right) are all on this month's PL USA TOP 20 rankings. Mother Janna Maileis a previously ranked women's nationals competitor.

Copyright 2001 Powerlifting 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

Name ______

YES! SIGN ME UP!

□ NEW
□ RENEWAL
□ Address Change

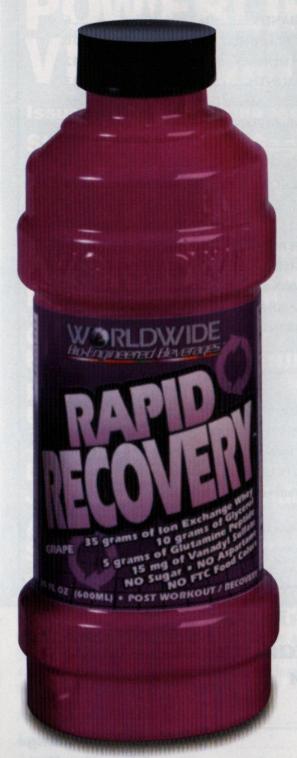
(indicate previous address)

\$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)

State ___ Zip



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

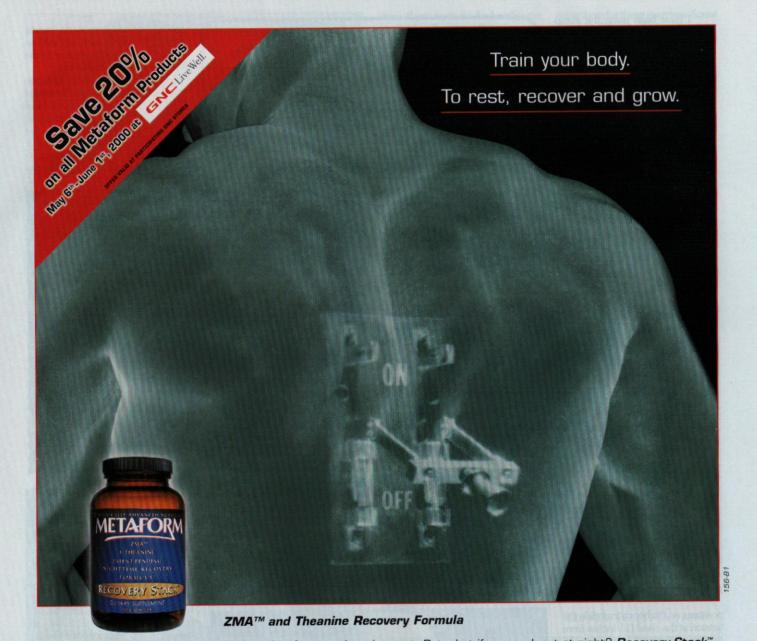
Available in Fruit Punch, Grape and Orange Cream.

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!



other fine health food stores



★ These statements have not been evaluated by the Food and Drug Administration This product is not intended to diagnose, treat, cure or prevent any disease.

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

I have been using the Jump Stretch Rubber Bands for almost 2 years now. My training partners and I are still experimenting with them, but we have developed some information that we thought we would pass along.

First of all, I must give credit where credit is due. I have discussed using a force plate to measure the resistance that the rubber bands create, but not having taken Physics since 1978 I wasn't sure where to begin. Three of my training partners, Steve Spinelli, Steve Petrencek and Frank Palmer came up with a plan that I do believe actually works. Steve S. brought in a cariack and he borrowed a digital scale. As you can see from Picture 1, while the bands were hooked up to the bar, they jacked up the digital scale to mimic different

TRAINING

HOOKING UP THE BANDS

as told to Powerlifting USA by Dr. Larry Miller

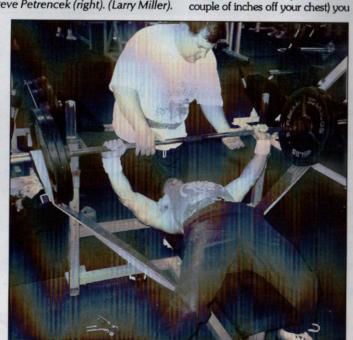
the two bands together. Hook one end of the bands over be end of the bar. Take the bands under the bench with the knot directly under the center of the bottom support. Hook the other end of the band around the other side of the bar. To do a double loop, have someone pull on the band



Picture 1: Steve Spinelli (left) & Steve Petrencek (right). (Larry Miller).

positions on the bench including the tension at the chest (11 inches from the top of the pad), mid-point (16 inches from the pad) and lock-out (21 inches from the pad). I will present the information as we recorded it and then in layman's terms (which is about as detailed as I am prepared to go) explain what it means. The pictures will demonstrate what we did.

First of all we need to discuss how to hook the bands on to the bench. You should look for 2 items on your bench. First of all, you should have a support bar underneath the bench that is an inch or two above the floor (Picture 2). This will allow you to stretch the bands for added resistance and allow you to center the bands easily. It is also a plus to have a second set of racks on the bench. This will allow you to add extra loops to the bar and work the bottom half of the bench off your chest. If you don't have a bench as described above you will have to improvise. Just remember, tensions will change. The first thing you need to do is to tie

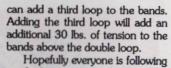


Picture 2: Frank Palmer spotting Larry Miller (notice support bar & 2 different rack heights). (Photograph provided courtesy of L. Miller).

lockout. If you triple loop the bands, lbs., 165 lbs. and 180 lbs. to the bar. a total of 35 lbs of tension.

Another method of adding tension to the bands is to wrap it around the bottom support keeping the knot on top of the support as opposed to having it underneath the support (Picture 3). We did not calculate the added tension in this position.

When you place the bands around the bar with the bar in the highest position in the uprights you will be working the lockout part of your lift. You will also be working the middle part of the bench. When you place the bar on the lower set of uprights, you have the ability to add additional loops to the bands since the bands



me. Let's use an example. You place 135 lbs. on the bar and you have hooked two blue bands tied together under the bench. At your chest, the weight on the bar is now 155 lbs. If you push the bar an additional 5 inches (mid range), the weight now



Picture 3: Steve Spinelli showing how to properly attach the bands.

on one side and double loop it around

the bar. Then repeat for the other

side. According to our homemade

force plate, the double loop adds an

additional 20 lbs. of tension. If you

lower the bar to the second set of

uprights (which are positioned a

becomes 175 lbs. Go another 5 inches to lockout and the weight is now 195 lbs. This set up allows for an additional 60 lbs (195 - 135 lbs.) of band tension above what you originally had on the bar at lockout. If you double loop the bands, you now have approximately 175 lbs. of tension at your chest, 195 lbs. at your mid range and 215 lbs. at you have 205 at your chest, 225 at mid range and 250 at lockout. The green bands add tensions of 150 If you add a green to a blue, the tensions are additive. For instance at your chest a blue band added 20 lbs and the green added 15 lbs. When we put the two on together, we had

> the two sets of blue bands, double and triple looped, add 105 lbs of tension at the chest, 150 lbs at the mid range and if you can lock it out, you have added 210 lbs of tension. So, in essence, the bar has 135 lbs on it, but with the bands, it's 240 at your chest and 345 lbs at lockout. With the bar set at the lower uprights, you should have 2 lifters do

the lift off from the sides. When we

do these band presses, it is easiest to

very tough on the body and you should be very careful. Some lifters like Joe McAuliffe, who has an exercise physiology background, recommends cycling the bands into your

The bands can also be placed in the power rack. We are using something called a clevice (Picture 4) to attach the bands to the racks. Using the clevice allows us to keep the tension on the bands even on both

sides. If you try to tie the bands, you inevitably will not have the sides even and it may cause you to pull to one side or the other. With heavy weights, you might place too much stress on your body. We are using 2 sets of blue bands and we double loop them both on the end of the bar from the top of the power rack. Setting the bands in this manner allows you to lock out heavy weights. For instance, with 315 lbs on the bar, the weight on the chest is 135 lbs. The bands support the bar with about 180 lbs of tension. At mid range the weight is 190 lbs and at lockout, the weight is 250 lbs. What we are able to accomplish within the power rack is to load the bar to 550 lbs or so. Although we didn't measure the tension at the chest, it is probably around 275 lbs and we are probably locking out 490 lbs or so.

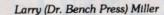
For those of you who wear bench shirts, the mechanics of the shirt provides you with help off the chest and as you get closer to lock out, the shirt stops working and you are on your own. The bands also create a situation whereby the resistance increases as the bar progresses towards lockout. The tension the bands supplies becomes an excellent plyometric exercise for developing explosive strength which is advantageous in all of the three powerlifts.

There are a number of additional ways to use the bands. You can hook a light pink band up for added resistance for tricep extensions or lat pulldowns (Picture 5). The personal trainers at our gym use them for additional tension when working the abs. I am sure if you want, you can stay up all night long figuring out ways to incorporate the bands into your training program. Since I haven't squatted or deadlifted in more than three years, I haven't looked into

using them for these exercises. Some lifters at the gym do use them for squatting and deadlifting and my advice is be careful and use spotters. I believe that when using the bands, it is important as you adjust to the bands and the weight on the bar, you should add resistance with the bands and drop the weight on the bar. Our "Jump Stretch Rubber bands" have been subjected to a great deal of tension and are still holding up quite well. For benching, I recommend using the Blue bands if you are a 300 lb. bencher. The green bands are good if you are in the 250-300 lb. range and the pink bands if you are below 250 lbs.

Dick (The Rubber Band Man) Hartzell has many uses for his rubber bands. They are used by numerous professional sports teams, i.e. Cleveand Indians and Cavaliers, New York Yankees, Atlanta Braves, Dallas Cowboys, Florida Marlins, Denver Broncos, Charlotte Hornets and many more. Most professional athletes use the bands for stretching. Personally, I don't know of anyone as flexible as Dick. Although not a Physical Therapist, I have sent a number of people to Dick who have already been to their share of therapists. In every instance, Dick has helped these individuals immensely. Stretching and flexibility are extremely important to powerlifters, so in the future, I will review stretching exercises with the bands as well as traction methods with the bands if you are nursing a sore shoulder or back,

When lifters call me regarding the bands, I always tell them the same thing. Once you try them, you will be sorry you didn't start them





Picture 4: Steve Spinelli spotting; Steve Petrencek benching (Notice

are not overly stretched. With the bar start the lift at the chest instead of at

in the lower upright position, we

place two sets of blue bands around

the bar. We double loop one and

triple loop the other. It isn't easy to

add that triple loop but if you have

one person pulling on the band and

the other adding a loop, it is possible.

In this position we do partial reps

from our chest to the mid range. It is

very difficult to lock out the bar in this

position. With 135 lbs. on the bar,

lockout since the bands are not heavily

stretched at your chest. I encourage

you to use spotters on each side, in

are positioned under the upright, try

and center the knot where the bar

contacts your chest. This way the

bands won't pull you out of your

Training with the bands can be

Before I forget, when the bands

addition to one behind you.

how clevice attaches band to power rack). (Photo by Larry Miller).

Picture 5: Frank Palmer doing the rubber band tricep push downs.



Left to right: Steve Petrencek, Steve Spinelli, Dick (Rubber Band Man) Hartzell, Larry Miller. (All these photographs provided by Larry Miller).

Beyond a Century, Inc.

Performance Powders...

How much have you been pa	vina?
Tribulus Ext. 45% Bulgarian 100gm	\$10.50
Ribose 100gm	15.00
5-Methyl-7-methoxy Isoflavone 20am	29.90
Ipriflavone, 50 grams pwd	\$12.50
Diindole Methane, (10x 13C!) 20 grams	11.75
Androstenedione 50mg 60 caps	7.50
5-Androstenediol 20 grams pwd	16.00
4 Androstenediol, 20 grams pwd	23.75
Norandrostenedione, 20 grams pwd	37.50
Creatine Monohydrate 99+% 1000am	22.50
Chrysin, pure powder, 50gm	27.00
Yohimbe 2% Std. Extract! 50gm	8.50
Glutamine 250gm/1kg 13.	50/42.00
Ephedra, 25mg ephedrine 100 caps	4.95
"Low Heat" Whey Protein 80% 2 lbs	13.50
ZMA, 808 mg, 100 capsules	11.50
Pro HGH Sport Men/Women	\$64.00

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 fundreds of Products - Ask for FREE catalog

Order On-Line with our Secure Server: www.beyond-a-century.com **Authenticity of Products Guaranteed!**





Just like a tattoo.

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!

embroidery lasts forever and it looks sharp, too! We have gym bags from 16" to 34" long; from ight-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 jackets. (Only \$1.00)

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



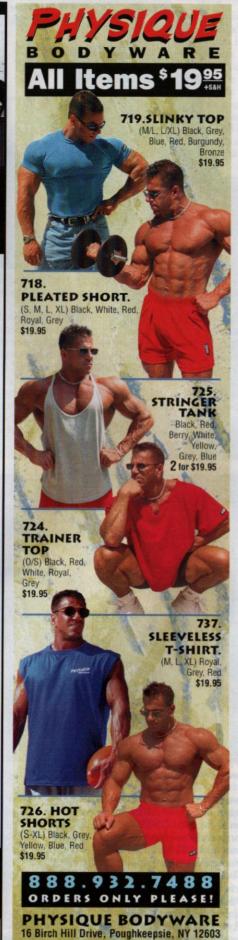
HOUSE OF PAIN

P.O. Box 333 Fate, TX 75132

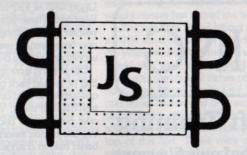
24 hrs/ Toll Free! 1 • 888 • H • OF • PAIN

(1-888-463-7246) fax 972-772-5644

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



845.473.4832 FOR CATALOGS



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
201 301 10 1 TO THE PROPERTY OF THE PROPERTY O			

We also offer 2 different platforms bases for doing deadlifts:

Substitute Extra-Wide Base for either unit

\$145.00
\$245.00
\$285.00
\$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

I am pictured with two of the greatest deadlifters of all time: Vince Anello and Jim Cash. Jim deadlifted 837 at 220, and Vince deadlifted 821 at 198.

I saw Vince for the first time in 1966, when he pulled 525 at 165. I knew then he was destined for deadlifting greatness. I recall asking Vince what made his deadlift go up. His reply was that anything made his deadlift go up. At the time, I was confused by his answer.

I later realized what he said was not confusing, but my lack of training knowledge had kept me in the dark. I read Bill Starr's article about raising your deadlift without deadlifting. Was this what Vince was telling me? Was this the conjugate method? The answer is ves to both.

At Westside, the tenth best deadlift by coefficient is 710 at 198. We also have five lifters who have pulled 800 or more. Among the women, Doris Simmons pulled 349 at 105, Amy Weisburger 450 at 123, and Mariah

TRAINING

Westside Deadlift Training

as told to Powerlifting USA by Louie Simmons



Louie Simmons (middle) pictured with two of the greatest deadlifters of all time, Vince Anello (left, 821 @ 198) and Jim Cash (right, 837 @ 220). (This photograph taken by Eskil Thomasson).

Ligget 485 at 132 while training at Westside. These lifts were accomplished by deadlifting, at the most, one time every 4 weeks and more usually once every 8-10 weeks.

Our training is comprised of squatting or arched-back good mornings one week and bent-over good mornings the next week. You must bend over because the back has flexion. We use a wide assortment of cambered bars to change the leverage.

There are many ways to train. My objective is to teach you to train yourself. You must do what works best, not what you like best. Don't forget that.

Jerry Obradovic pulled 804 at 275 bu doing lots of ab work, high reps on the Reverse Hyper, and 3-5 reps on a very low box, 4-6 inches below parallel, with a Safety Squat bar. He also did high reps, 6-8, in the bent-over good morn-ing with a Buffalo Bar. He would test his deadlift once a month bu pulling a rack pull with the plates 2-4 inches off the floor. He also

ELITE ELITE Fitness Fitness Systems Systems MESS SYSTEMS .com .com Seminars Equipment Consulting Videos Books Weight Releasers Glute Ham Raise PULLING SLEDS \$87.00* \$730.00 VIDEO'S! \$130.00 * straps included Squat Workout (Simmons).... .\$54.95 **Belt Squat Belt Manta Ray** Bench Press Workout (Simmons)..... .\$49.95 \$88.00* \$43.00* The Bench Press Video (Simmons)... .\$35.95 The Squat Video (Simmons)..... \$29 94 REVERSE HYPER The Dead Lift Video (Simmons) ... \$29.95 Safety Squat Bar **Stability Ball** Pro model \$1220.00* Building the Perfect Beast (Blakley).....\$40.00 Standard model \$825.00* \$55.00* Shipping/handling **BOOKS! Combo Power** Leather Tricep MEDICINE BALLS Rack Strap SUPERTRAINING Science and \$900.00* \$35.00* \$124.95* "REVISED" **Practice of ST** 60lbs \$189.95* Standard Rack **Cambered Squat** Mel Siff Zatsiorsky \$250,00* 100lbs \$699.00* Bar \$59.95* \$40.00* \$465.00* *Shipping Included See Catalog or WEB for complete listing See Catalog or WEB for complete listing Fax: 740.845.1474 www.elitefitnesssystems.com Send check or money order payable to: Elite Fitness Systems 1695 Itawamba Trail London Ohio 43140 740-845-0987 Call for FREE Catalog OR Shop Online All Major Credit Cards ACCEPTED

did lat work of all kinds three times a week. All this netted him an 804 deadlift and a 644 bench to go with it

Chuck Vogelpohl has a 793 deadlift at 242, and a 771 deadlift and 551 bench at 220. First of all, he trains 10-14 times a week. He always does abs in these extra workouts, and five workouts involve lat work. After speed squats on Friday, he will do 6-10 singles in the deadlift with 500 pounds, either sumo, conventional, or standing on a 1-4 inch box. They are very explosive.

On Monday, max effort day at Westside, Chuck works up to a max good morning or box squat with a variety of boxes. He will use a box deadlift or rack deadlift only as a test of his progress, not to build the lift. Chuck does a lot of work on the Reverse Hyper. He always works leave healt and here.

low back and hamstrings before lats.

John "Chester" Stafford, who deadlifts 800 and totals 2280, trains much like Chuck, maxing out for a single on a box squat or good morning. The exercises for the squat are the same for the deadlift. John does a lot of standing abs and leg raises. He will only do a box or rack deadlift to test his deadlift, not to build

I do a lot of pulling of weight sleds to build my deadlift. I train lats and upper back about 5 times a week, mostly during short, 20-30 minute, extra workouts. I do about 10-14 workouts a week. Here are some examples: glute/ham raises and abs: reverse hypers, lats, and abs; sled pulling, lats, and abs; band-only good mornings, hamstring work, and abs. I also feel that box squatting with or without bands will increase your deadlift fast. I deadlift with bands or chains to a fast single, then do low back. On max effort day, I prefer to do a max single on a low box or a triple in the conventional good morning or a single in the concentric style good morning. Having

made a top 10 deadlift in three weight classes has served me well.

The late Matt Dimel hit not only a 1010 squat but also an 821 deadlift. While he did all of the above, he would also work up to 600 for a single with the plates 2 inches off the floor. Then he would place a 1 inch mat under his feet and do a second single. More and more mats were added until the bar was touching the top of this feet. These were done with about 1 minute rest between sets. He also did a lot of lat work and work on the Reverse Huper at least 4 times a week. Matt had very strong abs, which enabled him to do a sit-up with 115 pounds on an Olympic bar held behind his head while his legs were straight out on the floor.

Jeff Chorpenning had a 750 deadlift at 198. He did a lot of heavy abs and low back on the Reverse

Hyper. He used a wide sumo style, and very wide box squatting helped a great deal. He would max out on a low box squat and, of course, do an

assortment of good mornings.

What do these workouts have in common? These lifters always max out on some box squat level, mostly very low, or a good morning. They only use the deadlift to test their progress, not to build the deadlift. Lots of small extra workouts for abs, hamstrings, and lower or upper back are done. Any combination will work. Heavy sled pulling can take the place of max effort work 1 out of every 4 workouts.

If these men and women have bad form, they will do special work to correct it, i.e., the conjugate method. The top pullers here can deadlift almost the same with any deadlift style. If not, this shows a weakness in some muscle groups.

Because the deadlift is done last at a meet, when you're tired, we do a box squat or good morning first before trying a max box or rack pull. This keeps you honest. One must be in good shape to deadlift well in a meet. That's where all the extra workouts pay off. If you deadlift all the time, it will kill you in the long run, mentally and physically. Don't let this happen to you.

Everyone at Westside does these workouts at one time or another. It does not matter what sequence or rotation you use. Change the core lift each week and the special exercises whenever you feel it is necessary.

Remember what Vince said? I think this is what he had in mind.

Westside Barbell 614-276-0923



The outside temperature gauge read 10 degrees F in the early morning hours of January 20, 2001. However, the inside temperature was a lot hotter due to the event that was beginning. The 2001 USA Powerlifting (USAPL) Women's National Powerlifting Championship was set to begin. This year's contest was being held in Fort Wayne, Indiana at the Grand Wayne Center in downtown Fort Wayne. The meet site was spacious and plentiful. 9000 sq. ft. provided ample room for these ladies of iron to stretch out and warm-up properly. The Meet Directors were Drs. Monique and Michael Hartle. 98 of the nation's strongest ladies descended upon Fort Wayne to show how much iron they could lift. These strong lady athletes were also trying to place themselves on various USAPL-IPF World Teams for the upcoming year.

The competition got under way at 9:00 am after the Star Spangled Banner was sung by Mrs. Margaret Pletcher. The first order of business was the 97, 105 and 114 lb. classes. The different divisions that were contested throughout the weekend here were the Open, Teen, Junior and Master. Stephanie McMillian repeated her win from last year with another victory and a Junior Ameri-



Stephanie McMillian (right), with friend, was the 97 pound champ.

can record in the bench press. Cathy Solan repeated her second place finish from last year with 49 years young Donna Aliminosa winning third place honors. Erin Dickey secured the win in the Teenage 2 division (16-17 years old) with some solid lifting.

In the 48 kg. class, Jennifer Maile followed her father's lead at the World Master's Championships and pushed some huge numbers to win the Open and Teen 2 divisions here. She also won Best Lifter for the 44 - 56 kg. classes and Best Lifter Overall!! The amazing thing is she is only 16 years old and re-set the Open American records in the squat, bench and the total. According to the numbers on

USAPL Women's Nationals

as told to Powerlifting USA by Dr. Michael Hartle



Sioux-z Hartwig is the 114 lb. national champ. (photos by Hartwig).

the IPF page this total would place her fifth in the WORLD. Wow!!! Carly Nogle won the Teenage 1 (14-15 years old) division with Jennifer Ray - one half of the Ray twins competing at this competition - unfortunately not able to get a squat passed. Cheng-er Mehmedbasich and Ann Leverett won the Masters 1 (40-44 years young) and the Masters 2 (45-49 years young) respectively while 60 years young Judy Gedney, who is a former IPF Women's World Champion, won the Masters 5 (60-64 years young) division.

In her new weight class for the competition, 52 kg, Sioux-z Hartwig won her class with a 9 for 9 day and beating second place, Elisabeth Street, by 15 kilograms. Sioux-z had some really balanced lifting performing the powerlifting hat trick. Kimberly Goff of the infamous Louisiana Tech team, placed third in the Open with a win in the Junior division. She

Michelle Amsden with a hard

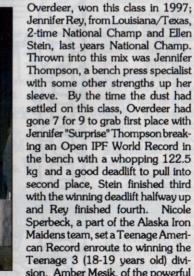
fought victory in the 56 kg. class.

is someone to watch in the future. Everyone in the weight class in the Open division was in their 30s or older and she is only 20. Carmella Baqui, from Hawaii, and Sally Bow-ers, from Alaska, some of our farthest travelers, received 4th and 5th while Karen Gordon secured 6th place. Maura Shuttleworth also had difficulty with the squats and finished early. Jessica Ray, the other half of the Ray twins, finished in first place in the Teen 1 division. Chelsea Jacobs, Teen 2; Lisa Carroll, Masters 1; and Sally Bowers, Masters 3 (50-54 years young) each won first place in their divisions.

In probably the biggest win of her life. Ball State University and Team Indiana member Michelle Amsden used every muscle fiber of her being to push, pull, strain and sweat her way to the Collegiate American deadlift record and the Open division championship of the



Angie Overdeer prevailed in a very competitive 132 lb. division.



(article continued on page 94)

division title. Diane Siveny, from the cold state of North Dakota, took the second place honors in the Open while winning the Masters 1 division ahead of Lynn Whidden and Lanette Lopez. Brenda Howard from South Dakota received the top honors in the Masters 2 division with Natasha

56 kg class. She also won the Junior

McLean winning the Teen 2 division. Missing from the platform was our 2000 Open Champ Sandy Mobley, who is not lifting due to a back injury. She plans on coming back very soon! Despite the injury she was there to cheer us all on and

support the lifters.

The next and final class to hit the stage to finish Saturday's sessions was the 60 kg class. What a class. Eight ladies showed up to do battle in the Open division alone. 3 of these ladies had won this class at previous editions of this contest. Angie Overdeer, living 30 miles from the meet site and the better half of the President of USAPL, Michael



Kara Bohigian had big hair and big enough lifts to win the 148s.

Jennifer Rev. from Louisiana/Texas. 2-time National Champ and Ellen Stein, last years National Champ. Thrown into this mix was Jennifer Thompson, a bench press specialist with some other strengths up her sleeve. By the time the dust had settled on this class, Overdeer had gone 7 for 9 to grab first place with Jennifer "Surprise" Thompson breaking an Open IPF World Record in the bench with a whopping 122.5 kg and a good deadlift to pull into second place. Stein finished third with the winning deadlift halfway up and Rey finished fourth. Nicole Sperbeck, a part of the Alaska Iron Maidens team, set a Teenage American Record enroute to winning the Teenage 3 (18-19 years old) division. Amber Mesik, of the powerful

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)

Do you feel like you've gone through **Deadlifting for TROLLS!** life standing in a ditch? Do you see the tops of peoples' heads when everyone as told to Powerlifting USA by Bruce Anderson else is seated and their navels when

Gary Heisey (above) was definitely not a "TROLL".

With his relatively long limbs and short back, he

pulled a magnificent 925 lbs. Nonetheless, Bruce

was able to PR in the deadlift three meets in a row,

using the same principles described in this article.

work I'd be pulling another 50 or 100 lbs. How about 70 lbs. less!

long back and short arms would force

me to reach down so far that my hips

were way behind me, much too low,

and they forced the weight over my

heels rather than the middle of my

foot, Still, Sumos are a useful part of

the problems are just the opposite:

hips too high and the bar out over the

toes. For years, my answer to this was

to tuck down my butt, essentially mak-

ing the beginning of the deads compa-

rable to the bottom of the squat. This

kept the bar over the middle of my foot

(most of the time) and my numbers

were decent, but it also gave me a

sticking point just below the knee at

the transition from the legs to the hips.

If I couldn't hit this spot with an abun-

dance of momentum, I'd often just stay

right there. Later on, my lower back

With conventional style deadlifts,

my program, as you'll see.

What I overlooked was how my

you're all standing? Does anyone ever try to stick a candle in your dome at Halloween? Have you wondered why they have push/ pull competitions rather than push/push?

If you've answered "yes" to one or more of the above questions, then this article is especially for you - because vou are a "TROLL".

Trolls are easy to spot (unless they're in a crowd!). They're chief characteristics are short limbs, a long torso, a big, beautiful head, and a deadlift around a 100 lbs. less than their squat. If this sounds familiar, cheer up, all is not lost. While you may never lift the likes of a Lamar Gant or such, that's not to say that you'll never be able to bring your deadlift to a state of respectability.

The first thing you'll have to do in your quest is scrutinize everything you're reading about working out. When you check out someone else's training routine, ask yourself the following: is this person drug-free, is his history drug-free, or does he contain "artificial flavorings and preservatives"? What

organization does he/she lift in? A boost of 10% or more from longer wraps and extra layers of fabric will make even the worst program seem like a winner (even a pile of doggy-do will shine if the sun hits it just right!).

Other things to take into consideration include the author's age, experience, and genetics. Just as a Junior may not benefit from a Master's program, two lifters the same age may not have an advantage in using the same plan if one's a veteran and the other's

All men are created equal. What, equally different? Not even. And what about the half of the "men" that are women? You can overcome a lot of genetic difficulties, but you certainly can't dismiss them.

For instance, when I first learned about Sumo style deadlifts I thought they would be great for me. Between their inherent shortening of the stroke and my short legs, I figured with a little would be extremely sore and I'd mistakenly think that I needed more back work. that my back wasn't strong

enough. This is a common problem and it is very deceptive until one realizes what's really going on, which is that your back is sore because it is trying to compensate for what your hips are supposed to be doing. Your lower back acts mostly as a stabilizer during the movement. When you're bent over a bar it's at a very disadvantageous position, leverage-wise. If your hips don't do their job and get you out of this position quickly, you get an inordinately severe amount of pressure in the area, followed later by that familiar soreness and the mistaken belief that your back is not up to par.

To summarize the problems: bar too far out in front; sticking point; sore lower

The solution, of course, was to strengthen the hips and quickly get the heck out of Dodge, at least when it comes to bar speed! To

snooze is to lose. Time is of the essence. The early bird... etc., etc. One of the ways to do this was through the use of speed training (duh). Eight sets of triples as outlined by Louie Simmons, but with a twist. I do them with a wide Sumo stance until a month or two out from the meet to build the adductors along with the speed. I also do my first couple of warm-ups on my heavy days Sumo for the adductors and also because they save my back for the top sets (if you have a grip problem, try doing your first warmups underhand and the next ones overhand). This I'll do all the way through. even at the meet. Wide box squats accomplish pretty much the same thing, and - of course - both these exercises target what we're really after, the hips, as in glutes and hamstrings.

Nothing will work these muscle oups any better than stiff-legged dead-That's stiff-legged, not straightlegged. You want to build your hips, not hyperextend your knees. Besides, this

position hits them better. Bend at the waist, unlock your knees slightly, and pull. Use an overhand grip with straps to balance the work on both sides of your body and pull slow and conTROLLed. This is not a speed movement. Lower the weight the same way, slow and conTROLLed. touch the floor without bouncing, and repeat. Don't pause these reps at the bottom. You want to work the glutes and hams, not overstrain the lower back. I do one set once or twice a month for six reps.

I first did an isometric rack pull with 200 lbs. under my meet PR. The bar was on the floor, the pins in the rack were set where when I pulled the bar up to them, the bottoms of the plates would be 4 or 5 inches off the floor. I pulled the bar up and, after it stopped bouncing, tried to pull the bar through the pins for 5 seconds. Then I put the bar down and nearly collapsed (you may want to have your blood pressure checked before attempting this one boys and girls). Anyway, the very next week I went right through my sticking point. Definitely a keeper, as far as training tips go! A set or two once or twice a month works for me.

The summer of '94 1 started doing weighted side bends and weighted straight-leg sit-ups. As I got stronger in these two exercises, all my powerlifts improved. I started the side bends with a light dumbbell, I think it was a 40, and the sit-ups with a 25 lbs. plate. Not too long ago I did the former with bodyweight, 190, for a set of 10, and the latter for 10 with 435 lbs. of plates on my chest. This was over a period of 5 years. Take it slow, add weight every couple of weeks or months and watch abs, obliques, and hip flexors grow (not recommended for that bodybuilder "V" look unless you plan on wearing a corset). These two exercises will tremendously stabilize your upper body while increasing your resistance to lower back pain, and as a bonus, during squats they'll make the bar on your back feel about a 100 lbs. lighter than before you used

Finally, whether you're Irish or Polish, human or troll-ish, finish off every workout with either reverse hypers or back extensions. I like a weighted set of 10 reps to build, followed by an un-weighted rep out set to flush out my lower back and

BRUCE ANDERSON



LOUIE SIMMONS PRESENTS

Training Secrets of Westside Barbell Club

NOW ON VIDEO!

conveying breatfeats as self-flug lans	
Squat Workout	
Bench Press Workout	\$49.95
Bench Press Secrets	\$35.95
Squat Secrets	\$29.95
Dead Lift Secrets	\$29.95
T-Shirts (M. L. XL, 2XL, 3XL)	\$14.95
Shipping/handling	\$5.00
Send check or money order to: Westside Barbell Club 1417 Demorest Road Columbus, OH 43228	back view of dog appears on back of t-shirt

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



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: Your Metabolic Diet is the best thing that's ever happened to my training. I've been on your diet the past six months and have seen more progress than I made in the last three years. It's amazing. By working on the troubleshooting guide and experimenting I find that I do best only carbing up every three weeks. And even then I only do it for one day since after 24 hours I start bloating up and don't feel nearly as good. Actually doing it this way gets rid of my carb cravings and helps me stick right to the diet. Since I've been on the diet I've gone from 195 lbs at 15% bodyfat to 205 lbs. at 8% bodyfat. Even though I've only gained ten pounds the real figures are interesting. At 195 lbs I had almost 30 lbs. of fat on me. That means that my lean body mass was only just over 165 lbs. Now I'm only carrying just over 16 pounds of fat (and you do need some bodyfat to be healthy) but close to a whopping 190 lbs. of lean body mass. That means that although I only gained 10 pounds, I actually gained close to 25 lbs. of muscle and lost almost 15 lbs. of fat. You wouldn't believe the difference. Not only do I look good, but my lifts have all gone up by over 10%, with my bench going from 370 lbs to 455 lbs, making me much more competitive in powerlifting.

I do have a few questions however:

Question 1 - Since vanadyl is supposed to increase glucose transport into cells, is it safe to take vanadyl on a daily basis without taking in carbs. I want to take vanadyl to help shuttle creatine and aminos into my muscles. **Question 2** - If not, does creatine still get absorbed when insulin levels are

extremely low as on the Metabolic Diet. **Question 3** - Is it safe to carb up only one day every three weeks.

Please help me to make this diet even more effective. I've asked other people these questions, including some experts, and they just haven't been able to give me a reasonable answer. I know that you're the expert's expert

when it comes to low carb and phase shift dieting and I highly value your

opinion. I really look forward to hearing from you.

Thank you, Larry

DEAR LARRY: I'm glad that you're making such great progress on my Metabolic Diet. I used this diet back in the 1970s and 1980s when I was a competitive powerlifter and I know that it works. Since then thousands have also found out how much my diet can improve both their body composition and strength. I usually don't recommend vanadyl for several reasons. First of all, because of the possible toxicity. Secondly, and more importantly as far as it's insulin action, is that it mimics insulin rather than increasing insulin sensitivity or increasing insulin levels. In fact, it would likely lower insulin levels. As such, and since it's the elevated insulin that increases the absorption and utilization of creatine, vanadyl may be counterproductive. There is nothing in the literature that shows that vanadyl can increase creatine transport and utilization.

Instead in my formulations I use compounds such as the various amino acids, chromium, alpha lipoic acid and others that either increase insulin levels or increase insulin sensitivity. Have a look at www.allprotraining.com and look under the products. Under products look at the my new nutritional supplement line to see how I've used these various compounds instead of carbs to increase the effects of insulin and as such increase the function of creatine.

Keep in mind that you don't have to have an increase in insulin to make use of creatine supplements. It's just that it's more effective if you have the insulin working for you. In the long run, it likely doesn't Publications by Mauro G. Di Pasquale, B.Sc., M.D., MRO, MFS-New for 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-

PROM 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 drug detection.

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.

make a lot of difference. Where insulin may make a difference is in the immediate post workout phase. That's why right after training I recommend an amino acid mixture to both increase the amino acid level in the blood and muscle, but also to increase both insulin and growth hormone and thus make maximum use of that post training time period when the body supercompensates and tries to maximize protein synthesis. If you look on www.allprotraining.com under APT Amino, you'll see what I consider to be the best amino acid mix to be used immediately after training. Also, in the first few hours after training I also recommend that you take in a combination of whole protein, fats (to maximize the all important intramuscular triglycerides) and a small amount of carbs. Of course, on the weekend, if you train I recommend that you take in a significant carb load along with your whole protein and fat within that two hour window.

As far as your third question, you're obviously an efficient fat oxidizer and as such have an easy time of using fat as your primary fuel. Others are not and couldn't go for as long as you can without taking in carbs. Use whatever works for you. That's the underlying principle of my new Metabolic Diet. It's meant to be individualized according to a person's metabolism.

Best of luck, Mauro Di Pasquale M.D.

I was talking to a colleague of mine the other day about how insensitive the American culture is in its treatment of men who are athletically challenged and yet how considerate and attentive we are to men who are athletically gifted. You know that is the case. It is one of life's obvious inequities. Athletically impaired individuals are discriminated against with respect to grades in school, job opportunities, and social acceptance. These individuals are also frequently stereotyped as lazy. inferior, and lacking in will

power. On the flip side, the athletically gifted are customarily portrayed as being stylish, confident, and self-assured. Of course, they are also given more opportunities for social and economic growth. In fact, there is an abundance of research which indicates that Americans believe that superior athletes are better human beings than non-athletes. Not surprisingly, Americans also believe that unsuccessful athletes ar better human beings than non-athletes are.

In the words of Henny Youngman, P-L-E-A-S-E. All you have to do is look at the background and lifestyle of certain of our country's best athletes to realize that such a notion is absolutely absurd. Check out Mike Tuson, Pete Rose, and Dennis Rodman for starters. Certainly there are more redeeming qualities in life than slam-dunking a basketball or beating someone senseless in a boxing match. At least, you would think so, but that's not the mindset of most Americans.

I think it is safe to say athletes and non-athletes live

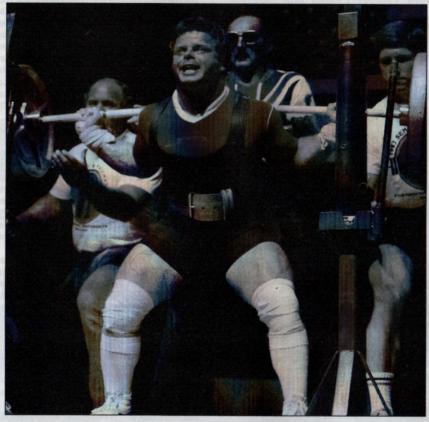
in two different worlds. The former men are treated with respect and privilege, while the latter group is treated with relative indifference. Of course, none of this is fair and none of it makes sense. After all, there are many people who are kinesthetically deficient through no fault of their own. They are simply an outgrowth of their genetic inheritance, their social environment, and their personal psychology. Not only that, but many unskilled individuals are not only wonderful people, they also contribute more to our society then a truckload of guys running around in short pants.

I pursued that point with my associate for a good fifteen minutes. If the truth be known, I was trying to defend another friend of mine who is a magnificent human being, but who basically functions like a motor moron and whom I felt was being dis-

Dr. JUDD

POINTS TO PONDER - PART I -All Men Were Not Created Equal

as told to PL USA by Judd Biasiotto Ph.D.



Is it fair? ... that great lifters like Mike Bridges seem to have had such great advantages?

criminated against by some of the other athletes in the own. "It is not fair," I protested "that we judge people by standards they have little control

Then my colleague said something that I thought was extremely profound. He said. "We are not all equal. Some of us are smarter than others, some of us can run faster and jump higher than others. There is no reason why the gifted shouldn't be rewarded for their talent. If someone does better then someone else, even if it is solely because of his genetics. he should get the gold medal or the Nobel Prize. Michael Jordan, Tiger Woods, Albert Einstein, and Steven Hawking are gifted individuals and they should be rewarded for the excellence they bring to their field. We are all different and we are all unique. Some of us are built for success and others are not. It is just the nature of the world."

Of course, my friend is right. We are all different and we are all unique. Some of us have greater talents for sports than others. Some of us are more creative and intelligent than others. Some of us are more attractive than others. There is no doubt that God did not make us all equal. My colleague is also right when he says "that excellence should be rewarded." It would be just as unfair to ignore people who are successful as it would be to slight people who are not blessed in the same way.

Still, although men are not created equal, they should be treated equally. Just because Michael Jordan can slam-dunk a basketball and Steven Hawking can unravel some of the greatest mysteries of the universe does not mean that these men should be treated with greater human importance then any other human being. We are all God's children. Think about that the next time you decide to judge someone on the basis of their athletic prowess.

LIFE IS NOT ALWAYS FAIR

In sports it you train with high intensity, eat properly, get sufficient rest and lead a clean life, all the time. you will reach the top. It is as simple as that - except for fortune, destiny, karma, luck, chance, biorhythms, meteorological conditions, eugenics,

heredity, environment, inter-psychic psychology, injury, sickness, accidents, impairment, coaching, teammates, friends, money, cheating, equipment, education, occupation, wife, children, bad spotters, judges with poor judgment, competitors endowed with talent, lifting conditions, people with hidden agendas, and drugged athletes.

In other words, there are just some circumstances in life that can not be controlled. No matter how hard we work or how good a life we lead, there is always the possibility that something unexpected can happen ... something that we have no control over. In brief, life is not always fair.

Why is it that Michael Jordan, Tiger Woods, and Eddie Coan are genetically gifted? Why is it that some people have all the luck and others have little? It may have to do with fate, chance, or maybe even the astrological sign you were born under. Then again, it may have

to due with attitude, confidence, courage or a million other things. I suspect that what appears to be blind luck is more often than not the residue of design. You know the old adage - "I have been training twenty vears to become an overnight success". To be quite candid, I don't really know the answer. It is like asking the questions "why does God allow the innocent people to suffer", and "the good to die young"? The uncomplicated answer is that life is not always fair. Some people deserve better and others deserve less. Call it what you like: fate, karma, destiny, the fact remains that some people seem more blessed than others and some people get more breaks than others. God has given us an imperfect world and all we can do is the very best with what He has given us. In a nutshell-you have to play the cards you are dealt

Powerlifting on TV? Well, we're on POWIFRLIFTER Video hostess

getting a little of it out here in Southern California. KABC-TV, ABC's 2nd largest station in the U.S., is putting together a feature



Left to Right: Steve Chaceon, Rob Fukuzaki, and Vicky Hembree. (Photo provided courtesy of Ned Low).



Vicky Hembree holding a copy of The Daily Breeze. (Ned Low).

Vicky Hembree, to run on their Eyewitness News program. Sports anchor Rob Fukuzaki and cameraman Steve Chaceon came down to Carson in their blue Eyewitness News van, brought out their big Betacam camera, and shot Vicky at work, at home, and at Bernie's Powerhouse

Vicky got to talk about powerlifting, and show what the three lifts are, and discuss her career and lifting goals, and the viewers will get to see what powerlifting is, and how both men and women can do it, and how lifters of all ages can do it. We tried to get Rob Fukuzaki to do a little lifting,

but he declined, though he did say he had started some training recently. Kudos to KABC for publicizing pow-

The folks at KABC found out about Vicky from an article on the front page of The Daily Breeze's sports section (see picture,) which also focused on Vicky's lifting and what the sport of powerlifting is. And two weeks previously Vicky and I had been up at UCLA, where Vicky gave a squat and bench seminar to the UCLA men's and women's track team's shot putters and javelin and discus throwers. UCLA is the defending NCAA Women's Indoor

Champion, and training with the team are two former UCLA athletes, both Olympians. Seilala Sua is the U.S. champion in the discus and competed in the 2000 Olympics in Sydney, and John Godina won a silver medal in the shot put in the 1996 Atlanta Olympics and a bronze at the 2000 Sudneygames. They both got coached by Vicky on their squatting and benching techniques.

UCLA head track and field coach Art Venegas is constantly scouring the sports world for new ideas to continually update the training methods employed by his athletes, and he's the one who brought Vicky in, to talk about powerlifting and do the seminar and the coaching.

By now, a lot more of Southern California should have heard of powerlifting and have a good idea of just what it is. Now it's time for the rest of the country to follow suit.

Before we move on from Southern California, though, we want to mention Dawn Sutherland, because we ran into her at Gold's Gym in Venice and thought we should have her in Power Scene. Dawn squats (up to 315) and benches (up to 185) as part of her bodybuilding training, and does lots of curls to build those arms. As you can see, she also does



Randy "Raz" Radwizon doing the Zercher squat. (Photograph courtesy of Ned Low to PLUSA).

lots of stretching, and has remained injury-free for the 17 years she's been weight training. She recently moved here from England, and we wish her lots of success in the U.S.

And moving just across the border into Nevada, the USPF will be holding it's 2001 Sub-Master and Masters Powerlifting Championships on May 12 and 13 in Las Vegas. Steve and Lisa Denison and Chris Kostas will be putting on the meet, and they do an excellent job, so if you're interested, call for info at 661-664-7724. Or you can download an entru form www.powerliftingca.com

Finally, from our loyal reader Mike Blake of Pennsulvania came this photo of one of his training partners, Randy "Raz" Radziwon. Raz won the 1997 AAU Nationals and the 1997 WDFPFS, and last year hit an 835 squat but what impressed us was that he's done a Zercher squat with 600 lbs. That's a big Zercher squat.

Hoping all of you hit big squats, and big benches and deadlifts, 'ti next month, keep enjoying the world's strongest sport. See you on video. NED LOW



Dawn Sutherland doing some stretching out at the Gold's Gym in Venice, CA

Each of the three powerlifts has one very effective assistance lift. The squat has the narrow or close stance squat. Simply put, the narrow stance squat is just what it says, a squat with a narrow stance. The narrow stance reduces the contribution of the hips into the squat and throws more emphasis on the thighs. Since the narrow stance squat really is a squat, the positive transfer of strength gain to your normal squat is high, similar to the relationship between the close grip bench press and the regular bench press. So that means that gains on this exercise stand a high probability of showing up in your competitive squat.

The width of your stance I recommend is shoulder width. which is narrower than most competitive squat stances used by powerlifters. This style of squat is a favorite of Olympic lifters. I suggest using this width stance no matter how wide your normal competitive stance is. For lifters using an extremely wide stance, this can be a real shocker for both you and your thigh muscles so using this stance may require some getting used to at first. The balance and leverage involved is vastly different. Large lifters may have trouble using shoulder width stance, so in that case, try to get as close as comfortably possible. I recommend using a weight equal to about 50-60% of your competitive single for sets of 12 reps for the first week or two. After this, increase the weight until you find a weight that is challenging for sets of 5-12 reps. As with all new exercises or exercise variations, I always caution you to take a short period of time to get accustomed to the movement. This will help avoid injury and help insure you perform the exercise correctly from the start. If you use deficient form with lighter weights, you stand little

later with heavier weights. Dr. Fred Hatfield, aka Dr. Squat, was a major proponent of high bar Olympic squats as an assistance exercise for the squat. His results certainly backed up his beliefs, as he just may just have been the most prolific squatter ever. The Russian and Eastern Bloc lifters built a lot of their squatting prowess using narrow stance squats. Before we started to lift against those countries in powerlifting competition there were rumors of Russian superheavies olympic squatting 1000 lbs. That probably was a myth, but their lifts registered in competitions since then do support Dr. Squat's fondness for this

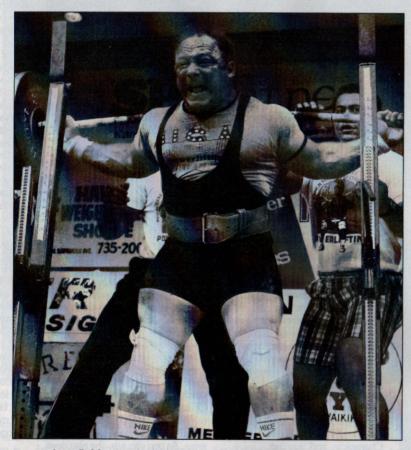
chance getting the move down pat

STARTIN'

A special section dedicated to the beginning lifter

NARROWSTANCE SQUATS

as told to Powerlifting USA by DOUG DANIELS



Dr. Fred Hatfield utilized a fairly narrow squat stance for his competition lifting

I did not possess the flexibility to perform squats with an erect back position as he suggested, but narrowing my stance as described and maintaining as erect posture as I was capable of still gave me great results. Some lifters may have trouble keeping their heels on the floor at the low position. This can be remedied with gastrocnemius stretches. Other lifters may use a small plate under their heels for the same effect. Olympic squats also entailed resting the bar high on the back as opposed to the normal power squat in which the bar rests just above the rear delt. If holding the bar that high causes discomfort, place the bar in your normal

power squat position. This will still have a positive effect.

The best time to work these squats into your routine is during your off season, that is, the time prior to 8-10 weeks before a meet or when your training is non-specific, and dedicated to such things as correcting weaknesses or bodybuilding. I believe sticking with regular form squats throughout your entire training year will not give the best long term results, since the thighs will never be worked in the intense manner that a narrow stance lift produces. As far as depth goes; parallel is sufficient. Descend in a controlled manner, trying to keep your torso as erect as possible and avoid bouncing

working on. Any such work on flexibility will greatly benefit not only your narrow squats, but also your competitive style squat and your If you chose not to do all your squats during the off season with a

at the bottom. Hamstring flexibility is

at a premium here and it is worth

narrow stance, you may want to try throwing in one or two sets at the end of your squat workout for 6-12 reps. This can yield some good results. Drop these no later than 3-4 weeks away from a meet to focus in on meet performance and to avoid overtraining. They also can be used as a light

> day substitute for regular squats. Don't go overboard on assistance work however. Reps are up to you, but I would concentrate on the 5 to 12 rep range. varying your work reps over your training period. Refer to past articles I have written regarding this method.

> Another key is to not use a squat suit, knee wraps or even a belt while doing these squats. This equipment tends to lift some of the weight for you. Make your muscles do the work. As you enter your contest training, you can use the equipment combined with your now stronger normal stance squats.

Phase into contest training style gradually. Don't go from your last entirely narrow stance squat workout to heavy competitive squat training directly. You must reacquaint yourself with your normal squat stance and, hopefully, your new and improved squatting power. You may even notice that your most effective competitive stance may have changed somewhat due to an increase in your thigh power. Keep in mind that your most effective squat stance may not remain static over time as your strength, leverage and bodyweight go throught changes. Maintain your flexibility work throughout the year as

it benefits your entire training effort. I believe all lifters should give narrow stance squats a try next off season, either by using them exclu-

sively during that period of time or by working them into your routine as a "finisher" or light day exercise of choice. I'm certainly not trying to turn any of our readers into Olympic lifters, but in this case they have something to contribute to our cause. You may need to make a few adjustments to your execution and use of the narrow stance squats, but it can pay big dividends.

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

Here at the WPO (TM) we have been overwhelmed with telephone calls of support and questions about similarities and differences between what we do at a WPO (TM)

event and what is done at others, namely "the rules."

Major questions asked by

1. What are the qualifying totals?

60 kg. 1159; 67.5 kg. 1322; 75 kg. 1450; 82.5 kg. 1581; 90 kg. 1664; 100 kg. 1752; 110 kg. 1810; 125 kg. 1856; 140 kg. 1898; SHW 1912.

2. What are the specialty classes?

There are three "Super Open" classes beginning with the "Lightweight" (0 to 75 kg.), "Middleweight" (75.01 to 90 kg.) and 90.01 kg. to unlimited.

3. Are the "Super Open" classes scored by total or formula?

Total. Yes, we have lifters against other lifters out of class, but the lifter who lifts the most is the strongest. 4. Are there any women's divisions as of now?

No. unless otherwise advertised. We do have future plans to add women's professional powerlifting. 5. What are the equipment rules?

SQUAT: A basic singlet must be worn. It must be full-length polyester or canvas. Squat equipment allowed in various combinations.

Polyester single-ply suit (double-ply

Polyester double-ply suit (single-ply Canvas single-ply suit (double-ply

Canvas double-ply suit (single-ply

All briefs will be made of polyester material and will not exceed top of lifter's navel and will not exceed bottom of lifter's squat suit. Thus, by

definition, a brief can be supportive but is not another suit. **BENCH PRESS SHIRT - A**

bench shirt single or double polyester or denim can be worn. The shirt must be a single component. Sleeves must be short and remain above the elbow when worn. There is ONE PATCH LIMIT on a bench shirt. This patch must be a repair and shall not exceed 16 square inches. Any material exceeding these dimensions will be considered an EXTRA LAYER.

DEADLIFT SUITS - A basic singlet must be worn. It must be fulllength polyester or canvas. Suit and brief requirements same as the squat rules (i.e. layers).

6. Is there an equipment check?

Yes, all equipment is checked before any lifter weighs in. During the event equipment is checked at random and after each and every

World Powerlifting Organization News (TM) What's the Difference?



WPO President Kieran Kidder at the WPC Worlds

world record made.

7. Are costumes allowed? Yes, as long as it does not interfere with lifting or judging. 8. How do I qualify?

By submitting proof of qualifying total to the WPO (TM) secretary (Lisa at 904-677-4000) with your contest entry. All qualifying totals must have been made at one of the major lifting federation's worlds or national events in the last five years. If one is not qualified and wants to qualify, they may enter any of the upcoming Huge Iron events. Beginning in January 2002, all qualifying totals must be made at WPO (TM) sanctioned

9. I have heard that the WPO (TM) has 48 hr. weigh-ins, is that true? YES, main objective

to lift big and reduce possibility of injury.

10. I have heard that in the WPO (TM) a lifter must declare their opening attempt for all three lifts at weigh-in and cannot change any of these under any circumstances?

YES, this is true. 11. In single lift contests, can openers be changed after being given at weigh-in?

NO, the same rules apply in single lift contests as three lift con-

12. I have heard that the WPO (TM) has two platforms #1 and #2, can you explain?

YES. All lifters will take their first attempt in the first round of their flight on platform #1. A made attempt will allow the lifter to continue and take their second and third attempts on platform #2. If a lifter fails to make the opening attempt, he will be forced to take his second attempt on platform #1. In other words, a lifter does not progress to platform #2 until the opener is made. This

platform #1 and #2 concept holds true for the bench press and deadlift. 13. Is it true that a lifter only has two attempts to make an opener and if neither is successful he is not allowed to continue ("bombout")?

14. Is it true that fourth attempts that are made count toward the lifter's

Yes, a fourth attempt can only be taken if the third attempt is made and the attempt exceeds the WPO (TM) world record.

15. If I am the last lifter in the flight; make my third attempt and want to take a fourth attempt, how much time do I have?

A lifter will first have one minute to decide their next weight, the loaders will then load the bar, time will then begin (5 minutes for being the last lifter plus 5 additional minutes). If a lifter is one of the last four lifters of the flight they can also request 5 additional minutes

NOTE: All WPO (TM) rules are left to the discretion of the WPO (TM) President (Kieran Kidder) and WPO (TM) Technical Director (Russ Bar-

Kieran and I have nothing but the best interests of the elite lifters all over the world in mind. We do not frown upon criticism. In fact, this is how we will grow in strength and numbers. If you have any questions about the rules, call Huge Iron at 904-677-4000 and request a WPO (TM) rule book. Remember: Stav Hardcore! (Russ Barlow, WPO (TM) Technical Director).



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. Box						
City			State		ZIP	
Telephone Number Date of Bird				Age		Sex
Social Security Number		Occupation Date of A				Application
IF UNDER 18 PARENT MUST INITIAL BY SIGNING THIS APPLIC THAT THE ABOVE ANSWI CORRECT AND THAT I AM ACCORDANCE WITH THE THE W.P.O.™ SIGNATURE 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

Chalk is flying everywhere, and several lifters are fighting a triple-ply bench shirt. People are yelling encouragement at the next lifter as he fires up for a personal record. Are you at a meet? No. You are in Omaha's answer to powerlifting heaven: BIG IRON GYM! Big Iron Gym is in Omaha, Nebraska. All Powerlifters; from young to old, and novice to veteran are welcome! Let's look a little deeper.

Part-owner Rick Hussev was the first to be inducted into the Nebraska Powerlifters Hall of Fame. The other owner is Becca Swanson who is very close to a 605 deadlift. Yes, she can almost pull 600! Rick and Becca have worked together to build a powerlifting gym par excellence. Together, they have gathered a huge family of lifters under one roof! This family includes some outstanding lifters, but no "prima donnas" who hog

Rick calls the attempts for all competitors, and sets the intense atmosphere and pace. Team members credit Rick with their 110% efforts! The entire team is involved in each challenging attempt, motivating each other by screams and back slaps, and sharing the excitement of success. (Dysfunctional lifters the world over know: if you don't scream at each other - you're not a family. Do you have a family at your gym, or just some people you know?) The "Big Iron" team has unity, goals, and hard-core dedication. If you don't have this at your gym ... move (or create it).

OK, you say, so they scream at each other. We all know weak sissies who scream, but can't lift. If the gym

HARD CORE GYM#2

Big Iron Gym in Omaha, NE... as told to POWER-LIFTING USA by Rick Brewer, of House of Pain

and more and more fearless. Lift on. Brad Heck says the most inspirational guy of all is Dan Cummings. Dan is a 275 pound submaster who has bone cancer. I'll let Dan tell it: "I have cancer now and still do



Heavy Bench Day at Big Iron Gym. (This photograph provided courtesy of Hard Core Gym to PL USA)

was "all bark - no bite" we wouldn't care. But this gym is the home of six 500 pound benchers with bodyweights ranging from 181 to 275 pounds. If they have a specialty, maybe the bench press is it. Brad Heck just benched 510 at 181, and he has hit 500 in several previous meets! Big Iron claims to be the home of the strongest squatters in the state, and boasts a superheavy (John Sympek) who squats 850. If

Nebraska has some stronger squatters, let me know - I'm listening.

Undoubtedly some of the strongest female lifters train at Big Iron, and Becca Swanson (see photo) has deadlifted 585!! When she has kids, they can tell their friends at school "My mom is stronger than you!" and they'll be telling the truth. Becca deadlifted 580 pounds in the 198s at this year's Nebraska State and Midwest Open Powerlifting meet. Her

other lifts were in the TOP TEN list of 1999 in PLUSA and SHE EVEN COM-PETESASABODY-BUILDER! QUITIT! She has been in FLEX magazine twice so she must be a serious bodybuilder.

Becca isn't the only strong female at Big Iron. Taylor Rice is only 13, but she already deadlifts 275. Rick says she loves powerlifting so much, she will struggle with a tough pull - fighting and fighting - until she is blue in the face. Love it. Just so you know: Taylor, every time you see the kaleidoscope lights and almost black out on heavy deadlift - it makes you stronger,

daily treatments of a drug called interferon. The type of cancer I have is CML (chronic myeloid leukemia). It is cancer of the bone marrow and blood. I was diagnosed over 5 years ago and was told I had 6 months to a year to live. Thank God they were wrong. I've always loved weight training and entered my first powerlifting competition about 3 years ago. I was hooked. The guys and gals at Big Iron Gym have been a lot of support and motivation and I'm looking forward to competing with them again."

Dan is probably the strongest bencher, with his recent 550 at the meet on 11/18. I used to train with a friend named Billy who blamed all of his missed attempts on his "bone cancer". Of course, Billy was perfectly healthy. Dan really does have bone cancer - and he is still getting stronger, and still competing. What's your excuse?

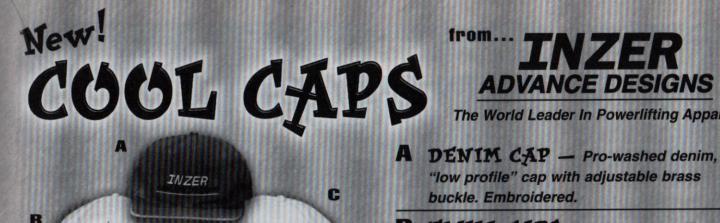
Dan's story makes me think, and it also makes me want to go train at Big Iron Gym! Next time I'm in Omaha, I'll do just that. If you can drive there, go to 8902 Grant Street and say hello! Hard-Core old-school gyms are not dead. Write and tell us about yours:

House of Pain, P.O. Box 333, Fate, TX 75132

email comments to: rick@houseofpainironwear.com



L to R at the Hard Core Cym: Brad Heck 510 BP @ 181, Rick Hussey owner/coach, Becca Swanson owner/585 DL @198 (Photo provided courtesy of Hard Core Gym)



The World Leader In Powerlifting Apparel!

A 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.

IRONWRAPS Z

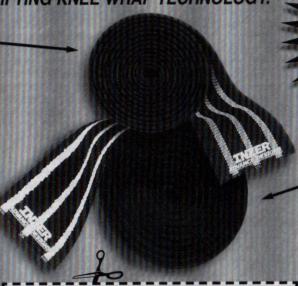
VERY. VERY POWERFUL!

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."

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



Name **Address** City_ State Phone. Zip_ e-mail Qty. Denim Cap (A) \$16 Twill Cap B B C \$12 Ironwraps A Ironwraps Z \$40 2 pair

Overseas orders add 20% surface or 30% air. Texas residents add 8.25% sales tax. INZER ADVANCE DESIGNS

Shipping

Total

\$5.50

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

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 last WPC Worlds Championship of the Century took place the third week in Nov. at the Plaza Hotel Downtown in Las Vegas, NV. In a previous installment I covered the Men and Women's Open (last issue). Elsewhere in this issue I've separately reported the WPC World Bench Press Championships. This leaves the Teens, Juniors, Submasters and Masters, which I'll cover here. These divisions were contested as part of these championships on November 14-17.

TEEN WOMEN - Priscilla Giddings, 17, (USA) claimed her 181 age group with a slew of WRs, 4 within the competition, SQ 309, BP 176, TOT 850. She got two more on extra tries SQ 241, & 177 BP. Rosie Yanikyan is short and beefy at 190. She dunked a WR 220 SQ, ditto the same weight for a WR DL as well to capture the 18-19, 198 division. Gold for Canada.

TEEN MEN - The 13-15 group starred USA's Matthew Schiff at 165 with a very impressive 473 SQ and 1168 TOT. Stan Duplessis, RSA, had stroked 220 earlier on to win the World Bench Championship, He was saving his strength for an all out effort here: SQ 639, BP 352 and a whopping WR 595 DL (1587 TOT). The 16 year old also tried an unsuccessful WR 370.5 bench. Looks like he was playing possum! He won the 16-17 220 class. Russ Flanders (USA) took 2nd. Duplessis's teammate Carl Van Heerden weighed 222 and dug up a gold doubloon for himself - TOT 1388 for the 13-15 242 win. Other 16-17 champions were Brandon Matthews (148) and Edward Simons (198) both of the USA. In the 18-19 bunch, the USA collected 4 wins: Robert Nosek got his 286 BP (finally) on his 3rd, and DLed 441 for an 1124 TOT at 148. Michael Jovanovic, resident clown of the LALC, gets real serious when he competes. Had it not been for a butt raise on his 2nd BP. Mike would've had an absolutely perfect day. He ran away from Owain



Priscilla Giddings - Teen 181s

WPC World Championship, Pt. II

as told to Powerlifting USA by Herb Glossbrenner



Stan Duplessis of South Africa with a World Record 370 BP attempt.

Rowland, GB, to claim the middle-weight gold for the USA: 424 SQ, 314 BP, 501 DL - 1240 TOT all CA records. Jon Richards, CAN, had dibs on the 181 title, but let it slip away, by missing all his SQs. Patrick Sparks, USA, earned the best Teenager award with an impressive display at 275. He got a 711 SQ, a big 502 WR bench along with a 595 pull for 1808. Christian Oberschick from the Austrian camp claimed the 220 class title (1620) over USA's Justin Fitz who scored 1433.

JUNIORS WOMEN - There were only two ladies in the 20-23 bracket. Anne Domer, GER, won out over Michigan's Jessica Spittal - 865 to 771 at 148. Jessica is a real go getter and will return.

JUNIORS MEN - The Junior men had a big field of 25. Unfortunately 6 of them failed to make a total. Best lifter in the lighter categories was Ray Miskell, 22, a 120 lb. college student. He's been lifting for two years now and under Bob Packer's coaching has blossomed into a real talent. He blasted CA state records with a 363 SQ and 402 DL for a 981 TOT. He also got a 380 SQ and 424 DL, but the judges said nix. Greenfield, IN is the home of Hoosier Shane Dishman. Hewas able to win the World title that slipped away in CAN. This time he made a 1355 TOT with a good 501 SQ and a super strong 402 BP, his favorite lift. The 198 division pitted two top guns: Mighty Mark Phillips of Georgia vs. Marvelous Mark Fanone of Michigan. It was a USA clambake. Phillips hung in there, but didn't get his best. Mark P. got a 661 SQ (688 not approved), BPed 402 (a PR) and oulled a 639 opener. He'd previously done 700, but missed a 688 DL here - TOT 1703. Fanone couldn't be

stopped this day: SQ 705, 446 BP,

4th attempt WR try with 711 cleared the deck - that's all. Mark thanks his great coach Dan DeFelice for showing him the way to realize his true potential. Phillips will have clear sailing aiming for the Junior World Title in 2001 in Capetown, South Africa. Fanone is retiring from PL to try his hand at weightlifting. He'll be coached by Bud Charniga of Livonia, MI. Fanone earned the outstanding lifter award for the heavier Junior division. At 220 Bernard Schwab, AUT, blew away the rest of the field. He was strong as heck: 727 SQ (miss 799), BP 429, and a 716 DL (miss 728 WR 4th) - TOT 1873! After François Retief, RSA, bombed, Justin McShane (USA) outstripped GBR's Benjamin Blackwell to get silver (1532 to 1510). Jose Garcia, 235, ran roughshod over his 242 opponents Kz Mapasa, RSA (233) as well as GBR's Carl Rogers (230.3). Great lifting too: 771 SQ. 473 BP. 688 DL for a 1934 TOT. Likewise Mikko Hamalainen was boss man at 275. The fabulous Finn posted the highest result of all the Junior contestants with 2138! He made an 859 SQ, a 551 BP and a 727 DL. Mikko needed all 3 SQ tries to get his lift. He also took two shots at a 578 BP, but did not succeed. He also missed his final DL - a WR 749 attempt. Keep your eye on this guy! Chalk up the 308 division to Vugar Namazov of AZERBALJAN, a former Russian satellite, now an independent nation. Vugar got all the competition he wanted in the first two lifts from Robert Anton (a Hoosier bruiser). Anton jumped in front 705 to 661 in the SQ. Namazov pressed 418. Then Anton responded with 424 for a USA lead. It all turned around in the deadlift. Anton closed out with 628 (1663). Vugar flaunted his pulling

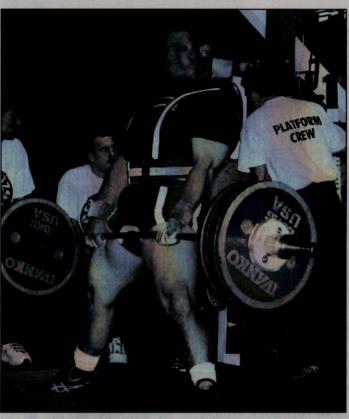
and a 683 DL for an 1835 TOT. A

prowess, and humped up a mighty 749 on his 2nd try. That was all she wrote. In 3rd was big Onn Basson of Israel who was boss dog on the bench with a huge 529 without a shirt. With a properly fitted Inzer double denim he will blow away 600! His 1708 TOT could easily be 2000 by next year with a good coach. The Supers leatured PL's high roller, Aaron Ross of Century City, CA, who has the MIRTH as well as the GIRTH. This bad boy had his heart set on a 2204 TOT. His plans went awry. The new Monolift caused him to lose his composure. Aaron imagined his 837 opener was heavy, but he bailed out under 903, having balance problems. Aaron lost all incentive after that and tokened in the other lifts to finish. He drowned his sorrows for two days but after that he went an a rampage in the casino. It's amazing how that green folding stuff can change your outlook on life. He'll make that thousand kilos and more if he gets it all together. His last year as a Junior will be his best

WOMEN'S SUBMASTERS - USA picked up 3 golds in this group. Saba Wilson went 8/9 and hit a 672 TOT - to get the win at 123. Kim Pfetiffer of Fresno, CA dunked 363 and TOT'd 854 @ 165. This gave her silver to RSA's Liza Allworth. Weighing 150, Liza put on a dazzling 9/9 display: 396 SQ, 226 BP, 385 DL, 1008 TOT. Teammate Rene Schoeman was smokin' too! She got a 374 SQ, 193 BP and a 402 DL, also with no misses! Norma Garcia, 39, who came up with the design and idea for the roller-back scoreboard used at these championships is one innovative lady. A former marathon



Michael Jovanovic took the Teen 165s. (Glossbrenner photographs)



Best Teen Lifter ... Sparks with his third attempt 595 - to stay alive!!

runner, Norma's a nurse, bookkeeper, mother of two, and has been PLing only two years. She earned the 165 silver here and set CA state records in her last contest as a submaster: 363 SQ, 181 BP, and 876 TOT. She's coached by entrepreneur gym owner and husband Al in Sacramento, CA and has some big lifts planned as she embarks on her Masters quest. Patti Carson of New Mexico came in at a mere 167, but got the 181 win with 936. Austria's Eva Vit had her way in the heavyweights - 887 TOT.

WOMEN'S MASTERS: Fifteen

strong provided excitement in the ladies' Masters. Nadine Baker (95.4 lbs.) may be TINY, but she's MIGHTY! This Bogart, GA librarian must have read the Book of Strength: SQ 214, BP 132, DL 270, TOT 617. This performance earned her OUT-STANDINGLIFTER overall! LALC's new blushing bride Jo Taylor, now Jo Rodefer, (95.2) took the 97 lb. 50-54 title. In hitherto unexplored territory, she set 9 WRs, sweeping the title with a 126 SQ, 99 BP and 214 DL (440 TOT). The 2nd lady to deliver a world title to coach Joe Avigliano was the smiling Michelle Kilikouskas. Michelle beat veteran Karin Heidl (AUT) in the 40-44 114s, 562 to 490 TOT. Idaho's sweetie pie Linda Higgins took the 50-54, 114s coming back from serious injury. Linda, no longer limping, pulled 259 on her last DL to stand atop the highest pedestal - once again WORLD CHAMP. Coach/husband Mike was pleased as punch. Helen McCalom ruled the

123s (55-59). Wendy Greig didn't have extra duties this year (she cohosted - with husband Bruce - the '99 WPC Worlds in CAN), other than to look after her own lifting. A 308 SQ, 165 BP, and 358 DL led to an 815 TOT, and 132, 40-44, top honors for her. Barbara Fruzyna, with a new blond look, wowed the crowd and won the 132s, 45-49 group. Big bencher-husband Ernie Anderson was on a field trip, but she was in good hands with stand-in coach Ernie Frantz, one of the legends of our time. Barb Cameron of CAN took the 40-44 148 class solo while teammate Pat Thomas went to town in the 65-69 age bracket. Pat - who looks at least 20 years younger than she really is - blasted WRs: a 99 BP, 253 DL and 529 TOT. Supposedly, Ponce



Ray Miskell squats 363 in the Junior 123 class for 3 white lights.

de Leon is her next door neighbor. Patricia Damn, the DAME from MAINE, keeps improving. She dunked a big 314 on her way to 181 (50-54) gold. Arlene Ramsrud made a shambles of the 70-74 world records. She broke the BP mark twice (99), and ditto for the DL (259) for a 496 sum. She's catching up with hubby Bill. Mona Overstreet captured the women's 40-44 198s. She had an 8/9 day and is getting ready to bust heads in the new women's pro football league. Despite being overworked for many days, Maris Stern-berg came to life on the platform. Her strength has returned. She got a hot squat - 352 - and a TOT of 887. Leslie Miller, CAN, won the plus 198 class while Maris ruled at 198 once again. Leslie set a WR 402 DL to total 975.

SUBMASTER'S MEN - GER's

champ was Stegh Stegi with 881 @ 148. CAN's winner was Vince Graham at 165 with 2 WRs: a 374 BP and a 551 DL. Randy Etsell had dibs on the 220 silver: 600 DL, 1548 TOT. He yielded gold to USA's Eric (The Marauder) Maroscher, who did a 661 SQ, 402 BP, and 600 DL. At 181, USA's Brian Vales survived his 595 SQ threepeat, and settled down to hit a 418 BP, 595 DL, and 1559 total. USA teammate Christian Moore nabbed silver with 1477 & pulled a WR 628. Brent Tracev had smoothing sailing at 198 when APF Srs. runner-up Tony Butson bowed out in the BP. Tracey earned best lifter award with 677 SQ, 507 BP (his specialty), and a 622 DL for 1807. Jean Marc Chenin, FRA, was one tough customer. He added a monster 545 BP to go with his 727 SQ and 661 DL - 1934 TOT. This gave him top honors at 242, and was just too much for Texan Greg "the Viking" Crowder to overcome. Greg scored 2nd with 1840. There were two golds for USA Icelanders named Adalsteinsson. Agnar dunked a monster 788 SQ at 275 for an 1862 TOT. Axel had the DL power (705)

for the 308 championship MASTERS MEN - A huge group of 79 masters in all the age brackets provided some great lifting for the days of Nov 15 & 16th. Nobody this year under the 148 division. That's where Martin Heindl, AUT, won the 45-49 group with 1151 to go with wife Karin's silver. Budgie Mullan, GBR, SQ'd 308, then tokened the rest of the way. Robert Charles was pitted against Surrinder Dhah - OK vs. CA. Pappy SURRENDERED DA title (pun intended) after starting too high (with a 462 SQ) and was unable to get low enough to please the judges. Fred Glass revealed to me his secret of strength (liquid minerals). He acted as frisky as a colt and he's age 64. Fred yanked 429, then 435 at 140 bwt., and danced a jig all night long! Unbelievable would be a good

adjective to describe Michigan's 70 year old Frank Richey. The 146 lb. ageless marvel SQ'ed 314 and just barely missed a WR 352. Next he popped two WR benches - back to back - 259 and 270! He then pulled a 402 DL to total 986! The 165 class had nine going for the gusto! At 40-44 Steve Lumpe flaunted the biggest BP (330), however, Gary Reichert, 41, had too much of everything else (595 SQ and 589 DL). Avtar Jawanda, 49, GBR got a lucky break when Art Little gave up the gold in the BP and was gone. Wally Brown, 52, RSA also took an early exit at 50-54. Back from injury, Gordon Olson, 51, cut weight to 165 and looked lean and mean. He manhandled a 540 SQ and then tried a WR 606, BPed 286, pulled 567 then missed a WR 600 try TOT 1427. He dropped 15 lbs. of bodyweight in a short time and nearly killed himself. QUOTE THE OLSON: NEVERMORE! Sure winner at 55-59, Joe Nickele, tore his bicep two weeks out and therefore forfeited the title to his pal Herb Glossbrenner - an early Christmas present presented on a golden platter. Richard Flores, 62 did some terrific lifting and earned the 60-64 title. He pulled a WR 529 to complete his winning day. Pierre Pothee, 76, a Frisky Frenchman, nailed a good 275 WR SQ on a 4th. He made a 154 BP, and got WR 320.8 DL. At 181, the 40-44s saw Greg ZWEIG lift BIG! At 41 he DLed 633 and hit a 1543 TOT. Doug Peterson, USA, demolished his Aus trian opponent in the 45-49s and afterwards went on an adventurous trek to heaven knows where with his best pal (his brother). Anton Mikysek, 51. AUT claimed the 50-54 crown after Fabian Wambsgans, 54, USA couldn't get approval for any of his 3 SQ lifts at 611. Ian Morris, 61, RSA warhorse became champ again at 60-64. He was injured last year, but



Mark Fanone ... will go from this victory to olympic weightlifting.

stroked a 242 BP this time after a 374 SQ, and finished by pulling 440. No question that Ian is the life of the party. Bill Ramsrud, 72, continued his charade of being about ready for the bone orchard. Just about the time we were ready to shovel dirt on him. he comes out and rips up a 474 DL. What a sandbagger. The 198 class showcased a 3 way dance in 40-44. Lester Maslow, 41, (USA) SQ'd 644. American teammate Ken Richardson, 41, used all 3 tries to get 600. Heinz Buhl, 44, AUT issued the challenge with 628 and tried to get the lead with 661. In the BP, Maslow settled for 386. Buhl pressed 413 to 418 for Richardson. Subtotals: Buhl now ahead (1041), Maslow (1030). Richardson trailed (1019). In the DL the order reversed. Maslow self-destructed, getting 518, twice missing with 578 and 589, and he finished

3rd (1548). Buhl negotiated 573, but 606 - the winning lift - was too heavy (2nd 1614). Richardson upped 600 to assure victory, then made 617 also (1636). THE FIGHT WAS TIGHT among 3 in the 45-49 group also. Going into the final lift, Paul Latter, 48, GBR led his British backup David Long by 44, and was ahead of USA's Russell Dell by 66, Long's 551 earned 3rd (1510). Latter's 573 put him over the top (1576). Dell pulled 589. This put him solidly in 2nd (1532). Russ tried 628 on his last lift. This would tie the British lifter and give him the win as lighter man. He couldn't pull it up. At 50-54, the USA's Len Mintus rose to the occasion. Good in all 3 lifts, Len got a 567 SQ, a 358 BP, and a 551 DL-1477 TOT. Robert Jordon, 54, of GBR tried to pull forth the victory with his 600 last ditch effort. Didn't go - 1433 TOT - 2nd place.

Scott Velliquette, 53, from Hollywood, CA, got caught napping on warmups. His great 363 BP was best of the group. He got bronze for the LA Lifting Club with 1322. Henri Marion, 57, FRA held off James Rouse, 59, to capture the 55-59 championship 1433-1405! L.B. Baker, 63, joined wife Nadine in claiming gold. L.B. proved that he's NOT A BLUFF, that he's still GOT THE STUFF. Darian Miller, CAN and a young 77, was feeling his oats this day. He got a bit ambitious and thought he could get a 264 SQ. Instead it got him! At 220, the great competitive spirit of the athletes continued to blossom. George Pessell, 41, a Californian, is laid back and lets his lifting do his talking: SQ 644, BP 429, DL 628, a landslide victory -1703. Austria's Christian Mikysek, 43, was runner-up with 1510. At 45-

49 it was yet another 3 way tussle to decide the outcome. Sakari Mantyla, FIN, had the biggest DL (672), but it wasn't enough to make up the ground he'd lost - his 1658 TOT earned 3rd. USA's A.J. Henderson fought Phillip Bell, GBR, tooth and nail. Henderson took a commanding lead (683), but jumped way too high to 744. Bell SQ'd 595, then following A.J's 385 best effort BP, Phil bagged a big 462 BP and was only 16 back. Henderson hoisted 617, then missed 650 - TOT 1686 - a silver at least. Phil stooped to conquer. His 628 opener gave him the gold as lighter man. To prove his worth he also lifted 661 - TOT 1719. FIVE ALIVE at 50-54. Alan Luker, 50, of GBR overpowered everyone; 705 SQ, 347 BP and a huge 716 DL (TOT 1769). He dared WR attempts with 760 on his 3rd and also an extra attempt. Not quite there. Frenchman

	VPC	World C	hamp	ions	nips								
Section 1	14 N	ov 00 - L	as Ve	gas,	NV		75 kgs. L. Allworth	RSA	33-39	180	102.5	175	457.5
VOMEN		CAT	SQ	BP	DL	TOT	K. Pfeiffer	USA	33-39	165	70	152.5	387.5
een 60 kgs.			53453				82.5 kgs.	USA	3337	103	,,	132.5	307.5
. Kert-Kravitz	CAN	16-17	-	-	-	NIL	P. Carson	USA	33-39	147.5	105	172.5	425
2.5 kgs.							+90 kgs.						
. Giddings	USA	16-17	140.5	BP-80	165	385.5*	E. VIT		33-39	165	87.5	155	407.5
. Yanikyan	CAN	4th-SQ-15 18-19	100*	50	100*	250	Masters WOMI N. Baker	USA	40-44	97.5	60	122.5	280
een MEN 75		10.13		30			J. Rodefer		50-54	57.5*		97.5*	200*
A. Schiff	USA	13-15	215	110	205	530	52 kgs.	USA	30-34	37.3		37.3	200
00 kgs.							M. Kilikouskas	USA	40-44	92.5	45	117.5	255
. Duplessis	USA	16-17	290	160	2709	720	K. Heindl	AUT	40-44	85	42.5	95	222.5
. Flanders	USA	13-15	172.5	97.5	167.5	437.3	L. Higgins	USA	30-34	70	47.5	117.5	235
10 kgs.			240	135	255	630	56 kgs.						
7.5 kgs.	nksa	13-15	240	135	255	630	H. McCalom	GER	55-59	90	55	130	275
. Matthews	USA	16-17	132.5	87.5	160	380	60 kgs.	CAN	40-44	140	75	162.5	370
0 kgs.	USA	10-17	132.3	07.5		300	W. Greig A. Fruzyma	USA	45-49	105	47.5	112.5	265
Simons	USA	16-17	147.5	92.5	187.5	427.5	67.5 kgs.	USA	45-45	103	47.3	112.5	203
7.5 kgs.							B. Cameron	CAN	40-44	110	55	115	280
. Nosek	USA	18-19	180	130	200	510	75 kgs.		10000	- 632		Ada	
5 kgs.						10.38	P. Thomas	CAN	65-69	80	45*	115*	240*
A. Jovanovic	USA	18-19		142.5		562.5	82.5 kgs.						
). Rowland	GBR	18-19	185	92.5	205	492.5	P. Damon	USA	50-34	142.5	•	82.5	125
2.5 kgs. Richards	CAN	18-19		200		NIL	330						
00 kgs.	CAN	10-13	O EURO	MI JE	0		A. Ramsrud	USA	70-74	62.5	45*	117.5*	225*
. Oberschlick	AUT	18-19	290	155	290	735	90 kgs.	USA	40-44	142.5	075	170	410
Fitz	USA	18-19	250	150	250	650	M. Overstreet M. Sternberg	USA	50-54	160	77.5	165	402.5
25 kgs.								USA	3034		""		402.0
. Sparks	USA	18-19	322.5	228*	270	821	+90 kgs. L. Miller	CAN	50-54	160	100	182.5	442.5
uniors WOME			TO LES		2	Hoself St	Submaster MEN	N 67.5					
. Dorner	GER	20-23	150	too	142.5	392.5	S. Stegi	GER	33-39	150	100	150	400
Spittal	USA	20-23	135	77.5	147.5	350	75 kgs.		TOSE	BUN			
uniors MEN 5: . Muskat	USA	20-23	105		10.12	NIL	V. Graham	CAN	33-39	235	170*	250*	675
6 kgs.	USA	20-23	103	-		SHIER	82.5 kgs. B. Vales	USA	33-39	270	190	247.5	707.5
. Miskell	LISA	20-23	165	97.5	182.5	445	C. Moore	USA	33-39		447.5	285*	670
5 kgs.	-					ARAD TEL	D. Rees	GBR	33-39	250	160	255	663
. Dishman	USA	20-23	227.5	182.5	205	615	90 kgs.	-	3333	-50			
Souchon	FRA	20-23	160	117.5	175	452.5	B. Tracey	USA	33-39	307.5	230	282.5	820
. Von Stryp	RSA	20-23	-	-	-	NIL	A. Butson	USA	33-39	280	-	-	NIL
0 kgs.	LISA	20-23	320	202 -	240	832.5	100 kgs.						
A. Fanone A. Phillips	USA	20-23	300	202.5 182.5		772.5	E. Maroscher	USA	33-39	300		272.5	755
00 kgs.	USA	20-23	300	102.5	290	//2.3	R. Etsell	CAN	33-39	260	170	272.5	702.5
. Schwab	AUT	20-23	330	195	325	850	110 kgs. J.M. Chenin	FRA	33-39	330	247.5	300	877.5
McShane	USA	20-23	242.5		282.5	695	G. Crowder	USA	33-39	320	215	300	835
. Blackwell	GER	20-23	240	180	265	685	F. Schulze	GER	33-39	310	230	260	800
. Swanepoel	RSA	20-23	-	-	-	NIL	C. Peters	RSA	33-39	270	160	312.5	742.3
. Retief	RSA	20-23	-	-	-	NIL	D. Fedderra	CAN	33-39	260	195	230	685
10 kgs.							B Stradeski	CAN	33-39	232.5	80	180	492.5
Garcia	USA RSA	20-23 20-23	350 300	215 183	312.5 295	877.5 780	125 kgs.						
. Mapasa . Rogers	GBR	20-23	260	140	230	630	An. Adalsteinss 845	on	USA	33-39	357.5	177.5	310
. Schmitz	GER	20-23	290	187.5	_	NIL	P. Lilliebridge	AUS	33-39	250	235	270	753
25 kgs.							140 kgs.	203	35-35	230	233		,,,,
A. Hamalainer	FIN	20-23	390	250	330	970	Ax. Adalsteinss	on	USA	33-39	275	202.5	320
. McKenzie	RSA	20-23	350	245	300	893	797.5						
l. Boechler	CAN	20-23		187.5		757.5	Masters MEN 1	6NOV	00				
Garza	USA	20-23	227.5	160	237.5	625	67.5 kgs.	91416			-	-	
40 kgs.		20-23	300	190	340	830	M. Heindl	AUT	45-49	170	130	222.5	522.5
. Namazov	USA	20-23	320	192.3	Silversian III	797.3	S. Dhah R. Charles	USA	50-54 50-34	35 NIL	75	120	230 NIL
D. Bassan	ISR	20-23	270	240	263	775	R. Charles B. Mullan	GBR	55-59	140	45	125	310
. Ross	USA	20-23	380	62.5	62.5	503	F. Glass	USA	60-64	150	72.5	197.5*	435
A. Schultz		20-23	NIL	-	-	NIL	F. Richey	USA	70-74				447.5
ubmaster WO						List of the last o	75 kgs.					TO STATE OF THE PARTY OF THE PA	
. Wilson	USA		112.5	62.5	130	305	G. Reichert	USA	40-44	270	145	267.5	682.5
0 kgs.	-	The state of the s					S. Lumpe	USA	40-44	205	150	200	555
. Thorpe	CAN	33-39	125	67.5	147.5	340	A. Jawama	GBR	45-49	215	122.5	210	547.5
7.5 kgs.	RSA	33-39	170	87.5	182.5	440	A. Little	USA	45-49	230	-		NIL
l. Schoeman	USA	33-39	165	82.5	150	397.5	G. Olson	USA	30-54	245	130	237.5	647.5
. Garcia	USA	33-39	103	02.3	130	337.3	W. Brown	RSA	50-54	NIL	-		NIL

Glossbrenner	USA	55-59	135	110	140	383
R. Flores P. Pothee	USA FRA	60-64 75-79 4th-SQ-12	205 117.5	125 70	240° 145.5°	570 333
82.5 kgs.						
G. Zweig D. Peterson	USA	40-44 45-49	260 230	152.5 150	287.5 247.5	700 627.5
B. Stockner	AUT	45-49	170	110	180	460
A. Mikysek	AUT	50-54	200	50	230	480
F. Wambsgans	USA	50-54	NIL	-	-	NIL
R. Brown	GBR RSA	55-59	NIL 170	180	200	NIL 480
I. Morris K. Hogg	AUT	60-64	130	145	120	395
K. Hogg B. Ramsrud 90 kgs.	USA	70-74	65	85	213	365
K. Richardson	USA	40-44	272.5	190	280	742.5
H. Buhl	AUT	40-44	285	187.5	260	732.5
L. Maslow	USA	40-44	292.5		235	702.5
P. Latter R. Dell	GBR	45-49 43-49	280 250	175	260 267.5	713 695
D. Long	GBR	43-49	255	177.5	250	685
L. Mintus	USA	50-54		162.5	230	670
R. Iordan	GBR	50-54	260	130	260 217.5	630
S. Velliquette H. Marion	USA	50-54 55-59	217.5 240	163	217.5	630
H. Marion J. Rouse	USA	55-59	227.5		235	637.5
L. Baker	USA	60-64	190	143	210	343
D. Miller	CAN	75-79	NIL	-	-	NIL
100 kgs. J. Pessell	USA	40-44	292.5	195	285	772.3
C. Mikysek	AUT	40-44	255	150	280	685
P. Bell	GER	45-49	270	210	300	780
A. Henderson	USA	45-49 45-49	310 290	175 337.5	280 303	763 732.5
S. Manityla B. Kelly	USA	45-49	240	127.5	230	617.5
A. Luker	GBR FRA	50-54	320	1575	325	802.5
A. Luker J. Nickel R. Olinger J. Wolberg J. Burgard	FRA	50-54	270	172.5	275	717.5
R. Olinger	USA	50-54 50-54	230	157.5	250 250	657.5
J. Wolberg	CAN	50-54	207.5	172.5 137.5	205	372.5
D. Hamblet	USA	55-59	185	155	257.5	597.5
S. Bunu	RSA	55-59	210	125	217.5	532.5
R. Damon	USA	60-64	205	110	205	520
R. Spaulding J. Miller	USA	65-69 70-74	200 170	112.5	187.5	500 483
	USA	4th-112.5	-112.5		•15	
110 kgs. B. Barclay	USA	40-44	287.5	197.5	312.5	797.5
J. Mazmanian	USA	40-44		182.5		777.5
R. Allison	GBR	40-44	300	200	250	750
		45 40			2175	
G. Schranz	AUT	45-49	260	217.5	317.5	795 740
		45-49 45-49 50-54	260 300 385*		250 300	795 740 885
G. Schranz D. Williams B. West S. Sandbeag	AUT	45-49 45-49	260 300	217.5 190	250	740
G. Schranz D. Williams B. West S. Sandbeag 125 kgs.	GBR GBR USA	45-49 45-49 50-54 60-64	260 300 385* 280*	217.5 190 200 173	250 300 282.5*	740 885 737.5
G. Schranz D. Williams B. West S. Sandbeag 125 kgs. L. Marshall D. Toci	AUT GBR GBR USA GBR AUS	45-49 45-49 50-54 60-64 40-44 40-44	260 300 385* 280* 380 350	217.5 190 200 173 190 230	250 300	740 885 737.5 905 905
G. Schranz D. Williams B. West S. Sandbeag 125 kgs. L. Marshall D. Toci	AUT GBR GBR USA GBR AUS USA	45-49 45-49 50-54 60-64 40-44 40-44	260 300 385* 280* 380 350 300	217.5 190 200 173 190 230 NIL	250 300 282.5* 335 325	740 885 737.5 905 905 NIL
G. Schranz D. Williams B. West S. Sandbeag 125 kgs. L. Marshall D. Toci J. Avigliano J. Florio	GBR GBR USA GBR AUS USA USA	45-49 45-49 50-54 60-64 40-44 40-44 45-49	260 300 385* 280* 380 350 300 382.5	217.5 190 200 173 190 230 NIL 200	250 300 282.5* 335 325 - 292.5	740 885 737.5 905 905 NIL 875
G. Schranz D. Williams B. West S. Sandbeag 125 kgs. L. Marshall D. Toci J. Avigliano J. Florio	GBR GBR USA GBR AUS USA USA FIN	45-49 45-49 50-54 60-64 40-44 40-44	260 300 385* 280* 380 350 300	217.5 190 200 173 190 230 NIL	250 300 282.5* 335 325	740 885 737.5 905 905 NIL
G. Schranz D. Williams B. West S. Sandbeag 125 kgs. L. Marshall D. Toci J. Avigliano J. Florio K. Lindstrom I. Visser T. Bentley	GBR GBR USA GBR AUS USA USA	45-49 45-49 50-54 60-64 40-44 40-44 45-49 45-49	260 300 385* 280* 380 350 300 382.5 300	217.5 190 200 173 190 230 NIL 200 170 NIL	250 300 282.5* 335 325 - 292.5 310 - 300	740 885 737.5 905 905 NIL 875 780 NIL 862.5
G. Schranz D. Williams B. West S. Sandbeag 125 kgs. L. Marshall D. Toci J. Avigliano J. Florio K. Lindstrom I. Visser T. Bentley	GBR GBR USA GBR AUS USA USA FIN RSA USA FIN	45-49 45-49 50-54 60-64 40-44 40-44 45-49 45-49 45-49 45-49 45-49 45-49	260 300 385* 280* 380 350 300 382.5 300 315 342.5 290	217.5 190 200 173 190 230 NIL 200 170 NIL 220 215	250 300 282.5* 335 325 - 292.5 310 - 300 280	740 885 737.5 905 905 NIL 875 780 NIL 862.5 785
G. Schranz D. Williams B. West S. Sandbeag 125 kgs. L. Marshall D. Toci J. Avigliano J. Florio K. Lindstrom I. Visser T. Bentley P. Rantenen M. Israelson	GBR GBR USA GBR AUS USA USA FIN RSA USA FIN USA	45-49 45-49 50-54 60-64 40-44 40-44 45-49 45-49 50-54 40-44	260 300 385* 280* 380 350 300 382.5 300 315 342.5 290 322.5	217.5 190 200 173 190 230 NIL 200 170 NIL 220 215	250 300 282.5* 335 325 - 292.5 310 - 300	740 885 737.5 905 905 NIL 875 780 NIL 862.5
G. Schranz D. Williams B. West S. Sandbeag 125 kgs. L. Marshall D. Toci J. Avigliano J. Florio K. Lindstrom I. Visser T. Bentley P. Rantenen M. Israelson	GBR USA USA FIN RSA USA FIN USA CAN	45-49 45-49 50-54 60-64 40-44 40-44 45-49 45-49 50-54 40-44 40-44 45-49	260 300 385* 280* 380 350 300 382.5 300 315 342.5 290 322.5 NIL	217.5 190 200 173 190 230 NIL 200 170 NIL 220 215 187.5	250 300 282.5* 335 325 - 292.5 310 - 300 280	740 885 737.5 905 905 NIL 875 780 NIL 862.5 785 760
G. Schranz D. Williams B. West S. Sandbeag 125 kgs. L. Marshall D. Tocl J. Avigliano J. Florio K. Lindstrom I. Visseer T. Bentley P. Rantenen M. Israelson B. Greig B. Meek	GBR USA USA FIN RSA USA FIN USA CAN USA	45-49 45-49 50-54 60-64 40-44 40-44 45-49 45-49 45-49 45-49 45-49 40-44 40-44 40-44 45-49 50-54	260 300 385* 280* 380 350 300 382.5 300 315 342.5 290 322.5 NIL 350	217.5 190 200 173 190 230 NIL 200 170 NIL 220 215 187.5 NIL	250 300 282.5* 335 325 	740 885 737.5 905 905 NIL 875 780 NIL 862.5 760 — NIL
G. Schranz D. Williams B. West S. Sandbeag 125 kgs. L. Marshall D. Toci J. Avigliano J. Florio K. Lindstrom L. Visseer T. Bentley P. Rantenen M. Israelson B. Greig B. Meek C. Clonce J.M. Cavelier	GBR USA USA FIN RSA USA FIN USA CAN	45-49 45-49 50-54 60-64 40-44 40-44 45-49 45-49 50-54 40-44 40-44 45-49	260 300 385* 280* 380 350 300 382.5 300 315 342.5 290 322.5 NIL	217.5 190 200 173 190 230 NIL 200 170 NIL 220 215 187.5	250 300 282.5* 335 325 - 292.5 310 - 300 280	740 885 737.5 905 905 NIL 875 780 NIL 862.5 785 760
G. Schranz D. Williams B. West S. Sandbeag 125 kgs. L. Marshall D. Toci J. Avigliano J. Florio K. Lindstrom I. Visser T. Bentley P. Rantenen M. Israelson B. Greig B. Meek C. Clonce J.M. Cavelier	GBR USA GBR AUSA USA FIN USA CAN USA USA FRA	45-49 45-49 50-54 60-64 40-44 40-44 45-49 45-49 45-49 45-49 45-49 45-49 50-54 50-54 50-54 50-54	260 300 385* 280* 380 350 300 382.5 300 315 342.5 290 322.5 NIL 350 250 220	217.5 190 200 173 190 230 NIL 200 170 NIL 220 215 187.5 NIL 145 180	250 300 282.5* 335 325 292.5 310 300 280 230 222.3 190	740 885 737.5 905 905 NIL 875 780 NIL 862.5 760 NIL 617.5 390
G. Schranz D. Williams B. West S. Sandbeag 125 kgs. L. Marshall D. Toci J. Avigliano J. Florio K. Lindstrom I. Visser T. Bentley P. Rantenen M. Israelson B. Greig B. Meek C. Clonce J.M. Cavelier +140 kgs. H. Smith	GBR GBR USA GBR AUS USA FIN RSA USA CAN USA FIN USA CAN USA FRA RSA	45-49 45-49 50-54 60-64 40-44 40-44 40-44 45-49 50-54 40-44 45-49 50-54 40-44 45-49 50-54 40-44 45-49 40-44 45-49 40-44	260 300 385* 280* 380 350 300 382.5 300 315 342.5 290 322.5 NIL 350 220	217.5 190 200 173 190 230 NIL 200 170 NIL 220 215 187.5 NIL 145 180	250 300 282.5* 335 325 	740 885 737.5 905 905 NIL 875 780 NIL 862.5 760 NIL 617.5 390
G. Schranz D. Williams B. West S. Sandbeag 125 kgs. L. Marshall D. Toci J. Avigliano J. Florio K. Lindstrom I. Visser T. Bentley P. Rantenen M. Israelson B. Greig B. Meek C. Clonce J.M. Cavelier +140 kgs. H. Smith P. Niemandt	GBR GBR USA GBR AUS USA FIN RSA USA CAN USA FIN USA CAN USA FRA RSA RSA	45-49 45-49 50-54 60-64 40-44 40-44 40-44 45-49 45-49 50-54 40-44 40-44 45-49 50-54 50-54 50-54 50-54 50-54 50-54	260 300 385* 280* 380 350 300 382.5 300 315 342.5 290 322.5 NIL 350 250 220	217.5 190 200 173 190 230 NIL 200 170 NIL 220 215 187.5 NIL 145 180	250 300 282.5* 335 325 	740 885 737.5 905 905 NIL 875 780 NIL 862.5 760 NIL 617.5 390
G. Schranz D. Williams B. West S. Sandbeag 125 kgs. L. Marshall D. Toci J. Avigliano J. Florio K. Lindstrom I. Visser Y. Bentley P. Rantenen M. Israelson B. Greig B. Meek C. Clonce J.M. Cavelier +140 kgs. H. Smith	GBR GBR USA GBR AUS USA FIN USA CAN USA FRA RSA RSA RSA USA	45-49 45-49 50-54 60-64 40-44 40-44 40-44 45-49 50-54 40-44 45-49 50-54 40-44 45-49 50-54 40-44 45-49 50-54	260 300 385* 280* 380 350 300 315 342.5 290 322.5 NIL 350 250 220 370 330	217.5 190 200 173 190 230 NIL 200 170 NIL 220 215 187.5 NIL 145 180	250 300 282.5* 335 325 	740 885 737.5 905 905 NIL 875 780 NIL 862.5 760 NIL 617.5 390 825 853



Onn was ON!!! Mr. Basson of Israel benched 529 in the Junior 308s.

Jean-Michel Nickel hauled up 600 for 2nd (1581). Robert Olinger, USA, TOT 1449 for 3rd place. In the 55-59 bracket, Dan Hamblet, 57, earned a gold for USA as he out-lifted Sidwell Bunu, RSA, 1317 - 1218! Ron Damon, 63, followed wife Patricia's example. He won gold with an 1146 TOT in the 60-64 group. Bob Spaulding, 65, was on top of his game. Not only did he win the title, but he gloated about out-benching me as well. Joe Miller, 71, @ 215 leisurely whacked off 2 WR squats (374), blasted a WR 248 BP on an extra try then pulled a 474 DL for 1069 total. No wonder he's dubbed "the phenom"! The 242 class saw some great lifting in the 40-44 group. John Mazmanian drank double cappuccinos in the casino. He brought it too the platform, but though he SQ'd 611 and BP'd 402, he trailed USA teammate Bill Barclay by 55. Then THE COFFEE KICKED IN. Bill had SQ'd 633 and benched 435 with no misses. Barclay hoisted all 3 pulls and finished a perfect 9-9 day - 1758 TOT. By now the MAZ MAN was a



Maris Sternberg ... back on a roll!

were alive and firing. He pulled a big PR 699.967 lbs. 3rd attempt DL which had the crowd cheering. This gave him 2nd (1714). Going into the DL, Raymon Allison, 43, GBR led both Barclay and John. He couldn't keep pace in the DL (551) and settled for 3rd (1653) to the great American duo. Two days later John got married right there in Vegas. Congrats to both he and his blushing bride. The 45-49s saw Gerhard Schranz, 45, AUT overcome the 27 lb. deficit (after 2 lifts) of Doug Williams (a Bob Hoffman look a like). Schranz, SQ'd 573 to Doug's 661. Gerhard gained the upper hand in BP - with his big 473 to Doug's 418. He lowered the boom with his huge 699 DL (Williams got only 551) to blast himself way ahead and win gold - 1752 to 1631! The all-time legend. Bill West, announced his retirement following his winning the 50-54 World title. He had no challengers. He's just that good. The 54 year old British artifact at 230 destroyed the WR SQ with 848. He went on to register a 441 BP and 661 DL for 1951 TOT. It was his 14th World Title lifetime accumulation. I wonder if the old fire has dwindled or the lure of the barbell will be too great to resist. We should be thankful to Bill for providing us numerous exciting moments on the World platform, beginning over a quarter of a century ago and reaching the end of the line here. At age 60, Skip Sandberg made his debut in this new age group. He produced a triplicate of WR squats to begin; 556, 606 & 617. He also pulled a World Mark 622 DL - TOT 1625. Lee Marshall, 41, from GBR vacated his head ref's chair long enough to don his regalia and challenge Dino Toci, a 43 year old Australian, for the 275 gold. You couldn't have found a better matchup. Marshall, 246, hunked up a monster dunk of 837 a 3rd attempt, and lifted 418 on his final BP try. Toci, 268, rode all three of his

The USA team slot belonged to Joe Avigliano, 40, of the L.A. Lifting Club team. He was doing double duty, coaching his elite wife and his entourage of club participants. He came in at 243 from drinking a gallon of water to make the class. Joe sank a PR 661 SQ opener; ditto 688, but got turned down. His 705 3rd wasn't passed either. In the BP got up his 407 opener, but it was a tad cockeved! He missed again, then ripped his denim shirt. Three strikes - he's out. Two weeks later, he got the APF CA State mark 722.5 SQ, and benched 405 two days before having his elbow scoped, and pulled a PR 615 DL - TOT 1722.5 and he dropped back to 220 too! Built like a Mack truck, John Florio, 48, was an awesome force at 45-49. He sank a big 843 SQ, benched 441 (missed 507) and pulled a 2nd attempt 644 deadlift for 1929. He was lifting back in the Sixties, but it seems like only yesterday. Tim Bentley, 52, captured the World title in the 50-54 age category. He did 755 SQ, 485 BP and 661 DL for 1901 TOT. In a couple more years he'll have Florio to keep him on his toes. At 308, the contest between Pekka Rantenen, 43, and big Matthew Israelson, 44, of the USA was breathtaking. Pekka SQ'd 639, but Matt uncorked a big 711 lift, Matt BP'd 413, then took a quantum leap to 501, but he couldn't handle it. Rantenen, trailing by 11, after popping a 474 BP, was ready to strike. Both men opened at 551 in the DL. Nothing had changed. Matt went to 606, and had it within inches of completion, but couldn't straighten up. I believe the velcro on his canvas squat suit had been cinched too tightly TOT 1675 and runner-up for Matt. With his missed DL he'd have had the same total as the Finn (Pekka DL'd 617 for 1730), but would have lost as heavier man. Brian Meek, 54, SQ'd 771, but then ran into BP problems. He almost got his final lift at 551, but ended up with nil. At 55-59 Charles Clonce tried a WR 551 DL on a 3rd, but missed. He won his division with a 1361 TOT, and had a gold to match his wife's (she was BP World Champ). Jean-Marie Cavelier, 62, proved the FRENCH can BENCH with his 418 and 1300 TOT. +308 Hannie Smith, 40, (324) RSA was

strong like a Cape Buffalo: SQ 771 -

following missed opener; but he failed

a big jump to 837. He got all his BPs

down and up (771), then uncorked a

huge (507) 3rd BP to take the lead by

11 (1273 to 1267 at ST). Toci opened

with a big 716 DL. Marshall lifted

wisely assured silver with his 661

opener, then lifted 727, and finally

738. This tied the Aussie's 1995

TOT, and took the lead on lighter

bodyweight. Toci jumped to 760,

confident of his ability but missed it.

For his final try, he failed again and

pulled his hamstring and limped off.

(429), and made a 677 DL (1818 TOT) To back up a bit, at 308 the 45-49 title was vacant. Bruce Greig, CAN, 48, had sustained a 2nd degree tear to the outside left thigh muscle on his 815 opener and was unable to continue. His 5th world title will have to remain on hold until Nov. 2001 where in Capetown, RSA he'll be ready to conquer the barbell once again. Bruce is an exceptional deadlifter (in the 800s) and ran last year's exceptional Worlds in Calgary. The 45-49 Supers title went to Phil Niemandt, 48, of South Africa with an 815 SQ, a 396 BP, and a 672 DL - 1884 TOT. A few years ago Phil was ready to THROW IN THE TOWEL-but WOW! LOOK AT HIM NOW. George Brink, USA (313 and now 51) had recently pulled 804 in an official contest, and hoped to do it here. He looked to be right on track to do so: SQ 727 was followed by 2 WR benches-429 & 435. He opened his pulls with 755, and handled it like a toy. The big Californian went up to 804 and took 2 cracks at it - not today - TOT 1918. Runner-up at 50-54 was Mike Doggendorf, 50, a Louisville, KY gym owner. The ex-pro wrestler started PL back in the Seventies and renewed it again a few years ago. He made 677, 424, and 672 here (1774) and will be aiming to claim Phil's title in Capetown, USA's Don MacKenzie, 61 (312.8) claimed the 60-64 Supers victory with a perfect 9-9 day - 1234 TOT.

This brings to a conclusion the last WPC Worlds of the 20th Century. As we began the new millennium, we look for bigger and better things for WPC. It's also the gateway to Kieran Kidder's WPO with huge cash awards waiting to be claimed. CU in Capetown 2001!



Bill West lost his grip on this 705, but has held on to many world championship titles over the years!

The last WPC World Bench Press Championships of the century was held Nov. 19th, 2000, a Monday at the Plaza Downtown Hotel in Las Vegas, NV (USA). This event took place the day before the WPC World championships began. It was a big turnout with 119 contestants battling for the titles. The competition was very well organized. There were no problems running the entire event in one day which also included the AWPC benchers, which I've previously reported.

WOMEN - There were 19 ladies representing 7 different nations. The breakdown of distributed medals were as follows: Germany collected the most with 6 golds and 1 silver. USA was next with 4 golds, 1 silver. South Africa won 3 golds, Austria had 3 champions, GBR and FIN each claimed a winner. The champ for GBR was little Leslie Watson, who pressed 132 at her 97 lb. bwt. Karin Heindl lifted 93 in the 114 open group to win. Nance Avigliano, 44, of the LA Lifting Club, a 2 time women's senior PL champ, entered and won the 123 open title. Nance who'd lift in the women's PL open later on used this as a tuneup. She'd cut a lot of bwt. to make this category, and overshot her mark, coming in way light (118.8), and delivered a WPC 40-44 WR 195 on her opener, and took no further attempts. Ohio's Tina Rinehart nearly zeroed at 132. It look her 3 attempts to make her 319 opener, equivalent to her own WR. She finally squeezed it out satisfactorily on her last try. Anne Dorner, GER (140.6) BP'd 220 for the 148 jr. title. Her teammate Angelika Barwa took the 33-39s in the same class with 214 lift. Now 47, Sidney Thoms from the windy city (Chicago) at a trim 178 racked up 236 on her comeback trail. Hermine Krivaner, 65, proved age is not a deterrent. She stroked 108 lbs., a WR in her 132 division, 65-69 age bracket, and the other Austrian champ was Eva Vit. At 207.6 she took the Submasters heavyweight with a 187 lift. The biggest lift of the day among all women was 336 delivered by Taria Rantanen (FIN) at 189 bwt. She used this as a warmup for the WR bench she'd deliver in the PL competition. Margaret Clonce, 34, at 244 upped 132, a gold medal effort also. Teenager Hanna Berher, 18, of GER hit a winning 163 lift at 132. RSA's Mirinda Van Dyk scaled 222 and punched up 264 in the women's open unlimited class. Later she'd win the PL title as well. Vicki Huyser, also from south Africa (140.8) won the BP 148 open with a 198 lift. Later she too would

MEN - The men had no less than 101 lifters from 13 different nations. SM, Duane Radel, USA took the 123 title with 286 on a 2nd, but missed 297. Likewise, wheelchair bound Del Olson won the 33-39 group at 123, lifting 233 on his final try. This was

become a WPC women's open PL

WPC World Bench Press

as told to Powerlifting USA by Herb Glossbrenner



Tarja Rantanen (Finland - seen above) and Nance Avigliano (USA below) were among several lifters who competed in both the WPC World Powerlifting Championships and the WPC World Bench Press Championships, requiring them to lift during the course of the meets.



equivalent to the best lift of Reno Karkuschke, GER, who took the open 132s. Later on, Reno became the 132 WPC World Powerlift Open Champ. At 148 it was Robert Moers who captured the open title with a good 358 effort. Astounding is the only word to describe Marcus Shick of Germany. At Kieran Kidder's WPO bench bash for cash on Sept. 9 he established the greatest formula BP for men of all time (562 at 152 bwt). Marcus collected \$4500 and used it for this meet. He weighed 151.6 here and was credited with 540 on a 2nd try. This won the 165 open title. He tried to beat his own record with a 4th at 563, but it was not to be. The Juniors 148 winner was Mushvig Gadeiyev, AZE, with 297. J. Werner, GER made 341 and tried a WR 359 with success. Martin Heindl, AUT, was champ at 45-49. A hurt Surrinder Dhah, 52, USA a former WL champ from India was the 50-54, 148s winner. Budgie Mullen, GBR, came in

here having a broken arm surgically repaired only 6 weeks prior. He smartly tokened to get gold in 55-59. Austrian Erwin Trichlin popped up 209 for the 60-64 victory. He went on to miss a 221.5 WR try. In the 165s - USA's Mike Spradling got a nifty 264 in the 16-17 teens. Germany's Dennis Brant elevated the winning 292 lift for 18-19s. T. Van Stryp, RSA, raised 286 at 20-23. Nick Marinis, USA, hoisted a big 352 in the Submasters to win a gold medal. P. Rein, 41, of GER duplicated that same weight for the 40-44 victory. GBR's Avtar Jawanda gets his strength from his white beard and turban. He upped 264 for 45-49 honors. Franz Haar, 53, AUT lifted a 314 win in his division. Philipp Crusius, 64, was a Deservin' German. He lifted a most impressive 292 to capture his age bracket world title. At 181 Dan Vincent, 19, USA made all his lifts (308). American Dennis Ricketts, USA outdistanced Marek Ptak, GER in the junior div. He fortified his 435 lift in

the second round. Jerry Knudtson, 40 (USA) had his own way (286) at 40-44. At 45-49 Steve Egli, 45 (USA). missed, then made 308 for 2nd place. The winner was Rislo Leskenmaa, FIN (49), with a WR 507 on a 3rd wow: those Finns sure can BP. At 50-54 an old friend I hadn't seen in 25 years made his appearance. Robert Ingram and I had lifted against each other at 148 in the 1973 USA Sr. Nationals in York, PA. Robert took 2nd place, there and I was 7th. Now at 53 he's bigger and better than ever. Ingram won with a WR 451 lbs. He's still a BP phenom. In the 55-59 group Stefan Kobli, 55, established a WR of his own on the way to winning - 396! In runner-up spot was John Schwan. who got 253 at age 57. AUT's Konrad Hogg, 62, hogged the 60-64 gold all for himself - 308 no less. In the 198s, Mike Roberts, USA, topped Michael Maass (319) and Norb Kunert, GER (413) to capture the 198 Jr. Div. with 462! Luis Gayek, GER, earned the Submasters and open title ramming up 529! He made a WR 540 4th. USA's Greg Savino aspired to beat him, but failed all his tries at 556. Glenn Clayman (43) USA exceeded Herb Buhl, AUT (190) with his 468 effort to claim 40-44 gold. Franz Tope (46) AUT was best in 45-49 with 418. Germany's Marek Morawski (51) pressed 374 for his 30-34 victory. Alred Stolz (59) AUT raised 374 for the 33-39 win. Ian Morris, 61, the RSA Federation President told me risque jokes after benching 264 for his 60-64 gold. What a funny guy. At 220 there was a class full of powerful contenders. Armens Isahanov. 19. LAT secured his 429 opener to capture the 18-19 crown. The 16-17 group saw Stanley Duplessis also cap-ture a gold medal. A Junior Bloomer Francois Retief, RSA, rammed up 429 and also won. What a battle took place at submaster! Byron Gregory, USA, injured himself trying 507. Too bad, he's one of the BP greats, doing 524 in '99. Robert Brasseur, FRA, popped 518 for bronze. The USA's mighty Rick Lawrence began with 573, a new world record. Rene Imesch. from Switzerland stalked him and duplicated that 573 on a 2nd try. Then Rene rose to the occasion and ground out a monster 595 lift to snap Rick's still smoldering record and gain victory. Lawrence, who'd done 600 in September, came out for 606 to gain the gold, but missed twice. There was a surprise upset at 40-44. Robert Rigert, 44, USA pulled it off with 446 lbs. Jon Wolbers (52) of Canada dominated at 50-54 (374). Dan Purcell (53) USA pressed 319 to win his group. Marc Lebolay, 62, of France was utterly amazing - BP'ing 429 - a big lift for his age. Bill Carpenter, USA, won best lifter and open divisions at 220 punching up 611!! The 242 class had 10 men distributed in the various age brackets. A mighty bunch of benchers they were - J. Biermokdt, GER, was 33-39 champ with a powerful punch



Herb Glossbrenner took home some world championship gold

-573! The runner-up Jean Marc Henin of France made 518, then attempted 578 overtake him. Pekka Tamminen, in another Finnish finish, powered up 462 for 40-44 top honors. At 45-49 the winner was Gerhard Schkanz, 45 (485) another gold for Germany. Sixty one year old Leo Detter demonstrated Austrian power with his 341 world championship lift. The strongest of all at 242 was John Zemmin, USA. Hailing from the great state of Michigan he cranked a big 617 lift before failing at 630. Thirteen vied at 275 - Herbert Winkleman, a German destroyer, cranked out the Big Sixer (600) for the subs. Rosek, 42, his teammate pumped 485 for a win in the 40-44s. Robert Walker, 48, USA stayed focused and cranked up 529 the 45-49 winning lift. In this group, Bennie Dooley (48) USA, at only 243.5 bwt., stroked 496 for 2nd place. Peter Oprawill (58) of AUT got the title at 55-59 taking only one lift. Jack Twet, 66, popped a WR 325 on a 2nd attempt to garner gold. It was tough company for the USA's Colin Kelly in

and finally 644! Wow! Who is this guy the open class. Colin (236.8) hoisted 501 but got shut out of medals (4th). who weighed a mere 277.5? Shell Can you believe it? Unto Raatinien, knew what he had to do. He made 617 after a missed opener. He tried SWE (233.9) manhandled 595, but 650 for the win, but couldn't handle it. settled for silver because Herb Superheavys - The stellar attraction Winkleman was entered in the Open was Anthony Clark of Texas who division also. Capturing the coveted holds the all-time record for the bigworld title was the barrel chested New York colossus Chris Taylor. Chris did gest bench ever done. He came in at the job with 628 on his 2nd lift, and he 320.9 bwt. here and looked like he's then missed a huge try with 661. If it weren't for Chris, Budweiser would go back on the road to seeking good health. He vaporized 500 sans shirt in out of business. It's true! It's true! The his trademark reverse grip style back-308s was a procession of powerful stage, and looked strong with perfect pressers: Jeff Telljohn (64) USA not technique. He opened too high at 733 and missed all 3 attempts. He had only won his 60-64 division, but delivered a WR 391 in doing so. Hannie trouble getting the weight to his chest. When he finally touched, he had it Smith, 40, RSA popped up 352 in the moving almost up, but not quite. This 40-44 for the championship gold. left three others to battle for the med-Mike Robertson (300) RSA smoked 485 to become submaster champ. als. Mario Bottcher (329.3) age 40 of Onn Basson of Israel claimed victory Germany was plenty strong. He in the juniors. At 276 he blasted up pressed 573, but missed an age group 440 so easily we were blinking our eyes in disbelief. Onn was on! He WR with 608 for the 40-44 title. Two contested for the open division suforfeited further attempts to save his premacy - Ingo Czeplinski (330.6) best for the PL competition. The 308 open competition had a quintet of was another big determined German. burly beefers. Socca Rantanen (278) bowed out with 485. Left now was a fearsome foursome. Uwe Freu (288.3) from Germany negotiated 507 on his 2nd lift for 4th place. Now, a trio battled on. Holger Kuttrof (303.5) was a big German who BP'd a big 584, but missed his 3rd with 600 bronze medal. The battle for gold

He inched out a good 573 opener, but failed twice to get 595. The big surprise of the whole meet was Clay Brandenburg, from Michigan (USA). He's short and almost as wide as he is tall with a big barrel of a chest and short arms. He'd earned his berth here by doing 501 at the Nationals, and trying a 600 there that pinned him. This was no indication of what we'd expect here. Clay was hotter than a pepper sprout. He'd made incredible improvement, and opened at 606 and blew it up. Next he went straight to 661 and rammed that up as well, seemingly with power to spare. He went straight to 705 on his final lift and darn near got it. Wow! Clark, being a great sportsman, congratulated Mr. Brandenburg for his splendid performance. The man of the Day

This concludes the 2000 edition of the world bench press championships. Next year the event (2001) will be in Capetown, South Africa. Qualify and he there!



Anthony Clark, at a trim (for hi but had some great products f

WPC World Bench Press 13 Nov 00 - Las Vegas, NV GBR GER UDA GER AUT 73 145 40 49 18-19 open 50-54 63-69 90 100 97.5 85 RSA GER open 20-23 RSA 85 107.5 92.5 40-44 40-44 GER FIN 152.5 AUT 85 23-39 120 130 33-39 115

S. Grot	GBR	100	open
67.5 kgs.	TREAM		
M. Gadeiyev	AZE	135	20-23
R. Moers	FRA	165	open
J. Werner	GER	155	40-44
M. Heindl	AUT	125	45-49
S. Dhah	USA	75	50-54
B. Mullen	GBR	45	35-39
E. Trichlin	AUT	93	60-64
75 kgs.			
M. Schick	GER	245	open
M. Spradling	USA	120	16-17
D. Brandt	GER	132.5	18-19
T. VanStryp	RSA	130	20-23
N. Marinis	USA	160	33-39
P. Riem	GER	160	40-44
A. Jawanda	GBR	120	45-49
F. Haar	AUT	142.5	50-54
Y. Lazreg	FRA	70	50-54
MEN 75 kgs.			
H. Glossbrenner	USA	100	55-59
P. Crusius	GER	132.5	60-64
P. Pieair	FRA	60	70-74
82.5 kgs.			
D. Vincent	USA	135	18-19
D. Rickets	USA	197.5	20-23
M. Ptak	GER	160	20-23
V. Torren	GER	175	open
J. Knudtson	USA	130	40-44
R. Leskenmaa	FIN	30	45-49
S. Egli	USA	140	43-49
R. Ingram	USA	203	50-54
S. Kobli	AUT	180wr	55-59
J. Schwan	USA	115	55-39
K. Hogg	AUT	140	60-64
90 kgs.			
M. Roberts	USA	210	20-23
N. Kunert	GER	187.5	20-23

turned out to be between Jamie Shell

of MI and unheralded Scott Mendelson.

31, from Southern CA. A surprising

development was that Mendelson

didn't know that he was lifting against

Shell, Jamie had been mistakenly put

in the following session. Mendelson had finished, and Shell had the advan-

tage of knowing what he needed to

lift. Mendelson was psyched and got

eyes for top prize. With Joe Avigliano

coaching him, Scott took Joe's hand-

outs and delivered all 3 - 606, 628,

	and the	Single-	
M. Maass	AUT	143	20-23
L. Gayek	GER	240	33-39
R. Nogili	SUI	215	open
G. Melumjans	LAT	190	open
R. Archibal	RSA	180	open
G. Savino	USA	NIL	open
G. Clayman	USA	212.5	40-44
H. Buhl	AUT	190	40-44
F. Tope	AUT	170	45-49
M. Morawski	GER	170	50-54
F. Modliba	AUT	135	50-54
A. Stolz	AUT	170	55-59
W. Ancterewicz	USA	130	53-39
I. Morris	RSA	120	60-64
F. Krivanex	AUT	90	60-64
100 kgs.			
S. Duolessis	RSA	100	16-17
A. Isahanov	LAT	195	18-19
F. Retief	RSA	195	20-23
		w/r	
R. Imesch	SUI	270	33-39
		w/r	5 Hours
R. Lawrence	USA	260	33-39
R. Brasseur	FRA	235	33-39
B. Gregory	USA	NIL	33-39
R. Rigert	USA	202.5	40-44
T. Bestah	FRA	175	40-44
J. Wolbers	CAN	170	50-54
D. Purcell	USA	145	55-59
M. Lebolay	FRA	195	60-64
B. Carpenter	USA	277.5	Open
110 kgs.			
C. Van Heerden	RSA	100	16-17
J. Biermokdt	GER	260	33-39
J.M. Chenin	FRA	233	33-39
F. Schutm	GER	220	33-39
P. Tamminen	FIN	210	40-44
W. Germayer	AUT	150	40-44

100	G. Schkanz	GER	215	45-49
	V. Schliescke	GER	NIL	45-49
	L. Detter	AUT	155	60-64
	I. Zemmin	USA	280	open
	125 kgs.			-
	H. Winkleman	GER	272.5	33-39
1	M. Rosek	GER	220	40-44
46	I. Heavey	USA	190	40-44
	R. Walker	USA	240	45-44
	B. Doolky	USA	225	45-49
	M. Schroder	GER	210	45-49
	J. Nussbaumer	AUT	205	45-49
	P. Oprawill	AUT	122.5	55-59
3.	J. Twet	USA	147.5	65-64
	C. Taylor	USA	283	open
	H. Winkleman	GER	272.5	open
	U. Raatinien	SWE	270	open
	C. Kelly	USA	227.5	open
100	140 kgs.			
	S. Mendelson	USA	292.5	open
	J. Shell	USA	280	open
	H. Kuttrof	GER	263	open
	U. Frey	GER	230	open
	S. Rantanen	FIN	NIL	open
	O. Basson	ISR	200	20-23
	M. Robertson	RSA	220	33-39
K.	H. Smith	RSA	110	40-44
	ASSESSMENT OF THE PARTY OF THE		w/r	2.2.2
	J. Telljohn	USA	177.5	60-64
	+140 kgs.			
	M. Bottcher	GER	260	40-44
	C. Brandenburg	USA	300	open
	I. Czeplinski	GER	260	open
	A. Clark 119 lifters compe	USA	NIL	open

THE TREE POWER CERT P. GROVE CO.D. C

INZER BLAST SHIRT

Patent # 4473908

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.



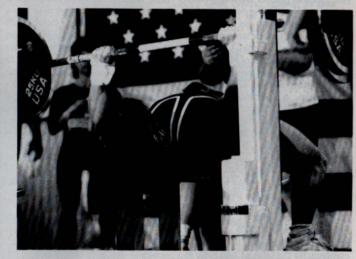
"With the Inzer Blast Shirt, I just blow the weights off my chest! It's truly awesome."

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.

David Bullock-470 Bench World Record 148's

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.

PHONE

☐ MC ☐ VISA ☐ COD ☐ Check ☐ Money Order

Inzer Blast Shirt - '38

Save \$10. Buy 2 for \$66

Inzer Erector Shirt - \$38

Please indicate size or include

relaxed measurements of

Red

shoulders_____ chest____ arm____ Colors: Black Navy Blue Royal Blue

Groove Briefs - \$20

Ht.___ Wt.___ Upr. Thigh___ Hips_

GROOVE

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-

ITEM	SIZE	QTY.	PRICE	SUB-TOTAL
Part Part A	-			
		-		4
Overseas orders add 10% surface or 20% air mail. Texas residents, please add 8.25% sales tax			IPPING OTAL	\$5.50
NAME				
ADDRESS				

INZER
ADVANCE DESIGN
We Make Power Gear A Science

P.O. Box 2981 Longview. TX 75606

1-800-222-6897

903-236-4012

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 stays

Anthony Clark maintaining tightness. 2531 TOTAL/1031 SQUAT

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

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

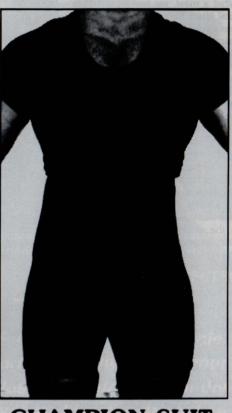
on Both

CHAMPION SUIT

and Z-SUIT

CHAMPION SUIT

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



CHAMPION SUIT

UISA COD Check Money Order	ITEM	SIZE	QTY.	PRICE	SUB-TOTAL
e indicate size or include measurements of:					
Height					
Upper Thigh Buttocks			No.	U freson	7 cryter
CHAMPION SUIT and Z-SUIT colors:	Overseas orders add 10% surface or 20% air mail.		SH	IPPING	\$5.50
ck Navy Blue Red Royal Blue	Texas residents, please add 8.25% sales tax		T	TATO	

\$42 or 2 for \$76

Pleas

☐ Bla

NAME		
ADDRESS	tealors	nin in the
CITY	STATE	ZIP
PHONE	co vino ritivi gnice o	had the crow

P.O. Box 2981 Longview. TX 75606

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

the way these guys did. I mean some of these guys just met and they were motivating each other, helping each other in the warm-up room and on the platform and cheering for each other. This is what this sport is all about - yes - the competitive part is all good, but when you have guys supporting each other like this it's just great. If you are a lifter and you are looking for this type of atmosphere then all I ask is to give us a try. What a meet, we had almost 250 total lifters from 8 countries, there was some big lifting and huge performances by many lifters. The 2000 Worlds was held at the Best Western Hotel in Baltimore, MD, a nice facility over 7000 square feet of space. The only complaint we had was the price of the rooms at the hotel, but everyone seem to love the venue. We gave out medals to all first, second, and third place winners, 42" trophies and big 28" championship cups for first place and screen printed plaques for 2nd through 8th place. We received many compliments on the awards. All we heard all three days was you have the best spotters in the world. These guys caught every missed lift and they only had one misload and motivation on the platform is a top priority with these guys. Thanks to John Wallace, Mike Parker, Kenny Wallace, Steve Brown, and Adrian Locklear. Of course, the judges were loved and hated throughout the meet, but we realize that it is a part of the sport. Overall the judges did their job and did it well. There were many unlocked knees in the deadlift, above parallel squats and uneven presses. This was the WNPF world championship and they weren't giving anything away. I must say that they didn't take any lift from any lifter - if a red light was given it was given for a reason. I say it time and time again. I wish every powerlifter would sit in the CHAIR and JUDGE. I guarantee they would see things from a different perspective. The MC Lester Fields did his usual fabulous job, motivating each and every lifter and he kept the meet running smoothly. In 2001, Ron Deamicis will get the powerlifting worlds in Youngstown, OH and I will have the Bench/Deadlift & Ironman Worlds sometime in November either in Pennsylvania, New Jersey, or Georgia. We used the Monolift on the platform and we also had one in the warm-up room. We

I want to start out by saying that this had to be the best WNPF World

Championship in the history of the

league. Everything ran smooth and I

WNPF World Championships

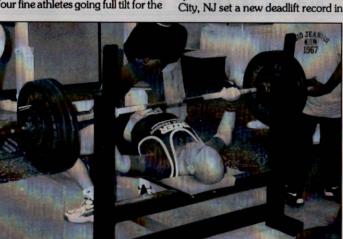
as told to Powerlifting USA by WNPF President Troy Ford



Belinda Hayes, Masters American Record Holder in the squat, bench, and deadlift, is shown above with her 340 lb. deadlift (Lance Bravard)

Over the three days we had an attendance of over 700 people cheering, clapping, and stomping as my MC Lester Fields would say. On to the meet, in the women's division we had a few outstanding performances by Elizabeth Torres 680 @ 114, Ronna 630 @ 105, Belinda Hayes 795 @ 165 in the masters division and best lifter Beth Orliss 905 @ 165. Many of the teenage lifters showed out also, Granger 555 total, Laigle 455 total, Seyfried 565 total, Moran 630 total. In the men's division at 132 pounds Whigham and Maez from Mexico were ready to battle. Maez couldn't get a squat passed, squatting to parallel. Whigham went on to win this class with a fine performance 1,180 total. Vincent Brown & Russ Granato battled in the 148 open class with Brown winning another WNPF world title. After the meet, Russ Granato talked about how great of a lifter Vincent Brown is and he was happy to have a chance to compete against him. In the 165s what a contest, Elsberry, Metivier and Zimmerman had the crowd going with only 65 lbs. Separating them. Elsberry ended up with 1195, Metivier 1165 and Zimmerman with his best performance total at 1130. The youngster

old, had the highest total out of all the 165ers with a 1340 total. The juniors Petrelli and Thomas put on a show with only 35 pounds separating them 1080 to 1045. THIS IS COMPETITION. In the 181s Rocco De Stefano from PA. set all new world records in the teen raw division. In the open 181 Barry Lafoy won his 8th WNPF World title, the most in the history of the league. Everyone waited for the anticipated battle in the 181 open raw division, four fine athletes going full tilt for the



from PA, Mr. Welch at 50+ years Mr. Zimmerman with his 340 lb. bench attempt in the 165s. (Bravard)

2000 WNPF World title. Harry Reeves from Delaware won this class by 5 pounds. Rich Romberger placed second with a 1355 total. If Rich had went up 10 more pounds on his last deadlift he would have beat Harry and captured his first WNPF title. Mike McNinch last year's champion placed third and coming in fourth place was last year's junior world champion, Jeff Kramer. Joe Lamonica from Canada placed first in the submasters raw division. Tony Williams from Mexico tried to get in one squat to stay in the meet but he was unsuccessful. Polis, Hailey and Stathopoulos battled in the 198 open division with Hailey coming in first for his first world championship. Last year's champ Rod Watkins and runner up Mike Honaker were unable to make this event. Norman Blocker from PA placed first in the open raw division over Mr. Taylor from Ohio. Daniel Sanders always improving Dan "the man" Sanders captured his first title in the 198 submasters class with a 1415 total. Gregg Hatten and John Phillips both won their first world title in their class. Ron "Meet Director of the Year" Deamicis won his third straight world title in the masters and police raw divisions. Tom Mascio, owner of Mascio's Gym had to withdraw from the meet due to serious injury to his spine. This would have been a good battle between Ron and Tom, maybe next year. Tom Smith from VA Beach, VA bombed out of the full meet because of depth but put up good numbers in the bench & deadlift worlds. John Herbein from PA won his class this year. John had to withdraw last year due to injuries and guess what - he was hurting again, but he was determined to get on the platform this year to perform. I must give John a lot of credit for stepping onto the platform with the numerous injuries that he has. This is what vou call dedication and a love for the sport. Vic Scaranda from Atlantic City, NJ set a new deadlift record in

INZER ADVANCE DESIGNS



IBUNWRAPS

enable you to lift more than ever before. A lear ahead in powerlitting 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)

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

best I've ever used." Bull Stewart

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)

> it to yours he greatest raps of all!

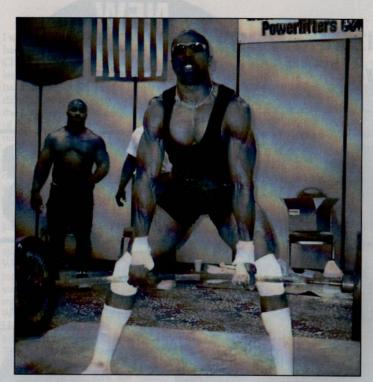
nzer Power Gear is backed by the Inzer Performance Guarantee. teed to out perform any other brand.

State_ Phone. Ironwraps A \$22 Ironwraps Z \$22 2 pair \$40 Shipping Total

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



Showing How It's Done - Tee Meyers with his 720 deadlift. (T. Ford)

the 198 50+ masters division. Mr. Baker, teenager from PA, set four new WNPF world records in his class and made an impressive 510 lb. squat. Joe Kuhns from VA - everyone called him little Joe, but there's nothing little about this man - won the 220's with a 1620 total with Rudelek coming in 2nd and Bob Cavanaugh coming in third. The two powerhouses: Cox from DE and Klayhold from FL, couldn't make it to this meet due to injury and expenses. These two men would have put on a show with both totaling over 1800 pounds in the 220's. Kliefoth, Zimmerman, and Quinn battled in the 220's. Kliefoth won the squat battle with a 625. All three men were close in the bench and deadlift, therefore Kliefoth took the 2000 World title with a 1,550. Dwight Huell captured his second title in a row beating NJ's Ralph Menendez. Ralph had a good day in the squats making 2 out of 3 squats. This is usually his problem at many WNPF events, but he sank two squats and set a new world squat record. He couldn't get a bench press in and bombed out in this lift. Frank Blee won his first raw title in the 220 masters with a 1410 total over Bill Misorski. Brian Jones defeated the weight lost man Tom Cinelli in the masters 50+ raw division. Tom has lost over 60 pounds since last year. Mr. Bowman won his first title in the junior 242 division. Ray Seifert took first in both the open and police divisions, 242 raw that is. In the 275's Cory Ferrell won his first WNPF world title in the open division over an injured Jeff Peshek. Jeff was able

to set a new record in the bench press with a 570. Terrance Brooks decided to go raw this year and he has been on a booming pace, demolishing everyone in his path. Terrance has to be one of the best raw lifters in any organization - he totaled 1785 @ 275. He would have totaled more if he had gotten his 445 bench press. He totaled more than the equipped 275 open division lifter Corey Ferrell. Dirk Pounds placed second to Terrance and Troy Brooks placed third with his best total ever. Anthony Goodman totaled 1850 and won the submasters and police divisions. Mike Torrie placed 2nd and seemed to really enjoy himself at the meet all three days - we love this man's personality. Two of the nicest guys in the WNPF Jim Simmons and Paul Bergan met for the first time in the worlds with Jim Simmons winning the squat and bench press battle and Paul Bergan winning the deadlift event, but it was Simmons coming out the winner in this class for his third WNPF world title in a row. In the SHW Rick Wheeler from CA won another WNPF title in the masters. Rick was in a lot of pain throughout the meet, taking a token deadlift just to stay in the meet. Big Chad Knowles posted the highest total ever in the WNPF with a 2100 pound total. When I first met Chad in 1998 I knew this guy was special. You could just tell that he was going to be a star. Chad opened up with 750 in the squat and smoked it. He went to 815 for his second and was called on depth. At this point, Chad seemed to get very angry with the official's call. I felt it was time for me

a few words to the big man to calm him down and, guess what, he came out and smoked a new WNPF world record 850 pounds. I was glad that I was able to help him out a little. He then went on to bench 500 pounds and he needed 750 pounds in the deadlift to reach the magic mark of 2100 and got it. Chad will be close to 2150 in the near future and, elieve me, this man is the future of WNPF. Where is Audley Baker? I must thank Ryken High School for bringing a team to this meet, all of the kids lifted in the 3rd International Cup Championships and they all lifted well. Thanks to the coaches for teaching these kids the correct powerlifting techniques and for encouraging all of them to do their best. Not one of them bombed out and they all had a good time. We look for a good relationship between the WNPF and Ryken in the future. BENCH PRESS WORLDS - Laura Proulx from Massachusetts set a new record in the raw and equipped classes. She broke the long standing record of Connie Newman with a 140 bench. Cheryl Bethea won her first WNPF title in the subs and open division. Josh Giambalvo from PA took home his first title in the 123 teenage division. Josh Dern won his class in the 148's and Bernard Wright on with his opener of 370 pounds and he set a new World record. Steve Joseph took second with 360 lbs. Emanuel Sanfilippo took the submasters class over Angelo Gattinella. Brad Lane and Rone Karkoska tied in the 165 masters class with 250 lbs. Brad Lane won on bodyweight. Team Misorski's team member's Sangerman, Matt and John Jr. all won their class to give their team the win in the raw division. Lee Zimmerman won the 165 open class over favorite Steve Joseph. Steve didn't get in a bench press to stay in the placing. Flavio Danna from Brazil won over Pennsylvania's

to have a talk with the big man. I said

Humphrey Afari. Flavio also won the best lifter award in the bench for day two. Jim Fatta took home a 2000 World title in the submasters division. Stan Freed set a new World record and defeated John Misorski Sr. in the masters 50+ division. The 198s was full with quality lifters, all of them trying to win the 2000 title. No one knew who would come away with the gold with the top guys Dalzell, Handlin, Barbarino, Kellev. and Patrick going for it and you couldn't forget about Pollack, Casagrande and Carricuto. Sean Handlin placed first with 430, Bart Kelley (part of the twin powers) placed second with 425. Bart would have won on his last attempt if he had made it. Joe Dalzell placed third and Herman Patrick of World Gym placed fourth. John Phillips (OH) and the favorite John Mitsopoulos (NJ) went head to head in the masters 50+ division. Phillips took the title from Mitsopoulos, he bench 350 for the win. John Mitsopoulos would have won on his last attempt, but the weight seesawed to completion. There was some disagreement, but if you get three red lights something must have been seen from all three officials. I'm sure John will be back stronger in 2001. We couldn't wait for the master of the benchers Brad Kelley to lift, he weighed in at 219. Brad got his opener of 520 and went for the world record at 545 and smoked it. He then tried 560 for his third, but couldn't lock out. We were hoping for Drisdom and Barrett to compete in this class but neither one of them showed up for the meet. Schwartz and Davis won their first world titles in the WNPF. Mark Maher, the big bencher from NJ, had problems from his first bench to his last. He opened with 535 and missed it three times and he was out of the meet. Mark was going after Joel Toranzo's 560 record. Mr. Vargo and Mr. Taylor took him their first titles also. Steve Cooke and Tom



Jeff Peshek benching 570 pounds. (photograph courtesy of Troy Ford)

		Championship		132		Horvat		425	HRON	VI	KIN		Shor	Secure onlin	ne for	all yo	ur	
17-19 NO BENCH	V 00	- Baltimore, N 220	ID	Open Whigham- BL	505*	Misorsi 50-59	ki, B.	405	HIL	الما		•		powerlifting r		THE COL	Oliveries of many	THE REAL PROPERTY.
WOMEN		Open Kelley -BL	545*	165 Open	Link .	Cinelli 242		360	MEG	TO DE	MAIN							SHE I
97 Open	- GUE	Fritz	370	Rijos-Soto -PR/BL		Open		***	The S	ALC.	40	11/	14/14/	ironvil	kin	00	nr	nl
Proulx Open Raw	140*	Risi Open raw		Zimmerman Joseph	460 355	Harriga 33-39	in	360	9	-		VV	***	.II OII VII	ZILI	9.4	וטכ	"
Proulx	130°	Schwartz	365	20-23 Thomas	415*	Aziz Erb		575 525	9	0		~~						~
165 40-49 raw	o bre	33-39	330	33-39		40-49				-all	× (MP	ETITIO	N	BE		5
Petrella 50-59 raw	80*	Nunnally 40-49	385	Bravard 181	500	Lovejoy		605 550	1 7	Special		1/2" (ompet	ition Lever Bei	lts - S	74.99		
Hartnett	110*	Horvath	340	17-19	350*	50-59 Bucchie		535*				1/2" 0	ompet	ition Buckle B	elts -	\$64.9	9	
SHW Open Raw		40-49 raw Johnson	325	Wright 4th	380*	Dusent		510	10.					HAR BEING	1000	- 131117	_	
Bethea	195*	Misorski 50-59	255	Open Danna -BZ	535	40-49 Brown		415		c 11	, ,	200	100	0241	-	Iron Vikin	a Logo	-
33-39 raw Bethea	195*	Risi		Neiman	525	50-59							600 -		No.	ow Legal t	or all IPF	F
MEN 80		50-59 raw Davis	320	Skinner- CN Lockdear	470 455	Bergan SHW		500°	the IR	ON	/IKII	1G - 10	ocated in	London, Canada	12 192	Compet	itions	
9-10	-	Cinelli	270	40-49 Skinner - CN	470	Open Wright		670		9 10 19		1922		William Tolling	SIET.	385	Autor :	TO SERVE
Misorski 123	50-	70-79 McGuire	285*	Police/fire/milt.		Washin	gton	570*	Metivier	405	265	475	1145	Lovejoy	520*	345	550*	1415*
14-16 Giambalvo	210*	Police/Fire/Milt. Kelley	545*	Danna- BZ Skinner - CN	535 470	40-49 Wright		670*	50-59 Raw Fleming	335*	95*	405*	835*	50-59 raw Bucchioni	410*	280*	535*	1225*
17-19	210	242	343	198		SQUAT			50-59					Police/fire/milt.		440		1505
Dern Open	235	Open Vargo	485	Open Meyers - BL	720*	132 Open			Welch -BL Police/fire/milt.	475*	335*	530°	1340*	Aziz Police/fire/milt.		410	575	1595
Henderson	335	Taylor	425	Casagrande - BZ Carricuto	685 530	Whigh:	am	440*	Kingure Police/fire/milt.					Siefert 275	610*	370*	570*	1550*
40-49 Henderson	335	Maher Open raw		Herbein	530	Open r			Thomas	345*	285*	415*	1045*	Open				
165 20-23		Cooke Hicks	430 320	Pollack Williams	520 510	Kramer 198		420	181 17-19 raw					Ferrell Peshek	710 50	350 570*	720* 50	1780 670
Elrod		33-39 raw		33-39		33-39 Sander		520°	DeStafano	445-	250°	535*	1230*	Open raw	650*	415	720°	1785*
20-23 raw Elrod	320°	Cooke Erb	430 350	Sanders Blocker	615 525	50-59	365	320	20-23 Hicks	465	315	450	1230	Brooks Pounds	520	415	605	1540
Open	320	40-49	425	40-49 Welton	475	Smith Police/	fire/milt		Open Lafoy -BL	585	415	635	1635	Brooks 33-39	500	345	555	1400
Zimmerman Joseph	320	Taylor LeBlanc	405	50-59		Statho		385*	Lawrence	525				Goodman	700	450 440	700*	1850 1525
Open raw Wright	370°	Capers Maher	355	Smith Scaranda	550 525	220 40-49			Open raw Reeves- BL	475t	330	555	1360*	Torrie De Santis	560 525	375	525 525	1425
Joseph	360	40-49 raw	-	Police/fire/milt. Williams	510	Huell 242		490	Romberger Mc Ninch	435 475t	355* 335	565* 440	1355 1250	Peshek 40-49	50	570*	50	670
Tyler Sangermano	300 210	D' Alessandro 50-59	385	Stathopoulos	490	Open			Kramer	420	300	430	1150	Koehler	450	335	500	1285
Ahuja -IN/GL	275	Glenney Police/fire/milt.	375	Open		Maltez 40-49 r		650°	33-39 raw Lamonica - CN	300	185	410*	895	50-59 raw Smith	405*	325*	405*	1165*
33-39 Sanfilippo	375	D' Alessandro	385	Thomas - BL	640	Lovejoy	Y .	520°	40-49	300		5 17	wat	50-59		10000		1210
Gattinella 33-39 raw	300	275 Open		Fritz 40-49	600	Interna 242	tional C	up	Williams -MX Police/fire/milt.	raw				Simmons Bergan	475 400	365 275	470 500*	1310 1175
Sangermano	210	Peshek	570	Thomas	640*	Open Maltez		650°	Reeves	475*	330	555*	1360*	Police/fire/milt. Goodman	700	450	700*	1850
40-49 Farrell	240	Disantostefano Open raw	530	Huell Johnson	525 520	Mailez	US	630	198 Open					SHW	700	430	700	1030
40-49 raw Farrell	225*	Raynore Johnson	465 385	Powerlifting WOMEN	SQ	BP	DL	тот	Polis Hailey	475 465	360 325	565 445	1300 1235	Open Knowles- BL	850*	500*	750*	2100*
50-59 raw	Al ns	Hilderley	380	105					Stathopoulos	385	290	490	1165	Yoder	560	385	580	1525
Lane Karkoska	250° 250	Silverbloom Fernandez	345	Open Kassell	210	140	280	630	Open raw Blocker	450	340°	525	1315	40-49 Wheeler	735*	430	315	1480
181	CE	33-39		114	265*	115*	300*	680*	Taylor 33-39	430	295	505	1230	International Cu Women	p III			
17-19 raw Wright	220°	Peshek Perotta	570 500	Torres -PR 132	203	113	300	-	Sanders	520	340	615	1475	132				
Open Danna - BZ/BL	420	Johnson 33-39 raw	410	Open raw Kelly	170	125	180	475	Polis Lombardo	475 420	360 350	565 450	1300 1220	14-16 Dodson	115	75	160	350
Afari	375	Kocher	365	33-39 raw O' Donald	175*	100	225*	500*	33-39 raw Blocker	450	340*	525	1315	Frauenfelder 148	90	105	125	320
Open raw Wallace	390	40-49 Hunter	470*	148	1/3	100	223	300	40-49		1			14-16			210	410
Misorski Jr. Kramer	320	Cherry 40-49 raw	385	14-16 raw Granger	200*	105*	350*	555*	Hatten Williams	460 400	260	525 510	1185 1170	Trudell 17-19	125	75	210	410
20-23 raw	NE DE	Jackson	470*	165	anal-	Shulle	O com	in out	40-49 raw	400	265	535*	1200	Laigle 165	125*	120*	210*	455*
Wallace 40-49	390	Fultz Hilderley	385t 380	Open Orliss	330	205*	370*	905	Deamicis 50-59					17-19				
Fatta	390 350	Silverbloom	345	40-49 Hayes	270°	185*	340*	795*	Phillips Scaranda	430 400	350 250	500 525*	1280 1175	Seyfried 181	205*	130*	230*	565*
Flumara 33-39 raw	330	50-59 Dolton	405	40-49 raw	2,0	103	340		50-59 raw		Mig			14-16	2001	1201	2001	c20*
Misorski Jr. 40-49	320	Poston 70-79 raw	300	Petrella 50-59 raw					Smith 60-69					Moran SHW	200*	130*	300*	630*
Brager	310	Romero	245	Hartnett	110*	115*	160*	385*	Herbein	300	265	530°	1095	Farrell MEN	180	100	190	470
50-59 raw Freed	315*	Police/fire/milt. Dolton	405	MEN 132					Police/fire/milt.	400	265	535*	1200	123				
Misorski Sr. Police/Fire/Milt	245	Kocher SHW	365	Open Whigham	440*	235*	505*	1180*	220 11-13					11-13 Hughes	200*	150*	245*	595*
Danna	420	Open	S and	Maez-MX		2.55	303		Ferrell Jr.	180*	115*	235*	530*	14-16		-	175	510
198 Open		Washington Miller	525	33-39 Maez					14-16 Baker	510*	250°	450°	1210*	McCall 132	210	125	",3	310
Handlin	430	Open raw	525*	148					Open Kuhns	620	450	550	1620	17-19 Burgess	195	125	255	575
Kelley Dalzell	425 415	Washington- BL Dixon	460	20-23 Mascio	325	240	360	925	Rydelek	505	375	560	1440	148		-		
Patrick Barbarino	405 370	33-39 Lopez	530	Open Brown	515	250	480	1245	Cavanaugh 33-39 raw	550	365	550	1415	14-16 Buckingham	95	85	175	355
Casagrande-BZ	330	33-39 raw		Granato	430	2901	460	1180	Kliefoth	625* 580	350* 345	575 530	1550* 1455	165 14-16				
Carricuto Pollack	325	Dixon 40-49 raw	460	40-49 Brown	515*	250	480t	1245t	Zimmerman Quinn	450	350	620*	1420	Massino	190	135	285	610
Open raw No -BL	410	Irby Semmon	480* 440	Brochey Police/fire/milt.	320	255	325	900	40-49 Huell	490	300	525	1315	Moran 181	185	115	210	510
Daubler	4.0	Police/fire/milt.		Brown	515	250	480	1245	Menendez	590°				O' Brien	300	175 115	365* 190	840 490
33-39 Handlin	430	Lopez International Cu	530 p III	165 14-16					40-49 raw Blee	530*	340*	540*	1410*	Berned 220	185	113	190	430
Patrick	405	198		Baker	300	175	325	800	Misorski 50-59 raw	365	255	405	1025	14-16 Seyfried	405	150	405	960
40-49 raw Gaskin	310	Open Cahill DEADLIFT	385	20-23 raw Petrelli	390*	295*	395	1080*	Jones	450*	280*	500*	1230*	Police/fire/milt.	103		JA UU	UEK
50-59	350	WOMEN 132		Thomas Open	345	285	415*	1045	Cinelli 242	325	270	360	955	Koch Team Competition	on - PL	- Overal	I 1st - T	eam Iron
Phillips Mitsopoulos	340	40-49	RES	Elsberry	410	325	460	1195	20-23	1			1000	works, 2nd - Ma	scio's G	ym, Tee	nage Te	eam - 1st
50-59 raw Smith	250	Walker 165	310	Metivier Zimmerman	405 350	265 320	475 460	1145 1130	Bowman Open raw	565	410	610*	1585	Ryken High Sch Misorski's Gym,	Overall	- 1st Te	am Rec	tify, 2nd
60-69		40-49	TVIST	33-39					Selfert	610 455	370	570	1550	World Gym Dur notes WNPF Wo	nnelen,	3rd - M	lans Wo	orld. * de
Herbein Police	265	Petrella 50-59	160*	Bravard Kingure	350*	260*	500*	1110*	Hennebert 33-39 raw					ters World Reco	rd, GL -	guest li	fter, t-t	tied work
Kelley Lucky	425 355	Hartnett MEN	160*	40-49 Elsberry	410	325	460	1195	Gallagher 40-49 raw	500				record, PR-Puert BZ-Brazil, IN-In	dia, all	others w	ere fron	the USA
Lucky	233				1	-	-	-							THE REAL PROPERTY.			

McGuire won their classes also Disantostefano and Perotta placed second to Peshek in the 275 open and submasters. Mr. Raynor and Mr. Fernandez the favorites in the 275 raw division went head to head. Raynor won the class with 465 and Fernandez bombed out with 475 pounds, maybe next year. The masters 40+ raw division was good with Jackson, Fultz, Hilderley and Silverbloom. Mr. Robert Jackson, 46 years old benched 470 pounds and a new world record. Bob Fultz tied the world record in the 40-44 division with a 385. Hilderley came in with a fine performance with a 380 and Silverbloom from FL placed fourth with a 345. Kocher and Dolton placed first in their classes. In the SHW class Mo Washington (Warren Sapplook a like) took home the titles in the open raw and equipped class with a 525 bench. He set a new record in the raw division, beating John Jahn's record. David Lopez from Mans World Gym ended up with 530 pounds for the win. Mr. Dixon from FL tried for the world record in the submasters but was unsuccessful but he won his class. CB Irby put on a bench press clinic in the Masters class benching 480 and tried 500. Clarence Semmon (Big C) improved to 440 and placed second. WORLD DEADLIFT CHAMPIONSHIPS - Sandra Walker from Augusta, GA placed first in the 132 masters division with a 310 deadlift. Petrella and Hartnett both placed first in their classes and also set new WNPF world records. Allen Whigham pulled 505 in the 132 class for the win. Carlos Rijos won the 165 open division over Zimmerman and Joseph. George Thomas won his class in the police division. Lance Bravard from VA

Membership Registration

STREET ADDRESS

REGISTRATION FEE

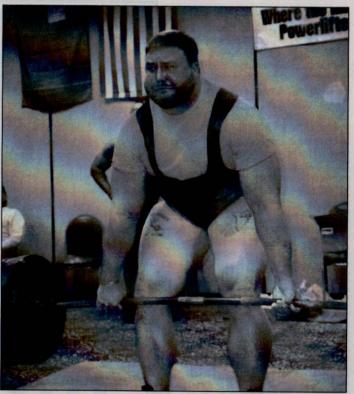
\$30.00 ADULTS

\$10.00 SPECIAL OLYMPICS

SIGNATURE / PARENTS SIGNATURE IF UNDER 18

\$15.00 HIGH SCHOOL

CITY, STATE, ZIP



SHW World Champ Chad Knowles pulling 750. (photo courtesy Ford)

won the submasters division. In the 181's the competing countries were Brazil came out the winner with Danna pulling 535 lbs., USA's Neiman ended up second and only 10 lbs. back at 525. Skinner from Canada pulled 470 and Locklear pulled 435. Tee "Skinny Man" Meyers from Augusta, GA put on a show. He went head to head with Casagrande from Brazil. They both opened with 640 pounds, then Casagrande went to 685 to push pass Meyers and Meyers answered

pulled the 700 he looked over to Casagrande and said "Casagrande let me show you how it's done" and pulled 700 with ease. Casagrande was done for the day and settled for second place and Meyers went on to set a world record in the open and masters and finished in first place. Carricuto and Herbein tied with 530 with Carricuto winning on bodyweight but keep in mind, Herbein is over 60 years old and he went into the open division and not the masters. That's what you call competiwith a 700 lb. pull. Before Meyers tive. Steve Pollack placed fifth in this World Natural Powerlifting Federation (WNPF) FIRST NAME ______INT. ____ AREA CODE, TELEPHONE: _____ DATE OF BIRTH _____ AGE _____ SEX ____ CHECK ONE: LIFETIME DRUGFREE _____ 5 YRS. MIN. _ FILL OUT ENTIRE APPLICATION AND MAIL WITH FEE TO: WNPF, PO BOX 142347, FAYETTEVILLE, GA 30214 (770) 996-3418 (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 from competition. I realize that powerlifting is a dangerous sport and I choose to compete at my own risk.

class. Dan Sanders defeated Norm Blocker in the submasters division pulling 80 lbs. more. Williams defeated Stathopoulos in the police division. Perry Thomas competed in the open and masters division and won both classes. Perry pulled a new WNPF world record on his first attempt with a 640. There were five other masters in this class with Huell placing second, Johnson in third, Wildman Horvath in fourth, and Bill Misorski in fifth. Cinelli and Harrigan both pulled 360 lbs. for the win in their classes. Mr. Aziz, the newcomer to the sport and a former bodybuilder, is always improving and won his class over Joe Erb. Eric Leblanc, long time WNPF member, won the masters over Brad Lovejoy. Larry Bucchioni placed over Dusenbury in the masters 50+. Before the meet Larry asked a question about him lifting raw and Dusenbury lifting with gear. It seems as though he was a little bit worried about this since we do not have a raw division in the deadlift. Larry came out the winner and like we always say, it doesn't matter if you have gear on or not, if you can pull - you can pull and Larry proved this. This is not to say that Dusenbury can't pull (510 lbs. at 55 years young). It's just that Larry was better on this day. Jim Dusenbury did lock out 540 twice, but he didn't lock his shoulders back on either lift. Iry Brown went uncontested in the masters and Dorian Wright placed first in the open and masters division. WNPF WORLD SQUAT - All of these lifters won their classes, Whigham, Sanders, Huell, Aziz, Maltezos, Lovejoy and Kramer. With the most impressive lifts coming from Whigham 440 @ 132 and Maltezos 650@242. Again, we want to thank all of the lifters that supported this meet and thank the spectators for supporting us also. The 9th WNPF World Championships is over and it was a success. We're sure that many lifters left this meet with a new outlook for the WNPF world championships on how things are done and many of them will be better prepared for the 10th world championships next year. Ron Deamicis will host the World Powerlifting (three lift event) and World Squat event in Youngstown in September. Troy Ford will host the Bench Press, Deadlift and Ironman World Championships in November, either in Pennsylvania, New Jersey or in Atlanta, Georgia, stay tuned. Please check out the 2001 WNPF schedule for an upcoming meet near you. We have over 70 meets scheduled for next year and we should be near you if not call the WNPF office at 770-996-3418 and maybe we can work at having a meet in your area if you want us there. (Thanks to WNPF for providing the results).

Powerlifting Peaking Routines Have 62 Years of Experience In Your Corner

FRED GLASS - 37 years of experience, holder of 10 master world championships and 27 master world records in multiple weight classes.

SCOTT EDMISTON - 25 years of experience, 2 time Teenage National Champion, 2 time NASA National Champion, and a Teenage World Bench Press Record

Let our experience work for you with 6 different peaking routines:

Men's and Women's Novice (7 meets or less) Men's and Women's Intermediate (8 to 15 meets) Men's and Women's Expert (16 meets and above)

All you need is EXCEL on your PC to make the program work. Send your email address along with payment for faster service.

At the cost of: \$10.00 per routine, \$18.00 for 2 routines, \$26.00 for 3 routines

Send requests to: Scott Edmiston, 609 Orchardview Rd., Reading, PA 19606 (or) sedmi67@aol.com

Send payments to: Scott Edmiston, 609 Orchardview Rd., Reading, PA 19606

Keep a look out for our book on How to Cure Injuries

Make checks payable to Scott Edmiston

All deliveries will be processed upon payment validation

WOMEN'S TOP 20

These are the TOP 20 women powerlifters in the United States for the year 2000. If any errors or omissions are noted, please report them to POWERLIFT-ING USA Magazine, P.O. Box 467, Camarillo, CA 93011. We make errors in the compilation of this list, and some meet results are never received at our office for inclusion in the rankings. Furthermore, some of the results we do receive do not specify the lifter's gender or bodyweight, in which case we don't know which class to credit the efforts against.



Katie Ford ... one of USAPL's steadily rising junior lifters after her performance at the 2001 USAPL Women's Nationals (photograph by Sioux-z Hartwig)

Yes, You Can ... order the deluxe Powerlifting USA Achievement Certificates and Mounting Plaques, ladies, to commemorate your accomplishments on the competition platform. The Certificates are printed in Red and Gold ink, embossed with the official gold seal of Powerlifting USA Magazine, and individually signed by PL USA Editor, Mike Lambert. Complementing the certificates are our woodgrain finish wall mounting plaques, a beautiful way to display the documentation of your strength world success. The certificate and plaque together are \$21.95, and certificates alone are \$6.00. If you appear on the list, you are eligible. Send your name and address, weight class, lift, and date it was made, along with payment to PL USA, Box 467, Camarillo, CA 93011 (CA residents add 7 1/4% sales tax)

97 SQUA

320 Crimwood, E. 10/21/00 286 McMillian, S. 4/15/00 270 Leverett, A. 6/24/00 248 Solan, C. 1/29/00 236 Ramirez, A. 4/8/00 220 Hoffman, S. 3/11/00 220 Baker, N. 5/20/00 210 Luc, L. 3/5/00 200 Harlman, A. 3/24/00 200 Schmoyer, H. 4/1/00

198 Talbott, V.-1/29/00 195 Ufret, G.-4/1/00 190 Moye, S.-1/22/00 190 Aliminosa, D.-4/1/00 190 Dickey, E.-5/7/00 187 Kirls, A.-4/14/00 185 Docker, J.-3/11/00 180 Gillette, B.-3/4/00 180 Gillette, B.-3/4/00

105 SQUAT

341 Barlow, L.6/10/00 319 Maile, J..3/24/00 319 Leverett, A.-4/15/00 319 Leverett, A.-4/15/00 310 McMillian, S.-10/28/00 300 McMillian, S.-10/28/00 279 Kirkland, M.-12/2/00 270 Goff, K.-4/15/00 253 Baqui, C.-3/18/00 248 Long, J..6/10/00

242 Ellis, J. 1/29/00 240 Cook, S. 1/22/00 237 Pidey, D. 3/18/00 231 Egleston, K. 4/8/00 231 Smith, K. 4/14/00 231 Paul, N. 4/15/00 231 Orellana, A. 6/24/00 225 Ufret, G. 12/2/00 220 Ryman, K. 2/29/00 214 Eaton, P. 3/18/00

114SQUAT

41 Barlow, L...10/28/00 25 Rins, S..3/11/00 25 Rins, S..3/11/00 25 Davis, J.6/15/00 92 Cullum, A..1/29/00 86 Bowers, S..4/28/00 85 Parrisk, S..4/1/00 81 Andries, A..1/29/00 80 Falcone, T..8/12/00 70 Marcellis, Ja..4/8/00

270 Walk, W..10/21/00 265 Macy, J..5/20/00 264 Andrews, S..6/3/00 264 Nichols, P..8/12/00 260 Crowder, S..3/24/00 259 Shear, J..3/18/00 259 Deville, A..1/8/00 250 Bagui, C..12/2/00 248 Bullara, C..3/11/00

23 SQUAT

450 Weisberger, A.2/20/00 400 Burkey, J.4/1/00 374 Avigliano, N.6/10/00 369 Tyree, V.12/2/00 352 Mobley, S.1/29/00 341 Kelli...4/6/00 330 Andrews, S.2/19/00 325 Allison, S.4/6/00 314 Amsden, M.4/15/00

303 Wilson, L.3/11/00 297 Andries, A.4/15/00 295 Lewis, P.1/22/00 292 Nawracki, C.3/11/00 290 Bartek, D.3/24/00 286 Jackson, D.3/18/00 286 Tucker, T.10/28/00 281 McNully, D.2/25/00 281 Casper, P.4/28/00

132 SQUAT

440 Weinberger, A.. 6/15/00 402 Diamond, M.. 6/10/00 374 Ware, V.. 11/17/00 369 Wessels, D.. 11/10/00 347 Overdeer, A.. 4/6/00 341 Stein, E.. 5/25/00 341 Hack, R.. 6/3/00 340 Niederkorn, R.. 3/11/00 336 Femia, C.. 1/29/00

325 Alison, S...1/29/00 325 Rey, J...1/29/00 319 Darling, J...1/29/00 314 Aguila, V...1/29/00 314 Farrell, A..4/1/00 303 DeFelice, R...11/10/00 303 Pritzi, M...11/11/00 300 Nelson, L..6/10/10 292 Thompson, J...11/11/00 97 RENC

165 Leverett, A. 6/24/00 145 Grimwood, E. 10/21/00 143 Baker, N. 5/20/00 149 Proutk, L. 5/20/00 135 Ufret, G. 4/1/00 126 McAillána, S. 1/29/00 126 Anderson, C. 9/16/00 121 Talbott, V. 1/29/00 121 Hoffman, S. 3/24/00 121 Ramirez, A. 4/8/00

120 Snyder, R..3/18/00 115 Solan, C..5/24/00 115 Southichack, N..6/10/00 110 Talavera, S..4/15/00 105 Luc, L.3/5/00 105 Docken, J..4/1/00 105 Turner, B..6/3/00 104 Rodeler, J..5/20/00 99 Shumaker, T..4/8/00

105 RENCH

210 Barlow, L..12/16/00 192 Maile, J..9/13/00 181 Levereth, A..4/15/00 170 Distaulo, T..1/12/00 154 Hartwig, S..1/29/00 154 Kirkland, M..6/3/00 145 Marnola, A..10/14/00 143 Berloli, M..6/3/00 143 Ufret, C..12/2/00 140 Recepts, K.11/7/00

140 Kassell..11/17/00 137 Krochmal, C..2/20/00 137 McCormack, V.5/20/00 135 Lafferty, B..2/25/00 135 Proukt, L.10/8/00 130 Gedney, J..3/18/00 130 McMillian, S.10/28/00 126 Palon, V.11/17/00 121 Ocampo, J..1/29/00 121 Egieston, K..4/8/00

114 BENCH

225 Rinn, S..3/11/00 215 PHts, L.8/12/00 203 Tyree, V..11/16/00 181 Davis, I..1/29/00 170 Partish, S..4/1/00 170 Macy, I..5/29/00 170 Coulombe, T..11/17/00 165 Cullum, A..1/29/00 159 Lee, B..2/19/00

155 Distaulo, T...3/25/00 155 Shuttleworth, M...4/29/00 155 Schachner.../8/00 155 Falcone, T...8/12/00 154 Andrews, S...6/3/00 154 Gagliardi, D...11/17/00 148 Mollohan, T...5/20/00 143 Kirkland, M...1/29/00 143 Andries, A...1/29/00

123 BENCH

292 Weisberger, A. 2/20/00 290 Lippert, J. 4/1/00 240 Arel, J. 3/18/00 231 Rins, S. 12/2/00 225 Radcliffe, S. 4/15/00 225 Gomez-Leon, S. 11/18/00 209 Kelli. 4/6/00 203 Techticado, J. 11/17/00 198 Tyree, V. 6/24/00

192 Mobley, S.. 5/25/00 192 Avigliano, N.. 11/17/00 185 Macy, J.. 11/18/00 176 Amsden, M.. 4/15/00 176 Deberry, M.. 8/12/00 170 Gordon, K.. 9/23/00 170 Gordon, K.. 9/23/00 170 Taubmann, H.. 11/17/00 167 Wilson, L.. 8/12/00

132 BENCH

330 Rinehart, T. 2/26/00 314 Lippert, J. 11/17/00 310 Weisberger, A. 12/3/00 275 Thompson, J. 11/11/00 259 Altizer, B. 9/16/00 236 Ware, V. 6/10/00 231 Darling, J. 1/29/00 225 Diamond, M. 6/10/00 220 Gomez-Leon, S. 3/25/00 214 Overdeer, A. 4/6/00

210 Familetti, N. 8/12/00 205 Vlack, Y. 8/5/00 203 Femia, C. 1/29/00 202 Perlmutter, A. 5/6/00 200 Simons, A. 4/29/00 200 Mosier. 5/6/00 195 Phinney, N. 11/18/00 192 Dauenhauer, B. 8/5/00 187 Stein, E. 5/25/00 Service of the local division in the local d

325 Leverett, A. 6/24/00 310 Grimwood, E. 10/21/00 308 McMillian, S. 17/29/00 290 Ufret, C. 4/1/00 286 Baker, N. 5/20/00 286 Solan, C. 10/17/00 259 Talbott, V. 1/29/00 253 Southichack, N. 6/10/00 250 Turner, B. 6/3/00 245 Hartman, A. 3/24/00

242 Ramirez, A.4/8/00 242 Souzza, M..8/12/00 240 Moye, S.1/22/00 235 Brown, R.10/21/00 231 Luc, L.3/24/00 231 Taylor, A.3/24/00 231 Aliminosa, D.10/17/00 230 Schmoyer, H.5/13/00 225 Kirts, A.4/14/00 225 Dickey, E.11/4/00

105 DEADLIFT

341 Leverett, A.4/15/00 330 Goff, K.4/15/00 330 Baqut, C.11/16/00 325 Maile, J.9/13/00 320 Bertolt, M.-8/12/00 319 Barlow, L.6/10/00 314 Hartwig, S.1/29/00 300 McMillan, S.10/28/00 292 Kirkland, M..6/3/00

286 Ellis, J..1/29/00 286 Eaton, P..3/18/00 286 Long, J..3/24/00 285 Hernandez, M..3/25/00 281 Gedney, J..1/29/00 281 Hitchcock, a.3/24/00 280 Ryman, K..2/29/00 280 Kassell..11/17/00 275 Ocarpo, J..1/29/00 275 Ocarpo, J..1/29/00

114 DEADLIFT

429 Tyree, V. 11/16/00 395 Davis, J. 6/15/00 370 Falcone, T. 8/12/00 363 Lee, B. 2/19/00 347 Bowers, S. 10/17/00 340 Parrish, S. 4/1/00 320 Fromotz, B. 3/11/00 315 Walk, W. 10/21/00 314 Bechlodd, J. 11/16/00 314 Bechlodd, J. 11/16/00

306 Rinn, S..3/11/00 308 Shear, J..3/18/00 305 Macy, J..5/20/00 303 Kyle, A..3/24/00 303 Beraldi, N..4/15/00 303 Jordan, C..7/8/00 303 Scudder, A..3/24/00 292 Cullum, A..1/29/00 292 Marsh, J..3/24/00

123 DEADLIFT

450 Weisberger, A. 2/20/00 424 Tyree, V. 3/11/00 391 Avigilano, N. 11/17/00 390 Avigilano, N. 11/17/00 374 Keii. 4/6/00 363 Tucker, T. 10/28/00 352 Amsden, M. 4/15/00 347 Jackson, D. 3/18/00 345 Falcone, T. 4/1/00 341 Bryant, P. 8/5/00

337 Patterson, C. 11/17/00 336 Livingston, L. 3/11/00 335 Lewis, P. 1/22/00 335 Gnerre, B. 4/8/00 330 Comway, K. 1/29/00 330 Remiticado, J. 11/16/00 320 Hartes, S. 2/26/00 320 Bartes, D. 3/24/00 315 Matt, A. 1/8/00

132 DEADLIFT

460 Weisberger, A. 12/3/00 418 Stein, E. 10/17/00 408 Lippert, J. 11/17/00 407 Walker, J. 6/24/00 402 Diamond, M. 6/10/00 402 Ware, V. 6/10/00 374 Gantz, H. 11/16/00 370 Wesseh, D. 11/10/00 363 Overdeer, A. 4/6/00 363 Allison, S. 12/2/00

360 Matuszewski, M..3/25/00 360 Walker. 12/9/00 352 Femis, C..1/29/00 336 Perez, S.4/8/00 336 Thompson, J.11/11/00 325 Niederkorn, R..3/11/00 325 Armond, M..3/29/00 319 Aguila, V..1/29/00 319 Dingle-Craig, K.4/28/00 319 Brocalo, R.12/2/00 97 TOTAL

775 Grimwood, E.10/21/00 760 Leverett, E.6/24/00 716 McMillian, S.4/15/00 650 Baker, N.5/20/00 650 Solan, C.10/17/00 620 Ufret, G.4/1/00 600 Ramirez, A.4/8/00 578 Talbott, V.1/29/00 560 Hoffman, S.3/11/00 540 Luc, L.3/5/00

535 Turner, B..6/3/00 525 Hariman, A.3/24/00 520 Moye, S..1/22/00 518 Aliminosa, D..10/17/00 505 Schmoyer, H..5/13/00 501 Kirts, A.-4/14/00 501 Souza, M..8/12/00 500 Dickey, E..11/4/00 495 Taylor, A.3/11/00 479 Martin, T..3/24/00

105TOTAL

832 Leverett, A. 4/15/00 832 Barlow, L. 6/10/00 836 Malle, J. 9/13/00 738 Kirkland, M. 6/3/00 738 Kirkland, M. 6/3/00 738 McAllilan, S. 10/28/00 699 Goff, K. 4/15/00 677 Baçul, C. 3/18/00 672 Ufret, G. 112/2/00 661 Gedney, J. 6/10/00

633 Ellis, J.-1/29/00 633 Long, J.-3/24/00 630 Kassell.-11/17/00 610 Ryman, K.-2/29/00 600 Cook, S.-1/22/00 595 Ocampo, J.-1/29/00 595 Ealon, P.-3/18/00 589 Digman, S.-8/26/00 578 Hilichcock. A.-3/24/00

114TOTAL

900 Davis, J..6/15/00 859 Rins, S..3/11/00 805 Falcone, T..8/12/00 759 Parrish, S..4/1/00 760 Bowers, S..10/17/00 749 Cullium, A..1/29/00 740 Macy, J..5/20/00 716 Andries, A..1/29/00 716 Beraldi, N..4/15/00

696 Andrews, S..6/3/00 694 Shear, J.3/18/00 688 Nichols, P.8/12/00 688 Baqui, C.12/2/00 661 Bullara, C.3/11/00 661 Marcellis, Je.4/8/00 653 Jordan, C.7/8/00 644 Lubkin, B.4/15/00 644 Boutle, C.12/2/00 628 Marsh, J.3/24/00

123TOTAL

1180 Weisberger, A...2/20/00 975 Tyree, V.3/11/00 942 Avigliano, N...6/10/00 925 Kelli...4/6/00 903 Mobley, S...1/29/00 860 Burkey, J...4/100 854 Tucker, T...10/28/00 843 Armsden, M...4/15/00 843 Rhm, S...6/24/00 793 Jackson, D...3/18/00

788 Andrews, S. 2/19/00 782 Allison, S. 4/6/00 780 Macy, J. 11/18/00 760 Wilson, L. 3/11/00 755 DeBerry, M. 8/12/00 749 Hicks, C. 1/29/00 749 Casper, P. 4/28/00 745 Lewis, P. 1/22/00 740 Bartek, D. 3/24/00

132TOTAL

1155 Weisberger, A...6/15/00 1030 Diamond, M...6/10/00 970 Ware, V...6/10/00 942 Stein, E..10/17/00 925 Overdeer, A...4/6/00 903 Thompson, J...11/11/00 892 Femia, C...1/29/00 875 Walker...12/9/00 871 Wessels, D...11/10/00 859 Darling, J...1/29/00

848 Allison, S..12/2/00 825 Niederkorn, R..3/11/00 804 Hack, R..6/3/00 793 Pritzi, M..11/11/00 782 Farrell, A..4/1/00 777 Aguila, V..1/29/00 767 Mosier. 2/26/00 760 Simons, A.4/29/00 760 Brocato, R..12/2/00 148 SOLIAT

529 Liggett, M...11/17/00 507 Jerumbo, M...6/10/00 446 Dangerfield, N..6/10/00 407 Lercangee, P...5/20/00 400 Auckland, L..4/1/00 380 Demarest, K..4/28/00 374 Scheffler, M...8/12/00 370 Houston, P...9/9/00 370 Roberts, R..10/28/00 365 Fuhrman, D...12/3/00

363 Garcia, N.-5/20/00 363 Bush, A.-12/2/00 352 Bohigian, K.-11/11/00 347 Covington, D.-1/30/00 347 Calignon, D.-1/30/00 347 Callier, K.-4/15/00 340 Hack, R. 12/2/00 336 Denison, L.-4/8/00 330 Anderson, L.-3/11/00

165 SOUAT

451 Scanlon, J.6/10/00 415 Loya...11/4/00 385 Ribic, P.4/15/00 385 Carson, P.2/6/00 374 Belsito, L.1/30/00 374 Pfeiffer K...12/9/00 370 Pike, S.-11/18/00 360 Musser, D.4/1/00 352 Sortwell, A..10/7/00

347 Pollock, M.-4/8/00 345 Wessler, B.-11/17/00 341 Ford, Katle.-1/30/00 341 Rosencrantz, T.-3/25/00 340 Ortiss.-7/29/00 336 Ryan, D.-5/20/00 335 Grandick, K.-4/29/00 335 Collins, T.-12/2/00 325 Newman, C.-1/30/00 325 Chow, S.-9/9/00

181 SQUAT

520 Boshoven, L.5/28/00 473 Ford, Krista.6/10/00 453 Forest, B.6/3/00 446 Look, L.1/30/00 405 Cshow, S.4/15/00 400 Cataldo, L.11/18/00 374 Belsito, L.5/27/00 369 Martin, C.6/10/00 360 Malkasian, M.-9/2/00 355 Holoway, K.11/4/00

352 Carson, P.-5/20/00 352 Giddings, P.-8/20/00 347 Black, T.-11/10/00 341 Haynes, J.3/25/00 340 Jones, K.-12/9/00 346 Fleicher, S.-2/25/00 336 Cannon, C.-8/13/00 330 Griffin, N.-4/16/00 330 Griffin, N.-4/16/00

198 SQU

515 Boshoven, L. 11/5/00 485 Hembree, V. 3/19/00 473 Look, L. 5/28/00 418 Walkins. 9/15/00 396 Williams, G. 4/6/00 396 Hall. 5/28/00 396 Barbee, S. 12/3/00 391 Werle, F. 11/11/00 375 Hunter, S. 12/2/00 369 Cataldo, L. 1/30/00

352 Sternberg, M..11/14/01 350 Trufant, A. 10/28/00 350 Roberts, K..12/9/00 341 Meynard, L.3/25/00 330 Norton, J.-2/26/00 325 Gooden, J.3/25/00 320 Whittlessey, K..1/22/00 320 Johnson, D.-1/22/00 319 Baker, K.4/8/00

SHWSQUAT

550 Sizemore, K... 11/17/00 523 Willett, L... 5/21/00 473 Greenup, S... 3/25/00 468 Hall, H... 10/18/00 462 Rogue, J... 4/8/00 450 Pole-Summers, S... 6/16/00 429 Dials, T... 3/25/00 418 Craver, E... 4/28/00 418 Hembree, V... 8/27/00 415 Sabin, K... 4/1/00

407 Pledger, S...1/30/00 402 Oller, J.-4/8/00 385 Slanaker, J.-2/26/00 385 Shepard, T..8/13/0 385 Hallen, S..10/18/00 374 Brooks, S.-4/16/00 370 Werle, F..8/13/00 369 Watkins, J...1/30/00 363 Gibson, N..3/25/00 363 Abrego, Y.-4/16/00 40 DENCH

303 Weisberger, A...4/16/00 292 Liggett, M...6/10/00 290 Blackburn, L..7/8/00 281 Lippert, J...8/12/00 258 Jacobson, M...6/16/00 245 Auckland, L...4/1/00 236 Lercangee, P...5/20/00 235 Parrish, N...4/8/00 225 Dangerfield, N...6/10/00

225 Haller, K.-8/27/00 220 Heywood, L.3/11/00 220 Slaga, D.3/18/00 215 Robertson, L.10/14/00 215 Robertson, L.10/14/00 214 Caardella, J.10/21/00 214 Darling, J.12/8/00 210 Miller, K.-11/4/00 209 Beckwith, K.-1/30/00

165 BENCH

403 Suzuki, P..6/10/00 314 Scanlon, J..11/17/00 304 Blackburn, L..6/24/00 300 Williams, C..1/29/00 280 Crossland, C..11/11/00 264 Tackill, J..11/17/00 254 Jacobson, M..8/12/00 248 Sortwell, A..6/10/00 245 Welch, M..3/4/00

240 Tillinghast, M..3/11/00 240 Turcotte, C..5/13/00 236 Newman, C..5/14/00 230 Levia..7/8/00 225 Nevrs, M..1/22/00 225 Carson, F..2/6/00 225 VanBuskirk, L..5/7/00 225 Manl, R..11/18/00 225 Autorson, G..11/18/00 225 Sauer, H..12/10/00

181 BEN

352 Priest, B. 6/3/00 310 Boshoven, L.1/15/00 275 Williams, C.5/20/00 255 Swanson, B. 4/29/00 255 Cataldo, L.11/18/00 253 Kimoto, J.6/10/00 253 Thoms, S. 8/20/00 253 Sortwell, A. 112/8/00 250 Crossland, C. 12/9/00 248 Look, L. 1/30/00

245 Stack, M.-7/22/00 242 Carson, P.-5/20/00 231 Ferreia, C.-10/21/00 225 Winegardner, S.-3/25/00 225 Fletcher, S.-3/25/00 225 Ford, Krista.-5/10/00 220 Jones, K.-12/9/00 214 Ford, Katle.-3/25/00 214 Pack, S.-3/25/00 210 Millin, M.-11/4/00

198 BENCH

325 Arvin, J.-8/12/00 308 Hembree, V.-3/19/00 305 Boshoven, L.-11/5/00 292 Barbee, S.-3/11/00 281 Hall.-1/8/00 265 Roberts, K.-5/7/00 253 Look, L.-5/28/00 253 Look, L.-1/19/00 250 Sabin, K.-1/29/00 236 Cataldo, L.-1/30/00

231 McTighe, A. 4/1/00 225 Calhoun, P. 1/30/00 220 Overstreet, M. 5/20/0 220 Feusi, L. 11/19/00 215 Aiston, V. 6/10/00 214 Williams, G. 1/30/00 210 Francis, J. 1/29/00 210 Allen, S. 4/15/00 203 Pack, S. 6/4/00 203 Watkins. 9/15/00

SHW BENCH

410 Sizemore, K..11/17/00 363 Ferrell, D..9/16/00 336 Pltts, K..11/19/00 325 Malone, T..3/18/00 314 Willett, L..5/21/00 303 Hembree, V..5/6/00 286 Hall, H..10/18/00 275 VanDyke, C..9/16/00 275 YanDyke, C..9/16/00

265 Callahan, D.-5/13/00 259 Weber, V.-2/20/00 259 Bourg, B.-6/24/00 250 Sabin, K.-4/1/00 248 Lenz, C.-4/16/00 231 Greenup, S.-3/25/00 230 Werke, F.-9/13/00 235 Craver, E.-4/28/00 225 Craver, E.-4/28/00 225 Thoms, S.-5/21/00 148 DEADUIET

01 Dangerfield, N.6/10/00 157 Clark, R.4/6/00 157 Clark, R.4/6/00 129 Weisberger, A.4/16/00 124 Lercangee, P.5/20/00 124 Liggett, M..6/10/00 107 Roberts, R.4/15/00 107 Amerling, A.8/12/00 107 Carron, R.8/26/00 100 Slava, D.6/11/00

396 Covington, D..1/30/00 385 Auckland, L.4/1/00 380 Beckwith, K..1/30/00 380 Desnison, L.4/8/00 380 Wessler, B..8/5/00 380 Cowan, J..11/4/00 375 Baumel, Z.4/29/00 375 Fuhrman, D..1/2/3/00

165 DEADLIFT

440 Pike, S. 11/18/00 429 Belsito, L. 1/30/00 429 Scanlon, J. 4/10/00 429 Scanlon, J. 4/10/00 420 Kibic, P. 4/15/00 400 Fielcher, S. 6/15/00 405 Loya...11/4/00 402 Tackill, J. 6/10/00 391 Sortwell, A. 6/10/00 382 Jacobson, M. 11/18/00

380 Reske, K...1/4/00 375 Wessler, B...1/17/00 375 Wessler, K...4/8/00 370 Grandick, K...4/29/00 370 Griss...11/18/00 369 Welding, R...1/30/00 369 Carson, P...2/6/00 361 Wess, M...1/22/00 360 Hayes...6/17/00 358 Food Kaile...1/30/00

181 DEADLIFT

510 Boshoven, L. 1/15/00 501 Priest, BZ..6/3/00 473 Look, L. 1/30/00 457 Ford, Krista..6/10/00 435 Hunter, S..6/4/00 439 Schaefer, L. 10/7/00 425 Cataldo, L. 11/18/00 418 Belsito, L. 5/27/00 402 Rovnak, C. 8/19/00 400 Chow, S. 4/1/500

400 Jones, K..12/9/00 380 Carson, P.11/14/00 375 Phillips, K..12/9/00 374 Fletcheer, S.2/25/00 374 Cannon, C.8/13/00 370 Martin, C.3/18/00 369 Ford, Katie..3/25/00 363 Giddings, P.8/20/00 363 Giddings, P.8/20/00 358 Haynes, J..3/25/00

198 DEADLIFT

505 Boshoven, L..11/5/00 462 Look, L..5/28/00 457 Hall..5/28/00 451 Hembree, V..3/19/00 451 Shaefer, L..6/4/00 450 Hunter, S..12/2/00 430 Roberts, K..5/7/00 424 Barbee, S..12/3/00 418 Williams, G..1/30/00 385 Overstreet, M..5/20/00

380 Cataldo, L..1/30/00 363 Norton, J..2/26/00 363 Sternberg, M..11/14/00 360 Oxford, H.5/20/00 360 Abrego, Y..12/2/00 358 Balter, K..4/8/00 358 Watkins..4/16/00 350 Whittlessey, K..1/22/00 350 Mittlel, L..11/12/00

SHWDEADLIFT

457 Hall, H..10/18/00 451 Willett, L..5/21/00 446 Hembrec, V..8/27/00 430 Sizemore, K..11/17/00 424 Greenup, S..1/30/00 415 Sabin, K..4/1/00 413 Waltins J..1/30/00 402 Edelson, N..3/19/00 391 Pledger, S..1/30/00 395 Ferrell, D.1/30/00

374 Abrego, Y..4/16/00 370 Werle, F..B/13/00 365 Pole-Summers, S.12/8/00 363 Crave, E.4/28/00 363 Cal, D..11/19/00 360 Bourg, B..5/27/00 352 Rogue, J.-4/8/00 352 Brooks, S.-4/16/00 350 Gibson, N..3/25/00 148TOTAL

1201 Liggett, M...11/17/00 1173 Dangerfield, N..6/10/01 1157 Jerumbo, M...6/10/00 1069 Lercangee, P...5/20/00 1030 Auckland, L..4/1/00 964 Roberts, R..4/15/00 947 Demarest, K..4/28/00 936 Jacobson, M...6/16/00 931 Clark, R..4/6/00 935 Covington, D...1/30/00

914 Scheffler, M... 8/12/00 910 Houston, P... 9/9/00 909 Bohigian, K... 11/11/00 903 Beckwith, K... 1/30/00 900 Fuhrman, D... 12/3/00 892 Hetzel, M... 2/25/00 892 Amerling, A... 8/12/00 880 Strylund, L... 10/28/00 880 Hack, R... 12/2/00 876 Catron, R... 8/26/00

165TOTAL

1195 Scanlon, J.11/17/00 1025 Tacktill, J.6/10/00 1015 Loya..11/4/00 1014 Behito, L.1/30/00 990 Ribic, P.4/15/00 986 Sortwell, A.10/7/00 981 Carson, P.2/6/00 975 Pike, S.11/18/00 940 Wessler, B.11/17/00 905 Orlins..11/18/00

905 Musser, D.-4/1/00 903 Ford, Kalle..1/30/00 898 Newman, C.-1/30/00 890 Collins, T.-12/2/00 881 Chaney, D.-11/11/00 875 Grandick, K.-A/29/00 870 Pollock, M.-4/8/00 860 Reske, K.-11/4/00 859 Perron, S.-1/30/00

181 TOTAL

1325 Boshoven, L.5/28/00 1306 Priest, B.6/3/00 1168 Look, L.1/30/00 1157 Ford, Krista. 6/10/00 1080 Cataldo, L.11/18/00 1000 Chow, S.4/15/00 972 Belsito, L.5/27/00 970 Carson, P.5/20/00 960 Jones, K.12/9/00 931 Hunter, S.6/4/00

925 Fleicher, S. 2/25/00 920 Martin, C. 3/18/00 920 Holloway, K. 11/4/00 914 Ford, Kaite. 3/25/00 910 Phillips, K. 12/9/00 887 Cannon, C. 8/13/00 882 Schaefer, L. 10/7/00 865 Giddings, P. 8/20/00 848 Kalk, C. 12/9/00 843 Haynes, J. 3/25/00

198TOTAL

1325 Boshoven, L. 11/5/00 1223 Hembree, V. 3/19/00 1199 Look, L. 5/28/00 1199 Lall. 5/28/00 1086 Barbee, S. 12/3/00 1020 Roberts, K. 12/9/00 1019 Williams, C. 1/30/00 975 Cataldo, L. 1/30/00

947 Shaefer, L.6/4/00 909 Overstreet, M..5/20/00 887 Sternberg, M..11/14/00 850 Oxford, H.5/20/00 850 Trufant, A.10/28/00 845 Abrego, Y..12/2/00 837 Baker, K.4/8/00 830 Knittel, L.11/12/00 826 Norton, J.-2/26/00 820 Whittlessey, K..1/22/00

SHWTOTAL

1390 Sizemore, K.11/17/00 1289 Wilkelt, L.5/21/00 1212 Hall, H.10/18/00 1151 Hembree, V.8/27/00 1124 Greenup, S.3/25/00 1080 Sabin, K.4/1/00 1080 Sabin, K.4/1/00 1081 Pole Summers, S..6/16/00 1079 Falst, T.3/25/00 1008 Craver, E.4/28/00

1003 Hallen, S..10/18/00 986 Watkins, J..1/30/00 986 Pfedger, S..1/30/00 986 Rogue, J..4/8/00 970 Werle, F..8/13/00 942 Abrego, Y..4/16/00 920 Oiler, J..4/8/00 915 Slanaker, J..2/26/00 914 Lenz, C..4/16/00 909 Shepard, T..8/13/00



"Once again my heart is heavy with the loss of another lifter and friend. Joellen Glitt, Masters Champion and Record Holder, lost her battle with cancer recently. Wife of APF Board Member Dean Glitt, it was rare to see one without the other. She was his heart. As a WPC official, she worked hard to insure fairness at meets. As a friend, she was one of the best. As a lifter, she was a worthy competitor. I cherish my times with her to talk and share experiences. She will be missed by family, friends, and the lifting community. I know I will miss her

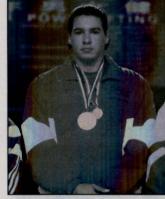
MARIS ANNE STERNBERG



Tina Rinehart recently took gold at athe WPC Worlds and she set a world record at the 2000 Arnold Classic, where her 330 lb. lift is the best of all time, for the women's 132 lb. class, in any federation. According to Bob Shaefer, who took and provided this photograph, "We would like to thank John Inzer and Stacker 2 (NVE) for their support." She will be lifting at this year's Arnold Classic as well and we hope to have a report of that event in the next issue of Powerlifting USA.

TEENAGE TOP 20

These are the TOP 20 Teenage powerlifters in the United States for the year 2000. If any errors or omissions are noted, please report them to POWERLIFTING USA Magazine, Box 467, Camarillo, CA 93011. We do, course, make our own errors in the compilation of this list, which covers teenage or high school division competitors ONLY, but some significant meet results are never received at our office for inclusion in the rankings. Furthermore, some of the results we do receive do not specify the lifter's age or bodyweight, and - in the latter case - we don't know which weight class to credit the efforts against.



Tony Caprari is the current IPF Junior World Champion and has ranked lifts at 165 and 181. (photograph taken by Hiro Isagawa)

Yes, You Can ... order the deluxe Powerlifting USA Achievement Certificates and Mounting Plaques, ladies, to commemorate your accomplishments on the competition platform. The Certificates are printed in Red and Gold ink, embossed with the official gold seal of Powerlifting USA Magazine, and individually signed by PL USA Editor, Mike Lambert. Complementing the certificates are our woodgrain finish wall mounting plaques, a beautiful way to display the documentation of your strength world success. The certificate and plaque together are \$21.95, and certificates alone are \$6.00. If you appear on the list, you are eligible. Send your name and address, weight class, lift, and date it was made, along with payment to PL USA, Box 467, Camarillo, CA 93011 (CA residents add 7 1/4% sales tax)

114 SQUAT 400 Lloyd, M..3/25/00 380 Milnes, R..3/25/00 375 White, D..3/25/00 376 Fair, T..3/25/00 365 Hamric, R..3/25/00 365 Falcon, J..3/25/00 360 Falcon, J..3/25/00 345 Donnahoe, B..3/25/00 345 Orlay, R..3/25/00

340 Henderson, C..3/25/00 335 Brinkley, I..3/25/00 330 Quintanilla, D..3/25/00 330 Crain, I..3/25/00 325 Rodriguez, J..3/25/00 325 Day, M..3/25/00 320 Longoria, I..3/25/00 320 Alexander, R..3/25/00 315 Foret, S..3/5/00 308 Menogan, K..4/14/00

123 SQUAT
435 Goins, T...3/25/00
410 Plcou, J..3/25/00
405 Lewis, J...3/25/00
390 Rivas, D...3/25/00
390 Jones, J..3/25/00
385 Palmer, B...3/25/00
385 Palmer, B...3/25/00
370 Bowling, G...3/25/00
370 Garcia, J...3/25/00
360 Vasquez, R...3/25/00

360 Walding, D..3/25/00 358 Mabb, S..4/14/00 358 Ward, A..4/14/00 355 Adami, T..3/25/00 355 Rodriguez, I..3/25/00 352 Fair, T..6/9/00 347 Shakur, A..3/25/00 347 Gillette, M..4/8/00 341 Hall, B..4/14/00 341 Mixon, V..4/14/00

132 SQUAT 540 Maile, J..3/25/00 490 Williams, M..3/25/00 440 Scott, O..3/25/00 430 Lorenz, K..3/25/00 424 Ortega, J..4/8/00 415 Miller, J..3/25/00 410 Gallavan, D..3/5/00 402 Rivas, D..4/14/00 402 Ross, M..4/14/00

400 Bryant, M. 3/25/00 400 Kalina, I. 3/25/00 400 Mercer, C. 3/25/00 396 Caldwell, I. 4/14/00 396 Kiletico, M. 6/9/00 391 Smith, L. 3/25/00 391 Laney, M. 4/14/00 390 Goodwyn, D. 3/25/00 385 Collins, T. 3/25/00 385 Sansom, J. 3/25/00

148 SQUAT
600 Maile, I...9/15/00
530 Bryant, T...3/25/00
531 Davis, W...3/25/00
531 Ramos, C...4/8/00
479 Galina, M...4/8/00
475 McNew, S...3/25/00
475 Venters, T...3/25/00
475 Wellis, C..3/25/00
465 Buchrer, D...3/25/00

465 Kreg, B..3/25/00 460 Silas, O..3/25/00 446 Miblec, D..6/10/00 446 Kiblec, D..6/10/00 440 Rudolph, D..3/25/00 440 Rudolph, D..3/25/00 440 Dews, B..4/8/00 435 Baston, M..3/25/00 435 Yaughn, S..3/25/00 430 Zapata, E..3/25/00 429 Kreft, D..3/25/00

429 Kreft, D..3/25/00
165 SQUAT
560 Suter, J..1/8/00
551 Caprari, T..6/10/00
540 Bass, L..4/14/00
525 Carr, C..3/25/00
525 Villareal, G..3/25/00
523 Whitfield, T..4/14/00
520 Smith, W..3/5/00
520 Guerrero, J..3/25/00
515 Isom, M..3/25/00

515 Isom, M..3/25/00 515 Isom, M..3/25/00 505 Smith, T..1/22/00 500 Logan, A..1/22/00 500 Monk, J..3/25/00 496 Roberts, J..4/15/00 499 Morgan, E.3/25/00 473 Dean, K..3/25/00 473 Dean, K..3/25/00 473 Jackson, L..4/14/00

181 SQUAT 605 Morrow, M...3/25/00 600 Caprari, T...3/18/00 570 McMullen, L..3/25/00 550 McMullen, L..3/25/00 555 White, J..3/25/00 555 White, J..3/25/00 545 Rice, W..3/26/00 541 Brewer, D..6/10/00 540 Iohnson, D..3/25/00 114 BENCH 230 White, D..3/25/00 225 Donnahoe, B..3/25/00 220 Fair, T..3/25/00 205 Ortiz, R..3/25/00 195 Lloyd, M..3/25/00 195 Lloyd, M..3/25/00 195 Scruggs, J..3/25/00 195 Seruggs, J..3/25/00 195 Alexander, R..3/25/00

192 Maile, J...7/13/00 190 Montes, G..3/25/00 187 Lopez, M..4/14/00 187 Beckerich, J...9/16/00 185 Rrinkley, J..3/25/00 185 Rodriquez, J..3/25/00 180 Quintanilla, D...3/25/00 175 Falcon, J..3/25/00 175 Kahanek, J...3/25/00

123 BENCH 145 Salazar, P.3/25/00 145 Snider, C.110/14/00 136 Donnahoe, B..6/9/00 135 Palmer, B.3/25/00 131 Payer, J.8/26/00 130 Garcia, J.3/25/00 125 Rivas, D.3/25/00 125 Garo, C.5/13/00 120 Morris, J.3/18/00

220 Goins, T..3/25/00 220 Manmano, E..5/13/00 215 Lewis, J..3/25/00 215 Carajal, E..3/25/00 215 Broussard, D..3/25/00 210 Patzner, J..4/1/00 210 Jenkins, T..10/14/00 210 Giambaho...1/17/00 205 Jones, J..3/25/00 205 Miller, J..6/10/00

132 BENCH
292 Maile, J.3/25/00
290 Gallavan, D.3/5/00
275 Forehand, J.12/9/00
265 Jones, T.3/25/00
260 Horion, J.10/14/00
248 Osgood, D.10/28/00
248 Remiticado, G.11/16/00
245 Williams, M.3/25/00
245 Collins, T.3/25/00

245 Phillips, S..3/25/00 236 Stacy, J..3/25/00 236 Ross, M..4/14/00 236 Ross, M..4/14/00 236 Godawa, T..6/24/00 230 Lorenz, K..3/25/00 230 Sanchez, A..3/25/00 230 Gambalwo, J..6/15/00

148 BENCH 325 Marlin, M..11/17/00 319 Kempf, J.8/12/00 310 Cervantes, S..3/25/00 308 Gallavan, D..3/25/00 308 Hanifen, L.9/16/00 305 Pierce, D..10/15/00 305 Tafelski, B..11/4/00 303 Nosek, R..5/20/00 300 Mangino, L.10/15/00

297 Galina, M..4/8/00 295 Syc, J.-7/15/00 290 Bridgewater, B..3/25/00 286 Hall, P..4/14/00 286 Enloe, M..6/3/00 286 Jarrett, M..8/26/00 286 Parker, A..11/17/00 285 Shively, A..2/5/00 285 Todorich, F..3/25/00

165 BENCH 380 Pease, J...6/10/00 360 Caprari, T...6/3/00 352 Arreseigor, E...4/15/00 350 Barnes, D...4/1/00 347 Kaneshiro, C...7/22/00 346 Madison. 12/16/00 340 Warpeha, F...6/25/00 340 Warpeha, F...6/25/00 340 Vefano, S...5/13/00

335 Daviera, J. 10/15/00 330 Paige, Z. 7/29/00 325 Alberes, J. 1/8/00 325 Garza, W. 2/20/00 325 Guerrero, J. 4/8/00 325 Kempf, J. 7/16/00 320 Blubaugh, M. 8/5/00 320 Gianott, J. 10/15/00 320 Beaudry, J. 11/18/00 319 Delimyer, L. 4/29/00

181 BENCH 420 Young, N..3/5/00 405 Solomon, A..11/12/00 402 McMellan, R..5/7/00 400 Robinson, J..4/15/00 380 McDowell, B..7/29/00 380 Harris, A..9/17/00 375 Hoyd, D..11/7/00 374 Howard, B.12/2/00 355 Smith. J. 7/27/00 114 DEADLIFT
415 Falcon, J..3/25/00
405 White, D..3/25/00
405 Lloyd, M..3/25/00
395 Yarbrough, J..3/25/00
395 Pair, T..3/25/00
385 Donnahoe, B..3/25/00
370 Milnes, R..3/25/00
365 Quintanilla, D..3/25/00
360 Brinldey, J..3/25/00
358 Jackson, H..4/14/00

355 Henderson, C..3/25/00 350 Foret, S..3/5/00 350 Rodriquez, J..3/25/00 350 Hamric, R..3/25/00 350 Day, M..3/25/00 350 Montes, G..3/25/00 350 Jackson, G..11/25/00 345 Longoria, J..3/25/00 345 Crain, J..3/25/00 340 Ortiz, R..3/25/00

123 DEADLIFT 425 Rivas, D..3/25/00 425 Bowling, G..3/25/00 424 Shakur, A..3/25/00 415 Vasquez, R..3/25/00 410 Adami, T..3/25/00 407 Donnahoe, B..6/9/00 405 Jones, L.3/25/00 405 Mammano, E.5/13/00 402 Hunter, D.4/14/00 400 Goins, T..3/25/00

400 Parker, P..10/7/00 396 Evans, L..3/25/00 396 Leverson, T..4/14/00 391 Rose, A..4/14/00 390 Lewis, J..3/25/00 385 Garo, C..5/13/00 380 Rodriguez, J..3/25/00 375 Hernandez, G..3/25/00 375 Arellano, E..3/25/00 374 Foret, S..3/25/00

132 DEADLIFT 501 Maile, J.3/25/00 495 Bryant, M.3/25/00 480 Ortega, J.3/25/00 473 Beasley, M.3/25/00 470 Williams, M.3/25/00 462 Smith, L.3/25/00 455 Sansom, J.3/25/00 451 Kiletico, M.6/9/00 440 Seymour, S.2/19/00 440 Brown, G.3/25/00

435 Smiths, M..1/22/00 435 Goodwyn, D..3/25/00 435 Price, H..4/14/00 435 Renn, R.6/9/00 430 Sanchez, A..3/25/00 429 Lark, F..4/14/00 429 Judge, J..4/14/00 429 Toro, D..6/9/00 425 Scott, O..3/25/00 425 Collins, T..3/25/00

148 DEADLIFT
650 Bryant, T..3/25/00
525 Silas, O..3/25/00
523 Dews, BZ..4/8/00
518 Munoz, J..4/8/00
501 Kibler, D..6/10/00
495 Willis, C.3/25/00
490 Galina, M..4/8/00
490 McLendon, V..4/14/00
485 Kibler, K..6/10/00

480 Davis, W..3/25/00 480 Venters, T..3/25/00 475 McNew, S..3/25/00 473 Alexander, S..2/12/00 473 Asaxton, R..4/14/00 457 Kreft, D..3/25/00 457 Rindorf, K..3/25/00 457 Ramos, C..4/8/00 455 Griffin, J..1/22/00 451 Street, A..3/25/00

165 DEADLIFT 688 Caprari, T..6/10/00 585 Roberts, J.-1/22/00 562 Guerrero, J.-4/8/00 562 Redmon, W.-12/9/00 551 Exson, C.-4/14/00 551 Kimble, L..4/14/00 550 Hadnot, R..3/25/00 545 Alcock, S..6/3/00 535 Escamilla, B..3/25/00 534 Munoz, J..8/5/00

529 Ruiz, J..3/12/00 529 Brooks, S..3/25/00 529 Beck, B..3/2/500 525 Monk, J.3/25/00 525 Walker, K..3/25/00 523 Bass, L.4/14/00 523 Jackson, L.4/14/00 518 Williams, D..3/25/00 515 Smith, T..1/22/00 515 Suith, T..1/22/00

181 DEADLIFT 670 Morrow, M..3/25/00 655 Caprari, T..2/26/00 600 Moore, L..1/22/00 578 Suter, J.3/26/00 570 White, C..1/22/00 562 Rice, W..3/26/00 561 Haralsom..6/3/00 551 Hernandez, J..3/26/00 550 Pugh, M..3/25/00 550 Bustillos, J..3/25/00 114 TOTAL 1010 White, D.3/25/00 1000 Lloyd, M.3/25/00 1000 Fair, T.3/11/00 955 Donnahoe, B.3/25/00 950 Faicon, J.3/25/00 950 Milnes, R.3/11/00 950 Bray, J.3/11/00 890 Ortiz, R.3/25/00

880 Brinkley, J..3/25/00 875 Quintanilla, D..3/25/00 875 Marrero, S..6/24/00 860 Longoria, J..3/25/00 860 Rodriquez, J..3/25/00 850 Yarbrough, J..3/11/00 850 Hamric, R..3/11/00 845 Alexander, R..3/25/00 835 Rodriguez, R..3/11/00

123 TOTAL 1120 Coins, T...3/11/00 1070 Rivas, D..3/11/00 1070 Rivas, D..3/11/00 1000 Jones, J.3/25/00 909 Picou, J..3/11/00 985 Garcia, J.3/11/00 980 Palmer, B..3/11/00 975 Bowling, G..3/25/00 975 Donnahoe, B..6/9/00 970 Vasquez, R..3/25/00

955 Adaml, T..3/11/00 950 Matthews, C..3/11/00 945 Walding, D..3/11/00 940 Salazar, P..3/11/00 925 Rodriguez, J..3/11/00 920 Shalur, A.3/25/00 910 Robinson, T..3/11/00 909 Rose, A..4/14/00 903 Fair, T..6/9/00 900 Hernandez, G..3/25/00

132 TOTAL 1333 Maile, J...3/25/00 1235 Williams, M...3/25/00 1140 Ortega, J...3/11/00 1125 Scott, O...3/11/00 1120 Gallavan, D...3/5/00 1105 Collins, T...3/11/00 1085 Wallace, K...3/11/00 1085 Wallace, K...3/11/00 1085 Killectico, M...6/9/00 1058 Beasley, M...3/25/00

1058 Smith, L.3/25/00 1055 Lorenz, K.3/25/00 1052 Panyasee, J.3/25/00 1052 Panyasee, J.3/25/00 1045 Goodwyn, D.3/25/00 1040 Phillips, S.3/11/00 1040 Sansom, J.3/25/00 1025 Kalina, J.3/25/00 1020 Garcia, D.3/11/00

148 TOTAL 1440 Bryant, T..3/25/00 1361 Maile, J..9/15/00 1325 Davis, W..3/11/00 1267 Galina, M..4/8/00 1240 Willis, C..3/25/00 1218 Ramos, C..4/8/00 1218 Willis, Z..3/11/00 1215 Silas, O..3/25/00 1205 Venters, T..3/11/00

1205 McNew, S..3/25/00 1195 Bridgewater, B..3/11/00 1190 Kibler, D..6/10/00 1185 Baston, M..3/25/00 1160 Kirby, C..3/11/00 1160 Bueherer, D..3/25/00 1155 Cervantes, S..3/25/00 1151 Dews, B..4/B/00 1146 Gallavan, D..3/25/00

165 TOTAL 1631 Caprarl, T..6/10/00 1415 Hadnol, R..3/11/00 1405 Guerrero, J..4/8/00 1350 Smith, W..3/5/00 1335 Taylor, A..3/11/00 1320 Monk, J..3/11/00 1315 Suter, J..1/8/00 1315 Smith, T..1/22/00 1295 Isom, M..3/11/00 1295 Brooks, S..3/25/00

1295 Carr, C.3/25/00 1295 DeLeon, A.3/11/00 1290 Roberts, J.1/22/00 1289 Luckett, M.3/25/00 1289 Redmon, W.6/10/00 1280 Escamilla, B.3/11/00 1275 Walker, K.3/25/00 1273 Bass, L.4/14/00 1273 Munoz, J.8/5/00 1262 Whitfield, T.4/14/00

81 TOTAL 510 Caprarl, T..3/18/00 505 Morrow, M..3/11/00 505 Morrow, M..3/11/00 505 Windham, N..3/11/00 132 Rice, W..3/26/00 105 Suter, J.3/26/00 105 Milam, J..4/8/00 100 Alaniz, R..3/25/00 105 Milam, J..4/8/00 105 Milam, J..4/8/00 105 Milam, J..3/11/00 105 Morrow Milam, J..3/12/5/00 535 Womack, Z..7/29/00 534 Michael, B..7/6/00 530 Rickey, D..3/25/00 525 Capitello, S..3/25/00 523 Wright, J.-4/29/00 518 Sanchez, D..3/12/00 518 McKay, I..6/17/00 515 Troutt, A..9/9/00 507 Sharkev, M.-6/3/00

198 SQUAT 617 Goldin, M., 11/11/00 610 Bider, J., 5/27/00 600 Wagner, S., 2/20/00 600 Davis, P., 3/25/00 585 Abrego, M., 3/25/00 585 Abrego, M., 3/25/00 580 Munshower, P., 3/25/00 575 Triantaphilides., 3/25/00 575 Triantaphilides., 3/25/00 556 Marrama, R., 8/13/00

551 Ball, A.-4/15/00 550 Brown, J.-1/22/00 550 Trietsch, J.-3/25/00 540 Borchardt, D.-3/11/00 540 Scronglins, L.-3/25/00 540 Wendel, E.-4/1/00 535 Burrow...3/25/00 534 Johnson, J.-3/26/00 534 Attins, L.-5/13/00 529 Birdsley, M.-2/26/00

220 SQUAT 650 Coleman, D.4/15/00 650 Scott, E.4/15/00 628 Ryan, N.4/15/00 628 Ryan, N.4/15/00 622 Miller, D.2/20/00 617 Bacon, T.3/26/00 615 Emnott, J.3/11/00 610 Swanson, J.1/22/00 600 Garrett, A.3/25/00

600 Campbell, J.A/8/00 600 Mitchell, B.A/15/00 600 Wagner, S.A/29/00 600 Davi, P.12/9/00 600 Theorell, J.12/16/00 589 Collins, T.A/15/00 585 Dotson, J.3/25/00 570 Moralest, M.3/25/00

242 SQUAT 650 Divincenti, J..3/26/00 650 Hall, A..8/5/00 644 Morse, C..8/5/00 635 Romero, N..3/25/00 630 Contreras, M..3/25/00 620 Ybarra, J..3/25/00 620 Harbour, D..3/25/00 605 Bob, L..3/25/00 600 Sbop, J..1/8/00

600 Martinez, M..3/25/06 600 Illingworth, B..3/25/06 600 Gavin, W.4/15/00 600 James, J.-4/15/00 600 Cyphert, B..6/17/00 590 Sotigniee, B..1/22/00 590 Estringel, O..3/25/00 590 Estrongel, J..1/22/00 595 Townsend, J..1/22/00

275 SQUAT 710 Sparks, P.11/14/00 685 Hunt, K..3/25/00 677 Bryant, J..6/11/00 665 Johnson, J..3/25/00 660 Dorr II, C..6/18/00 660 Dorr II, C..6/18/00 635 Barnett, J.J.3/25/00 635 Barnett, J.J.3/25/00 635 Reed, M..3/25/00

630 Rico, A.3/25/00 628 Aspuru, F.11/10/00 620 McElveen, B.3/25/00 617 Saddierna, E.6/11/00 611 Montgomery, S.4/15/0 610 Promise, R.3/25/00 605 Goldberg, S.3/11/00 600 Wright, L.1/22/00 600 Dunn, S.3/25/00

HW SQUAT 100 Nelson, C..6/11/00 100 Nelson, C..6/11/00 100 Deary, B..3/25/00 25 McGee, J..3/25/00 25 McGee, J..3/25/00 25 Colller, A..3/25/00 49 Harris, R..6/11/00 16 Spencer, C.4/15/00 105 Bivens, E..3/25/00 105 Divens, E..3/25/00 105 Jones, R..4/8/00

700 Musser, T...6/18/00 685 Orosco, A..3/25/00 675 Branch, C..3/25/00 675 Felder, R..3/25/00 670 Williams, J..3/25/00 650 Mason, J..3/25/00 650 Brand, B..6/18/00 640 Dominque, J..3/25/00 640 Dominque, J..3/25/00 365 Cooper, Z..8/13/00 360 Caprari, T..3/18/00 358 Rodriguez, A..6/10/00 355 Flore, T..5/20/00 352 Palombo, A..11/17/00 347 Higgins, J..12/16/00 341 Alaniz, R..4/8/00 341 Terrell, H..4/14/00 341 Ovanovic, M..5/20/00 340 Vanison, G..3/11/00

198 BENCH 470 Reilsono, C.3/26/00 435 Davl, P.-6/25/00 425 Manners, L.5/13/00 425 Holler, J.-7/100 420 McMillian, E.12/16/00 408 Loomis, J.-6/4/00 407 Konstantopoulos.-2/20/00 405 Witt, E.7/8/00 402 Albert, K.12/9/00 400 Roy, R..11/19/00

396 Cridge, E.10/28/00 380 Goldin, M..6/10/00 380 Sieinberg, J..6/5/00 380 Siadana, J.-10/14/00 370 Smith, D.12/9/00 369 Roberts, M..1/22/00 369 Roy, R..3/18/00 369 Johnson, J..3/26/00 369 Marram, R..8/13/00 365 Floyd, D..3/18/00

220 BENCH 479 Larsen, A...3/26/00 473 Sowder, T...5/21/00 451 Goldworthy, D...6/4/00 424 Davi, P...12/9/00 410 Bird, A...2/26/00 410 Witt, E...4/29/00 407 Aulisio, B...4/30/00 402 Etheredge, M...12/3/00 391 Mitchell, B...4/16/00

385 Garrett, A...3/25/00 385 Young, T..3/25/00 380 Watkins, E..3/25/00 380 Higgins, L.6/3/00 380 Gibson, S.8/5/00 380 Theorett, J..12/16/00 375 Cellante, J..3/26/00 375 Etheridge, C.12/16/00 370 Edwards, J...2/2/00 370 Nadeau, J...3/11/00

242 BENCH 430 Golden, T.8/5/00 425 Townsend, J.12/2/00 420 Darden, C.3/25/00 418 Huddleston, M.4/8/00 415 Wall, K..117/00 415 Milliken, D.12/16/00 405 Zertler, R.5/7/00 400 Everett, A../15/00 396 Jordan, J.3/19/00 390 Lloyd, K..7/8/00

385 Geisler, T. 2/26/00 385 Roesler, T. 11/19/00 380 Ybarra, J. 3/25/00 375 Romero, N. 3/25/00 375 Smith, T. 5/20/00 374 Seath, M. 8/6/00 370 Rankin, J. 3/11/00 370 Schlager, J. 3/25/00 370 Tingler, M. 4/1/00

275 BENCH 507 Bryant, J.-6/11/00 502 Sparks, P.-11/14/00 490 Sirickland, H.-5/20/00 440 Promise, R.-3/25/00 425 Aillilken, D.-5/20/00 424 Sacher, C.-2/12/00 424 Hunt, K.-4/8/00 415 Dunn, S.-3/25/00 407 Aspuru, F.-11/10/00 407 Cam, J.-11/18/00

407 Cornett, C.12/2/00 405 Dorr II, C.6/18/00 391 Stoddard, C.3/26/00 390 Norice, C.3/25/00 390 O'Gorman, k.4/22/00 385 Whitworth, J.3/25/00 385 Young, T.3/25/00 380 Harris, N.3/25/00 380 Harris, N.3/25/00 380 Arnold, K.4/1/00

SHW BENCH 507 Harris, R.6/11/00 462 Sacher, C..9/23/00 455 McGee, J..3/25/00 430 Tausa, T..6/3/00 430 Tausa, T..6/3/00 418 Tofferi, N..3/26/00 415 Harris, G..4/15/00 417 Achtsam, E..4/8/00

407 Nelson, C.6/11/00 405 Munser, T.6/18/00 402 Conkey, L.6/11/00 402 McDaniel, S.11/19/00 395 Thomas, C.11/19/00 391 Ward, J.4/30/00 396 Hull, W.4/29/00 385 Collier, A.3/25/00 385 Frazier, J.3/25/00 550 Womack, Z...7/29/00 545 Arceneaux, B.6/10/00 540 Cameron, L.4/14/00 540 Cunningham, J..9/24/ 535 Windham, N..3/25/00 535 DeStafano...17/8/00 534 Sharkey, M.6/3/00 534 Bainbridge, J.6/10/00 530 Johnson, D..3/25/00

198 DEADLIFT
666 Reynolds, K..3/26/00
640 Koulopoulos..6/18/00
639 Wendel, E..6/10/00
622 Hayes, T..11/18/00
611 Robinson, T..3/26/00
589 Cridge, E.10/28/00
585 Brown, J...1/22/00
584 Steger, J..2/19/00
580 Smith, J..3/25/00

580 Furman, M..8/5/00 578 Ruben, K.-1/5/00 575 Brown, A.-7/9/00 562 Marrama, R..8/13/00 560 Davis, P.-3/25/00 560 Yosko, B..3/25/00 556 Beaver, B..3/26/00 556 Coldin, M..11/11/00 556 Esikck, K..11/18/00 555 Semon, K..3/12/00

220 DEADLIFT 650 Coleman, D.4/15/00 628 Miller, D.2/20/00 628 Bacos, T.3/26/00 628 Schlegel, A.11/18/00 622 Campbell, J.4/8/00 617 Swanson, J.3/26/00 617 Davi, P.12/9/00 615 Rowe, B.3/25/00 616 Funk, M.3/25/00 605 Upton, C.1/22/00

605 Miller, B..12/8/00 600 Papillion, C..3/25/00 600 Fitz, J..5/20/00 600 Hubbard, K..6/4/00 600 Hollendonnar, T..7/1/00 600 Walker, M..9/17/00 595 Theorell, J..12/16/00 599 Patton, J..3/25/00 589 Mitchell, B..4/15/00 585 Dotson, J..3/25/00

242 DEADLIFT 633 Schlegel, A..6/25/00 625 Myers, B..7/8/00 625 Fleld-Eaton, C..12/16/00 617 Uplon, C..4/15/00 611 Doss, K..4/8/00 610 Milliken, D..12/16/00 610 Taylor, L..12/16/00 606 Porter, T..5/6/00

600 Shop, J..1/8/00 600 Wade, J..3/25/00 600 Francis, S..3/25/00 589 Divincenti, J..3/26/00 580 Richards, R..3/25/00 570 Martinez, M..3/25/00 570 Martinez, M..3/25/00 565 Fong, F..3/25/00 562 Smith, M..4/15/00

275 DEADLIF 665 Johnson, J. 3/25/00 665 Barnett, J.J. 3/25/00 664 Bryant, J.-6/11/00 635 Miller, S.-7/22/00 633 Duncan, M. 3/26/00 628 Millicen, D. 10/18/00 628 Taylor, L. 11/18/00 625 Dorr II, C. 6/18/00 622 Sparks, P. 3/21/00

606 Clark, T..3/26/00 606 Stainbrook, J.-6/11/00 600 Blier, C.J.-3/25/00 600 Hunt, K.4/8/00 599 Burrell, S.-4/15/00 575 Perez, R..3/25/00 575 Terrence, J..3/25/00 573 Carroll, J..3/11/00 573 May, J.-4/16/00

SHW DEADLIFT
777 Richards, E.6/11/00
655 Tausa, T.6/3/00
639 Harris, R.6/11/00
633 Newton, J.4/15/00
606 Achtsam, F.4/8/00
606 Mosley, L.4/15/00
600 Washinglon, T.3/25/00
600 Doolittle, J.3/26/00
600 Conley, L.4/100

600 Spitz, J.-4/2/00 600 Greeniee, E.-4/8/00 600 Hensarling, L.-4/15/00 600 Howell, R.-4/15/00 600 Nelson, C.-6/11/00 600 Yates, S.-12/8/00 595 Williams, S.-1/22/00 589 Gibbs, N.-4/16/00 585 Whitworf, A.-1/22/00 585 McGee, J.-3/25/00

0 1380 Solo 00 1377 Hov 00 1375 Wor 14/00 1375 Wor 00 1366 Bren 100 1365 Rich 1350 Rich 1350 Pug 0 1350 Jon

198 TOTAL

198 TOTAL

198 TOTAL

154 Goldin, M...11/11

1900 1510 Wendel, E..6/10, 0

1499 Wagner, S..2/20, 0

1493 Cridge, E...10/28, 1488 Marrama, R..8/1

1400 1442 Robinson, T...3/2

1471 Reynolds, K..3/2

1470 Smith, J..3/11/0

1470 Davis, P..3/11/0

1445 O'Brien, D...3/11/00 1440 Bider, J...5/27/00 1438 Elliott, C...4/29/00 1435 Christian..3/11/00 1430 Triantaphilides..3/25/00 1427 Johnson, J...2/26/00 1425 Burrow..3/11/00 1416 Semon, K...3/12/00 1410 Bell, A...7/16/00

220 TOTAL 1664 Coleman, D..4/15/00 1642 Davi, P.12/9/00 1581 Mitchell, B..4/15/00 1575 Theorell, J..12/16/00 1560 Garrett, A..3/11/00 1559 Bacon, T..3/26/00 1554 Miller, D..2/20/00 1548 Campbell, J..4/8/00 1545 Matthews, R..3/11/00

1520 Funk, M..3/25/00 1504 Ryan, N..4/15/00 1499 Fitz, J.5/20/00 1493 Brown, J.4/15/00 1472 Vagner, S.4/29/00 1470 Forward, W..3/11/00 1460 Patton, J.3/11/00 1460 Patton, J.3/11/00

242 TOTAL 1600 Romero, N...3/11/00 1575 Milliken, D..12/16/00 1560 Townsend, J..12/2/00 1548 Divincenti, J...3/26/00 1548 Bob, L...3/11/00 1537 Morse, c...8/5/00 1535 Sylve, J..3/5/00 1535 Sylve, J..3/5/00 1535 Shop, J..1/8/00

1510 Huddleston, M..4/8/00 1504 Upton, C..4/15/00 1500 Schlager, J..3/25/00 1500 Field-Eaton, C..12/16/00 1485 Martinez, M..3/11/00 1475 Savannah, A..3/11/00 1475 Contereas, M..3/11/00 1475 Howard, P..3/11/00 1475 Indeen, C..3/11/00

275 TOTAL 1824 Bryant, I..6/11/00 1807 Sparks, P..11/14/00 1730 Johnson, J..3/11/00 1708 Hunt, K..4/8/00 1690 Dorr II, C..6/18/00 1675 Barnetti, J.I..3/25/00 1620 Promise, R..3/11/00 1590 Tsourounis, N..6/18/00 1587 Aspuru, F..11/10/00 1570 Dunn, S..3/25/00

1570 Norice, C.3/25/00 1565 Bilev, C.J.3/25/00 1555 Dehoyes, S.3/11/00 1555 Harris, N.3/25/00 1554 Montgomery, S.4/15/00 1550 Reed, M.3/25/00 1543 Stainbrook, J.-6/11/00 1537 Duncan, M.3/26/00 1535 Dvorzeck, D.3/11/00 1535 Barbosa, J.3/11/00

SHW TOTAL 1940 Richards, E..6/11/00 1896 Harris, R..6/11/00 1825 McGee, J..3/25/00 1813 Nelson, C..6/11/00 1800 Deary, D..3/11/00 1800 Deary, D..3/11/00 1670 Musser, T..6/18/00 1655 Dominque, J..3/11/00 1645 Tausa, T..6/3/00

1630 Williams, J..3/25/00 1620 Jones, R..4/8/00 1595 Branch, C..3/25/00 1590 Crosco, A..3/25/00 1575 Newton, J..4/15/00 1570 Bivens, E..3/25/00 1576 Falzer, J..3/25/00 1565 Felder, R..3/11/00 1554 Spencer, S..4/15/00 1556 Hull, W..4/29/00



Jeff Theorell competed at the USAPL Holiday Classic on December 16th, posting numbers that earned consideration for this year's Powerlifting USA TEENAGE TOP 20 ranking list in the 220 lb. division. (Brian Baertlein photo)

Front Squats are Back!



With the Amazing New Front Squat Harness 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... 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, Front Squat@aol.com. New pricing effective Oct. 1, 2000.

MASTERS TOP 20

These are the TOP 20 Master powerlifters in the United States for the year 2000. If any errors or omissions are noted, please report them to POWERLIFTING USA Magazine, Box 467, Camarillo, CA 93011. We do, course. make our own errors in the compilation of this list, which covers masters division competitors ONLY, but some significant meet results are never received at our office for inclusion in the rankings. Furthermore, some of the results we do receive do not specify the lifter's age or bodyweight, and - in the latter case we don't know which weight class to credit the efforts against.



Cathy Solan, seen above winning her masters category at the 2001 USAPL Women's Nationals, is one of many women masters who have made the TOP 20 list. (photo by Sioux-z Hartwig)

Yes, You Can... order

the deluxe Powerlifting USA Achievement Certificates and Mounting Plaques, ladies, to commemorate your accomplishments on the competition platform. The Certificates are printed in Red and Gold ink, embossed with the official gold seal of Powerlifting USA Magazine, and individually signed by PL USA Editor, Mike Lambert. Complementing the certificates are our woodgrain finish wall mounting plaques, a beautiful way to display the documentation of your strength world success. The certificate and plaque together are \$21.95, and certificates alone are \$6.00. If you appear on the list, you are eligible. Send your name and address, weight class, lift, and date it was made, along with payment to PL USA, Box 467, Camarillo, CA 93011 (CA residents add 7 1/4% sales tax)

114 SQUAT 380 Snell, K. 4/1/00 319 Leverett, A. 4/15/00 286 Bowers, S. 10/17/00 275 Murphy, G. 2/12/00 259 Shear, L. 3/18/00 246 Solan, C. 1/29/00 226 Gedney, J. 1/29/00 220 Baker, N. 5/20/00 214 Ealon, P. 3/18/00 203 Killikauskas... 11/14/00

192 Brigham, C...11/18/00 190 Aliminosa, D..4/1/00 187 Ewing, P..3/18/00 180 Scudder, A...9/24/00 176 Tighe, T..3/11/00 170 Souza, M..8/12/00 165 Mehmedbasich..4/30/00 154 Higgins, M...11/14/00 143 Rodefer, J..5/20/00 126 Schoonmaker, L..11/4/00

123 SQUAT
462 Snell, K..11/11/00
374 Lamb, B..6/3/00
352 Barleen, D..5/6/00
336 Higgins, F..5/6/00
330 Meadows, S..12/9/00
319 Murphy Jr., G..8/12/00
281 McNulty, D..2/25/00
281 Casper, P..4/28/00

275 Hicks, C.1/29/00 275 Liberatore, I.2/26/00 275 Elberatore, I.2/26/00 275 Fruzyna, B.5/20/00 231 Howard, B.8/26/00 231 Lopez, L.1/29/00 225 Novik, I.6/15/00 209 Whidden, M..1/29/00 185 Abrams, S.2/29/00 170 Catron, D.9/23/00 145 Barnes, C.4/1/00

132 SQUAT 407 Rosen, 1..5/6/00 400 Redding, J.4/1/00 340 DelGallo, R.4/1/00 358 Corsello, J.5/6/00 352 Shivale, H.5/6/00 341 Kennedy, C.6/3/00 341 Sein, E.10/1/3/00 319 Holzbauer, D.5/6/00 308 Maudding, Q..3/11/00 308 Burgess, I..5/6/00

308 Kawasaki, N..11/10/00 297 Bishop, T..5/6/00 290 Middleton, L.5/20/00 286 Dingk, K..1/29/00 286 Blaize, M..5/6/00 260 Landess, G.-7/8/00 248 Rosenblum, M..3/18/00 248 Lonsdale, L..10/28/00 245 Walker, S..9/9/00 240 Norris, M..4/22/00

148 SQUAT 625 Heath, D..6/16/00 530 Payne, P..6/24/00 529 Weinstein, L..5/6/00 518 Cyr, A..5/20/00 515 Brown...11/7/00 490 Bridges, A..5/6/00 490 Griffith..5/13/00 485 Mason, M..4/1/00 480 Johnson, S..4/1/00 479 Charles, R..5/20/00

450 Belt, D..10/28/00 435 Whitney, D..4/1/00 435 Cruz, R..7/8/00 430 Granato...7/29/00 424 Glass, F..5/20/00 420 Love, B..11/4/00 415 Wider, M..10/14/00 413 Lofing, M...7/16/00 407 House, R..8/12/00 402 Pellegrino, J..5/6/00

165 SQUAT 644 Conyers, T..12/2/00 610 Kiser, G.-5/13/00 606 Roy, M..5/6/00 600 Fleids, D..2/26/00 595 Reichert, G..17/16/00 578 Little, A..3/11/00 567 Tyree, J..3/11/00 560 Rivera, M..7/8/00 551 Wodraska, C..11/10/00

545 Cayer, A..5/6/00 540 Olson, G.-11/16/00 530 Snell, S.-4/100 530 Gill, U.-9/24/00 529 Flores, R..5/20/00 515 Jacobs, J..8/12/00 510 McCarthy, D..5/20/00 496 Duran, L.4/8/00 496 Alduenda, S..5/6/00 485 Welch..7/8/00

181 SQUAT 805 Kamand, T...11/18/00 650 Wambsgans, F...5/20/00 633 Olson, G...6/17/00 603 Olson, G...6/17/00 604 Wiley, D...6/10/00 601 Piermatiet, F...11/18/00 600 Zweig, G...5/20/00 595 Maile, L...10/21/00 580 Smoker, J...5/28/00 578 Scully, B...5/6/00 114 BENCH 235 Snell, K..1/29/00 215 Huneycuti, B..4/28/00 215 Muphy Jr., G..6/10/00 181 Leverett, A..4/15/00 159 James, A..4/15/00 143 Baker, N..5/20/00 143 Baker, N..5/20/00 143 Estroll, M..8/12/00 135 Lafferty, B..2/26/00

126 Gedney, J..1/29/00 126 Shear, J..3/18/00 126 Bowers, S..10/17/00 121 Mehmedbasich..1/29/00 121 Brigham, C..4/28/00 121 McNeely, V..11/16/00 120 Peterson, A..2/26/00 115 Ewing, P..3/18/00 115 Solan, C..10/17/00 110 Spaletto, C..2/20/00

123 BENCH 270 Garvey, F.4/30/00 270 Snell, K.-11/11/00 253 Barleen, D.5/6/00 254 Biggins, F.5/6/00 255 Gomez-Leon, S.-11/18/00 220 Murphy Ir., G.-3/18/00 220 Meadows, S.-12/9/00 215 Raburn, J.-4/30/00 214 Lamb, B.6/3/00

190 Muth, L.4/15/00 170 Galant, A.5/6/00 170 Taubman, H.11/17/00 166 James, A.6/24/00 165 Liberatore, J.-2/26/00 165 Patterson, C.8/5/00 159 Hicks, C.1/29/00 159 Jackson, D.3/18/00 159 Casper, P.4/28/00 154 Bryant, P.8/5/00

132 BENCH 305 Young, A..3/4/00 292 Corsello, J..5/6/00 275 Coisson, B..6/3/00 265 Wooddell, K..1/29/00 233 Kawazaki, N..11/10/00 220 Maulding, Q..3/11/00 220 Calhoun, B..3/18/00 220 Gomez-Leon, S..3/25/00 220 Holzbauer, D..5/6/00 215 Redding, J..4/1/00

214 DelGallo, R. 4/1/00 209 Rosen, I..5/6/00 209 Shivale, H. 1.5/6/00 209 Burgess, I..5/6/00 209 Kennedy, C..6/3/00 209 Boston, M. 10/28/00 205 Tantog, C..5/13/00 187 Napp, G.-4/30/00 187 Evans, C..8/26/00 181 Slein, E.1/29/00

148 BENCH 430 Heath, D..6/16/00 370 Yu, J..8/5/00 369 Bridges, A..5/6/00 369 Evangelista, F..8/5/00 363 Weingust, S..6/24/00 352 Lawrence, J..3/4/00 352 Lawrence, J..3/4/00 371 Lupis, F..12/2/00 335 Henderson..7/27/00 320 Larson, G...3/18/00 319 Weinstein, L..5/6/00

319 Stewart, S..6/3/00 315 Nellis, V..2/6/00 315 Colella, A..2/26/00 315 Ankroom, E..6/15/00 308 Lyeoka, B..4/8/00 308 Zerbe, S..6/10/00 305 Johnson, S..4/1/00 305 Granato.../29/00 300 Scribner, J...1/12/00 297 Collela, C..3/11/00

165 BENCH
481 Miller, L..5/6/00
479 Hara, M..9/16/00
435 Hamby, D..11/11/00
407 Higa, C..6/10/00
405 Craig, S..8/20/00
402 Conyers, T..9/9/00
402 Yu, J..9/16/00
400 Scardina, S..5/6/00
400 Santarone, N..12/16/00
385 Kiser, G..7/22/00

369 Herdling, B..2/20/00 369 Rivera, M..11/10/00 365 Walkins, B..5/13/00 363 Cayer, A.5/6/00 363 Tyree, J..11/17/00 360 Cardon, L.12/9/00 358 Marsheimer, D..11/17/00 352 McAllister, L..2/12/00 352 Roy, Mr..10/20/00 340 Vidal, A..5/13/00

181 BENCH 468 Reebe, B. 9/23/00 460 West, C. 4/1/00 450 Egil, R. 8/20/00 446 Ingram, R. 5/20/00 430 Green. 7/29/00 430 Wood, J. B/20/00 429 Zangl, G. 5/6/00 425 Kohler, S. 9/2/00 418 Kostergaard, I. 9/17/0 114 DEADLIFT
465 Snell, K..4/1/00
347 Bowers, S..10/17/00
341 Leverett, A..4/15/00
330 Musphy Jr., G..2/12/,
320 Bertoli, M..8/12/00
308 Snear, J..3/18/00
300 Scudder, A..9/24/00
286 Baker, N..5/20/00

281 Gedney, J..1/29/00 270 Austin, K..5/17/00 259 Tighe, T..3/11/00 259 Killikusskas..1/14/00 259 Higgins, L..11/14/00 253 Ewing, P..3/18/00 253 McNeely, V..11/16/00 250 Metcalf, P..3/25/00 242 Souza, M..8/12/00 236 Schoonmaker, L..11/4/00

123 DEADLIFT
479 Snell, K..11/11/00
440 Meadows, S..5/13/00
429 Barkeen, D..5/6/00
413 Lamb, B..6/3/00
395 Muth, L.4/15/00
380 Liberatore, J..2/26/00
374 Higgins, F..5/6/00
374 Galant, A..5/6/00
347 Jackson, D..3/18/00
341 Bryant, P..8/5/00

337 Patterson, C..11/17/0 336 Murphy Ir., C.8/12/0 325 Hayes, S..2/26/00 314 Hicks, C..1/29/00 314 McNulty, D..2/25/00 308 Casper, P.4/28/00 300 Rogers, D..7/22/00 270 Whidden, M..1/29/00 259 Howard, B.8/26/00

132 DEADLIFT
440 Rosen, I.-5/6/00
425 Redding, J.-4/1/00
424 Shivaie, H.-11/16/00
418 Stein, E.-10/17/00
407 Barleen, D.-4/28/00
407 Walker, J.-6/24/00
405 Kawasaki, N.-11/10/00
402 Corrello, J.-5/6/00
391 DelGallo, R..5/6/00

385 Tantog, C..5/13/00 374 Bishop, T..5/6/00 370 Landess, G..7/8/00 352 Burgess, I..5/6/00 352 Boston, M..10/28/00 352 Balze, M..5/6/00 325 Calhoun, B..3/18/00 315 Norris, M..4/22/00 310 Walker, S..11/17/00 308 Dingle, K..1/29/00

148 DEADLIFT 550 Johnson, S.4/1/00 550 Belt, D..10/28/00 545 Weinstein, L..5/6/00 530 Whitney, D..4/1/00 515 Payne, P..6/24/00 510 Heath, D..6/16/00 507 Bridges, A..5/6/00 500 Corat, D..11/5/00 496 Uyeoka, B..11/17/00 490 Houle, R..8/12/00

480 Brown...2/19/00 480 Love, B...11/4/00 479 Cortes, R..5/6/00 475 Ankrom, E..6/15/00 475 Evangelista, F.8/5/00 468 Cyr, A..5/20/00 462 Charles, R..5/20/00 460 Granato...11/17/00 457 Miller, T..8/26/00 451 Shivale, H...2/19/00

165 DEADLIFT
683 Conyers, T..12/2/00
670 Kiser, G..5/13/00
611 Cayer, A.5/6/00
606 Reichert, G..5/20/00
605 Crigliano, R.8/5/00
600 Tyree, J.3/11/00
600 Wahl, R.7/22/00
562 Nickele, J.5/20/00
560 Snell, S..4/1/00
556 Roy, M..10/20/00

551 Olson, G..2/12/00 551 Guthrie, G..5/6/00 550 Fields, D..2/26/00 545 Pithman, D..2/26/00 545 Pithman, D..2/26/00 545 Felton, D..6/25/00 540 Theodorou, N..4/29/00 540 Theodorou, N..4/29/00 540 Buddle, K..8/12/00 535 Rivera, M..7/8/00

181 DEADLIFT 705 Kamand, T..11/18/00 665 Woodley, L.8/27/00 633 Zweig, G..11/16/00 620 Alston, J.-7/1/00 606 Wright, C.6/10/00 606 Wright, C.6/10/00 600 Beck, G.2/27/00 589 Scully, B.5/6/00 584 Lynch, R.4/29/00 584 McMillan, G.6/25/00 114 TOTAL 1075 Snell, K.-A/1/00 832 Leverett, A.-A/15/00 795 Murphy Jr. G.-2/12/00 760 Bowers, S.10/17/00 694 Shear, J..3/18/00 655 Gedney, J..1/29/00 650 Baker, N..5/20/00 650 Solan, C..10/17/00 595 Eaton, P..3/18/00 585 Scudder, A...9/24/00

575 Bertoli, M..8/12/00 562 Killikauskas..11/14/00 556 Ewing, P..3/18/00 534 Tighe, T..3/11/00 518 Brigham, C..4/28/00 518 Alliminosa, D..10/17/00 518 Higgins, L.11/14/00 507 Mehmedbasich..4/30/00 501 Souza, M..8/12/00 468 Rodefer, J..5/20/00

123 TOTAL 1212 Snell, K..11/11/00 1036 Barleen, D..5/6/00 1003 Lamb, B..6/3/00 975 Meadows, S..5/13/00 947 Higgins, F..5/6/00 846 Salant, A..5/6/00 845 Murphy Ir., G..8/12/00 845 Liberatore, J..2/26/00 793 Jackson, D..3/18/00 749 Hicks, C..1/29/00

749 Casper, P.A/28/00 705 McNulty, D.2/25/00 650 Lopez, L.1/29/00 622 Howard, B.8/26/00 611 Whidden, M.1/29/00 610 Novik, J.6/15/00 600 Fruzyna, B.5/20/00 540 Abrams, S.2/29/00 505 Catron, D.9/23/00 445 Rogers, D.7/22/00

132 TOTAL 1058 Rosen, I...5/6/00 1052 Corsello, J...5/6/00 1015 Redding, J...4/1/00 975 DelGallo, R...4/1/00 975 DelGallo, R...4/1/10/00 974 Kawasaid, N...17/10/00 942 Stein, E..10/17/00 930 Hotzbauer, D...5/6/00 843 Bishop, T...5/6/00

837 Maulding, Q..3/11/00 837 Kennedy, C..6/3/00 790 Landess, G..7/8/00 782 Calhoun, B..3/18/00 782 Boston, M..10/28/00 760 Blaize, M..5/6/00 755 Dingle, K..1/29/00 715 Norris, M..4/22/00 705 Barleen, D..4/28/00 705 Middleton, L.5/20/00

148 TOTAL 1565 Heath, D..6/16/00 1394 Weinstein, L..5/6/00 1366 Bridges, A..5/6/00 1335 Johnson, S..4/1/00 1325 Payne, P.-6/24/00 1260 Belt, D..10/28/00 1267 Cyr, A..5/20/00 1250 Brown..2/19/00 1251 Whitney, D..4/1/00 1201 Mason, M...4/1/00

1180 Granato...11/17/00 1179 Charles, R...5/20/00 1173 Uyeoka, R...4/8/00 1162 Houle, R...8/12/00 1160 Cruz, R...7/8/00 1160 Meečins, J..12/2/00 1135 Griffith, P...5/13/00 1113 Cortes, R...5/6/00 1107 Lofing, M...7/16/00 1102 Corst, D...6/3/00

165 TOTAL 1730 Conyers, T..12/2/00 1655 Kiser, G..5/13/00 1510 Roy, M..10/20/00 1510 Roy, M..10/20/00 1504 Tyres, J..3/11/00 1482 Reichert, G..5/20/00 1455 Rivera, M..7/8/00 1455 Rivera, M..7/8/00 1455 Walk, R..11/12/00

1427 Olson, G..11/16/00 1410 Snell, S..4/1/00 1365 Jacobs, J..8/12/00 1350 Gill, U-9/24/00 1350 Gill, U-9/24/00 1340 McCarthy, D..5/20/00 1340 Mckch...11/18/00 1328 Alduenda, S..5/6/00 1328 Nickele, J..5/20/00 1321 Nickele, J..5/20/00

181 TOTAL 1925 Kamand, T..11/18/00 1620 Woodley, L..12/16/00 1592 Maile, L..10/21/00 1570 Zweig, G..5/20/00 1555 Wiley, D..6/10/00 1559 Scully, B..5/6/00 1532 Piermattel, F..11/18/00 1521 Wambagans, F..5/20/00 1570 Peck, G..2/27/00 1477 Petersen, D..5/20/00 578 Peterson, D.-5/20/00 567 Graham, D.-11/11/00 560 Beck, G.-2/27/00 551 Santos, R.-12/2/00 550 Harrison, M.-1/15/00 540 White, R.-4/1/00 540 White, R.-4/2/00 540 Egii, R.-5/20/00

198 SQUAT 665 Anderson, B..3/26/00 660 Kanemoto, K..2/12/00 650 Corsitto, J..11/18/00 650 Maslow, L..5/21/00 650 Sylvia, J..6/17/00 640 Newman, D..8/20/00 639 Richardson, K..3/11/00 639 Benford, G..5/21/00 639 Althinson, J..5/21/00 635 McDowell, J..6/17/00

628 Taghivand, B..11/11/0 622 Fersiter, G.:57/00 617 Lohman, M..5/7/00 611 Buljat, T..5/21/00 610 Lawrence, D..9/23/00 610 Bower, B..11/18/00 606 Rhodes, D..2/19/00 606 Traub, L..5/7/00 606 Johnson, B..6/3/00 606 Solan, D.11/12/00

220 SQUAT
720 Burlingame, D..10/29/00
720 Avigliano, J..12/3/00
705 Henderson, A.J..5/21/00
705 Black, J..5/21/00
699 Garcia, C..8/5/00
688 Roberts, S..10/21/00
666 Magoon, D..4/1/00
661 Delsignore, M..4/16/00
661 Mistric, L..12/3/00
660 Conklin, T..1/22/00

660 Ferro, B..10/29/00 644 Hasler, L..3/11/00 644 Pessell, G..11/16/00 639 Ruiz, L..5/21/00 615 Montembault, D..9/24/00 611 Musto, M..3/19/00 605 Eunaro, J..3/19/00 605 Eunaro, M..2/27/00 600 Beetley, B..4/2/00 600 Sample, L..4/8/00

242 SQUAT 804 Francis, M...11/11/00 766 Bruner, T..12/3/00 740 Black, J..6/18/00 694 García, C..12/3/00 690 Johnson, A..3/26/00 683 Ruquet, E..11/18/00 683 Henderson, A..11/16/00 675 Hendrix, R..4/15/00 661 Mistric, L.6/3/00 655 Hudyma, B..4/29/00

650 Davidson, D..3/18/00 650 Pace, L..5/20/00 650 Pace, L..5/20/00 650 Deverville, J.12/2/00 645 Moore, D..11/19/00 639 Cain, S..5/7/00 639 Edill, B..6/4/00 639 Hill, B..6/4/00 633 McDaniel, M..11/4/00 630 Farney, M..3/18/00

275 SQUAT 950 Balley, D..6/18/00 855 Nichols, B..5/21/00 850 Burlon, D..11/19/00 843 Florio, J..11/16/00 805 Dimiduk, M..3/3/00 804 Bentley, T..5/21/00 771 Meck, B..11/16/00 728 Wilson, B.8/13/00 727 Frizzell, M..4/30/00 720 Lewis, C..8/6/00

710 Israelson, M..11/16/00 705 Messinger, J..3/25/00 699 Surell, E..6/3/00 699 Herrier, T..11/11/00 688 Tarrus, W..2/19/00 688 Tarrus, W..2/7/00 683 King, J..3/11/00 677 Weeks, T..5/7/00 672 Pektol, S..4/9/00 670 Deutsch, L..11/19/00

SHW SQUAT 950 Hunt, J.R..11/19/00 900 Magee, J.-7/8/00 850 Branham, M.-2/26/00 815 Ford, J.-2/12/00 805 Safreed, R.-6/18/00 804 Lewis, C.-12/9/00 793 Lee, B.-8/27/00 766 Jacobson, B.-4/1/00 755 Wheeler.-11/19/00 727 Brink, G.-11/6/00

725 Graham, R..5/21/00 720 Meek, B..12/3/00 716 Doggendorf, M..5/21/00 705 Patrow, D..2/19/00 705 Brodeur, P..5/21/00 705 Pledger, J..11/4/00 688 Nyholm, K..8/13/00 683 Gresham, B..12/3/00 672 Mersberg,J..12/2/00 670 Cappocia, R..8/13/00 418 McAllister, L.11/18/00 415 Alstadt, G..3/18/00 415 Kamand, T.11/18/00 413 Maile, L.10/21/00 410 Allen, J.3/11/00 402 Tjan, J..3/18/00 402 Jones, J..11/17/00 400 LeSage, D..5/6/00 395 Dowling, M..11/18/00 391 Scully, B..5/6/00

198 BENCH 534 Herring, G..11/18/00 485 Newman, D..8/20/00 485 Piggee, D..11/18/00 485 Beebe, B..11/18/00 465 Kanemoto, K..2/12/00 465 Clayman, G..5/13/00 455 Palmer, C..7/29/00 451 O'Dwyer, R..4/30/00 450 Clark, Z..12/9/00 446 Sbalchiero, F..2/20/00

446 Miller, M..5/20/00 445 Cichelii..12/16/00 440 Lichtenberger, M..4/29/00 435 Edwards, J..5/20/00 439 Watson, D..7/22/00 429 Jekov, E.12/9/00 424 Gingg, R..6/25/00 420 Mattson, K..5/12/00 420 Wood, J..7/22/00 418 Fidler, J..6/4/00

220 BENCH 585 Yearby, A..8/26/00 529 Dooley, B..3/26/00 523 Beaudoin, S..2/12/00 507 Miller, N..6/4/00 501 Harrison, R..8/13/00 500 Pochiba, B..2/5/00 490 Foster, G..6/10/00 490 Bell, G...9/17/00 485 Barber, G..3/18/00

480 McMillan..7/6/00 475 Schoenebeck, N..10/14/00 470 Funaro, A..8/13/00 465 Braz, S...11/11/00 462 Lipscomb, L..2/5/00 462 Smith III, D..3/19/00 457 McKenzie, M...6/25/00 459 McKenzie, M...6/25/00 450 Blacketer, T..3/25/00 450 Sowder, T..4/22/00

242 BENCH 540 Lee, D.2/26/00 540 Thompson, A..1/19/00 535 Harvie, D.9/23/00 537 Dooley, B.3/6/00 500 Beler, G.8/20/00 500 Chrun, G.9/2/00 500 Blacketer, T.10/8/00 490 Walker, S.4/29/00 486 Rodriguez, J..6/25/00

485 Miller, N..8/13/00 485 Genet, P..11/11/00 485 Bruner, T..12/3/00 480 Dowers..6/18/00 479 Conley, J..3/26/00 479 Mulder, D..11/19/00 475 Gnat, P..2/26/00 475 Wilson, D..3/25/00 475 Wilson, D..3/25/00 475 Covert, J..6/10/00

475 Covert, J.-6/10/00 275 BENCH 610 Nelson, G.-4/15/00 560 Walker, B.-2/26/00 560 Klinger, B.-8/13/00 556 Thompson, A.-6/10/00 530 Lezzareschi, G.-3/19/00 535 Levis, C.-8/6/00 535 Deutsch, L.-11/19/00 530 Johnson, K.-8/13/00 529 Hood, R.-11/19/00

525 Bentley, T..3/26/00 525 Zupko, M..6/16/00 524 Moon, C..11/19/00 523 Andrews, D..11/19/00 520 Graube, J..3/18/00 520 Dini, F.4/15/00 520 Martin, B..11/4/00 513 Frostand Sr., D..11/19/00 507 Meek, B..4/15/00 507 Frizzell, M..11/10/00

SHW BENCH 639 Gillespie, B..11/19/00 635 Hunt, J.R..11/19/00 628 Manno, T..3/19/00 610 Tancil..7/26/00 578 Ramsey, A..12/9/00 567 Cutts, R.10/21/00 562 Lewis, C.12/9/00 551 Cain, M..5/21/00 500 Brown, P.6/25/00 529 Patterson, R..11/19/00

525 Graube, J..6/18/00 525 Turner, R..8/9/00 523 Lee, B..4/9/00 520 Cable, F..12/30/00 520 Thomas, L..4/15/00 520 Dini, F..6/3/00 520 Brust. 6/24/00 518 Young, R..11/19/00 515 Gertner, G..6/25/00 512 Lobins, B..9/16/00 S84 Maile, L.10/21/00 S84 Hagedorn, R..11/17/0 S75 Pirozzolo, T..2/27/00 S75 Piermatiei, F..11/18/0 S73 Zangl, G..5/6/00 S73 Petersen, D..5/20/00 S73 Graham, D..5/20/00 S73 Graham, D..5/20/00

198 DEADLIFT
720 Meyers...11/18/00
694 Cole, D..2/26/00
683 Fersiler, G...5/7/00
677 Traub, L..5/7/00
650 Clark, Z...12/9/00
625 Valchine, J..3/26/00
622 Lohman, M...5/7/00
622 Richardson, K...5/21/00
622 Dell, R...5/21/00

622 Johnson, D..11/17/00 622 Lewis, R..12/2/00 610 Anderson, B..3/26/00 606 James, M..6/4/00 606 Lynch, R..11/10/00 606 Taghivand, B..11/11/00 605 Butler, T..8/10/00 600 Rhodes, D..2/19/00 600 Shechan, M..2/27/00 600 White, E..3/19/00

220 DEADLIFT
734 McCoy, W..11/18/00
683 Stratton, D..11/18/00
677 Terman, M..5/7/00
675 Thomas..5/6/00
666 Hasler, L...3/11/00
661 Pessell, G..5/21/00
661 Ruiz, L...5/21/00
655 Burlingame, D...4/2/00
655 Musto, M..10/29/00
650 King, A...7/22/00

644 Clark, D..5/7/00 640 Funaro, A..2/27/00 640 Ferro, B..10/29/00 639 Fisher, K..3/19/00 633 Dienelt, D..5/7/00 633 Dienelt, D..5/7/00 630 Conklin, T..1/22/00 628 Sample, L.4/8/00 628 Mistric, L.12/3/00 625 Beekley, B..4/2/00

242 DEADLIFT
760 Davidson, D..3/18/00
727 Cain, S..5/7/00
727 Francis, M..11/11/00
716 Harper, R..10/22/00
705 Cooper, W..12/3/00
699 Mazmanian, J..11/16/00
690 Capello, J..11/19/00
688 Barclay, B..11/16/00
675 Pace, L..5/20/00
675 Bartholomew, G..7/30/00

665 Davis, B..12/16/00 661 Bruner, T..12/3/00 650 Gomes. 3/12/00 650 Panaro, F.8/27/00 650 Poiskill, B..11/19/00 645 Gregory, J..12/9/00 645 Gregory, J..12/9/00 630 Campbell, P..3/26/00 630 Hendrik, R..4/15/00 630 Steele, G..4/29/00

275 DEADLIFT
771 Nichols, B..5/21/00
725 Glsondi, P..2/2/00
722 Hodges, J..2/27/00
710 Dimidul, M..4/2/00
705 Meets, B..4/15/00
700 Bentley, T..3/26/00
689 Pektol, S..4/9/00
681 Capps, J..2/27/00
680 Lewis, C..8/6/00

672 Morgan...10/14/00 670 McGeorge, B...7/1/00 661 Kraft, D...3/19/00 661 Brooks, T...11/19/00 660 Rgnonti, D...10/28/00 655 Phillips, B...3/5/00 650 Peterson, K...8/13/00 650 Duesberry, D...11/4/00 644 King, J...3/11/00

SHW DEADLIFT
788 Brink, G.-4/15/00
749 McCullough, T.-6/25/00
733 Barlow, R.-8/5/00
710 Pope, J.-12/9/00
705 Lewis, C.-12/9/00
700 Hunt, J.R.-11/19/00
699 Doggendorf, M.-5/21/00
683 McClune, B.-8/26/00
683 Lee, B.-8/27/00
672 Curtis, P.-1/22/00

670 Wright...7/8/00 670 Meek, B..12/3/00 665 Saunders, N...1/22/00 661 Brodeur, P...5/21/00 661 Stout, T..12/2/00 660 Jacobson, B..4/1/00 650 Burtzloff, B...5/6/00 650 Pecktol, S..11/19/00 650 Pecktol, S..11/19/00 645 Ford, J...6/18/00 1460 Lynch, R..4/29/00 1444 Zangl, G..5/s/00 1444 Egli, R..5/20/00 1444 Egli, R..5/20/00 1420 Harrison, M..1/15/00 1416 Santos, R..12/2/00 1415 Johnson, S..4/2/00 1405 Baker, M..12/9/00 1400 Plush, P..4/15/00 1399 White, R..4/1/00

198 TOTAL 1658 Richardson, K...3/11/00 1656 Traub, L..5/7/00 1655 Kanemoto, K...2/12/00 1650 Anderson, B...3/26/00 1650 Clayman, G...11/18/00 1647 Fersiter, G...5/7/00 1614 Maslow, L..5/21/00 1605 Newman, D...10/29/00 1598 Cole, D...2/26/00 1598 Taghivand, B...11/11/00

1592 Lohman, M..5/7/00 1581 Burgess, C..4/1/00 1570 Byas, A..5/7/00 1570 Lewis, R..12/2/00 1565 Dell, R..5/21/00 1565 Benford, G..5/21/00 1539 Altinson, J..5/21/00 1530 Sylvia, J..6/17/00 1530 Sylvia, J..6/17/00

220 TOTAL 1760 Burlingame, D..7/8/00 1741 Pessell, G..5/21/00 1730 Hasler, L.3/11/00 1730 Roberts, S..5/7/00 1730 Ferro, B..10/29/00 1722 Avigliano, J..12/3/00 1705 Funaro, A..8/13/00 1697 Mistric, L..11/4/00 1680 Magoon, D..4/1/00 1660 Conldin, T..1/22/00

1658 Ruiz, L.5/21/00 1647 Musto, M..3/19/00 1642 Henderson, A.J..5/21/00 1631 Sample, L.4/8/00 1603 Black, J..5/21/00 1598 Dienelt, D.5/7/00 1598 Dienelt, D.5/7/00 1590 Montembault, D.9/24/00 1580 Beckley, B..4/2/00 1576 Clark, D..5/7/00

242 TOTAL 1984 Francis, M...11/11/00 1912 Bruner, T...12/3/00 1829 Cain, S..5/7/00 1785 Davidson, D..3/18/00 1757 Barclay, B...11/16/00 1755 Ruquet, E...11/18/00 1714 Mazmanian, J...11/16/00 1710 Pace, L...5/20/00 1705 Hendrix, R..4/15/00 1705 Hudyma, B...4/29/00

1703 Deverville, J..12/2/00 1686 Henderson, A..17/16/00 1685 Calhoun, R..6/18/00 1681 Sandberg, S..6/17/00 1675 Capello, J..3/19/00 1655 Moore, D..6/18/00 1658 Mistric, L..6/3/00 1658 Harper, R..10/22/00 1653 McDanlel, M..11/4/00 1640 Black, J..6/18/00

275 TOTAL 2132 Nichols, B..5/21/00 1995 Bailey, D..6/18/00 1995 Bailey, D..6/18/00 1935 Lewis, C..8/6/00 1934 Meek, B..4/15/00 1929 Florto, J..11/16/00 1915 Dimiduk, M..4/2/00 1829 Frizzell, M..4/30/00 1818 Weeks, T..5/7/00 1802 Wilson, B..8/13/00

1791 Hammes, W...2/19/00 1785 Pektol, S..4/9/00 1776 Messinger, J..3/25/00 1750 Burton, D...11/19/00 1719 Tarrus, W...2/27/00 1719 McDaniel, M...6/3/00 1719 Harrier, T...11/11/00 1714 Capps, J..8/13/00 1708 King, J..3/11/00 1708 King, J...3/16/00

SHW TOTAL
2285 Hunt, I.R.:11/19/00
2083 Lewis, C.:12/9/00
1989 Lee, B.:8/27/00
1918 Brink, G.:11/16/00
1910 Safreed, R.:6/18/00
1900 Safreed, R.:6/18/00
1900 Meek, B.:12/3/00
1865 Ford, J.:2/12/00
1851 Doggendorf, M.:5/21/00
1824 Cain, M.:4/30/00

1768 Nyholm, K...8/13/00 1765 Wheeler...6/18/00 1763 Brodeue, P...5/21/00 1755 Saunders, M...1/22/0 1752 Jacobson, B...4/1/00 1745 McCullough, T...5/27 1741 Burtzloff, B...5/6/00 1719 Pledger, J...4/8/00 1719 Wetzel, M...4/2/00 1710 Pope, J...12/9/00



Leamon Woodley represents excellence in both the Masters and Military categories of the 181 lb. class. (Brian Baertlein photo)



There were errors in the report of the AWPC World Championships (p.14 January 2001 PL USA). David Solan, seen squatting above, actually made a 606 squat and 1537 total in the 198 lb. class and he also won the Best Lifter for the Masters in the Heavyweight Division (trophy seen below). Mr. Solan had a record breaking 633 deadlift in 1999 that was not reflected on the TOP 100 listing for the 198s. (photographs courtesy of Solan)



2000 WPL/USPF Worlds (kg)

	. 00 - 0	orpu	s Chr	isti, IX		1100		-	1-0	
BENCH MEN		242 F. C	astaned	. 10	2.5	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \		-	- 4	
Open		308				W. THE		-		1
F. Lupis	157	M. I	vey ters 50-	19	7.5		33	0	4	
B. Carr		5 242				No.	1			W
181 S. Battista	147	E. St. 5 275	nith	15	2.5					1
K. Taylor		5 B. W			7.5			2 5		8
198 J. Waters	172	Mas 5 220	ters 55-	59				The same		II.
220		F. Si	lva Sr.	12	5			600		
J. Guerra M. Valverde	192.	5 Mas 220	ters 70-	74		Ed Coan				
242		L. Ta	ylor			a whippy	bar a	nd pa	ssed l	his .
F. Silva Jr. 308	182.	5 Polic 181	e/Fire			squat at i				
L. Polk	250	S. Ba	ttista	14	7.5	pionships	, effec	ctively	endir	ngt
Junior 15-16 308		198 J. Wa	tere	17:		day's qui	est fo	ra.	2500	to
S. Mc Elroy	137.	5 220				(photo co	ourtes	y Per	dergi	rass
Junior 18-19 220		M. H	lenry	177		. King	280	195	102.	
M. Etheredge	182.	5 P. Re	driguez		2.5	275		193	102.	3 3
Junior 20-23 198		F. SH 275	va Jr.	182		5. Etheredge Submaster 35-3	250	167.	5 250	6
M. McCumb	162.	B. Re	ctenwa	ld 197	7.5	181				
275 M. Long	195	Oper				r. May 198	220	107.	5 205	5
Submasters 35-		114		territary.	J	. Vasquez	270	175	282.	5 7
198 E. Wilkinson	215	123	ristoph	er 52.		. Linn 3. Hurt	275 250	152. 157.		5 6
220		S. Rin	10	105	5	i. Saxby	182.			5
M. Henry E. Carper	145	132 P. Ma	Cormic	k 72.		42 M. Christian	262.5	197.	5 252.	5 7
242		Subm	aster	- /	1	. Valdez	210	160	142.	
T. Arnold Masters 40-44	177.5	114	ristophe	er 70		75 N. Singleton	305	190		
242		123				L. Norris	62.5	62.5	315 292.5	5 4
D. Kyle G. Pamplin	210 195	S. Rin Junio		105		Master 40-44 81				
Masters 45-49		16-17			R	. Santos	250	147.5	245	64
148 S. Weingust	162.5	132 R. Bro	cato	70		. Sanders . Smith	235	132.5		59
F. Lupis	157.5			/0		98	160	142.5	192.5	49
		132 M. Da	avle.	45		l. Creech	232.5			
Powerlifting	SQ	BP	DL	TOT). England 20	125	105	160	39
MEN Open						Mistric	300	180	285	76
148						. Jasperson 42	237.5	182.5	257.5	67
T. J. Hoemer M. Duhon	262.5 205	140 125	250	652.5		Bruner	347.5		300	86
165	203	123	210	540		. Garcia 75	315	117.5	265	69
. Tyree 181	252.5	157.5	262.5	672.5		1. McDaniel	300	187.5	280	76
M. Knight	217.5		270	642.5		. Bryant	277.5	157.5	255	69
C. Taylor C. Brandon	192.5 190	137.5		557.5 547.5		laster 45-49				
. Battista		142.5	213	347.3		Tyree	252.5	157.5	262.5	67
98 P. Burch	272.5	172.5	280	725		75 Putnam	277.5	187.5	250	
. Linn	275	152.5	295	722.5	30	08	2//.3	107.3	250	71
A. Mangum	282.5 252.5	170 190	247.5 255	700 697.5		Gresham aster 50-54	310	172.5	272.5	75
. Ohland	230	155	240	625	18					
20 . Mistric	300	180	285	765		Boutte Leverett	235	137.5 152.5	235	60
. Derry	272.5			745	19	8	200	132.3	227.5	58
. Coan	450	255	385	1090	B.	Johnson	265	102.5	235	60
. Bruner	347.5	220	300	867.5		Rapier	262.5	150	227.5	64
4. Griffin 4. Blankeley	320 262.5	190 215	312.5 295	822.5 772.5	24	Smith	272.5	152.5	245	
. Tougaraki	272.5	197.5	290	760	27		2/2.3	132.3	245	670
42 Cunnane	260	210	267.5	727 5		Wright	165	147.5	187.5	500
75	200	210	207.3	737.5	22	aster 55-59 0				
Fowler I. McDaniel	327.5 300	187.5	307.5			Bodden	165	137.5	197.5	500
08	300	187.5	280	767.5	27 W.	Morris	252.5	172.5	240	665
. Labare HW						Clonce	250	150	242.5	642
Lopez	317.5	245	292.5	855	24	aster 60-65 2				
Griffin	245	140	220	605		Rood	227.5	160	245	632
14					19	aster 65-69 8				
Seward 23	82.5	52.5	92.5	227.5		Dumoit	115	77.5	137.5	330
O'Quinn	92.5	57.5	120	270	19	ster 70-75				
08 McElroy	140		220	407.		DeMello	75	75	155	305
nior 16-17	140	137.5	220	497.5	22 L	Taylor			155	155
18					Ma	ster 75+				
Lorenz nior 20-23					19 R.	Monahan	90	70	130	290
13					Po	lice/Fire		PACE AND DESCRIPTION OF THE PERSON NAMED IN COLUMN TWO IS NOT THE PERSON NAMED IN COLUMN TWO IS NAMED IN		-30
Finklestein 18	140	72.5	165	377.5	16. A.	Ellis	170	137.5	235	542
. Hoemer	262.5	140	250	652.5	18	TOTAL S				
Garber Garber	197.5	122.5	237.5	557.5		Garber Battista	197.5	122.5	237.5	557
Ellis				207.3	190	The state of				
8 Lorenz	287.5	170	255	712.5		Creech	232.5 227.5	162.5		637
2					220)		130	250	607
Steiner	315	192.5	295	802.5	T. E	Derry	272.5	200	272.5	745



4/3				
W. Morris	252.5	172.5	240	665
B. Gresham	310	172.5	272.5	755
WOMEN Open				
Junior 16-17				
C. Boutte	112.5	50	130	292.5
M. Baker 132	80	40	100	220
R. Brocato	130	70	145	345
Junior 18-19 105				
J. Ellis	102.5	45	112.5	260
K. Smith	100	37.5	110	247.5
D. Bartek	115	57.5	135	307.5
148 A. Bush	165	62.5	145	372.5
S. Perez	And the last			3,2.3
Junior 20-23 148				
B. McMillion Submaster	117.5	75	162.5	355
114				
L. Christopher 123	45	52.5	100	197.5
S. Rinn	145	105	142.5	392.5
Master 40+ 198				
S. Barbee	180	120	192.5	492.5
Best Lifter-Open I 123: Valerie Tyre	e; Best	Deadlift	- Men	242: Ed
Coan; Women 1 Men 242 Ed Coa	23: Vale	rie Tyre	e: Best	Bench -
Squat - Men 242	Ed Coa	n: Won	en 123	Valerie
Tyree. Record est master American	ablished	- Susan	Rinn: 1	123 sub-
State Record BP,	123 Ope	n Wom	en State	Record
Single Lift BP, 123 submaster State R	submast ecord Si	ter State ngle Lift	Record BP: Ma	BP, 123
tian: 242 Police :	State Re	cord Sq	uat, 24	2 Police
	CHEST ES	- Carrie	A LES	THE REAL PROPERTY.
PRES	C D	CIF	ACE	. 0
Bill C	raw	forc	es	tabli
for Po	owe	rlifti	not	N/ P
benc	n pr	ess	by	Tori

n February 10, 2001. ished a new standard stablishing the highest rmula at a sanctioned powerlifting meet - ever. At the Iron Island Classic in Oceanside, NY, Bill pressed an incredible 750 pounds at a bodyweight of 275! In the last few years, Bill has established himself as one of the most respected and knowledgeable strength and speed trainers in the entire Northeast, Prior to his 750 Bench Press, Mr. Crawford was already a 9 time World Record Holder for the Bench Press. Bill is currently Head Trainer at the Adirondack Nautilus in Queensbury, NY. Currently in the prime of his Powerlifting career, Bill is in training himself and working with several athletes for Powerlifting meets taking place throughout the year 2001. Mr. Crawford holds an Associates Degree and Multiple Training Certifications. An advocate for safe lifting techniques and the proper use of protective equipment like wraps and belts; Bill spends most of his time assisting athletes and coaches excel into their upcoming sports events and seasons."

Get PLANET MUSCLE™FREE!

The World's Most Complete Muscle Building and Nutritional Mag is FREE! Bodybuilding, Strength and Size, Definition, Power and Olympic Lifting, Sports Training and Honest and Real Information on Food Supplements!

Call Now 800.940.5978 For Your FREE Issues!



Jeff Everson's PLANET MUSCLE™ is FREE! "Muscling In On Bodybuilding Truth!" 800.940.5978

PLANET MUSCLE is the fastest growing, most unique, complete, uninhibited and controversial TOTAL IRON magazine ever! Its revolutionizing the bodybuilding magazine marketplace because you get all honest up-to-date information FREE. (You don't even pay postage.) Call us today at 800.940.5978 or subscribe easily online. Visit us at www.planetmuscle.com. Or send in the handy subscription form at the right! Start getting the BEST magazine on the market today!

WATCH PLANET MUSCLE WEEKLY ON E! ENTERTAINMENT CABLE!

See Ericca Kern, Gea Johnson, Lena Johannesen Vince Taylor, Melissa Coates, Chris Lydon, Jeff Everson, Sherry Goggin, Paul Dillett and other bodybuilders and fitness stars.

PLANET MUSCLE airs the first 3 Thursdays of every month on E! It can be seen at 6 a.m. both Eastern and Pacific and 5 a.m. Mountain and Central. Set your VCR's! (Dish subscribers, contact your dish company for times)

> CALL 800.940.5978 www.planetmuscle.com

Subscribe 1	
Planet Muscle	Magazine!

Name	TOTAL STREET, SALES AND ADDRESS OF
Address	Little or To The Party of the Table
City	Lucian In the St. St.
State	Chief aver wall about the month
Zip	THE PARTY OF MALE SPECIAL REPORT OF THE PERSON.
Phone	· · · · · · · · · · · · · · · · · · ·
Email	The area of the same of the

Planet Muscle Magazine PO Box 260500 Highlands Ranch, CO 80163

White's Truck Stop/Augusta YMCA Bench Press Classic

14 00	UU -	Staumton, VA	
BENCH		TEENAGE	
FEMALE		R. MCMELLEN	415
105		20-23	
A. MAMOLA	145	K. GARBER	270
148		35-39	
J. ROBERTSON	215	A. JOHNSON	365
165		220	
C. WILLIAMS	285	K. KENYON	465
198		50-59	
S. MAYO	75	J. SMITH	
MEN		242	
132 Open		W. MCCOMBS	500
D. CLOPTON	210	G. MADDOX	430
148 OPEN & 40-4	49	35-39	
F. LUPIS	340	J. HOOVER	425
181		275	
C. MCFARLAND	370	S. STAPLETON	450
S. DATTISTA	300	SUPERS	
B. HELTZEL	230	M. MAYNARD	520
198		J. CROWDER	460
OPEN & 40-49			
D. WATSON	425		

A VERY SPECIAL THANKS TO ALL THE SPOTTERS/ LOADERS, JUDGES AND TO DAVE WHITE THE MEET SPONSOR FOR A GREAT TIME AND A GREAT MEET. LOOK FOR THE SPRING MEET

USAPL Central USA (kg) 04 NOV 00 - Cape Girardeau, MO

82.5

82.5

47.5

82.5

117.5

102.5

112.5

182.5 Teen 18-19 155 J. Thiele

S. Kramer P. Andrich

275+ Master 45-49 E. Finnell

87.5 40 112.5 235

57.5 32.5 107.5 197.5

77.5 42.5 105 225

57.5 32.5 107.5 197.5

97.5 67.5 137.5 302.5

115 57.5 115 287.5

137.5 62.5 142.5 342.5

107.5 47.5 127.5 282.5

75 32.5 110 217.5

82.5 35 107.5 225

77.5 55 112.5 245

87.5 190

67.5 35

47.5 112.5 257.5

DL

BP SQ

R. Scholz Teen 18-19 D. Farrar Master 40-44 G. Ludwig G. Heleine

Master 45-49 J. Bell

Open M. Post Master 40-44 M. Post 165

Teen 14-15 L. Pledger MEN 132

Open J. Hunn 148 Masters 60-64 I. Zwick 181

Open
D. Madere
K. Hazlett
J. Stanley
R. Petzoldt
J. Neal
WOMEN
105

Teen 14-15

L. Schoonmi Teen 14-15 Jes. Ray M. Mayer Teen 16-17 A. Jackson Masters 40-44 L. Schoonmake

Teen 18-19 L. Schaefer

Teen 14-15 L. Pledger Teen 16-17 S. Vidmar

181 Teen 16-17 A. Thomas

Open D. Hicks

155 150 117.5

115

155

115

130

152.5 150 120

215 187.5

147.5

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.

132					Open				
Open					K. Dickson	202.5	107.5	200	510
l. Hunn	105	82.5	155	342.5	Teen 16-17	200	25	22	
148					J. Stratton	167.5	115	195	477.5
Open					D. Phillips	137.5	95	155	387.5
. Dixon	205	115	217.5	573.5	Novice			NAME OF	
R. Accardi	165	95	177.5	437.5	S. Kaufman				
Teen 18-19					181				
R. Accardi	165	95	177.5	437.5	Open				
Masters 40-44					T. Scagliarini	242.5	155	222.5	620
B. Coleman	165	127.5	182.5	475	I. Bell	180	110		492.5
Masters 60-64					Teen 14-15				
. Zwick	65	117.5	65	247.5	N. Gentges	152.5	102.5	175	430
165		-			Masters 45-49			(1) (a)	

J. Bell	180	110	202.5	492.5
198				
Open				
D. Madere	262.5		240	697.5
R. Williams	250	172.5		672.5
R. Petzoldt	212.5		250	632.5
K. Richardson	245	150	225	620
G. Ludwig	242.5		220	617.5
J. Neal	227.5		227.5	615
G. Brumn	182.5	127.5	177.5	422.5
Masters 40-44				
G. Ludwig	242.5	155	220	617.5
R. Scholz				
220				
Open				
R. Lawary	295	182.5	300	777.5
M. Bauman	272.5	155	240	667.5
M. Mitchell	255	150	247.5	652.5
S. Riley	185	120	200	505
Teen 14-15				
M. Orender	170	85	165	410
Novice				
E. Williams	207.5	120	235	557.5
S. Riley	185	120	200	505
242				
Open				
T. Stanley	255	172.5	250	672.5
K. Nance	170	115	202.5	487.5
Novice	THE STATE OF	170000		
R. Moses	220	155	230	605
275				003

CREATINE / RIBOSE

CREATINE Powder \$26.39 2000 gram / \$59.99 \$35.99

RIBOSE Powder gram / \$5. \$35.99 RIBOSE-2500 MG 90 capsules / \$48.99 \$29.39

ANDRO PRODUCTS

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

5-DIOL 250 250 mg, 5-Androstenediol FOR POTENT ANABOLIC EFFECTS ESTOSTERONE BOOSTING PROPERTIES

60 capsules - Reg. \$23,37 \$38.95

3 ANDRO XTREME t - L-Phenylalanine - L-Lyrosine - Caffenine 4-Diol, 5-Diol, 19-Nor 60 capsules / Reg. \$39.95 \$23.97

VITAMINS AND PAKS

SUPER MULTI PAK \$13.75

> PRO PAK \$17.99

VIT-A-DAY

MUSCLE WORLD, LTD.

FATBURNING DYMETADRINE 750 XTREME
600 mg Ephedra Extract 8% - 300 mg L-Phenylalanine ra Extract 8% - 300 mg L-1 200 mg Caffeine - 100 mg 00 capsules / Reg. \$29.95 \$17.97

PURE PROTEIN COOKIE Reg. \$30.00 \$21.90

SPORT DRINKS

PRO COMPLEX "The Drink"

Reg. \$50.00 \$35.95

ANABOLIC ACTIVATOR

24 oz. bottles - 20 per case of activators such as Dibeno 32 g. Protein 75 g. Carbs

EXTREME PURE PROTEIN DRINK

24 oz. bottles - 20 per case s, or sugars - lust 42 grams of whey protein Reg. \$50.00 Close Out! \$37.00 NOW \$27.00

NITRO GLYCEROL 24 oz. bottles - 20 per case rbs, fats, or sugars -lt's DYN-0-MITE! otein, 40g Glycerol, 200mg Ma Huang, and 40mg Niadin Reg. \$50.00 Close Out! \$39.00 NOW \$29.50

RAZOR z. bottles - 24 per case f Ma Huang and Guarana with L-Carnitre im Picolinate - Only 90 calories

PROTEIN COOKIES

PROTEIN POWDERS AMINO ACIDS

100% WHEY Protein Powder 5 lb / Reg. \$39.99

AWESOME \$23,99 DEAL!

NITRO AMINO 1001 \$15.00

GLUCOSAMINE plus CSA capsules / Reg. \$35.98 \$17.99

PRO COMPLEX POWDER FAT \$37.79

EGG D'LITE 2 b. / Reg. \$34.95 \$17.95

> MIGHTY ONE Weight Gainer 8 lb. / Reg. \$29.97 \$17.98

PROTEIN BARS

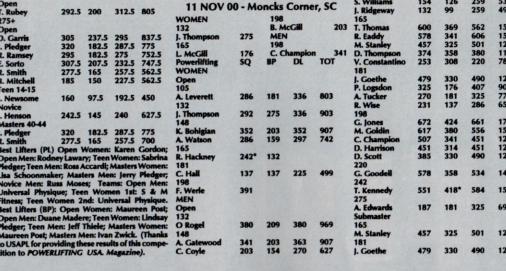
PURE PROTEIN BAR \$23.88

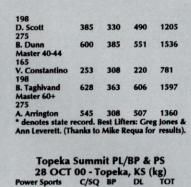
THERMO SPEED BAR phedrine, Caffe Reg.\$21.00 \$17.52

SHIPPING \$6.00 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 YOUR ORDER MAY B

1-800-272-0051

USAPL Southeastern US Meet 154 Open T. Rubey 275+ Open D. Garris J. Piedger R. Ramsey E. Sorto R. Smith B. Mitchell Teen 14-15 J. Newsome Novice J. Henson Masters 40J. Piedger R. Smith 11 NOV 00 - Moncks Corner, SC 312.5 805 562 606 501 380 220 1531 1525 1283 1112 781 305 237.5 295 837.5 320 182.5 287.5 775 295 182.5 275 752.5 307.5 207.5 232.5 747.5 277.5 165 257.5 562.5 185 150 227.5 562.5 479 325 270 231 330 176 181 137 490 407 325 286 1299 908 776 654 181 242.5 145 240 627.5 672 617 507 451 385 424 380 341 314 330 661 556 451 451 490 320 182.5 287.5 775 277.5 165 257.5 700 I (PL) Open Women: Karen Gordon; Rodney Lawary, Teen Women: Sabrina en Men: Ross Accardi; Masters Women: 132 Pledger, Teen Men: Ross Accardi; Masters Women: Lisa Schoonmaker; Masters Men: Jerry Pledger, Novice Men: Russ Moses; Teams: Open Men: Universal Physique; Teen Women 1st: S & M Fitness; Teen Women 2nd: Universal Physique. Best Lifters (BP): Open Women: Maureen Post; Open Men: Duane Madere; Teen Women: Lindsay Pledger, Teen Men: Jeff Thiele; Masters Women: Maureen Post; Masters Men: Ivan Zwick. (Thanks to USAPL for providing these results of this competition to POWERLIFTING USA. Magazine). 137 1553 418* 584 551 203 154 1299





13c

70 331 86

140

104

129

127

163

181

165

120

143

113

129

204 163

125

122 211

227 340

215 547

698

250 213 210

152 272

177

L. Betzer Bench Press Novice

280 B. Holms-P

Sm2 227 S. Venable M2 187 J. Adcox-F

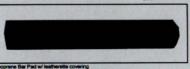
145 331

POWERLIFTING PARAPHERNALIA













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 1-405-275-379 Fax Call TOLL FREE - Orders Only

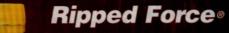
1-800-272-0051

		M3 227 T. Billings Powerlifting Yout	h
		T. Kennedy	121p
Training straps Style #2 (1 1/2' - 2")	Mega Power Hooks / padded - pair	66	
cotton or nylon \$6.00	\$19.95	K. Warring	120
		C. Jennings	134
2	See Plant	T. Rustard	109
		154 - P	
10 4 2	Q- Hayland	D.Henderickson	122
		Powerlifting	SQ
9 - 2 3		Novice	
	A LANGE OF THE REAL PROPERTY OF THE PARTY OF	148	
0 4		M. Warring-W	75
7 6 5	- Comment of the Comm	178	
0		M. Webb-W	52
Pump Time Clock	Autographed Color Picture Of Rickey Dale Crain (8 x 10)	Teen	
\$20.00	\$7.00	128	
		J. Dunn	50
Voluntaries?		Nat	
	PRANT BE BE	154	
28767555	PKAINS	J. Cantwell	
diam's	MISCOL AUT.	Pure 170	
		M. Cairns	170
		280	170
		J. Mellon	286
4500	and appreciately	Sm1	200
and the same of th		170	
	Crain's Muscle World, Ltd.	R. Cairns	218
Ridgeview Sloppy Socks - white \$7.25	Sports Towel - 26" x 44"	187	
	\$8.00	E. Williams	202
		227	
Vitte	POWERLIFTING World's Greatest	K. Parrish	250
an interest	Sport	J. Warring-P	204
A STORY A	CONTRACTOR OF THE PARTY OF THE	D. Robbins	204
THE BUTE	The All New	280	
112	YEAR 2000 Catalog	J. Mellon	268
		Sm2	
The Seven Pack #570	These Items At No Charge With Order	D Disks	261

B. Blake 261 179 256 697
P-after name designates a police officer, W-designates a women; F-is for firefighters; SO- is for special olympic. We wish to express our thanks and appreciation to all who came to the Topeka power lifting meet. We were especially proud of the Special Olympic lifters and the youth lifters. They all did an outstanding job. We also want to thank everyone who helped with judging and loading. You all had part in making this meet a SUCCESS. (Thanks to Jim & Kathy Duree for providing the results of this meet to Powerlifting USA).

182.5 72.5 165 420 182.5 72.5 165





THE PROFILE

WHAT

- Hyper- thermogenic formula20 mg ephedrine
- 100 mg caffeine250 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 ★

- Fruit Punch Orange
 - Pink Grapefrui

SPEED

STACK

Speed Stack™

THE PROFILE

- Power and energy
- Only 5 calories 24 mg ephedrine

WHAT

- 11 mg synephrine200 mg caffeine

ASPARTAME FREE

WHY

When you need maximum physical and energy with minimal calories, SPEED STACK™ deliversl★ SPEED STACK™ contains a powerful amount of ephedrine, synephrine and caffeine with only 5 calories. This awesome 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
- 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.*

- Fruit Punch
- Grape
- Orange

Inferno™

THE PROFILE

WHAT

- Thermogenic and mass
- 20 mg ephedrine
- 75 mg caffeine 239 mg L-carnitine
- 160 calories

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!

- Fruit Punch
 - Grape

A FORCE IN THE GYM *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.







		ench Press Cl Hopewell, V	
WOMEN		181	
Open		W. Craig	350
131+		P. Baker	350
K. Phillips	205	K. Parker	300
RAW	203	220	300
130		A. Read	385
B. Beasley	135	D. Ward	380
T. Cooper	115	T. Love	335
131+		L. Mason	300
D. Peagram	180	275	300
S. Combs	175	I. Holmes	330
MEN		Teen	330
Open		181	
165		K. Harris	245
K. Feels	325	242	
198		C. Harris	315
I. Kuhns	430	Police	
G. Ferrell	400	181	
I. Thompson		W. Craig	350
275		198	
D. Pullen	370	J. Harper	320
Open - Masters		275	
40-49		J. Henry	385
148		SHW	
S. Zerbe	300	B. Sandy	390
181		Master	
M. Baker	335	40-49	
220		181	
S. Morris	455	J. Alston	280
242		198	
J. Giles	430	J. Hansen	325
50-59		50-59	
198		181	
T. Mitchell	330	L. Cooper	225
275		198	
J. Von Rohr	375	R. Nelson	260
70+		220	
SHW		D. Taylor	300
B. Harris	280	60-69	
RAW		165	
165		J. Miller	135
S. Gay	315	70+	
B. Dubich	275	220	
D. Montena	200	D. DeCaprio	220

USAPL	Michigan State	
	00 - Lansing MI	

		chigan State - Lansing, M	
BENCH	JV 00	Open Open	
WOMEN		S. Mc Ginnis	440
148		B. Hislop	400
T3		MI	-
A. Meldrum	135	M. Mellinger	360
M 2		M2	
F. Taylor	130	B. Thayer	365
M3		M4	
S. Lumbert	135	R. Hemenway	320
198		J. Bradski	295
M2		M5	
S. Lipinshi	100	C. Soles	375
MEN		242	
114		Open	
T2		B. Lipinski	400 395
D. Dewater 148	145	R. Abfalter	395
M 2		P/F B. Stears	430
K. Romo	245	M1	430
165	243	R. Zimmerman	335
Open		M3	333
J. Smith	300	G. Washington	330
D. Mogge	285	M5	
Raw		M. Marsh	370
P. Shann	320	275	
M. Spencer	250	Open	
M1		M. Warner	475
D. Stain	225	M1	
181		B. Martin	520
SM		M2	
F. Stokes	300	B. Johnson	385
Open		319	
M. Coleman	435	Open	470
V. Mahaffey M1/Open	400	M. Sanders DEADLIFT	4/0
I. Marks	375	MEN	
198	3/3	148	
MI		M7	
D. Horn	310	L. Slotnick	85
M3		181	
M. Varig	310	SM	
220		R. Boogaard	485
SM Raw		198	
J. Champion	405	Open	
Raw	Waster of the last	O. Fidelino	440
J. Valpatic	280	275	
		M3	***
		M. Miller	400
Powerlifting	SQ	BP DL	TOT
WOMEN			
97			
T2	105	00 225	500
E. Dickey	185	90 225	300

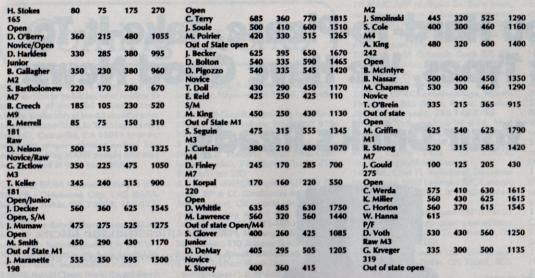
CRAIN

Buy 4 Get 1 FREE

105					Open/Junior					T2				
T1					K. Reske	325	155	380	860	D. Kibler	445	230	490	1165
C. Nogle	160	75	200	435	M2					J. Nonley	390	215	445	1050
114					D. Cairns	65	45	85	195	165				
T2					181					T1				
C. Jacobs	235	110	260	605	TI					C. Saltzman	295	140	360	795
M9					M. Boffenbarger	185	105	240	530	T2				
A. Kowalski	35	35	35	105	T2	1000				R. Burns	325	210	420	955
132					K. Holloway	355	200	365	920	L. Saunders	320	205	405	930
TI					M. Millin	320	210	310	840	T3				
A. Mesik	240	95	300	635	198					C. Clark	440	260	505	1205
P. White	210	105	235	550	T2					181				
T2					S. Snyder	210	110	255	575	T2				
N. McLean	205	140	305	650	MS					M. Clark	360	235	365	960
T3					D. Steele	165	130	190	485	198				
F. Gross	260	150	290	700	M6					T1				
Open/junior					A. Collins	85	75	135	295	C. Wilkes	225	120	300	645
J. Green	180	95	245	520	198+					242				
MB			-		M3					T1				
J. Merrell	30	45	85	160	I. Chranell	280	110	320	710	N. Bagley	350	235	340	925
148					MEN					132				
TI					123					Open				
L. Branch	165	90	225	490	Ti					J. Ciarmamitaro		205	355	
Open		-		430	V. Niedoliwka	315	195	350	860	148				
K. Miller	275	210	360	835	132	3.3		330	000	Open				
D. Steele	225	155	275	655	T2					B. Proxmire	340	275	445	1060
M7			•	000	P. White	245	150	300	695	SM				
G. Johnson	45	60	55	160	148			300	0,5	T. Geyer	450	315	460	1225
165		•	33		TI					M2				
T2					J. Jacobs	305	160	335	800	B. Lowe	420	195	480	1095
K. Smott	225	120	285	660	R. Lewis	230	175	325	730	M8	1			
R. SHIOU	443	120	203	000	M. Lewis	230	1/3	343	730					

CONTROLLOR	BEYOND Call Country Beyond Crunches	Beyond Stretching	Power To The	Washington and Company	Eminated	BOD	YBUILI AND FITNES	ING S	or BO	ANABOLI TRAININ Anabolic Train
	/Tsatsouline \$34.95	/Tsatsouline \$34.95 SUPER AIB'S	People /Tsatsouine \$34.95	On Becoming World Class / Biasiotto \$12.95	Stretching Pos 23" X 35" / Per \$19.95			2	\$3.00	\$16.95
Deed i		6.77	ABSI		TA.			Y		
n't'r	Stretching / Anderson \$16.00	Super Abs / Amdt & Biasiotto \$12.95	Absolutely Abs / Hatfield \$10.00	Hardcore Bodybuilding: Scientific Approach / Hatfield \$18.95	All Sports Training Manual /Everson \$8.00	HR \$57.0	5 \$11	ninson F	onald Dinnie first Sporting uperstar / HB nnie & Webster \$28.00	Sandow: The Mighty Monan / Webster \$12.00
LIMILE I		FACIS AND FALLACIES OF FINESS T A AS Y 1		Love Merite	MOR SPECIA VIDE	ILTY	Video Lib by 6 Time We \$39 SPEATLY SEP POWERLETING	95 ROVE MOUN	Champion M CHO THES	PTINA The Bridges OBS FROM E 6 TITLES The Bench Pro
then	50 Ways To Build Muscle Fast / Tuttle \$9.95	Facts and Fallacies of Fitness / Saff \$34.95	Supertraining / Siff \$54.95	Goerner "The Mighty" / Mueller \$20.00			MITH T	HERE MLTN VIDEOS	Mental Mu Mike Bridge	scle es, "Up Close" Weight Trainin
USELE WUKLL, we it and we can't get it the		IEAVY IRON		Anatomy Of Strength	Rick Well: THE BENCH PRESS	THE REAL PROPERTY.	Add 50 - 75 lbs To Your Bench Press by Ken Lain	Ken Lain's Over Workout by Ken Lain	The Man and His Motivation by Ken Lain	1
Can't	Video / Anderson //	video Redding S Hatfield Video \$29.95		Anatomy Of Strength Video / Hepburn \$29.95	Rick Well Bench Press Video / Weil \$29.95	Speed Hurdle For All Sports Video / Kreis \$29.95	#1 - Add 50-75 lbs To Your Bench Press Video / Lain \$29.95	#2 - Ken Lain's Over Workout Video / Lain \$29.95	#3 - The Man And His Motivation Video / Lain \$29.95	Strongest M In Recon History Vide Anderso \$39.95
We	Paul Anders	on Cassettes	Reministrate Co	Speaks Minero actus	Decols Web	P	WIERLIFTER CO WAGASTRU Gammin	PO	WIERLIF Choose from Issue #1 to Pres	zine
SGL it and	Paul Anderson Reminische Grand To Athletic Coaches / News Med	te Weight Team tes in The World Specimes A C	cassette	Diggerd Arman A Valida	Interviews Kenny Lain Dennis Weis Interviews Kenny Lain - Cassette \$9.95		i BENCH PLAY	THE B	ELIFTER VIDI	EO

CALL TOLL FREE 1-800-272-0051



AN EXCLUSIVE ONLY FROM CRAIN'S MUSCLE WORLD, LIMITED



Supplier of bars for the WPC - APF - WPF - USPF - IPA - IPF - USAPL - WABDI \$199.00 **TEXAS POWER BAR** \$449.00 OKIE SQUAT BAR __25 kg

Okie-Grip Collars \$60.00

UKIE DEADLIFI BAK	C 440 05	-
Olympic r once but o k	\$ 113.85	-
	\$ 118.80	
Olympic i Onci Dai Gillottio di Diddit importo	\$ 70.00	
	\$ 152.00	
Olympic E-Z Curl Bar	\$ 44.00	
Super Duty Cambered Olympic Bench Press Bar45 lb .	\$161.70	
Olympic Tricep Bar	\$ 52.50	
Double Wide Deadlift Jack - Regular or Adjustable	.\$150.00	

\$72.00/pair

\$269.00 Safty Squat Ba 700 lb Olympic Gerard Trap Bar.

..\$165.00 5 pair
Pro Style Dumbbell or
Hex Dumbbell Rack Pro Style Dumbbell or Hex Dumbbell Rack Rubber Gym Floor Mats 4'x6' - 5/8" thick\$70.00 *** \$288.75 \$437.50 OLYMPIC SOLID HEX DUMBBELLS

E-Z Curl Olympic Collars \$18.00 \$.56 Ab.
PRO STYLE DUMBBELLS
(with Chromed & Knurled Handles) **Ab*** \$.60 Ab.
OLYMPIC PLATES\$.54 Ab. Freight FOB Shawnee

ALL PRICES SUBJECT TO CHANGE
PLEASE CALL FOR UPDATED PRICES
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

L. Mangino W. Lubeck BJ Ahmadz 17-19 123 A. Reeves 132 J. Decker 175 355 215 445 400 D. Pierce M. Shiffer 165 J. Gianott C. Zdunik T. O'Brien 320* 280 250 185* 181 J. Wo N. MuRusa J. Maresh 225 198 T. Couch B. Legg 230 305 345 250° D. Davis 165 215 D. Harris Master 55-59 181 345* 300 310 Open 148 D. Pierce G. Teeter 165 C. Barkley Best Male-J

open V. De Fonzo

A. Heyott

WORLD, LIMITED

MUSCLE

CRAIN'S

FROM

EXCLUSIVE

\$445 0

525 375 655 1555

B. Legg

450 405 285

(Thanks to USAPL for providing the meet results)

4th Annual Judgement Day BP 15 OCT 00 - Scranton, PA

170

135

USAPL Maryland State BP/DL 04 NOV 00 - Ocean City, MD

BENCH		M. Noctor	260
MEN		S. Haas	350
Senior Division	Closed	WOMEN	330
181		Senior Closed	
D. Pouchan	365	114	
M. Wilhelm	300		105
220		K. Muttart	105
J. Marvel	300	132 L. Lilienfield	***
242	Marie La		160*
B. Weston	475	165	
Master Closed !	50-54	S. Washington	120
181		DEADLIFT	
L. Lindsay	270	MEN	
198		Senior Closed	
E. Bolliuger	325	242	
220		B. Weston	625*
M. Levin (BL)	335	Master Closed 5	0-54
242		242	
L. Marrod	260	L. Harrod	400*
Senior Division	Open	Junior Open	
181		165	- manage
N. Duonnolo	325	M. Noctor	525*
220		WOMEN	
K. Ravenell	450	Senior Closed	
Master Open		114	
45-49		K. Muttart	230!
275		132	
B. Brinton	490*	L. Lilienfield	280*
Junior Open	bice of	165	
165		S. Washington	205
! denotes MD S	tate Reco	ord; * denotes Bes	Lifter.
Special thanks	zo out to	USAPL State Ch	airman
		Jr. John Mogave	
		e meet to run smoo	
		ary Howard for re	
and Committee		.,	

Muscle World, Ltd.
3823 forth byes Bool
Sharmes, St. 2484-2514 Sts.
c-mail crain@ionet.net
catalog www.crainsmuscleworld.com

WORLD,

ALL SALES FINAL

SHIPPING \$6.00 SE.00 SHIPPING + 30% SURFACE OR 40% AIRMAIL MINIMUM \$5.00

Olympic E-Z on Spring Collars \$9.00

1-800-272-0051

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 Bio-Engineered Beverages

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

MEET DIRECTORS ... a listing here is a FREE service to publicize your contest to thousands of potential entrants. Send details, preferably at least 3 months prior ox 467, Camarillo, CA 93011 in order obtain proper advance notice. You ill be reaching MANY people who may

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

AAU BP & PL Open Virginia State (Richmond, VA - National Qualifier) AAUPCVA, 703-397-0534, aaupcva@cox.rr.com

3 MAR, Arnold Classic World Record Bench

Press Competition, Classic Productions Inc., 1245 Worthington Woods Blvd., Worthington, OH 43085, 614-431-2600

3 MAR, East Coast Push/Pull Meet (Woodstock, GA-BP and/or DL, women, jr., een, open) Stack's Gym, 2375 Hwy 92, Acworth, GA 30102, 770-974-5986 3 MAR, Walker's Gym Bench Press Classic

police, military, fire) Barry Walker, 220 E. Broadway, Hopewell, VA 23860, 804-458-

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

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

3,4 MAR, WABDL Pepsi Northwest Regional BP & DL (Doubletree Inn, field (Eugene), OR - world champ 541-389-0600, FAX 541-388-1122

4 MAR, USAPL Military BP (Killeen, TX) John 4 MAR, Northern Illinois Open Drug Tes

Championships PL&BP&DL, Grant No. 4 MAR. New Jersey High School Drug Free

609-567-0046 or 704-2400 Ext. 112 9-11 MAR, USAPL Collegiate Natio LA) Duane Urbina, 318-473-4567 ling Hts., MI 48310, 810-381-6499,

10 MAR, APA Colorado Open BP, DL, Push Pull (Aurora, CO) APA, Box 27204, El Jobean, FL 33927, 941-697-7962,

El Jobean, FL 33927, 941-097-796, apapresident@angelfire.com
10 MAR, CPA Championahips, Martin
Theriault, 215 Moge, Sorel, Quebec
J3P 6X1, Canada, 450-742-9792
10 MAR, 7th Snake River BP & DL, Meet
Directors Mike & Linda Higgins © YMCA
208-523-0600 5-7 MWF, 155 N. Corner Idaho Falls, ID 83402,

apf_id_mhiggins@yahoo.com

10 MAR. Chief PL Invitational, Santaluces High School, 6880 Lawrence Rd., Lantana, FL 33462, Dwayne Kouf, 561-642-6200 ext

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-

10 MAR. SI P March Madness BP/DL Class sic (Mattoon, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

Sonigntenetrate in Control of the Mark, WNPF Dayton Open BP/DL & Ironman (Dayton, OH) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418,

10 MAR. All Church Powerlifting Champi

Bethany LBC, 233 W Island NV 10314

10 MAR, APF Bike Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

10,11 MAR, USAPL California S ell. Box 5453. Hercules, CA 94547

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

11 MAR. Illinois High School (men & wome varsity & frosh-soph) B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692 11 MAR, USAPL Washington County Open

Classic (Pecatonica, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-

5429, Sonlight@netcare-il.com
17 MAR, APA Volunteer State BP, DL, 27204, El Jobean, FL 33927, 941-697-

7962, apapresident@angelfire.com
17 MAR, APF Nebraska & Midwest Open (Big Iron PL Meet) Omaha Armory Garri-son, 6929 Mercy Rd., Omaha, NE, Rick Hussey, 402-392-2446

17 MAR, Maximum Press BP, Bluefield, WV, Don Robbins Jr., 304-327-5072,

17 MAR. NASS Metrop

lenge (open, teen, masters, men & women - Euless, TX) Bill Holland, 300 W. Northern Ave., Saginaw, TX 76179, 817-847-6082,

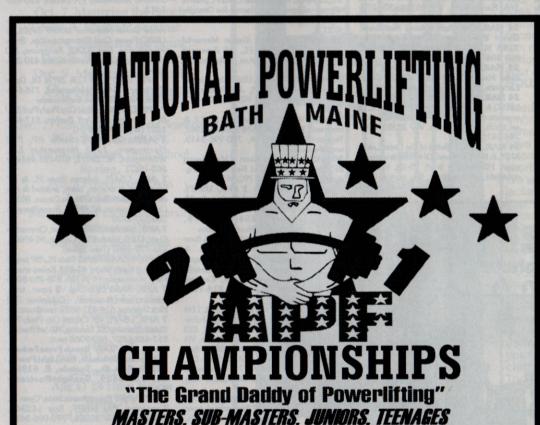
17 MAR, USAPL fier Mike Lawrence

17 MAR, Drug Free World 36 Council Hill OK 4428, 918-473-1059

BP Contest, Ron's Gym, 5131 E. Calla Rd., New 330-542-2355 17 MAR, 7th Mon Valley

HS RP & RP Out Chinu inster, MD 21158, 301-759-4707

17 MAR, WNPF Alabam



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

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, APF/AAPF Maine St., Scott Blanchard, 41 Cassell St., Lewiston, ME 04240, 207-795-0016

04240, 207-795-0016

18 MAR, APA CT Open Bench Bash, Donna Slaga, 38 John Brook Rd., Canterbury, CT 06331, 860-546-2091, djslaga@yahoo.com

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, Equatorially, CA 30214, 770-906-3418

Fayetteville, GA 30214, 770-996-3418,

23 MAR - 1 APR, Sur 23 MAR - 1 APR, Supergames, Keith Schultz, Box 22266, High St., Christchurch. www.supergames2001.co.nz,

info@supergames2001.co.nz 24 MAR, USPF Texas State (Ft. Hood-Men/Women, Open, Below 1, 13-23 in 2 year age groups, submaster, masters (5 year groups to 70+), BP, Police/Fire-awards to all lifters) Seguin Fitness, 1415 E. Court, Seguin, TX 78155, 800-378-6460,

24 MAR (new date), APA East Coast PL (Chincoteague, VA) Gayle Schroeder, strength@exis.net, 757-481-6963,

www.powerandstrength.com
24 MAR, I.S.A. Nationals (BP/DL & BP Bodywt. for repe - Douglasville (GA) Boys & Girls Club) I.S.A., 6510 N. Sweetwater Rd., Lithia Springs, GA 30122,770-739-0184,866-Push/Pull or IronAthletics@aol.com or Keith 770-

24 MAR, NASA Kentucky State PL, BP, PS (Lexington, KY) Greg Van Hoose, RT 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com

24 MAR, IPA High School Nationals, David Bradshaw, McDonough H.S., 7165 Marshall Corner Rd., Pomfret, MD 20675, 301-934-2944

MD 20675, 301-934-2944
24 MAR, AAU All-South Classic & N.C.
State Masters/Submasters PL/BP, Sandy
Lemonds, Box 704, Randleman, NC 27317
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-

24 MAR, USAPL Battle of the Great Lakes IV (PL&BP-Cleveland, OH-men & women: open, HS (fr-so) & (fr-sr), 20-23, masters, collegiate, police, military, fire, novice) Gary

Kanaga, 6346 Chestnut Hills Dr., Parma, 44129. 440-884-7608.

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

usabodybuilding@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, 122S. 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, 541-574-1507. dozer2000@hotmail.com

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

24,25 MAR, ADAU Great Lakes PL (men &

women - all ages - all wt. classes) Joe Orengia, 4468 W. 26th St., Erie, PA 16506, 814-833-

25 MAR, 5th Frank Kostyo Memorial USAPL Southeastern PL, All American Gym, 118 S. Kentucky Ave., Lakeland, FL 33801, 863-687-6268 25 MAR (NEW DATE), USPF Rhode Island

Championships (PL/BP), Joe Reeves, 33 Pine St., Riverside, RI 02915, 401-437-

25 MAR, WNPF Charlotte Open BP/DL & Ironman (Charlotte, NC) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418,

30 MAR, Immaculate Heart of Mary Spring BP, Ron DeAmicis, 6531 New Rd., Young-

30 MAR - 1 APR, USAPL High School Nationals PL (Ft. Hood, TX) Johnny Gra-ham, 254-526-0779, Jtruck52@hotmail.com 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-

31 MAR (NEW DATE), 11th

annual Weightlifting Unlim-ited BP, Randy Brooks, 525 Whitacre St., Winchester, VA 22601, 540-667-6288 6-9pm

31 MAR, RGVPF State DL, Tito's Gym, 78 Creekbend, Brownsville, TX 78521, 956-

31 MAR, American Heart Association BP (high school, open - St. Louis, MO) Pat Rankin, 314-298-7209

314-298-7209
31 MAR, (verified date) Immaculate Heart of Mary Spring Bench Press, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

31 MAR, 21st APR Central

Ohio Open BP (open, masters, teen, women) Doug Glitt, 9955 Shepherd Rd. #F-9,

Shepherd Rd. #F-9, Lockbourne, OH 43137, 614-

31 MAR, Bench Press for the

Rock, IL) Wayne 630-892-6715,

wnpl@aol.com 24 MAR, NASA Police & Fire Nation

WI 54747, 715-985-2608

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 A APP IPF World Mesters BP (Lux.) James Duree, 5619 Pawnee Ave., Kan-sac City, KS 66106, 913-596-7326 24,25 MAR, APF California State PL/BP (Fresno, CA) Bob Packer, 559-439-4394 3,4 APR, IPF World Masters BP (Lux-24,25 MAR, USAPL Oregon State (Open to all USAPL members) Mike Mooney, 1170 N. Valley View Rd., Ashland, OR 97520, 541-488-2570

only) & Deep South Open BP (Forsyth, GA-Holiday Inn) Buddy Duke, 201 N. Burwell Ave., Adel, GA 31620, 912-896-3988 (w),

after 7 pm 896-3889, bduke@surfsouth.com 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-il.com 31 MAR, 3rd Wisconsin's Best BP, Glen Woychik, N34146 Moga Rd., Independence, WI 54747, 715-985-2608

embourg)
7 APR, Golden Hawk's BP (All Div. by
weight, Raw & Equipped - Fundraiser to
equip. weight room) Ken Kocher, 737 N.
Jerome, Allentown, PA 18103, 610-433-

7 APR (SECOND NEW DATE). Lau rence Garro Memorial WNPF BP/DL & USPC Power Curl Championships, Brian Washington, Box 20042, Baltimore, MD 21284, ecpower@bellatlantic.net, 410-265-

8264
7 APR, USPF 10th U.B. BP & DL Open (Buffalo, NY) Matt Maliselwicz, 716-645-1169, mmm25@acsu.buffalo.edu
7 APR, USAPL Capital City Push/Pull (DL/BP - Lansing CC) Jeff Buchin, 517-483-1227 (W), 669-9368 (H).
7 APR, USPF NC State BP, Phil Harrington, 1112 Haymarket Ln., Wilmington, NC 28412, 910-791-4614 or 262-1547

7 APR, USAPL Arizona State PL & BP (open men & women, team, assisted & raw divisions) Black Bart's Fitness Center, 861 E. Cooley, Showlow, AZ 85901, Roma Brannon 520-537-2930

7 APR, Slamfest 2001 BP Meet, Cimmerian Gym, 412 S. Mitchell St., Cadillac, MI 49601, 231-779-4961 (Tom Skiver)
7 APR, 4th AAU Hawaii State PL/BP (world

7 APR, 4th AAU Hawaii State PL/BP (world qualifier) Keith Ward, 41-857 Kalani-anaole Hwy, Waimanalo, H196795, 808-259-5266 7 APR, NASS Dino Day VII (open, teen, masters, men & women - Columbus, OH) Nick Osborne, 614-481-9839, nao@care.net 7 APR, USAPL 4th Capital City Push/Pull Classic (Lansing CC, Lansing, MI) Jeff Buchin, 517-483-1227, 669-9368 (eve) 7 APR, USA 'RAW' Bench Press Federa-

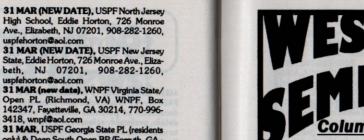
tion Spring Nationale, Son Light Power, 122 S. Sale St., Tuscola, II. 61953, 217-253-5429, Sonlight@netcare-

7 APR, WNPF Pennsylvania State/Open PL (Lancaster, PA) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
7-8 APR, Beast from the East Bench Press

Wars, Johnny Griffith, 2306 Glascock St., Raleigh, NC 27616, 919-833-9493 or 919-872-6648, www.mdacow@aol.com

7,8 APR, NASA High School Nationals (Oklahoma City, OK) NASA, Box 735, Noble, OK 73068, 405-527-8513 7,8 APR, Power Palooza (PL, BP, DL - all div./wt. classes) Eugene Rychlak, 143 2nd Ave., Royersford, PA 19468, 610-948-7823

8 APR, APA Capital District BP & DL (open to any lifter-Glen Burnie, MD) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com
8 APR, SLP Primetime Fitness Spring BP/



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 West Palm Beach, FL Feb 10 Santaluces High School

> 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

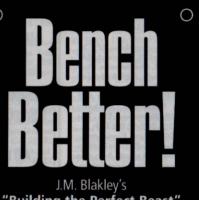
Act fast to avoid being shut out! For More Information: www.eliteFTS.com

Elite Fitness Systems

1695 Itawamba Trail London, Ohio 43140

888*854*8806





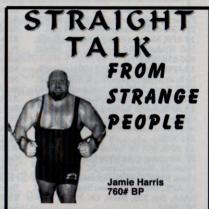
"Building the Perfect Beast" Competition Bench Press Technique

Improve Technique, Increase Leverage, Generate Stability, **Maximize Mechanics**

The video is designed to fine tune the biomechmaximize stability, safety and pressing efficiency kinesiology and physical mechanics of benching. "Technique is worth 40 pounds." Stop wasting leverage. Build the

beast and load

Send certified check or money order for \$39 plus \$5 shipping and handling to: J.M. Blakley, 249 N. Brand Blvd., PO Box 410, Glendale, CA 91203



Let me be honest. We don't make clothes for everyone in the gym because we're not like everyone in the gym. We don't do "normal."

If you just do "some light training to stay in shape," We don't understand you. In fact, when you're in the gym - you're probably in our way. (Stay out of the way, and get your clothes at Wal-Mart.)

If you're Psycho-obsessive about your workout, we understand. Our eyes bleed too. If your woman (or man) threatens to leave you because you're "unbalanced", we can relate. If you are a hard-core, serious-lifting, gym-rat: we have your gear. Attitude comes in a HOUSE OF PAIN box.

Need a gym bag with your name embroidered on it? We're the only game in town. Want tanktops? We have 4 different cuts, with sizes and colors to cover anyone. Need shorts or pants? We have options. We've got a variety of choices for jackets, gym-bags, and supportive gear. T-shirts? We have the wildest "Design T's" on the planet. Yes, they all have the HOUSE OF PAIN logo on the left chest, and they will turn heads.

If you're hard-core, we sell everything you need!

No, we don't make clothes for everyone. We don't do ordinary. But if you are serious, we can definitely put some attitude in your workout. And yes, our clothes get attention guaranteed. Try some you'll see

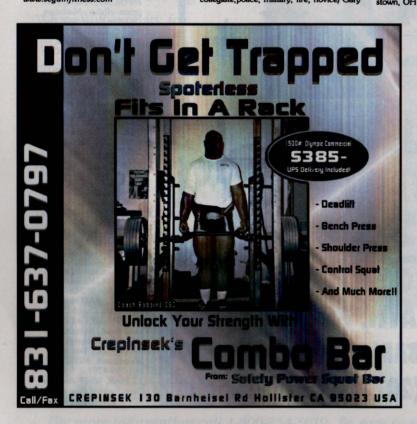


1-888-463-7246 1-888-H-OF-PAIN

FAX 1-972-772-5644

www.houseofpainironwear.com

HOUSE OF PAIN P.O. BOX 333 FATE, TX 75132



DL Classic (Crestwood City, KY) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com 14 APR, Montana State Meet, Doug Roope, 950 Wildwind Rd., Helena, MT 59602,

406-458-0264

14 APR, Spring 2001 BP (\$100 to overall lb. for lb. strongest BPJ Jim King & Keith Parrish, 3229 Queen Ridge Dr., Independence, MO 64055, BIGBENCH2000@aol.com

14 APR, NASS Tri-State Strongman Delta Upsilon's (novice & open, 225 & under and over 225 - Canton, OH) Pete Hettinger, 217-

14 APR, IPA 1st annual Woodmen Open BP, Woodmen of the World Bldg., 272 Power House Rd., Moncks Corner, SC 29461, Floyd Powe, 843-875-1434, Kyonte13@aol.com 14 APR, NASA Tennessee State (Nashville) NASA, Box 735, Noble, OK 73068, 405-

21 APR (NEW DATE), Iron Warriors Drug Free (BP, DL, PL) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806.

pythongym@aol.com
21 APR, Max Fitness & Nutrition BP,
Dave Bellomo, 1510 E. 3rd St.,
1520, 221, 5320 Williamsport, PA 17701, 570-321-5339 21 APR, 9th Red Baron BP, Corning Community College - Attn: Intramural & Recreation, 1 Academic Dr., Coming, NY 14830, Deb Prutsman, 607-962-9476

21 APR, The Training Center's 5th Strongman Contest, John Green, 102 Beaver Court East, Bear, DE 19701, 302-322-0926,

21 APR, ADAU PA State (men's open, teen prs.) Nick Theodorou, Nutritional Technologies, 5 Stonecroft Dr., Easton, PA 18045, 610-258-1894, nutritek@aol.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, Southeastern 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

tional 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 - open, master, teen, novice; BP - open, master, teen) Mike Cissell, 15 Lakeside Dr. Lake St. Louis, MO 63367, 636-625-1225 ((8-10pm)

21 APR, Spring Bench Press, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com 21 APR, Iowa/Midwest Open BP/DL, Trap DL (Open, Novice, Teen, Submaster, Master, Women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 515-673-5240

21 APR, WPO (TM) Qualifier (location tba), Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

21,22 APR, Monster Muscle.Com World Record Breakers (Doubletree Hotel, Pasco, WA) Gus Rethwisch, 541-389-0600, fax 541-

21,22 APR, Budweiser WABDL World Record Breakers (Doubletree Hotel, Pasco, WA, world championship qualifier - drug tested) Gus Rethwisch, 541-389-0600, FAX 541-388-1122

541-388-1122
22 APR, CPA Championships BP, DL, Push & Pull, Marcel St. Laurent, 457
7ieme Ave. Nord. #1, Sherbrooke, Quebec, J1E 252, Canada, 819-346-9466
or 819-346-6104 (fax).
27-29 APR, AAPF Nationals and APF

27-29 APR, AAPF Nationals and APF Police & Fire Nationals, Anthony Pastorello, 2640 Westwood Dr., Las Vegas, NV 89109, 702-610-4749
27-29 APR, 100% Raw Elementary, Middle, High School, Collegiate Nationals (men & women, all youth & jr. age groupe & wt. classes) Dr. Spero Tehontikidis, 4850 Connecticut Ave. NW #903, Washington, DC 20008, 202-282-0528
28 APR, USPF N. Carolina State BP (Ramada Inn. Wilmington, NC) Phil (Ramada Inn, Wilmington, NC) Phil Harrington, 910-262-1547 or 791-4614 28 APR, USAPL Zumbro Valley Open, Steve Johnson, 405 5th St. NW, Kasson, MN 55944, 507-634-4730

MN 55944, 507-634-4730
28 APR, WABDL Georgia State BP/DL
(Atlanta, world championship qualifier drug tested) Steve Ramey, 770-381-6919
28 APR, 2ND Annual Southwest Virginia
Bench Press (over 20 awards - greatest lifters
of all levels - Christianburg Rec. Ctr.) Margaret
Mitchell, 540-382-2349.

HUGE IRON Powerlifting Schedule YEAR 2001

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.

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

28 APR, WABDL Outdoor Georgia State BP (open, teen, novice, masters - world championship qualifier - drug tested) George Herring, 2486 Lawrenceville Hwy, Suite 140, Lawrenceville, GA 30044, 770-

963-6738
28 APR, 22nd ADAU Raw Drug-Free
"Powerday" BP & DL Classic
"Powerday" bp & pt. Classic (separate meets - open, teen, jr. submaster, master) Slegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com 28 APR (new date), IPA E. Coast BP & DL Nationals, Competitive Edge, 33501-A Lake Rd., Avon Lake, OH 44012, Drew Lindsley, 440-930-2272,

lindsley@apk.net
28 APR, USPF Montana State Open, James Greene, 1903 Kensington, Missoula, MT 59801, 406-542-7002

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., Tuscola, 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, Box 149, Wewoka, OK 74884 **28,29 APR,** NASA West Virgina State PL, BP & PS, Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283,

28.29 APR (NEW DATES), WPA Worlds (Lancaster, PA) APA, Box 27204, El Jobean, FL 33927, 941-697-7962. apapresident@angelfire.com 28,29 APR, AAU USA BP & DL (Best

28,29 APK, 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. 92567, 909-928-4797, NTRLPWEROPE NET

8,29 APR, WNPF Pan-AM PL (West Palm Beach, FL) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

29 APR, Durand Fitness Center Spring Classic BP/DL, Steve Eisen, 217 E. South St., Durand, IL 61024, 815-248-3709

29 APR, USAPL All-American Invitational BP, Power Gym (Taylor, PA) Joe Moceyunas 570-562-3642, Bob Granko 570-342-0668 29 APR, AAU New York State, Tom Gunthorpe, 512 Stone St., Oneida, NY 13421, 315-363-2171 or Mark Kodya 315-

APR, PPL Spring Classic Drug Free PL. Tee Meyers, 2250 Lumpkin Rd., Augusta, CA 30906, 706-790-3806, pythongym@aol.com 4-6 MAY, USAPL National Masters (Killeen, TX) Johnny Graham, 254-526-0779 Jtruck52@hotmail.com

5 MAY, WABDL Utah State (Holiday Inn. SLC - world championship qualifier - drug tested) Steve Farnworth, 2651 E. Enrose, Mesa, AZ 85213, 602-361-6037

5 MAY, Biggest Bench on the River IV (\$5,000 Cash) Reed Bueche, 1104 W. Main St., New Roads, LA 70760, 225-638-9922. 5 MAY, Canadian Drug Free National PL& BP (Taber, Alberta, Canada) Randy

Sparks, 403-223-2479

5 MAY, USAPL 5th Detroit Rock City PL (Total or Stay Home - Powerlifters Only-Specialists Not Allowed - Detroit, MI) Mike Lawrence, 1175 W. South Blvd., Troy, MI 48098 248-813-9866

S MAY, ADAU 19th Drug Free New Jersey Raw PL& Raw BP/DL & Raw 2 Lift for Total, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695

5 MAY, Southern States BP (open, women, teen, novice, masters, police & firefighters) Weightlifting Equipment of GA, 150 Sage-brush Rd., Stockbridge, GA 30281, 770-

5 MAY, WABDL Busybodies Fitness BP/ DL (North Bend, OR - world championship qualifier - drug tested) Dave Cheek, 541-751-9505

5 MAY, 2nd Spring Bench Press, Jamie Fellows, Box 375, Belmont, NH 03220, 603-267-8158

5 MAY, USAPL Maine State Open PL & BP (Union, ME - men & women open, submas-ter, grandmaster, teen, police & fire) Mark Clevette, Box 506, Warren, ME 04864, MJclevette@cs.com

MJclevette@cs.com
5 MAY, Clarion Barbell's Pennsylvania State Open PL/BP, Mark Watts, 105 Crestmont Dr., Shippenville, PA 16254, 814-227-2041, mjvatts53@hotmail.com 5 MAY, NASA Missiouri State (Carthage) NASA, Box 735, Noble, OK 73068, 405-572,8512

527-8513

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 & Great Lakes Armed Forces Meet (Waukegan, IL) APA, Box 27204, El Jobean, FL 33927, 941-697-7962,

5 MAY, WNPF BP/DL & Ironman Na-5 MAY, WNPF BP/DL & Ironman Nationals (Las Vegas, NV) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
5,6 MAY, Strongest Man in New York (The Bronx) Marc Seda, 800-322-0766,

strongman1nyc@aol.com
6 MAY, Hooters Florida State DL, All

American Gym, 118 S. Kentucky Ave., Lakeland, FL 33801, 863-687-6268 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 412-521-2520 12 MAY, APA Texas Open & Texas Jr. High & High School PL & BP (Houston, TX) APA, Box 27204, El Jobean, FL 33927, 9 4 1 - 6 9 7 - 7 9 6 2 ,

12 MAY (new date), Blue Ridge Strongman/woman, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 be-

fore 9pm, valifting@aol.com 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, APF Venice Beach Strict Curl,
Venice Beach Rec. Ctr., 310-399-2775

Venice Beach Rec. Ctr., 310-399-2775
12 MAY, WNPF American PL Championshipe (Baltimore, MD) WNPF, Box
142347, Fayetteville, GA 30214, 770996-3418, wnpf@aol.com
12 MAY, AAPF Florida State PL, Huge Iron,
910 S. Atlantic Ave., Daytona Beach, FL
32176, 904-677-4000

32176, 904-677-4000

12 MAY, USPF Collegiate Nationals
(Beaver College - Glenside, PA - open to
full time graduate and undergraduate
college or university studenta) Rob
Keller, Box 829, Ambler, PA 19002,
215-542-4941, rhk@bellatlantic.net 12,13 MAY, Strongest Man in New York (Queens) Marc Seda, 800-322-0766,

12,13 MAY, WABDL Twin Lab North

an BP & DL (Holiday Inn Se lect North, Dalls (Irving) TX - world championship qualifier-drug tested) Gus Rethwisch, 541-389-0600, fax 541-388-1122

12,13 MAY, TwinLab North American BP & DL (Holiday Inn Select North, Dallas (Irving), TX) Gus Rethwisch, 541-389-0600, FAX 541-388-1122

12.13 MAY, USPF Master & Submas ter Nationals (Las Vegas, NV) Steve Denison, 661-664-7724, email pwrlftrs 0 msn.com www.powerliftingca.com, Chris Kostas 661-245-0115. Kostas@frasmtn.com

13 MAY, 6th USPF American Open BP & PL (Beaver College - Glenside, PA) Rob Keller, Box 829, Ambler, PA 19002, 215-542-4941, rhk@bellatlantic.net 18-19 MAY, WABDL Alabama St. BP & DL (Gadsden, AL - world ch

qualifier - drug tested) Rich Hagedorn, 256 442-1271 18-20 MAY, NAPF North Am

18-20 MAY, NAPF North American Championships (Minneapolis, MN) Stave Gavin, 612-207-4796, stevegavin@hotmail.com 18-20 MAY, APF Master, Submaster, Junior, Teenage Nationals, Ruse Bar-low, 175 Kennebec TR., Turner, ME 04282, 207-225-5070 or Shane

McKenna 207-442-0180

McKenna 207-442-0180

19 MAY, IPAS. Carolina State & Open BP
(Hilton Head Island High School) Floyd
Powe, 103 Afton Ct., Summerville, SC
29485, 843-875-1434, Kyonte13@aol.com
19 MAY, USPFSpartan BP, Kevin Meskew,
9235 Woodale Ave., Arleta, CA 91331,
818-899-7555, warrior01@earthlink.net
19 MAY, WABDL Riverfest BP & DL
Championships (Gadsden, AL - Musical
Guests Include Credence Clearwater ReInternal Vince Gill, Sister Sledge - world vival, Vince Gill, Sister Sledge - world championship qualifler - drug lested) Rick Hagedorn, 256-441-0143, (fax) 256-441-

19 MAY, USAPL Steeler High School (Granite City, IL) Rick Fowler, 618-451-

19 MAY, 5th Baddest of the Bad BP, Mike Farmer, 21 W. Clark Ave., BOX 199, Milford, DE 19963, 302-430-5632 12pm - 8pm

19 MAY, Canadian PL/BP Champion-hip (LCC Barn, Lethbridge Community College, Letheridge, Alberta, Bruce Greig, 403-938-3067, FAX 403-938-

19 MAY, NASS Missouri Strongman Contest, Willie Wessels, Rick King & Jim Davis, 2551 Woodson Rd., Overland, MO 63114, 314-609-6031, dwes37016@aol.com
19 MAY, 2nd Firehouse Strongman contest, Graham Bartholomew, 301-893-8290 after 8:30PM, 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 (Albuquerque) NASA, Box 735, Noble, OK 73068, 405-527-8513

405-527-5313 19 MAY, Lifetime Natural Powerlifting Society Nationals, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight€netcare-

19 MAY, WNPF Mid-NY State BP/DL & Iron Man (Binghampton, NY) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com 19,20 MAY, AAU National Powerlift-

ing Combined Championships - Raw AAU - North American Raw, Bench Press AAU - North American Bench Press (teen, open, submaster, mas-ter, youth - equipment & raw) Larry Kye, 114 Chickasaw Pl., Jacksonville, AP 2007, 501 200 200 AR 72076, 501-982-7668

19,20 MAY, Strongest Man in New York (Manhattan) Marc Seda, 800-322-0766, strongman1nyc@aol.com
20 MAY, Best of the Southwest IV (Natu

ral, Raw BP/DL - Sculptured Trophies -Social Hall, McMurray, PA) Steve Siwiak, 724-941-7270



2001 USPF Master and Submaster **National Powerlifting** Championships May 12 & 13, 2001 Plaza Hotel & Casino - Las Vegas, Nevada

For more information call Steve Denison 661-664-7724, Email: pwrlftrs@msn.com. Chris Kostas 661-245-0115. Get entry form by going to

www.powerliftingca.com

20 MAY, World Gym Spring Push/Pull, Jeff Butler, 2500 Miracle Ln., Mishikawa, IN 46545, 219-254-0460.

20 MAY, 19th USAPL Viking Open (men, women, teen, jr., master) B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-

20 MAY, SLP Hard Core Gym BP/DL Classic (Chicago, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

Sale St., 1 uscola, IL 61933, 217-253-5429, Sonlight@netcare-il.com
20 MAY, WNPF Lifetime Drug Free National BP/DL & Ironman & New England States BP/DL /Ironman (Danbury, CT) WNPF, Sox 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
23-27 MAY, IPF Women's Worlds (Usti

Nad Labem, CZ)
26 MAY, APA Arizona Open BP/DL (Tucson, AZ) APA, Box 27204, El Jobean, FL 33927. 941-697-7962,

apapresident@angelfire.com
26 MAY, CAN AM Bench Press (\$3000 in prizes) Paul Roy, 1381 St. Paul, St. Cesaire, Quebec, JOL 1TO, Canada, Tel/Fax 450-469-0808.
26 MAY, WABDL Capitol City BP & DL (Gold's Gym - Sacramento, CA - world championship qualifier - drug tested) Jody Woods, 916-431-5503

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

26,27 MAY, Strongest Man in New York (Brooklyn) Marc Seda, 800-322-0766, strongman1nyc@aol.com 27 MAY, Double Masters Power/BP Meet (Gr. Rapids, Ml) Jon Smoker, 30907 CR 16 W Elkhart, IN 46516, 219-674-6683

MAY, NASA Pennsylvania State PL, BP, PS (Pittsburgh, PA) Greg Van Hoose, RT. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com 2 JUN, WABDL Western Regional BP/DL

(Pepper Mill Hotel, Reno NV - For Lifters In CA, NV, WY, UT, NM, AZ - world championship qualifier - drug tested) Gus Rethwisch, 541-389-0600, Fax 541-388-

2 JIIN Minnesota St. BP/DL (open, teer 915 & under, 16-17, 18-19), masters (40-49, 50-59, 60+) men & women - non-residents allowed. The Gym in Elk River, 550 Freeport Ave., Elk River, MN 55330, David Ha (D) 763-441-4232, Jerry Gnerre (E) 763-

2 JUN, WNPF Teen, Jr., Submaster, 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, FL 32176, 904-677-4000

2,3 JUN, Strongest Man in New York (Staten Island) Marc Seda, 800-322-0766, strongman1nyc@aol.com
2.3 JUN, NASA Masters & Subr

BP only & Power Sports Nationals (Nash-ville, 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,

Sc., Tuscola, IL 01993, 217-233-425, Sonlight@netcare-il.com
6,7 JUN, AAPF National Championship (Las Vegas, NV) Huge Iron, 910 S. Atlantic Ave., Ormond Beach, FL 32176, 904-677-4000, www.hugeiron.com
8,9 JUN, WNPF American BP & DL (men, women, masters, junior, teen) Brian Washington, BOX 20042, Balti-more, MD 21284, 410-265-8264,

ecpower@bellatlantic.net 8-16 JUN, 2001, World Police & Fire Games, Union Station, 39 Jackson Pl. #300, Indianapolis, IN 46225, 317-327-2001, 222.2001wpfg.org. 9 JUN, MDSA Open/Closed "Scoot to the Lost" North American Comes, Danuin In-

Loot* North American Games, Darwin Ja-cobson, Box 1031, Willmar, MN 56201 9 JUN, USPF Region III (open, class II, women and masters divisions) Ann/Ear everett, 2326 E. 43rd St., Savannah, GA 31404, 912-232-4575, e.leverett@att.net 31404, 912-232-4575, e.leverett@att.net 9 JUN, WABDL Artzona Regional BP/DL (Holiday Inn, Mesa - world championship qualifier - drug tested) Steve Farnworth, 2651 E. Enrose, Mesa, AZ 85213, 602-

9JUN. USPFS. Texas (Men/Women: Open, Below 1, 13-23 in 2 yr. increments, sub master, master (5 yr. increments to 70+) Bench, Police/Fire, awards to all lifters),

Seguin Fitness, 1415 E. Court St., Seguin TX 78155, 800-378-6460, www.seguinfitness.com 9 JUN, NASS Tennessee State Strongman (open, teen, masters) Bubba Melton, 510 Mitchell Rd., McKenzie, TN 38201, 901-

352-1378, heavydutybubba@aol.com 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
9 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, 10 JUN, SLP Wisconsin Open BP/DL

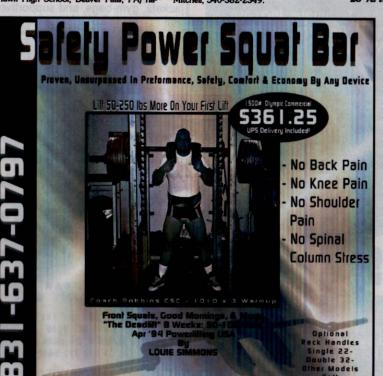
(Burlington, WI) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

emchaillet@yorkbarbell.com 16 JUN (NEW DATE), 6th AAU Subur-

ban North YMCA BP/DL Classic (Catasqua, PA) Scott Nace, 4267 Hilltop Bethlehem, PA 18020, 610-694-8714, Snace@hotmall.com or Nick Theodorou (610-258-1894)

16 JUN, Summer Push/Pull Meet, Jon Smoker, 30907 CR 16W, Elkhart, IN 46516, 219-674-6683

16 JUN, WABDL N. Dakota & Minnesota State BP & DL (world championship quali-fier-drug tested), Rich Edinger, Box 1295, Fargo, ND 58107, 701-298-0764, 361



CREPINSEK 130 Barnheisel Rd Hollister CA 95023 USA

16 JUN. INSA USA Champie (Plano, TZX - PL(60), BP(100), DL(100), 16 Tug of War Teams) INSA, 4515 Plaza Way, St. Pete Beach, FL 33706, 727-363-3727, Stroud's Fitness 817-

16 JUN, 2nd Raw Summertime DL, Graham Bartholomew, 301-893-8290 after 8:30PM, Grahambo@libertybay.com

16 JUN, USA 'RAW' Bench Press Federation Summer Nationals (Mattoon, II.) Son Light Power, 122 S. Sale St., Tuscola, II. 61953, 217-253-5429, Sonlight@netsan:

Sonlight@netcare-il.com

16 JUN, USAPL Eastern USA Open BP,
USAPL National Squat, John Shifflett,
Box 941, Stanardsville, VA 22973, 804-Box 941, Stanardsvine, 985-3932 before 9pm, valifting@aol.com 23 JUN, NASA WV Open PL, BP, PS Buckhannon, WV) Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com 23 JUN, APF Central California Open &

Novice PL/BP (Fresno, CA) Bob Packer, 559-439-4394

VA) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com 23,24 JUN, USAPL Men's Teen & Jr. 23,24 JUN, USAPL Men's I seen & Jr. Nationals B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692 23,24 JUN, TwinLab World Cup BP & DL Championships (Holiday Inn Airport Hotel, Portland, OR) Gus Rethwisch, 541-389-0600, FAX 541-388-1122

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. Entry deadline 5/30/01) Martin Drake, Box 108, Nuevo, CA 2006, 470, CA 909-928-4797. NTRLPWR@PE.NET



see www.usapowerlifting.com for meet information

23,24 JUN, APF Senior Nationals, Huge Iron, 910 S. Atlantic Ave., Ormond Beach, FL 32176, 904-677-4000,

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, Midwest open (PL, BP, DL - drug tested) Grant Noeske or Duane Burlingame, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292

Preport, IL 51032, 815-233-2292
24 JUN, NASS Thick Bar Worlds (open, teen, masters, men & women - Hurst, TX) Bill Holland, 300 W. Northern Ave., Saginaw, TX 76179, 817-847-6082, wwillyh@swbell.net wwillyh@swbell.net 24 JUN, WNPF Ralph Peace Memorial BP/

DL & IronMan, 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,

JUN, APA Southern States (Montgomery, AL) APA, Box 27204, El Jobean, FL 33927, 9 4 1 - 6 9 7 - 7 9 6 2,

apapresident@angelfire.com
JUN (TBA), ADAU (Anti-Drug Athletes United) Nationals (Pittsburgh, PA -Men & Women - Open, Teen, Junior, Submaster, Master) Mike Mastrean, 428 Justus St., Carnegie, PA 15106, 412-429-3521.

JUN, I.S.A. Intl. Strength Challenge Power Clean/BP/DI & State BP, I.S.A., 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push/Pull or Athletics@aol.comor Keith 770-9493 JUL, lowa/Midwest Open Touch and Go BP (Sigourney, IA - Open, Novice, Team, Submaster, Master, Women) Wayne

Hammes, BOX 433, Oskaloosa, IA 52577, 575-673-5240.

ville, TN) APA, Box 27204, El Jobean, FL 33927, 941-697-7962,

apapresident@angelftre.com
7 JUL, NASA Tennessee Classic (Nashville)
NASA, Box 735, Noble, OK 73068, 405-527-8513

7 JUL, WNPF USA BP/DL & Ironman 7 JUL, WNPF USA BP/DL & Ironman (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. Atlan-tic Ave., Daytona Beach, FL 32176, 904-

7,8 JUL, Twin Lab WABDL World Cup 7,8 JUL, Twin Lab WABDL World Cup BP & DL (Holiday Inn Airport Hotel, Portland, OR - world championship qualifier-drug tested) Gus Rethwisch, 541-389-0600, fax 541-388-1122 8 JUL, WNPF Can-AM PL (Detroit, MI) WNPF, Box 142347, Fayetteville, GA 30214,770-996-3418, wnpf@aol.com 12-15 JUL, USAPL Men's Nationals (Omaha NF) Lamps Hart Ray 82264

(Omaha, NE), James Hart, Box 82264, Lincoln, NE 68501, 402-470-3672

13,14 JUL, Strongest Man in New York Finals, Marc Seda, 800-322-0766,

strongman1nyc@aol.com

14 JUL, 2nd New England's Strongest
Man - Woman (5 events) Louie LaPoint,
337 Roxbury St., Keene, NH 03431, 603-

14 JUL, 3rd Summer Slam Push/Pull, Jamie Fellows, Box 375, Belmont, NH 03220.

14 JUL, NASS SW USA Strongman Challenge (open, teen, masters, men & women -Ft. Worth, TX) Bill Holland, 300 W. Northern Ave., Saginaw, TX 76179, 817-847-6082, e-mail wwilkh@swbell.net 14 JUL, ANPPC World Cup (Chicago,

A.A.U. Combined Nationals - Raw AAU - North American Raw, AAU Bench Press, North American BP

Event Date: May 19-20,2001 Site: Little Rock Air Force Base, 6th Street Building 1220, Jacksonville, Arkansas Meet Director: Larry Kye (501) 982-7668 Entry Fee: \$45.00 per lifter/\$45.00 per team Entry Deadline: Postmarked by May 10, 2001 (\$15.00 fee for late entries) Mail Entry: ATT: Larry Kye, 114 Chickasaw Place, Jacksonville, AR 72076 Eligibility: AAU Lifters - Teens, Open, Submas-

ters, Masters, Youth Weigh-in: 6:00PM to 7:00 PM Fri., May 18; 7:00AM to 8:00AM Sat., May 19; 6:00PM to 7:00PM Sat., May 19; 7:00AM to 8:00AM Sun.,

Rules Meeting: 8:30AM Saturday, May 19,2001. 8:30AM Sunday, May 20, 2001

Starting Time: 9:00AM - Saturday (Wt. 97-198.4) and Sunday (Wt. 220.5-319.7)

Rules: A.A.U. Rules - Equipment & Raw

Little Rock Airport to Meet Site

Distance approximately 23 miles Approximate Travel Time 33 minutes Miles .1 8) Take US-67 N/US-167 N 1) Turn right onto Airport Road 10.7 Take exit 11, towards AIR FORCF. 2) Take the I-440 West ramp RASE Merge onto I-440 W. Merge onto TP White Drive Take the I-30 EAST/US-65 NORTH/US-167 NORTH exit .4 11) Turn Left number 138A towards DOWNTOWN Turn slight left onto Evans Merge onto I-30 E St/Vandenberg Blvd. Stay straight to go onto Vandenherg 1.6 Take the US-67 N/US-167 N/I-40 exit, exit number 143B. towards MEMPHIS Blvd. 7) Merge onto I-40 E/US-67 N/US-167 N. 13) | Turn Left onto Arnold Drive Recommended Hotel: CRANBURY INN 2110 JOHN HARDIN DR. JACKSONVILLE, AR (501)985-7666 IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com
14 JUL, APF Venice Beach Open DL,

Venice Beach Rec. Ctr., 310-399-2775 15 JUL, 17th ADAU Raw Drug Free "No Boys Allowed" (Pennsylvania - women's men submaster, men master state PL meet residents only, plus open meet - same categories) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214,

15 JUL (new date), WNPF USA PL Cham pionships (Atlanta, GA) & Atlanta Open BP/DL/IM, WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418,

21 JUL, USPF California State PL/BP, Kevin Fisher, 151 S. Ontare, Santa Bar-bara, CA 93105, 805-963-3439,

Kfisher54@aol.com 21 JUL, Beach Bench Press Championships (Angola, NY) Butch Murr, 716-652-0183 21 JUL, NASA Tri-State Natural (Monolift for squats, no entry fee for special olympians, PL, BP, PS) Smitty, 508 E. 5th St., Flora, IL 62839, 618-662-3413 1-8pm CST 21 JUL, USAPL 4th BP & DL Battle on the

Beach (BP, DL, IronMan - Metro Beach, Mt Clemons, MI) Mike Lawrence, 248-813-9866 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, 904-677-4000 27-29 JUL. 100% Raw Sr. Na (men & women, all age/wt. classes) Dr. Spero Tehontikidis, 4850 Connecticut Ave. NW #903, Washington, DC 20008,

202-282-0528
28 JUL, Northeast Canadian Championships BP/DL (Matane) Roberto St. Pierre, 418-562-9176
28 JUL, USPF Gulf Coast (Orange, TX - Men/Women: Open, Below 1, 13-23 in 2 yr.

age groups, submaster, master in 5 yr. groups to 70+) BP, Police/Fire - awards to all lifters) Seguin Fitness, 1415 E. Court, Seguin, TX 78155, 800-378-6460,

28 JUL, NASS Minnesota State Strongman (open, teen, masters) Jeff Bissonnette, 14733 60th St. N., Stillwater, MN 55082, 651-430-

9594. Jackie_jeff1@msn.com
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 American Championshipe (Anaheim, CA) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418,

wnpf@aol.com
28.29 JUL Twin Lab WABDL National BP & DL (Sheraton Hotel, Birming-ham, AL - world championship quali-fier-drug tested) Gus Rethwisch, 541-389-0600, fax 541-388-1122

JUL, Powermania Drug Free Champion-ships (BP, DL, PL) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com
#UL I.S.A. 3rd Limestone Classic BP/DL

(Bedford [IN] Boys Club) I.S.A., 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push/Pull or

JUL, Madison Co. Fair Strongman/woman, John Shifflett Box 941, Stanardsville, VA John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com
4 AUG, SLP Ohio State Fair BP/DL (Colum-

bus, 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, Fauetteville, GA 30214, 770-996-3418,

Big Daddy Productions presents the **IPA California State Powerlifting** & Bench Press Championships May 12 & 13, 2001

> Meet Director: John Ford 68 Westlake Ave. #B Daly City, CA 94014 650-757-9506

5 AUG, WNPF Newark Open BP/DL & Ironman (Newark, DE) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418,

Fayetteville, GA 30214, 770-996-3416, wnpf@aol.com
6 AUG, Police & Fire Nationals (Las Vegas, NV) Huge Iron, 910 S. Atlantic Ave., Ormond Beach, FL 32176, 904-677-4000, www.hugeiron.com
11 AUG, 6th APF Granite State Open BP \$4th Granite State Open DL (men, women, teen, jr., submaster, master, novice) Louie LaPoint, 337 Roxbury St., Keene, NH 02421, 633,352,8500 03431, 603-352-8590 11 AUG, APA Bench Press Natio

(St. Petereburg, FL) APA, Box 27204, El Jobean, FL 33927, 941-697-7962,

apapresident@angelfire.com
11 AUG, 2nd APF USS Escanaba Memorial PL/BP Classic (Grand Haven, MI) Tom
O'Brien, 441 Carpenter Ave. NW, Grand
Rapids, MI 49504, 616-453-0488, obrienta@iseru.net, www.ap/michigan.com 11 AUG, USAPL Mississippi State, Rhodes Fitness, Hardy Court Shopping Center, Gulfport, MS 39507, 228-868-0190 or 896-

11 AUG, INSA North American Championships (Mesa, AZ - PL(60), BP(100), DL(100), 16 Tug of War Teams) INSA, 45.15 Plaza Way, St. Pete Beach, FL 33706, 727-363-3727, Stroud's Fitness 817-268-3488 11 AUG, WABDL Alki Beach BP & DL &

Strongman Contest (world championship qualifier - drug tested), Bull Stewart, 206-

11 AUG, USAPL N.J. Bench Press Open, Pro Fitness, 350 Rte 46, Rockaway, NJ 07866, 973-627-9156, www.profitness.com 11 AUG, SLP Wisconsin State Fair BP/DL (West Allis, WI) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

11 AUG, Green County Strongman/woman, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm,

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, 217-253-5429, Sonlight@netcare-il.com 17-21 AUG, IPF World Games PL (Akita,

Japan)
18 AUG, SLP Indiana State Fair BP/DL

Indianapolis, IN) Son Light Power, 122 S.
Sale St., Tuscola, III. 61953, 217-253-5429,
Sonlight@netcare-il.com

18 AUG, WNPF Central SC Open BP/DL &
IM (Columbia, SC) WNPF, Box 142347,
1770 066 2418

Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com 18,19 AUG, 8th AAPF/APF Snake River Pl

& BP, Mike & Linda Higgins c/o YMCA, 155 W. Corner Ave., Idaho Falls, ID 83402, MWF 208-523-0600, apf_id_mhiggins@yahoo.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 & 19 AUG, WNPF Tarheet Open BP/DL & Ironman (Fayetteville, NC) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
25 AUG, 11th Endless Summer BP & DL

Classic (Elkhart, IN) Brendan Yoder, 57745 CR 117, Goshen, IN 46528, 219-875-0471 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 John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm,

valifting@aol.com
26 AUG, WNPF Grand Canyon Open BP/ DL & Ironman (Phoenix, AZ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-

142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
AUG, NASS Dino Day VIII - Ohio Valley
Strongman (Columbus, OH) Nick Osborne,
614-481-9839, nick@phostraining.com
AUG, AAU Nevada/California & Utah High
School PL & BP Regionals on Friday before
AAU Raw Nationals (youth, teen (14-15, 1617, 18-19) Mike Grajek, 702-498-9867,
grajek@sispa.com

grajek@sisna.com 1 SEP, WABDL Great Northern Idaho

Iron BP/DL (Best Western Resort, Post Falls, ID, 10 miles from Spokane and Coeur D'Alene-world championship quali-fier-drug tested) Gus Rethwisch, 541-389. 0600, Fax 541-388-1122 or Suzi Camps, 208-773-9219

2 SEP, SLP DuQuoin State Fair BP/DL (DuQuoin, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

8 SEP, WABDL N. California BP & DL (San Francisco, CA (world championship qualifier - drug tested) John Ford, 650-

757-9506
8 SEP, USAPL Deadlift Nationals (Holiday Inn North, Newark, NJ) Pro Fitness, 350 Rte 46, Rockaway, NJ 07866, 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

9 SEP, APF Venice Beach W. Coast Open

BP, Venice Beach Rec. Ctr., 310-399-2775 By 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, 3rd Annual Deadlift on the River,

15 SEP, 3rd Annual Deadlift on the River, Jon Smoker, 30907 CR 16W, Elkhart, IN 46516, 219-674-6683 15 SEP, USAPL Michigan Hall of Fame (BP, DL, PL) Dick Van Eck, 616-521-4031

15 SEP, NASA Indiana Regional (Indianapolis) NASA, Box 735, Noble, OK 73068, napolis) NASA, Bo 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 lowa State BP/DL (Coralville

IA) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-21-23 SEP, 100% Raw Deadlift Nation

als (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 Ølibertybay.com
22 SEP, NASA New Mexico Regional (Albuquerque NASA, Box 735, Noble, OK 73068, 405-527-8513

22 SEP, SLP OPEN NATIONAL POW-22 SEP, SLP OPEN NATIONAL FOWERLIFTING CHAMPIONSHIPS, Son Light Power, 122 S. Sale St., Tuecola, IL 61953, 217-253-5429, Septime Company Compa

Sonlight@netcare-il.com 22,23 SEP, USAPL Bench Press Na-tionals, Ed & Frank King, 24775 Au-rora Rd. Bedford Hts., OH 44146, 440-

23 SEP. SLP Wisconsin State BP/DL Classic (Burlington, WI) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

29 SEP, WABDL Washington State BP & DL (Hoquian, WA - world championship qualifier - drug tested) Don Bell, 360-533-5711

29 SEP, NASA West Texas Regional (Lub-bock) 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, APA Powerlifting Nationals (Cali-fornia) APA, Box 27204, El Jobean, FL 33927, 941-697-7962,

apapresident@angelfire.com
SEP, I.S.A. Regional BP & BP bodyweight
for resps (Douglasville [CA] Boys & Girls)
I.S.A., 6510 N. Sweetwater Rd., Lithia
Springs, GA 30122, 770-739-0184, 866Push/Pull or IronAthletics@aol.com or Keith

SEP???, NASA Kentucky Regional (Lexington) NASA, Box 735, Noble, OK 73068, 405-527-8513

SEP???, NASA Ohio Regional, NASA, Box 735, Noble, OK 73068, 405-527-8513 6 OCT, USPF Central California, Gene Estrada, 526 Dana #4, San Luis Obispo, CA 93401, 805-544-0155

6 OCT. 1st NH Record Breakers, Jamie 603-267-8158

6 OCT, NASA Iowa Regional (Des Moines, IA) NASA, Box 735, Noble, OK 73068, 405-527-8513

6 OCT, SLP Fall BP/DL Classic (Mattoon, IL)Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-

7 OCT, SLP Chicagoland Open BP/DL Classic (Chicago, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com
7 OCT, APA Bay State Open BP & DL

(Worcester, MA) APA, Box 27204, El Jobean, FL 33927, 941-697-7962,

FL 33927, 941-697-7962, apapresident@angeifire.com
13 OCT, NASA Tennessee Regional (Nashville) NASA, Box 735, Noble, OK 73068, 405-527-8513 13 OCT, SLP Arkansas State BP/DL (Rec-

tor, AR) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com
16-21 OCT, IPF World Masters (Moose

Jaw, Canada)
20 OCT. 19th ADAU Raw Drug Free

"Central PA Open" (open, teen, jr., submaster, master) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214,

20 OCT, NASA East Texas Regional (Longview) NASA, Box 735, Noble, OK 73068, 405-527-8513

20 OCT, SLP Fall BP/DL Classic (Rich-

mond, IN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

Sonlight@netcare-il.com
21 OCT, CAN AM BP & DL & Push/Pull (Montreal) Marcel St. Laurent, 457 7ieme Ave. Nord. #1, Sherbrooke, Quebec, J1E 2S2, Canada, 819-346-9466, Fax 819-346-

26-28 OCT 2001, AAU Worlds Mayaguez, PR) Nestor Gregory, PRPF, Las Villas Park Rd. 142, Ramey, Aguadilla, PR 00604, 787-890-4636 27 OCT, INSA World Championship 27 OC1, INSA World Championship (Plano, TX - PL(60), BP(100), DL(100), 16 Tug of War Teams) INSA, 4515 Plaza Way, St. Pete Beach, FL 33706, 727-363-3727, Stroud's Fitness, 817-268-3488

27 OCT, APF/AAPF Iron Island Halloween BP & DL (separate meets, open m/f, masters m/f, limited to 1st 60 lifters) Iron Island Gym, 516-594-9014, jtb2040@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., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com
28 OCT, Best of the Southwest V (Natural,

Raw BP/DL - Sculptured Trophies - Social Hall, McMurray, PA) Steve Slwiak, 724 941-7270

OCT, 1st Southeastern Drug Free (BP, DL, PL) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com OCT, NASS N. America's Strongest Man (open, teen, masters, men & women) Bill Holland, 300 W. Northern Ave. Bill Holland, 300 W. Northern Ave., Saginaw, TX 76179, 817-847-6082, willlyh@swbell.net
OCT???, NASA Big River Classic (Blytheville, AR) NASA, Box 735, Noble, OK 73068, 405,527,9512

405-527-8513

405-527-8513
OCT???, NASA W.V. Regional, NASA, Box 735, Noble, OK 73068, 405-527-8513
OCT???, NASA PA Regional, NASA, Box 735, Noble, OK 73068, 405-527-8513
3 NOV, USPF Texas Cup (Austin - Men/ Women: Open, Below 1, 13-23 in 2 yr.

increments, submaster, master (5 yr. age increments to 70+), BP, Police/Fire-awards to all lifters), Seguin Fitness, 1415 E. Court St., Seguin, TX 78155, 800-378-6460,

3 NOV, USAPL State of Michigan Championships (BP, DL, Ironman, PL) Dick Van Eck,

3 NOV, NASA St. Louis Regional (Fairview Hts., IL) NASA, Box 735, Noble, OK 73068,

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 & Maryland State BP & USPC Eastern Regional Curl, Brian Washington, Box 20042, Baltimore, MD 21284,

Ecpower@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 Wisconsin Regional

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

10 NOV, SLP Illinois 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 Pitness, 350 Rte 46, Rockaway, NJ 07866, 973-627-9156, www.profitness.com
11 NOV, Quebec Championships PL/BP, Marcel St. Laurent, 457 7ieme Ave. Nord.

#1, Sherbrooke, Quebec, Canada J1E 2S2, 819-346-9466, or fax 819-346-6104 11 NOV, I.S.A. Gold's Gym BP Challenge

BP Regionals (Amarillo, TX) I.S.A., 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push/Pull or

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 typesettingforyou-FREE!!

IronAthletics@aol.com or Teresa 806-359-

11 NOV, SLP Franklin Health & Fitness BP/ DL Classic (Franklin, IN) Son Light Power, 122 S. 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) 15-19 NOV, 24 Hr. Fitness WABDL World BP & DL Championships (Pepper Mill Hotel, Reno, NV) Gus Rethwisch, 541-389-0600, fax 541-388-

17 NOV, NASA Arizona Regional (Casa Grande) NASA, Box 735, Noble, OK 73068,

17 NOV, SLP Kentucky State BP/DL (Paducah, KY) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

Sonlight@netcare-il.com
17 NOV, 2nd annual WPO (TM) Professional PL Championships, Huge Iron,
910 S. Atlantic Ave., Daytona Beach,
FL 32176, 904-677-4000

FL 32176, 904-677-4000
17 NOV, ADAU Raw Drug Free North American BP, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695
24 NOV, NASA Missouri Regional (Carthage) NASA, Box 735, Noble, OK 73068, 405-527-8513

NOV, USAPL National Police & Fire PL/BP, John Shifflett, Box 941, Stanardeville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com

1 DEC, USPF Winter Classic BP/DL (Compatible CA) Charles (Compatible CA) Charles (Ca)

marillo, CA) Chris Kostas, 1854 Pineridge Rd., Frazier Park, CA 93225, 661-245-0115, Kostas@frazmtn.com or Steve Denison, 661-664-7724

Denison, 661-664-7724

1 DEC, Estrien Championships (PL & BP-Granby, Canada) Benoit Brodeur, 450-378-7666 or 372-0087 (Fax).

1 DEC, "Miller Chev" Christmas BP Classic (open, teen, women, masters) The Gym in Elk River, 550 Freeport Ave., Elk River, MN 55303, Dave Harrison (D) 763-441-4232, Jerry Gnerre (E) 763-753-6064

1 DEC, NASS Teen, Masters & Women Strongman Nationals - Winterfeet Open (Ft. Worth, TX) Bill Holland, 300 W. Northern Ave., Saginaw, TX 76179, 817-847-6082, wwilllyh@ewbell.net

1 DEC, SLP Son Light Winter Classic, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

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 Nationale???,
NASA, Box 735, Noble, OK 73068,

405-527-8513

5-9 DEC, 100% Raw World Char br. Spero Tshontikidis, 4850 Connecticut Ave. NW #903, Washington, DC 20008. 202-282-0528 20008, 202-282-0528 6-9 DEC, IPF World Bench Press (Taupo,

8 DEC, SLP Christmas for Kids BP/DL Classic (Mattoon, IL) Son Light Power, 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) Bob Packer, 559-439-4394

8,9 DEC, USAPL Virginia State PL/BP, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm,

9 DEC, ADAU 9th Raw Drug Free "Coal Country BP & DI Classic (separate meets no total - open, teen, Jr., submaster, master) Slegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214,

al@plkitup.com

15 DEC, 16th Christmas BP/Curl, John
Shifflett, Box 941, Stanardsville, VA 22973,
804-985-3932 before 9pm, valifting@aol.com
30 DEC, SLP The Last One! BP/DL Classic,
Son Light Power, 122 S. Sale St., Tuscola, IL
61953, 217-253-5429, Sonlight@netcare-

DEC, I.S.A. Two Worlds Collide BP/Clean & Jerk - individual or total (Douglasville [GA] Boys & Girls Club) I.S.A., 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push/Pull or IronAthletics@aol.com or Keith 770-949-

JAN, Augusta Open Drug Free Champion-ships (BP, DL, PL) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806,

Augusta, GA 30900, pythongym@aol.com
8 APR, New Hampshire State & New England Pt. & BP, Dave Follansbee, Nutrition 101, 865 Second St., Manchester, NH 03102, 603-626-5489,

usabodybuilding@aol.com
29 MAY-2 JUN 02, IPF Women's Worlds 10-15 SEP 02, IPF World Juniors (Ven-

9-13 OCT 02, IPF World Masters (Cordoba, Argentina) 12-17 NOV 02, IPF World Men's

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.

5-8 DEC 02, IPF World Bench Press

P.P.S. Italicized entries in this listing are new competitions or updates to previous entries. Blacksmith Open/Indiana State
9 DEC 00 - Columbia City, IN

	00 - Co			, IN
BENCH 165 lbs. (Ope	a)	(Mast	er 1)	157.5
J. Runyon	AT THE	220 H	es os. (Mas	ter 1)
181 lbs. (M1) J. Lindsey	125	242 H	omota os. (M1)	157.5
198 lbs. (T 18- N. DeBalty	147.5	B. Mc	Intyre s. Oper	190
(Open)		G. Lea	alifano!	230
M. Johnson M. Fensler	170 150		zkowski	187.5
WOMEN 132 lbs. M2	sQ	BP	DL	TOT
N. Hays	800	600	140*	280°
148 lbs. T 18-1 A. Dunivan	122.5	55	105	285
Junior M. Brubaker!	142.5		e 152.5	387.5
Open S. Simmons				
100 mm. mil	132.5	77.5	150	360
D. Cairns T 18-19	32.5	25	52.5	110
A. Justice	82.5	57.5	95	235
Open A. Pankoke 181 lbs. Junior	132.5	97.5	137.5	337.5
181 lbs. Junior G. Kalk	145*6	80*	160°	385*●
198 lbs.M2				ELLIS.
A. Collins MEN 123 lbs. 1		40	75	147.5
C. Warmke O&M 1	105	85	142.5	332.5
S. Meadows 132 lbs. Open	150*	100*	185	435
I Fools	162.5	125	182.5	470
148 T 14-15 J. Huczko	150*	92.5	182.5*	425*
J. Huczko Junior K. Kibler	207.5	105	220	532.5
D. Hargrove	170	132.5*	187.5	
165 lbs. T 18-19 B. Redmon!	170	137.5	255	562.5
A. Fry Junior S. Oden	177.5	130*	182.5	490
S. Oden J. Sills	185 147.5	110 97.5	195 172.5	490
Open				417.5
E. Nickson J. Williams	227.5 167.5	160 125	250 182.5	637.5 475
M2 R. Merrill	40	30	85	155
T 18-19 J. Daviera				
181 lbs. Junior	000	7.95	717	Table 2
A. Davis J. Welu	185 165	125 120	200 220	510 505
M. Robertson Open	152.5	112.5	167.5	432.5
Open P. Gutwein J. Mumaw	227.5			627.5
M2				582.5
R. Sowala B. Creech				465* 245
198 lbs. Novice R. Butler	210	1425	245	597.5
C. Flanagan	- 4	-	-	-
Open J. Goodhew!	272.5	187.5	287.5	747.5
T. Thompson J. Campbell	250 227.5	155 137.5		655 647.5
T. Thompson J. Campbell C. Pancott M. Willett	227.5 102.5	140	245	612.5
MI				
B. Jones M2				607.5
D. Hardy 220 lbs. Open A. Schaeuble	192.5	162.5*	200	555
A. Schaeuble I. Archer	245 195	150	272.5	667.5
lunior				HERE.
A. Schaeuble E. McKeley		52.5	272.5 6 250 6	67.5
M1 . Valpatic	187.5 1	37.5	205 5	30
M2 . Weiss	227.5 1			97.5
42 lbs. Open . Kollars	212.5 1			
75 lbs. Open				32.5
M. Wenning D. Schneider	300 2 292.5 1			77.5 57.5
. Smith	227.5 1	82.5 2	150 6	60 97.5
unior A. Wenning				
19 lbs. Junior		10000		77.5*
. Stott! . Buntin	290* 2	07.5* 2	95* 8	00*
19+ lbs. M1				

ster). ! indicates Best Lifter awar anks to USA Powerlifting for provi ults to POWERLIFTING USA Magazi

Hwy 17A Touch Go and Pre-Teen BP 09 DEC 00 - Moncks Corner, SC 09 DEC 00 - Moncks Corn
C. Corkey (6) 27 C. Driggers
S. Corkey (9) 41 P. Byrd
D. Abdon (9) 61 151-165
D. Corkey (11) 68 R. Alvarado
J. C. Coker (10) 60 R. Wilmonth
G. R. Nobles (10) 55 166-181
J. Wilkerson (10) 65 E. Dunlap
D. Corkey (10) 48 182-202
L. Byrd (13) 60 G. R. Nobles
J. Kent (15) 180 J. Coker
WOMEN 203-235
Open R. Lord 325 475

AAU 2000 Fred Rogers/Paul Smart 23 SEP 00 - Savannah, NY

BENCH		220	
RAW:		40-44	
165		Wayne Carroll	375
70-74		50-54	
Pete Bush	165*	John McAllister	390*
Open		242	
148		35-39	
Jamie Sykes	205	RL Murray	460
181		319	
Paul Pollack	240	35-39	
198		Steve Rogers	460
Jessie Cottrell	325	DEADLIFT	
Scott McKenzie	305	148 Raw	
220	10000	Jamie Sykes	305
40-44		165 Raw	
Dave Herbst	320	12-13	
Open		Mike Krisoff	300*
George Laughlin	325	198 Raw	
242	distant.	Dan Miller	565
35-39		220	
Mark Harrison	345	40-44	
319		Dave Herbst	560
Open		Raw	
Jeff Lewis	455*	George Laughlin	495
EQUIPMENT:		242 Raw	
132		Shane Lotz	435
Open		35-39	
Chris Byrnes	363!	Mark Harrison	475
198	300.	275	
Open		Raw	
Ionathan Smith	275	Tom Kristoff	600
STATE RECORD		STATE AND AME	
RECORD SET. Th	e 3rd	Annual Fred Roger	rs/Paul

SAVANNAH POWER CLUB

BP
Bernice Gilley
190
Ths meet took place at the Lee Circle YMCA on a fantastic Gulf Coast autumn day. The perfect weather kept the gymnasium open to the streets, and passersby on their way to the street festival the next block over were treated to quite a PL show. Bob Hafner, meet director and namesake of this meet that celebrates his great victory over leukemia, prides himself on an on time meet start, a great all you can eat lunch break, great awards, and a meet that leaves you time to see the sights of the Big Participants in the 2000 Fred Rogers/Paul Smart Classic; Row 1-Ryan Harrison, Ryan Murray, Chris Byrnes, R.L. Murray, Shane Lotz, Paul Pollock, Jamie Sykes, T.C. Carroll; Row 2 - Mark Harrison, Tom Kristoff, Steve Rogers, John McAllister, Jeff Lewis, Jessie Cottrell, Scott McKenzie, Dan Miller, George Laughlin, Jonathan Smith, Dave Herbst, Wayne Carroll; Row 3 - Mike Kristoff. (photo provided by Michelle Rogers)

International Powerlifting Association "Lifting for Lifters"

Application for Registration

Last Name		First	Initial	New		Renewal
Street Address			City		100	
State or Province		Zip Code		Country	067 -212 -263	100
Telephone	Date of Birth	Age	Sex	Pro Elite Am	_ Am _	toolers
Sion if above answe	ers are correct. Pare	ents sign if under 18	years.	Date	200	

Easy, We were done by 2 PM! Lifting was kicked off by Martin Martinez Jr. who had a good day in the DL and made both attempts. David Dawson at 132 put together a superb 9/9 day. James Echols made all 3 BP at 148 finishing at 205 in his first meet. At 165, we had our first contested class where Chris Albert took home first with a shirtless 350! Chad Tillman made 300 for second and Scott Konecni 260 for third. At 181, Special Olympic Mark "Music Man" Tusa was on fire going 9/9 with more left. Matt Spruill benched a strong 385. The 198 class was won by Ray Judy on a Jough 4/9 day, but a win is a win. Patrick Pope never got it going and came in 2nd. Special Olympic Raul Ramirez only missed his third BP to finish 3rd in the open and win the Special Olympic. He is over 6'3" and has lots of room to grow. Larry Tilley, in his first meet since completing chemotherapy for cancer, made 3 hard deadlifts, giving it his all. He will be back to 100% within a year! At 220, Jody Steen is a force to be reckoned with on the National Level. Weighing only 212, he made 1695 on 6 attempts. Once he gets more experience and is a full 220, watch out! Josh Stovier was 8 for 9 and also has room to grow at a mere 211. Cassius Scott made all 3 BP to finish with 365, and meet director Bob Hafner, between running the meet, pulled a nice 2nd attempt 520 DL. At 242, Barry Haynes has grown into a new weight class with room for more at only 230. Jack Reape was 8 for 9 only missing the 700 squat he made last year. At 275, Joe Armstrong only missed his last DL and Bryan Cagnet only missed his first squal. Shane Jackson made a nice 410 opener in the bench but was done for the day there. SHW benchers Rene Phillips and Brandon Williams both made their 2nd attempts, and each just missed their 3rds. In the masters Challe Dimaggio won on bodyweight (by 1/4 lb.) over Martin Martinez Sr. These two warhorses only decided to compete at the last minute and they all capable of much more when peaked. Roy Guidry made all 3 BP to finish at 315. Our only woman com



Special Olympian/Open 181 lb. MARK TUSA with a 515 squat at the Hafner Memorial. (Reape)

WOMEN	SQ	BP	polis, I	TOT	
105					
Bentzel	200	105	220	525	
114 Paul	225	100	250	575	
Bryant	175	110	220	505	
123	.,,			303	
Kammler	245	130	300	675	
Nguyen	150	105	210	465	
132 Rendon	170		255		
Stewart	120	110 75	175	535 370	
148	120	"	1/3	3/0	
Odom	240	135	300	675*	
Tan	245	130	300	675	
Adams	215	125	295	635	
Szirak	210	140	275	625	
Thomas Fedden	185	100	290 275	575 570	
Sadeghzaden	215	105	235	555	
Ouellette	185	100	225	510	
McDermott	155	105	255	415	
165					
Loya	415	195	405	1015	
Hitchcock Powalski	235	125	295 235	655 585	
Cartus	155	115	260	530	
Kenny	115	95	175	385	
181			2.0		
Goldenburg	145	90	205	440	
198+		3.18		oinm HC	
Mansfield MEN	290	170	340	800	
123					
Balke	260	210	310	780	
Lomax	235	160	315	710	
132					
Sainato	355	235	415	1005	
Speakman	330	235	380	945	
Morris Dirienzo	315 285	245	375 385	935	
Sisti	310	210	335	855	
Byers	285	205	335	825	
Panier	210	185	305	700	
148					
Sullivan	435	300	530	1265	
Portis Chin	420 325	280 285	410 390	1110	
165	323	203	350	1000	
Sweger	455	350	505	1310	,
Hillery	460	265	500	1225	

1155 1125 1120 1080 850	
1445 1325 1250 1245 1240 1180 1100	8
1460° 1460 1400 1375 1340 1190 1150 1040 950	13
1400 1370 1305 1260	
1310 1145 1105 805 SE THE as to be It truly	

Ben Bownas with his 635 pull for the win at the USAPL Tri-Services meet. Coach Mike Wright is in the background. (photograph provided courtesyTshontikidis)

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

MuscleTech CellTech 4 lbs.	Retail: \$59.99	Capitol: \$36.29
Optimum Amino 2222mg. 300 caps		Capitol: \$17.49
Twinlab ZMA Fuel 90 caps		Capitol: \$14.99
Sportpharma Nutriforce 20 servings		Capitol: \$24.49
Optimum 5 Lb. Whey		Capitol: \$22.49

245 225 285 320 210 485 475 465 415 385

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!

G. Foley-181 P. Kosmicki-220	320°	L. Patric	*	515
Master 50-54		220 C. Cado	otto	660*!
M. Varwig -198 Powerlifting WOMEN	SQ	BP	DL	тот
Teen 14-15	125*			
K. Cuciurean -114 Submaster 33-39		1012		
Melissa S114 Master 45-49	190*	90*	240*	520*
D. Cairns- 165 Master 50-54	70*	55*	100*	225*
S. McPhail -165	85*	90*	170*	345*
	80*	85*	150°	315*
Open 114				
Melissa S. 148	190*	90*	240*	520°
R. Muratori	230	120	275	625
MEN Junior				
L. Hutchinson -18 Submaster 33-39				
J. Proce -198 T. Mather -132	420*	325°	440° 305°!	1185* 760*!
Washington -198	345	315	440*	1100
J. Perry -220 Master 40-44		AND NO	es es	MARKET ENGINEER
B. Denlinger -242 B. Fabiano -181	565* 430*	425° 370°	535° 520°	1525* 1320*
J. Darga -198 Master 45-49	420*	300	500*	1220
I. Koplin -181	450*		460*	1220* 1335*
J. Smolinski -220 M. Weller -198	475	340*	520*	1335
Master 55-59 J. Miller -242				
Master 60-64	275*	215	350°	840*
L. Hughes -198 Master 70-74				
B. Creech -181 Master 80-84	200°	110*	235*	545*
R. Merrell *165	65	80	200*	345
Open 132			305	760
T. Mather 165	275	180	303	/60
P. Keinath 181	430	345		
B. Fabiano 198	430	370	520	1320
D. Lomp	630	405	610	1645 1590
D. Carrol S. Taylor	635 580	435 360	520 460	1400
D. Griffin 220	410	285	460	1155
C. Cadotto M. Szudarek	665 660	400 325	660*! 625	1725 1610
S. Barker	500	275	505	1280 1135
B. Boroski M. Armentrout	365 285	320 225	450 365	875
C. Phillips J. Perry				
242 J. Zemmin	700	605*	520	1825*
S. Rivers	575	420	480	1475
P. Moore T. Pearch	530 450	405 325	510 465	1445
275 M. Kroczaleski	850*	500	705*	2055*
D. Vontom	630	415	540	1585
308 P. Stratakis	815*	420	660*	1895*
R. Johnson SHW	660	465	600	1725
B. Wheeler Guest Lifters	490	240	400	1130
J. Hinze * Denotes new	500	340 ichiana	505 State S	1345 Percent 1
Denotes new AA	PF Nati	onal Re	cord. N	teet Pro-
moters: John Ma	ddox. I	ohn Cu	ciurean	. Judges:
Robert Spaulding John Wood, and start with a speci	Mary Si	temberg	the los	d like to
spotters. With ou	t those	guys, we	would	still be at
the meet site. I wo Fitness Unlimited	uld also	like to t	hank ou	rsponsor



Ken Snell squatted 462 at 123 lbs. bodyweight and 42 years of age at the AAPF Southern States Meet.

lifters competing.	and nun	nerous I	new state	e records	K. Snell (123)	210	122.5	217.5	550	198				
being broken. See	everyo	ne next	vear. (1	hanks to	M. Francis (242)	365*	205	330	900	D. Peterson	297.5	202.5	240	740
ohn Maddox for	providir	o these	contes	results).	D. Graham (181)	257.5	145	252.5	655	V. Lopez	198	185	225	605
Oilli Maddox IOI	ALCOHOL:	· B una	-	,	T. Harrier (275)	317.5	207.5	255	780	D. Schultz	210	150	195	555
					P. Genet (242)	250	220	267.5	737.5	J. Olikswycz	220	147.5	180	547
				-	L. Gnat (220)	242.5	172.5	205	620	220				
AAPF Sou	thern	State	s PL (kg)		200	155	215	570	B. Borgo	305	197.5	240	742
11 NOV 00					T. Roman (275)	227.5	175	182.5	585	P. Mc Cahon	282.5	157.5	300	740
Women (formula)		BP	DL	TOT	T. Haller (165)	117.5	107.5	157.5	382.5	P. White	272.5	190	272.5	735
	102.5	60	140	302.5	Amsberger (242)	220	130	197.5	547.5	L. Mosley	255	182.5	260	697
G. Ladesic (BL)	102.5	65	137.5	305	1. Bradley (308)	165	135	192.5	492.5	Henderson-Coffey	240	162.5	250	652
D. Montgomery	137.5	85	137.5	360	R. Barnes (198)	200	135	60	395	J. Thrift	215	1751	205	595
M. Pritzl (132)	92.5	45	112.5	250	L. Russell (220)	162.5			162.5	C. Nadzeika	227.5			
K. Stokes (132)		37.5	115	245	F. Pelino (275)	185			185	C. Sherman				
L. Folsom (132)	92.5	47.5	122.5	260	Open					242				
C. Gale (198)	90	4/.5	122.5	200	123					G. Martin	250	230°	285	765
MEN					K. Snell (BL)	210	122.5	217.5	550	N. Hammer	307.5	182.5	266	755
Teen (formula)	2201	155	237.5	622.5	148					F. Webber	272.5	210	250	735
B. Hopper (198)	230* 152.5	82.5	202.5	437.5	W. Holloway	165	117.5	217.5	500	N. Therrell	285	182.5	250	717
J. Barbosa (148)			202.5	485	I. Barbosa	152.5	82.5	202.5	437.5	R. Cole	235	147.5	280	662
R. Donahay (165)		112.5		432.5	165					J. Kipp	227.5	142.5	245	615
J. Dubay	1/2.3	112.3	147.3	432.3	G. Wright	222.5	165	250	637.5	T. Maxted	250	155	192.5	597
Junior (formula)	282.5	157.5	300	740	R. Thompson	227.5	117.5	272.5	617.5	K. Mink				
McCahon (220)		182.5	265	755	R. Donohay	172.5	112.5	200	485	275				
N. Hammer (242)		157.5	237.5	667.5	181					J. Luker III	277.5	182.5	250	710
M. Hollingsworth		132.5	220	560	B. Strickland	265	165	255	685	S. Vanlandingham				
J. Bowers (181)	207.5	147.5	272.5	632.5	D. Belanger	227.5*	150	250	627.5	* denotes a new				
A. Poptodorov	212.5	142.5	195	535	D. Graham	257.5	145	252.5	655	masters division s				
C. Charron (220)	197.5	142.5	193	333	R.T. Mc Clain	227.5	167.5	197.5	592.5	ner: Team Corry.				
J. Cannon (220)	4				T. Ciscobbe	225	145	212.5	582.5	ing the results of	this me	et to Po	werliftin	g US



NEW A.P.F./A.A.P.F. Membership Application

AMERICAN POWERLIFTING FEDERATION AMERICAN AMATEUR POWERLIFTING FEDERATION

LAST NAME	FIRST NAME			INITIAL
111111			111	1111
	STREET ADDRESS	7. BESSE		DATE OF APPL.
		111		1111
	CITY		STATE	ZIP CODE
				The second second
	141111			70 CODE MUST BE PRESE
AREA CODE TELEPHONE NO	D DATE OF BIRTH MO DAY YR	AGE	SEX	ZIP CODE MUST BE PRESEN
AREA CODE TELEPHONE NO				

ATHLETES, fill out card completely and mail with fee to:

ARE YOU A PREVIOUS A.P.F. MEMBER

62 S. BROADWAY

MAKE CHECK PAYABLE TO: A.P.F.

AURORA, IL 60505

X-Treme Fitness Fall BP/DL

04 NO	V 00	- Union, MO	
BENCH PRESS		198	
open women		Warren Holloway	280
Emily Bradley	130°	220	
Miranda Scul	195*	Matt Schaffer	375
4th	205*	Jeff Withington	360
L. Schaeg	125	Keith Waddle	235
master women 4	0-44	242	
Kathy Jones	160*	Greg Chrun	485
Andrea Apple	110*	Kevin Hahn	450
4th	115*	Jim Schrader	310
master women 4	5-49	275	
D. Withington	140*	Michael Porter	400
Ida Undine	120	Justin Rost	275
teenage men		Dr. S. Wilcoxen	230*
Jack Tankersley	240*	308	
Chris Holloway	290	Ron Serra	475
4th	295*	shw	
Jason Brown	180*	Carl Lynch	235
junior men		DEADLIFT	
Nick Young	450*	open women	
master men 40-4		Emily Bradley	225*
John Kesler	300	Miranda Scott	285
Tori Karim	275	master women 45	
master men 45-49		D. Withington	270
Greg Chrun	485	master men 40-49	
Wally Strosnider	355	Michael Porter	450
Charles Martin	340	master men 50-59	
master men 50-59		Barry Falconer	450
Jon Springmeyer	325	198	
Barry Falconer	255	S. Killingsworth	465
165		220	-
John Kesler	300	Matt Schaffer	550*
181		Russell Kempen	490
Quentan Rogers	335	4th	505*
Lonnie Keathley	260	242	
rd Kenton	230	lim Schrader	520



a win at 165. At 181 it was Quentan Rogers with 335 for the win. Lonnie Keathley was second with 260, coming close with a 265 pr fourth attempt, while Ed Benton finished third with 230. Warren Holloway took the 198 class uncontested, getting just his opener of 280. This was Warren's first

and lower prices

TRAINING & TECHNIQUES

OF THE WORLD'S GREATEST

BENCH PRESSERS

EUROPEAN TRAINING SECRETS

The World's Most

Muscular, Strongest

and Fastest Athletes

Talk About Their

Steroid-Programs

SUPER ABS

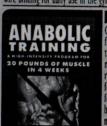


PLANNED SUCCESS

he new Workout-Log for serious weightlifters: uickly record important lifting data, saving time 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 how to use for best results and durable spiral wire binding for daily use in the gym.

\$8.95 | Poperback, 150 Pages | SBN 3-929002-23-X



EUROPEAN BULK-UP

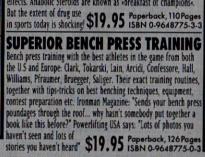
Gain 20 pounds and more in only 4 weeks! Prosional preparation for the mass-training phase p mass exercises, proven super-intensity techues, lots of photos and a detailed 4-week utine with a time-schedule, weights and reps or every single set! Germany's Federal Institute for Sports Science judged: "... a scientifically backed, highly effective program for building muscle mass." Regular price \$16.95, now only. \$9.95 Paperback, 100 Pages ISBN 0-9648775-2-X



vealed: The drugs and dosages professional athletes are using dybuilders and Powerlifters talk straight about the incredible unts and combinations of Steroids and Growth Hormone which are commonplace among athletes today. International Champions penly tell what drugs they use for mass and power, the drugs and inations 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 in sports today is shocking! \$19.95 ISBN 0-9648775-3-3

Bench press training with the best athletes in the game from both the U.S and Europe: Clark, Tokarski, Lain, Arcidi, Confessore, Hall,

Williams, Pfraumer, Bruegger, Saliger. Their exact training routines, together with tips-tricks on best benching techniques, equipment, contest preparation etc. Ironman Magazine: "Sends your bench press poundages through the roof... why hasn't somebody put together a book like this before?" Powerlifting USA says: "Lots of photos you have the roof left of the roof...



ROCK-HARD ABS | BEST OF DR. JUDD

Brief, hard, convincing results: Special and ripped midsection. New and improed exercises, the best exercise combinaons, increased intensity, how to avoid



P.O. BOX 52022

ALBANY, GA 31703-2022 FAX 912-436-7434

SOLARIS CORPORATION

912-436-1067

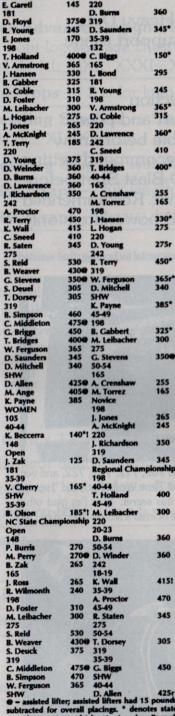
VISA
(U.S. funds only) to Solaris, For S&H please add the U.S. and Canada S&I for I book, S& for gen add the U.S. and Canada S&I for I book, S& for gen add the U.S. and Canada S&I for I book, S& for gen add the U.S. and Canada S&I for I book, S&I please add solaris, Foreign orders: prepaid only, for S&H please add solaris, Foreign orders: prepaid only, for S&H please add solaris, Foreign orders: prepaid only, for S&H please add solaris, foreign orders: prepaid only, for S&H please add solaris, foreign orders: prepaid only, for S&H please add solaris, foreign orders: prepaid only, for S&H please add solaris, foreign orders: prepaid only, for S&H please add solaris, foreign orders: prepaid only, foreign orders: prepai



BECOMING

World Class

2000 AAU State BP IV & Regionals



Three months before this meet I sold my nouse, and found out my new house was running months behind schedule. I knew it would be too late to change our phone number in Pt. USA and to make matters worse most of our current lifters would be stuck with my old phone numbers. I want to start by thanking Ricky Young for taking over the meet, and how he still managed to draw 60 lifters blows my mind. Looking at the Pt. USA results, I believe this is the largest sanctioned meet in NC this year,

07 NOV 00 - Henderson, NC M. Ange

P. Barnes B. Zak M. Perry 165 L. Bond A. Crensha

150 165 J. Ross (19) 270 E. Henderson (265 E. Gareti (15)

265 E. Gareti (15) 270@ 181 D. Floyd (19)@ 295 E. Jones (15) 255 198 265@ T. Terry (15) 240 242 165 K. Wall (18)r

185 415"1



ten pounds out from finishing in third place. In the 242 class, Robert Proctor had to compete against two American record holders, but his 470 would earn him his first regional title. 1998 regional champ Rufus Terry elected to lift RAW, and his 450 bench was enough for a state and American master record. Finishing in third was the amazingh street AAU Southeastern Regional Team Champs: "House of Payre"

AAU Southeastern Regional Team Champs: "House of Payre"

AAU Southeastern Regional Team Champs: "House of Payre"

Based in Winston-Salem, NC - front row, left to right, Mike "Young Lion" Lovelace, Walter Truck" Ferguson, tyle "Hitman" Hogan; back row, left to right, Kent "Man-Child" Wall, Dan "Coldberg" Allen, Reith Take It To The House "Payre". (In the Indiana Champ and the National Control of the August 1994) and the header one againstiting us host our meet at their wonderful wall, Dan "Coldberg" Allen, Reith Take It To The House "Salem, Nate and they wanted the to hard for 109-thin should be controlled with the second lifter of the August 1994 (In the Indiana Champ) was a series of the second control one again letting us host our meet at their wonderful was a conditional to hand southern was can do the correst American the control of the second straight year was meet with a second lifter of the second straight year was meet with a south of the second straight year was meet with a south of the second straight year was meet will also the they are covered producing the covered lifters in each weight class and as always is solutional to the covered lifters in each weight class and as always is solutional to the covered lifters in each weight class and as always is solution. How weight class and as always is solutional to the covered lifters of the second straight year was meet well onto the meet. We had still partial to the covered lifters of the second straight year was meet well on to the meet. We had still partial to the second straight year was meet well on the meet. We had still partial to the covered lifters of the second straight year was meet well on to the meet. We had still partial to the covered lifters of the second straight year was meet will also the there are covered in the second straight year was meet will also the large and the state of the second straight year was meet will also the second straight year was meet will also the second stra

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-AQI-4USA.

AU 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 membership benefits include accident insurance (which is secondary and is applicable after any membership benefits include accident insurance (which is secondary and is applicable after any membership benefits include accident insurance (which is secondary and is applicable after any membership benefits include accident insurance (which is secondary and is applicable after any membership benefits include accident insurance (which is secondary and is applicable after any membership benefits include accident insurance (which is secondary and is applicable after any membership benefits include accident insurance (which is secondary and is applicable after any membership benefits include accident insurance (which is secondary and is applicable after any membership benefits include accident insurance (which is secondary and is applicable after any membership benefits include accident insurance (which is secondary and is applicable after any membership benefits include accident insurance (which is secondary and is applicable after any membership benefits).

	prin	nary coverage cific details o	e) for all pr	e can b	e obtained from your	local AAU Asso	ciation		Regula	ar Fee	"AB" Fee
Youth Athlete Coach Volunteer or	Official	Following Sp	Reg	ular Fee 0.00 2.00 2.00 0.00		Adult Athletes Baseball, Biathlor Kayak, Gymnasti (Decathlon, Penta Surfing, Trampoli Adult Athletes	s in the n. Baske cs. Mode athlon), I ne & Tu s in the	Prollowing Sports: Itali, Broomball, Cycling Itali, Broomball, Cycling Italian Pentathlon, Multi-Ev Physique, Softball, Italian Protesting, and Wa Prollowing Sports: Italian Hockey (Ice and Rol	ents /eightlifting 20.0	H	23.50
Aerobics, Badmi Diving, Fencing, Challenged, Bar	Golf, Jun	on Twirling, Bowl np Rope, Physica Rowing, Sailing, Tennis, Track &	ing, Canoe, I I Fitness, Ph Squash	Cross Cou lysically olleyball	The second secon	Adult Athletes	on Do	Following Sports: o, Jujitsu, and Karate Athletes thletes	20.00 30.00		25.00 Not Available 35.00
			SPORT		ASSOCIATION CODE	CATEGORY CHECK ONE: YOU Club No.:	one uth Pro	Athlete gram Adult Prog Club Name:	gram Adde	d Benefit E-Mail	
THE AI	MATEUR	ATHLETIC U	NION OF 1	HE UNI	TED STATES, INC.	ARE YOU ALREAD!	COVER	RED WITH HEALTH & ACC	DENT INSUR	RANCE?	Yes No
Date of Birth	Age	Sex Male Female Middle		Date Sox	cial Security Number	and the release	ase ar	nd by the AAU C cies, including but nd indemnity of the certify that I have	not limite he AAU. never bee	d to: bind By paying an convic	ding arbitration ng my annual cted of any sex
Address	201040			-	SQH			or, if so, I must ap		embershi	p (and receive
ers.							-	dian signature requi		nher unde	or 18 years old
City	38,	, 735, 7	in i	State	Zip Code	Member's Signature	Guard	dan signature requi	4A/G	noor direct	Mark State Old.

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

Improved Heavy Duty

- * tight tough fit
- * 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, 725, 735, 738, 746, 750, 770, 775 in his quest for 800.

Top Secret and Experimental until now! Now Available to YOU

Heavy Duty Blast Shirt \$58

High Performance Heavy Duty \$77

Extra High Performance Heavy Duty \$100

relaxed measurements of shoulders chest ____ arm __

colors - Black, Red, Navy Blue, Royal Blue MC VISA DVR COD CHECK add \$5.50 S&H

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

More Items Available from



800-222-6897 903-236-4012

	THE RESERVE OF THE PARTY OF THE
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	
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, tightens up to 3 1/2" tighter than any other belt, tightens or releases in less than 1 second, hi-tech design and appearance, available in any color (s), made in U.S.A.

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

• 10 cm x 13 mm • suede on both sides • heavy duty rivets • 6 rows of stitching • seamless roller • 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 The very best for grip — 1 lb. box of 8 - 2 oz. blocks \$10.00 Chalk -

Ammonia Caps - Box of 12 \$5.00

T-SHIRTS (limited availability) **OFFICIAL MEET T-SHIRTS** Hawaii World Record Breakers - years of 85, 86, 87, 88, 89, 90 multi-color designs (s,m) \$10.00

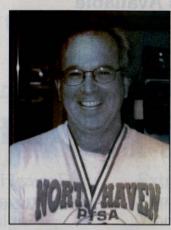
VIDEOS

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

2nd Annual APA Columbus Day BP 03 OCT 00 - Hamden, CT

BENCH		275	
Women		Jim Whiting	315
132		308	
Shawi King (BL)	100	Ron Rohmer	275
Jonie Moore	90	Master	
Men		148	
148		55-59	
Sam Cannady (B	L)250	S. Cannady(BL)	250
165		181	
A. Goodfellow	200	55-59	
181		Neal Wellins	205
Neal Wellins	205	198	
Pat Cute	200	45-49	
Dave Wilcox	195	Joseph Steele	250
198		275	
Joseph Steele	250	40-44	
220		Jim Whiting	315
Dan Daye	300	308	
Ed King	275	65-69	
Ben Flyer	250	Ron Rohmer	275
14-4 Di		tanks bland budges	

	CT 00	- Waco, TX	1000
BENCH		H. Thomason	425
Women		DEADLIFT	
Open (formula)		Women	
L. Saldana	135*	Open (formula)	
R. Bracato	135*	R. Bracato	275*
Men		T. Pellman	250
Teenage		Men	
J. Sladana	380*	Junior 20-23 (for	mula)
C. Snider	245*	R. Ellis	550*
Junior 20-23		H. Thomason	650*
H. Thomason	425*	Master 40-49	
Master 40-49		G. Dzuris	350
G. Dzuris	215	Open	
Open		181	
148		W. Smith (BL)	560
B. Carr	350*	220	
198		G. Dzuris	350
C. Washburn	405	275	
220		H. Thomason	650
G. Dzuris	215	Strict Overhead	Press
242		Open 275	
V. Rodriguez		H. Thomason	235
275		B. Reed	235



Neal Wellins, 57, was winner of the 181 lb. class at the APA Columbus Day Bench. (Joe Steele)

APA New England Open BP 18 MAR 00 - Durham, CT

L	D. Siaga-145	220	A. Meyers-103	213
).	J. Arel-121	240*	Open	
	Men		123	
	Special Olympics		V. Pichay	220!
	S. Curtis-154	125	148	
	Teenage		G. Larson	320!
	I. Syc-145	260	N. Rybicki	290#
5	Junior (formula)		S. Micciulla	245
	N. Rybicki-135	290	J. Haynes	205
	J. Chisholm-189	340	198	
	J. Vynalek-207	250	B. Swanson	500\$
5*	C. Raffile-251	245	220	-
)	S. Curtis-154	125	E. Flori	465
	Submaster (form	ula)	P. Murtaugh	465
)*	E. Flori-209	465	A. Murray	430
)*	P. Murtaugh-218	465	J. Gardner	385
)*	A. Murray-212	430	242	
	M. Slaga-232	405	M. Slaga	405
)	Master 40-49 (for	mula)	275	
	J. Abely-201	405	J. Toland	460
	Master 50-59 (for	mula)	T. Toland	425
)	R. Cote-219	430	A. Mecteau	385
	D. Bishop-174	125		
)	* denotes CT Reco	ord. ! de	enotes Master Rec	ords. #

APPLICATION FOR REGISTRATION American Powerlifting Association

Last Name	First Name	Initial Date of App
Street Address	City	State or Province
Country	Zip Code	Telephone Number
Date of Birth A		and make checks payable to APA P.O. BOX 27204
Social Security Number		EL JOBEAN, FL 33927
Registration Fee: \$2	0 High School A	thlete: \$10
Parents Initial	I Certify tha	1 00 02 88 V8
If Under 18 yrs.	the above an	swers
onder to jis.		

CPA Championnat Canadien DL/BP 05 NOV 00 - Montreal, Canada

DEADLIFT

M 50-54 M. Sadovski

132		101	
junior		Teste	
N. Coderre	250	sub	
open		S. Hebert	425
L. Landry	380	4th	435
sub		J. Lamonica	430
L. Landry	380	4th	440
148		220	
junior		M 45-49	
M. Guilbault	320.5	G. Marceau	400
4th	330*	242	
open		open	
L. Levasseur	275	E. Ouellet	525
MEN		Y. Gauthier	635
123		BENCH	
junior		WOMEN	
J Yves Ouellet	300°	132	
148		N. Coderre	120
open		L. Landry	190
M. St - Laurent	505	MEN	
4th	515*	Juniors	
M 55-59		J Yves Ouellet	165
M. St - Laurent	505*	M. Bouchard	290
4th	515*		
148 Teste		C. Marceau	345
open		D. Veillette	195
M. St - Laurent	505*	E. Ouellet	280
4th	515*	S. Hebert	300
M 55-59		E. Chevrier	375
M. St - Laurent	505*	P. Abram	480
4th	515*	P. Remy	350
181		Maitres	
sub		M. Sadovski	240
G. Archambault	400		320
		teste: Marcel St-L	
		Landry. Head R	
		ee: Kim St - Lau	
		oucer: Raymond	
(Thanks to Marce	St-Lau	rent for the meet	results)
	9 -	West Control	3 10 13
CDA Cha	mniar	and Quebecc	ie

CPA Championnat Quebecois 22 OCT 00 - Sherbrooke, Canada

BENCH		M 50-5	4		
WOMEN		I. Lebk		280	
165		4th		285	1
M 40-44		M 55-5	0	-03	V
S. Trepanier	200*		duranta	ve 330	5
MEN	200	M 60-6		,, = 330	2
132		I. Marc		300	R
Open		242	manu	300	C
D. Veillette	185	junior			2
sub	103	M. Pag		400	J.
D. Veillette	185	4th		420	E
148	103	open		420	J.
T 18-19			ondon	370	C
P. Normandin	225	S. Faut		330	D
165	223	M. Plo		390	T
T 16-17		E Ouel		390	
D. Langlois	210	sub	et		U
181	210	M. Plos		390	n
				370	P
Open	400	308	ondon	3/0	a
J. St - Pierre 198	420	sub			A
T 18-19		M. Rob	14-111-	365	tu
F. Prevost	310	SHW	пане	363	h
4th	325	sub			P
The state of the s	325	DE LIBERTO CONTRACTOR		335	
open	205	C. Man M 50-5		335	
A. Forcier sub	285	M. Gos		65	
	285	M. Gos	sein	63	
A. Forcier		BP	DL	TOT	
Powerlifting WOMEN	SQ	DP	DL	101	B
132					1
junior					Y
N. Coderre	210	140*	235	595*	T
4th	210	140	245	393	
148			245		Y
					Ţ
open	277	215	400	892.5	C
L. Landry sub	277.5	215	400	892.5	K
L. Landry	277.5	215	400	892.5	ra
MEN .	2//.5	213	400	892.5	si
165					t
The state of the s					If
open	***	220		****	0
E. Lessard	480	330	500	1310	ir
181					S
open		240			W
C. Dallaire	540	310	635	1501	2
4th		326			A
M 40-44					
C. Dallaire (BL)	540	310	635*	1501°	ju

198				
18-19				
F. Prevost	380	310	475	1165
tth	405	325		
220				
M 40-44				
Paul Marceau	275	250	320	845
M 45-49				
G. Marceau	340	270	430	1040
M. Lehoux	405	285	450	1140
242				
13-15				
. Turcotte	475	280*	465	1220
pen				
. Fauteux	265	330	480	1075
275				
pen				
M. Bernier	610	450	600	1660
ub				
Lesage	550	390	640	1580
Daniel Dan			doud	D-II-1-

nung - Dest Litters: Men - Claude Dallaire; t; Head Referee - Marcel St - Laurent; Side - Diane Roy & Kim St-Laurent; Announcer: Poirier & Diane Roy; Scoring: Martine de Bench Press - Best Lifters: Men - Jacky St -

APA Orlando Open BP/DL 21 OCT 00 - Orlando, FL

Submaster (form	nula)	S. Lacey	4/0
M. Schwagel	445	M. Schwagel	445
J. Taylor	425	M. Kinsey	410
Teenage (formu	la)	E. Martin	
I. Anderson	265	308	
C. Reynolds	200	D. Follins	
Master (formula	1)	DEADLIFT	
40-49		Teenage (formul	a)
G. Boldissar	425	S. Laver	440
D. Baumstein	425	C. Reynolds	385
S. Pullaro	350	Submaster (form	
50-59		M. Hendely	510
G. Walker	405	M. Schwagel	485
60-69		Open	
D. Botelho	165	148	
Open		J. Hope	350
148		165	
J. Hope	265	P. Fulton	465
165		181	
P. Fulton	265	D. Adams	500
181		S. Rutsis	480
B. Highnote	360	198	TTO.
T. Houke	320	J. Davidson	430
B. Rutsis	300	V. Lopez	420
H. Griffin		220	on.
198		R. Meyer	615
V. Lopez	390	D. Flunker	585
S. Pullaro	350	M. Hendley	510
220		242	
R. Meyer	465	D. Nichols	630
G. Walker	405	J. Macartney	620
242	41189	275	
J. Keene (BL)	520	M. Kinsey (BL)	750
E. Jackson	475	E. Martin	535
J. Macartney	455	M. Schwagel	485
G. Boldissar	425	308	
D. Nichols		D. Rollins	650
The 2000 APA C	rlando	Open was held at	Drang
		ym is the oldest gyr	
USA and was a gi	reat site	for an event. The m	eet wa

Lake Canyon BP Challenge

21 OCT 00	- Galt, CA	
BENCH	242	
Men	Open Raw	
132	C. Daniels	400
Youth (11) Raw	275	
T. Knight 160*	Open Assisted	
Youth (11) Assisted		430
T. Knight 170*		400
* personal record. The L	ake Canyon Ben	ch Press
Challenge featured 11	year old - 132 lt	Tony
Knight of Galt, CA, benc		
raw and 170 lbs. assisted	(a single ply po	ly bench
shirt). I believe this is the	most weight ever	lifted in
the bench press by an 11	year old boy at 1	32 BWT!
If not, it's real close. Ton	y has put on abo	out 7 lbs.
of bodyweight and 40 lb	s. on his raw ben	ch press
in just a little over 3 mor		
SINGLES in the BENCH		
week. Craig Daniels ber		
242. James Malone won		
ASSISTED bench press.		
judges, spotters, loaders		
making this event possible		
Prosecut bosonous	(



Some of the King's Gym Team Members at the 2000 Ohio State Championships. They are 10 time State Champions, National Team Champions, and Team Kings Gym has many state, national, and world champions. Front Row: (left to right) Barb Fazio, Dave Seman, Jeff Hixon, Steve Herrick, Ed King, Alan Solaman, Dr. Larry Miller, Terry Isaac, Eric Curry, Ben Sustin, Dan Sustin; Back Row: Mark Seman, Vic T., John Sabo, David Miller, Jay Mason, Vince Tarantino, Mike Karowski, Sean O'Callaghan, Jim Ross, Pat Cunningham, Jason Ross, Marc Terman, Dick Goldsmith, Nick Keleman, and Frank Palmer. (King's Gym)

375									DRIN	
426	K. Lanci (233)	145	145	400	690	C. Basmagy	450	350	500	1300
TOT	Raw Masters 604					R. Young	145	540*	145	830
	C. Lee (192)	225*	225*	350*	800*	242				
	Open					P. Cunningham	670	370	630	1670
785	148					275				
730	T. Straub	450	325	500	1275	M. Hartle	635	465	585	1685
830	R. Thompkins	400	280	390	1070	M. Reese	600	410	655	1665
600	165					P. Aracri	615	445	515	1575
	J. White!	550	350	610	1500	T. Clary	490	310	460	1260
830	J. Hixon	465	415*	500	1380	SHW				
665	N. Mercorel	440	375	500	1315	W. Likens	600	500	645	1745
	P. Keenan	515	315	480	1310	Police & Fire			1000	
	G. Foy	380	230	425	1035	M. Reese	600	410	655	1665
1380	181					D. Sustin	525	330	525	1380
1395	J. Ross	505	420	525	1450	J. Keough	455	335	500	1290
	D. Sustin	525	330	525	1380	B. York	500	350	540	1390
1455	J. Lupia	480	315	525	1320	Raw Powerlifting				
1595	C. Pappas	480	325	430	1235	165				
1575	198					E. King	375	280	475	1130
1000	J. Beck!	650*	400	625	1675	181				
950	S. Krebs	550	405*	550	1505	N. Piazza	470	315	500	128
	S. O'Callaghan	525	350	600	1475	J. Ross	405	315	510	1230
1100	J. Selby	500	340	540	1380	198	1000		1100	
716	220					S. Patrick	405	410	455	1270
	N. Keleman	600	430	630	1660	J. Sensenbaugh	405	310	470	1180
1130	V. Murphy	655	370	635	1660	220				1000
1270	V. Wells	535	380	655	1570	S. Green	460	405	575	144
1050	S. Pyle	520	420	600	1540	B. Shannon	475	365	500	134
	R. Bluck	525	405	525	1455	B. Foster	420	320	530	127

420! V. Tartatino 405* 275 390 B. Smith

280 320 315

L. Knittel (183) 300 Tomecnko (166) 225

Teen
A. Solomon (179) 500
N. Snyder (249) 530
Open Masters 40-49
R. Wahl (164)! 575
M. Terman (218) 575
Lumimba (262) 540
M. Digangi (154) 340
R. Meler (189) 330
Open Masters 50-59
I. King (163) 375
B. Foster (216) 420
J. Sabo (182) 275
Baw Masters 50-59

Special Olympian

USA Powerlifting™ (formerly 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

Conditions Of Membership: As a condition of membership to USAPL, I agree to follow and obey all rules, regulations, and drug testing procedures are subject to change at any time and that I agree to obey any new or changed 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. It id to 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.

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 as 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 from membership for any reason, including 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.

SIGNATURE:	A III	Prior Reg. #	
Address / City / St		Sex: U.S. Citizen? USAPL Registered C	Club Represented:
Date Of Birth:	Aye		The state of the s
Competing Divisions: Open Teen (14-19 yrs.)	Membership Prices: Adult - \$40.00	USAPL Merchandise: •Logo T-Shirt = \$15.00 (Size Oty) •Rulebook = \$25.00 •Logo Patch = \$5.00	Method Of Payment: 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-xt) = \$35.00 (xxt & up) = \$37.00 (navy - white) (Size Oty)	unit grown in a guicea nearl gaborille.
Collegiate Military	Special Olympian - \$10.00	•Sweatshirts w/Logo - (s-xl) = \$30.00 (xxl & up) = \$32.00 (navy) (Size)	Credit Cardholder Signature
Police & Fire	Tax Deductible Donation	 Logo Hats (denim - black - white) = \$15.00 Referee Designation Polo w/Logo- (s-xl)=\$30.00 (xxl & up)=\$32.50 	Check / Money Order #

Total Purchased:

ADAU National SQ, BP, DL 15-17 SEP 00 - Erie, PA Open & Sub 35-39 en B. Sisko 3 390 385 375 350 275 Mast 115 th 10-11

230

315 325

2000 ADAU Central PA Open 28 OCT 00 - Clearfield, PA

126

ski 225

Michelle Matuszewski was the
winner of the 132 pound weigh
class at the A.D.A.U. Central Penn
sylvania Open competition,
where she also set a new A.D.A.U.
American Raw Total Record.
(photograph provided to POW
ERLIFTING USA by Joe Orengia,

94! 55! 143 292!

0	M. Boston	220	209	352!	782
	165				
0	M. Catalino	518*1	319	545!	1383
	M. Skal	336	308	445	1091
0	R. limenez	275	209	347	832
	181		-	-	
0	J. Brown	468	374	473	1317
	D. Teeter	451	314	507	1273
	A. Joseph	418	325	512	1256
cer	J. Thek	380	330	496	1207
er	J. Orengia	336	2811	507	1124
'A.	D. Banik	336	259	507	1096
ks	A. Schmidt	319	187	402	909
s).	P. Guzenski	220	176	374	771
15	198		.,,	3/4	"
	E. Cridge	518!	385	589!	14931
	4th		3961	-	. 433.
	R. Toole	490	391	435	1416
	B. Woolston	473	352	540	1366
S	B. Bayer	468!	259	5511	1275!
4	I. Breese	429	286	529	1245
1	G. Lindsey	391	281	440	1113
	220		-0.	***	1113
	T. Braca	485	314	551	1350
	A. McClaine	473	308	523	1306
	C. Amstone	485	330	451	1267
	242	-03	330		120/
	R. Davis	584	303	716*1	1603
	C. Chiaro	462	363	551	1377
	R. Rood	451	325	523	1300

S. Tietrich	402	325	440	1168
J. Lawson	358	270	429	1058
N. McClaine 275	319	248	380	947
R. Emerick	600	402	600	1603
D. Smith	501	369	540	1410
S. Maleski	540	325	518	1383
M. Kantz	490	325	534	1350
319				
D. Stoner	462	402!	512	1377
R. Blanchard	457	308	551	1317
B. Hickman	462	336	512	1311
A. Siegel	4071	2311	4401	
This meet is the in the state of Pe		unning	drug tes	sted me

	North America 00 - Hopatcong,	
BENCH	E. Lugo	280

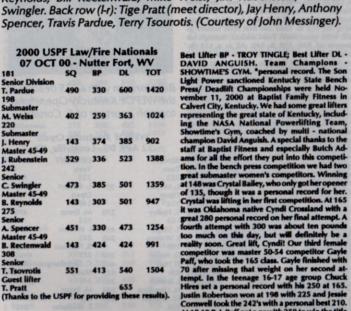
MEN		Submaster 35-39	
97		E. Lugo	280
11 & Under		Masters 45-49	
J. Lugo	45	V. Gengaro	340
Youth Amer. Rec.	45	Mastrs. Amer. Red	c341.5
114		Masters 60-64	
Teen 14-15		B. Phillips	370
H. Claypatch	110	Mastrs. Amer. Rec	c372
Teen Amer. Rec.	110.5	220	
165		Teen 18-19	
Open		D. Millet	290
J. Caliguari	300	242	
Submaster		Junior 20-23	
J. Caliguari	300	B. Schmidt	400
Sub Amer. Rec.	301	Jr. American Rec.	401
Master40-44		Masters 40-44	
W. Claypatch	260	F. Vogel	255
Mastrs Amer. Rec	260.5	Mastrs Amer. Rec	255.5
181		Masters 45-49	
Open		J. Sensale Jr.	360
M. Salandra	320	275	
S. Eason	300	Teen 16-17	
Submaster 35-39		V. Sensale	275
M. Salandra	320	Junior 20-23	
Master 45-49		M. Avila	385
R. Whitney	260	Jr. Amercican Rec	386
198		319	
Open		Open	
T. Matchick	435	P. Cuntrera	285
Open Amer. Rec.	435.7	Submasters 35-39	
Sub Amer. Rec.	435.7		410
Best Lifter: 97 clas	s-Jon L	ugo; 114 class - Hu	inter;
		81 class - Mark Salar	
198 class - Todd M	tatchick	ç 220 class - Dan M	tillet;
242 class - Bill Sch	midt; 27	5 class - Mike Avila	;319
class - John Phelas	n. Team	Trophy First Place	- Joe
		turned out to be a	
but pleasant mee	t with s	some outstanding	RAW
lifters. Todd Match	hick in t	the 198 did an easy	435
for an American	Record	. Bill Schmidt who	o no
longer plays footb	all, can	ne down from a his	ch of

ADAU Shake the Lake BP 23 SEP OO - Frie DA

AU	Shak	e the Lake B	PERSONAL PROPERTY AND PROPERTY	40000000				
23 9	SEP O	0 - Erie, PA		2000 USF	F Lav	v/Fire	Natio	nals
		20 Chiance		07 OCT	00 - N	lutter	Fort,	wv
		181	Contract of the Contract of th	181	SO	BP	DL	TOT
		J. Orengia	280*	Senior Division	450			
	75*	198 B. Sisko	***	T. Pardue	490	330	600	1420
	13	Masters	320	198				
	120°	I. Toth	300	Submaster				
	120	220	300	M. Weiss	402	259	363	1024
	240*	P. Huntley	275	220				
	-	Teen	NO WOOD !	Submaster	1305	Walley or Walley	1000	V
	335*	M. Aldridge	370*	J. Henry	143	374	385	902
	310	242	HARDER	Master 45-49				4200
	300	T. Gibson	430°	J. Rubenstein	529	336	523	1388
	235	R. Hennings	352*	242				
		SHW	Manager Co.	Senior			501	1359
son	250°		386*	C. Swingler Master 45-49	473	385	301	1339
		ou live in a state		B. Reynolds	143	303	501	947
		roblem, I know		275	143	303	30.	
		our car and have		Senior				
		econd, plan an		A. Spencer	451	330	473	1254
		Siegal gave the ru		Master 45-49			-	
		as I could and w		B. Rectenwald	143	424	424	991
		stom Audio ins		308				
wer	e the m	eet promoters a	nd spon-	Senior				
ure e	vent (B	ench press, arm v A big thank you	vresuing	T. Tsovrotis	551	413	540	1504
io W	lodd Se	bmasters champ	goes to	Guest lifter				
		o, Sondralee Vil		T. Pratt	1000	24 23	655	ALD THE S
		and arm wrest		(Thanks to the U	SPF for	providi	ng these	results

Son Light Kentucky State BP/DL 11 NOV 00 - Calvert City, KY

		AND DESCRIPTION OF THE PERSON	
BENCH PRESS			
submaster women	57	123	
148	-000	Beth Book	265
	135*	submaster women	
165	35.9	165	
Cyndi Crossland	280°	Cyndi Crossland	325
master women 50	-54	master women 50	-54
165		165	190
Gayle Paff	70		
teenage men 16-1	7	teenage men 16-1 165	'
165	250°	Chuck Hires	405
Chuck Hires	250-	4th	415
198 Justin Robertson	225		413
242	223	Justin Robertson	250
Jessie Cornwell	210*		9
teenage men 18-1		165	-
275	-	Kyle Snider	330
P. J. Paff	250°		345
submaster men	230	275	
220		P.J.Paff	360
	450*	submaster men	
master men 45-49		220	
242			730
John Thomas	185*	master men 45-49	-
master men 50-54		242	
275		John Thomas	365
Butch Adams	390°		
master men 60-64		275	-
198		Butch Adams	450
Tom Barth	305*		
open men		198	
165		Tom Barth	430
Troy Tingle	415*		
4th	425*		
242		Lewis Oliveros	430
Joe Carter	415*	198	
275	weby.	Joey Greenwell	450
Jack Jesse	435*		
Lee Green	410		630
DEADLIFT		Bryan Kelley	440
1			



Winners from the 2000 USPF Law/Fire Nationals. Front row (I-r): Brian Reynolds, Bill Rectenwald, Mike Weiss, Jim Rubenstein, Charles



Press), David Anguish (DL). (Photograph courtesy of Dr. Darrell Latch).

Best Lifter BP - TROY TINGLE; Best Lifter DL - DAVID ANGUISH. Team Champlons - SHOWTIMES GYM. *Personal record. The Son Light Power sanctioned Kentucky State Bench Service Press, Deadlift Championships were held November 11, 2000 at Baptist Family Fitness in Calvert City, Kentucky, We had some great lifters representing the great state of Kentucky, including the NASA National Powerlifting Team, Showtime's Gym, coached by multi - national champion David Anguish. A special thanks to the staff at Baptist Fitness and especially Butch Adams champion David Anguish. A special thanks to the staff at Baptist Fitness and especially Butch Adams for all the effort they put into this competition. In the bench press competition we had two great submaster women's competition. At 165 it was Oklahoma native Cyndi Crossland with a great 280 personal record for her. Crystal was lifting in her first competition, At 165 it was Oklahoma native Cyndi Crossland with a great 280 personal record on her final attempt, A fourth attempt with 300 was about ten pounds to much on this day, but will definitely be a reality soon. Great lift, Cyndii: Our third female competitor was master 50-54 competitor Cayle Paff, who look the 165 class. Gaye Initiate the part of th



Application for Registration UNITED STATES POWERLIFTING FEDERATION

Last Name			First?	Name			Ir	atial	Y	N	Current Card #	(If Renewol
Street Address	See Se			3011	No. of	no dia	it ion	M	Indicate in the least	A bad	Club Name	ods Jave
City					Sta	ite	GRIK V	Zıp	All of	ENDEN	Area Code/Tel	rphone
Current USPF Classification		ree Status Cat 1	Cat 2	Nat	State	Current H	igh School	Sp	ecul Oly	mpian N	Irumate Y	N
Current Colleguate Y N	U.S. Citizen		Date of		/	5	M F		Todays		Card Issu	

Registration Fee \$25.00 Make checks payable to and Mail to: UNITED STATES POWERLIFTING FEDERATION NATIONAL HEADQUARTERS P.O. Box 650 Roy, Utah 84067

If Under 18 have Parent Initial ___

NOTE: 510 SPECIAL FEE APPLIES TO: Special Olympians: High School with proof of enrollment, and inmates when paid with institution check. All USPF sanctioned meets will be subject to drug

In recognizing the need for drug-usage detection, I agree to submit to any testing procedures deemed appropriate by the USPF or its agents and shall accept the results and consequences of such tests.

MEETING THE DEMANDS OF TODAY'S ATHLETES

BARBELL AND FITNESS EQUIPMENT

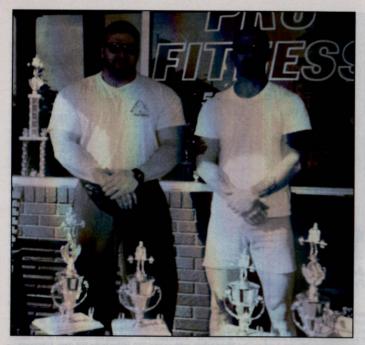
352 705

1617 W. Highway 303 **Grand Prairie, TX 75051**

Call today for our catalog & for pricing info 800-942-0338

www.mac-barbell.com





Best Lifters at the Son Light Power Arkansas State BP/DL meet were (I-r) D.D. Nichols (BP) and Todd Dearling in Deadlift. (Darrell Latch)

which would have been a new pr for him. Parrish had some problems with the bench, getting just his opener, after missing 285 twice. Chris Sorrentino won uncontested at 181 to finish with 310 Chris missed a personal best 325 twice, but it will be good for 350 once he gets used to his shirt! Glenn Pitts got 380 in his win at 198, but missed a pr 400 14 OCT 00 - Rector, AR BENCH PRESS age 18-19 135*

600 435

D. D. Nichols Greg Clayton SHW Chris Rannals

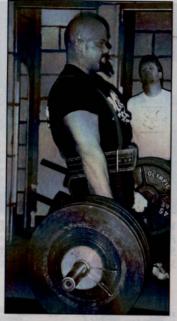
WOMEN master 40-44 123

275* 335

181s Sorrentino 310 Parrish Morris 400°
198 242
Glenn Pitts 380 James Schenck 460°
personal record; Best Lifter: Bench-D. D. Nichols; Deadlift - Todd Dearing. The Son Light Power sanctioned Arkansas State Bench Press/Deadlift Championships were held October 14, 2000 at Pro Fitness in Rector, Arkansas. A special thanks to Pro Fitness in Rector, Arkansas. A special thanks to Pro Fitness owner Kevin French and his family for hosting this event. Also thanks to all who helped load, spot and judge this event. We had a good turnout, with twenty-four entries; a good beginning. In the bench press event, teenage women's winner Milkka Robinson got a new pr with a solid 135 © 148. Milkka had missed that weight on her second attempt before coming back for a successful third. Terry Morris captured the 123 lb. class of the master women's 40-44 division, also scoring a personal record in the process. Weighing in at 123, Terry finished with an easy 120. Both of these girls were competing in just their second meet. In the teenage men's 18-19 group, Drew Price, took the 220 class with a PR 300. Drew also came close with a 235 third attempt. Jamie Sawyer won at 306, finishing with his opener of 280, after missing his last two attempts with 315. Matt Fisher was the winner at 196 in the junior men's class, getting a personal best 275 on his second attempt. Matt was lifting in his first competition. At submaster it was Jay Hicks winning at 242, finishing with a great 335 personal best. Jay even took a stab at a 350 fourth attempt, missing just short of lockout. In the open division it was the great lifter at 148, Albert Pyland. Albert, who lifts "raw", looked strong, finishing with 375 caused Glen to fail with his final attempt at 355, caused Glen to fail with his final attempt at 355,

Matt Fisher

twice. Next time, Glenn! Second at 198 was Mike Meeker, who finished with a personal best 365. Matt Whitworth also finished with 380, taking the 220's. Matt also came close with a pr 400 for his last two attempts. Ricky Coggins was second at 220, getting just his opener of 335. Ricky then jumped to 365 where failed to lockout on his last two attempts. Larry Young took the 242's with another 380, missing a pr 405 third attempt. Brian Coffell was second with 375, also missing his third attempt with a pr 400 for the win. Up next was the great D. D. Nichols, who was having some problems with his shoulder, so really didn't push it too much. Didn't push it? D. D. got an easy 600, letting up on a 630 pr when his shoulder began to bother him. Once D. D. gets healthy again, and gets back on a good training schedule, and gets a good shirt, he will be the next legitimate 700 + bencher. D. D. took the 275's and best lifter award for the competition. Second at 275 was Greg Clayton, who was lifting in his first competition. Greg finished with a personal best 435, weighing in at 258. At shw it was deadlift marvel Chris Rannals, showing he's not just got a strong back! Chris looked stronger with each lift, finishing with a personal best 470 for win. In the deadlift competition Terry Morris captured her second title of the day at master 40-44, taking the 123 lb. class with a strong 225 pull. Terry, then proceeded to lockout a fourth with 2451 Todd Dearing came to get 540, and he did just that, taking the 165 lb. class and best lifter honors as well: With great form Todd walked through his attempts of 500, 520 & 540. All at a 165 lb. bodyweight! Harry Wakefoose also had a great day, taking the 148 lb. class of the master 45-49 division. Harry finished with a pr 330 third attempt, then called for a 345 fourth. Well, we wanted him to go for 350 so we added the extra weight then pretended to have made a mistake after he pulled in the value of Pro Fitness's great spectators and to my two little helpers Levi and K. J. Hicks. See you



Bill Norman with a 525 deadlift at the WEPOF Kentucky Open. (photograph courtesy of S. Corum)

WEPOF Kentucky Open 22 APR 00 - Louisville, KY

BENCH		DEADLIFT	
Teen		Teen	
123	95	123	195
L. Meyers Open	95	L. Meyers Open	193
132		148	
S. Holley	270	M. Evans	450
165		165	
T. Tingle	405	J. Watson	480
J. Watson	360	242	
198		B. Norman	525
D. Nealy IT Hall	500 405	275 C. Steenburgen	620
4th	425	Master	020
J. Branch	385	148	
N. Hamilton	345	M. Evans	450
W. Maddix	335	220	
220		T. Blacketer	515
M. Sealy	410	K. Morrison	360
D. Tolle	350	242	1000
275		R. Ganong	615
L. Hoover	500	D. Fulton RAW DEADLIFT	550
J. Jess M. Bastin	425 365	Teen	
Master Master	303	148	
220		T. Piramo	376
T. Sowder	450	181	
T. Blacketer	425	T.S eawright	500
E. Layer	365	Open	
242		198	-
R. Ganong	425	N. Hamilton	520
J. Helsley	425	PUSH/PULL TOT	AL
G. Theiler	443	Raw	
260		148	
RAW BENCH		T. Piramo	610
145		Teen Open	
T. Piramo	280	181	
181		B. Goldammer	555
T. Seawright	340	Open	
Open		148	
J. Piramo	295	M. Evans	700
181	295	J. Watson	840
J. Higgins	340	J. Angel	590
198	-	198	
JT Hall	405	N. Hamilton	865
4th	425	220	
N. Hamilton	345	C. Poore	970
242		242	The state
G. Stevenson	430	B. Norman	925
Submaster 242		275 D. Sims	855
B. Goodman	500	SHW	833
J. Parks	405	T. Vaughn	1175
Master	DATE OF	Master	bealf to
220		148	
E. Layer	330	M. Evans	700
242		181	
J. Vincent	400	J. Portman	750
SHW		220	
E. Jackson	275	T. Blacketer	940
(Inanks to Stile	Corum	for providing the	results,

WHOLESALE NUTRITION MEGA-STORE

We Can't Be Undersold ... Guaranteed!

·We Carry All Major Nutritional Lines

•All Lines Discounted Daily 40% To 80% Off Retail Prices

•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

USAPL 10th Idaho State Meet 18 NOV 00 - Pocatello, ID

195

E. Farnsworth E. Compton	180 145	D. Ron D. Tho	mpson	420 440	
MEN Open 148		275 E. Acey 319	,	415	
A. Davis Powerlifting	230 SQ	L Ditm BP	DL	420 TOT	
WOMEN Open					
123 J. Macy 132	280	185	315	780	
D. Probst	175	135	230	540	
T. Stevens E. Compton	120 195	75 145	180 275	375 615	
198 L. Croxall MEN Teenage	135	135	255	525	
181 M. Bradley	315	225	380	920	
Masters 181		260	400	1040	
J. Harten 198 L. Lukens	380	330	490	1320	
K. Tuten	450	290	540	1280	
J. Lukens K. Tuten B. Bower A. Scardino	610 470	370 275	550 475	1530 1220	
220	440	275	4/3	1155	
T. Troy N. Johansen R. Marchant	375	300	425	1100	
242	345	325	385	1055	
S. Anderson B. Davis 275	580 450	360 340	530 645	1470 1435	
K. Eyre D. Wolf 319	500	330	435	1265	
L. Ditmars Open 132	500	420	450	1370	
M. Holbrook 148	270	210	325	805	
M. Thornton	410	315	425	1150	
A. Davis F. Ramirez	330 350	230 235	365 360	925 945	
165 P. Young 181	430	205	430	1065	
J. Rodriguez J. Barrett 198	630 335	370 200	550 340	1550 875	
S. Mechum B. Compton J. Clayton 220	440 490 605	370 365	440 545	1250 1400	S
E. Long M. Oulman	570 400	350 250	510 385	1430 1035	
A Leavitt	515	420	575	1510	
S. Mortensen	565	380	525 450	1470	1
S. Mortensen J. Fisher T. Troy J. Zoaynski Q. Frank	395 440	270 275	450	1115	-
J. Zoaynski	525	375	600	1500	3
Q. Frank	700	460	655	1815	1
R. Niecon 242	490	370	500	1360	1
E. Davis	520	340	535	1400	(
S. Anderson	580	360 420	530 540	1470 1385	3 1 1
D. Romero 275	425	420	340	1303	



TEAM FITNESS at the USAPL Idaho State Meet: (top row, left to right) Sam Schultz, Brad Compton, Sean Anderson, Jim Lukens, Erik Davis; (bottom row, I-r) Adam Davis, Nan Phinney, Shane Mortensen, Lisa Croxall, and Daniel Shuler. (Margaret Mortensen)



Mitch Thornton locking out a

Schultz	540	340	560	1440
				The latest
. Janquart	590	535	440	1365
). Wolf	500	330	435	1265
). Shuler	475	370	525	1370
. Eyre				
I. Otto	405	255	450	1110
Stewart	530	300	505	1335
. Turner	510	310	505	1325
19				
Kenn	600	375	600	1575
. Ditmars	500	420	450	1370
. Hatfield	800	520	735	2055
. St. Clair	500	420	575	1495
ig House Pow	ver 27 poi	nts: 319	(M) V.	Hatfield -

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

(M) H. Otto; 220 (M) Q. Frank-1st place, 7 points; 198 (M) J. Clayton; 198 (M) S. Mecham-2nd place, 5 points. Team Fitness: 43 points: 198 (F) L. Croxali; 132 (M) M. Holbrook - 1st place, 7 points; 148 (M) A. Davis - 3rd place, 3 points; 198 (M) B. Compton - 1st place, 7 points; 148 (M) A. Davis - 3rd place, 3 points; 198 (M) B. Compton - 1st place, 7 points; 220 (M) S. Mortensen; 242 (M) E. Davis - 2nd place, 5 points; 242 (M) S. Anderson-1st place, 7 points; 220 (M) J. Fisher; 275 (M) S. Schultz - 1st place, 7 points; 220 (M) J. Fisher; 275 (M) S. Schultz - 1st place, 7 points; 240 (M) J. Fisher; 275 (M) S. Schultz - 1st place, 7 points; 240 (M) J. Fisher; 275 (M) S. Schultz - 1st place, 7 points, 1st place, 8 points; 242 (M) S. Anderson-1st place, 7 points; 240 (M) J. Fisher; 275 (M) S. Schultz - 1st place, 7 points, 1st place, 8 points; 242 (M) S. Anderson-1st place, 7 points; 1st place, 7 points, 1st place, 8 points; 242 (M) S. Anderson-1st place, 7 points; 1st place, 7 points, 1st place, 8 points; 242 (M) S. Anderson-1st place, 9 points; 24

100 242s. ADFPA TOP 20 148s

SHWs, ADFPA TOP 20 181s Aug/94... APF SRs, Paula Suzuki Inter-

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

view, 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.

weight classes. In 'Bill's Bad Ass Bench Press' me Best Bench among the men was that of Jon Cunningham who, at a bodyweight of 164 pounds benched 385 pounds. Jon is counting the days to when he will assault 400 pounds. The Best Bench among the women was that of Nan Phinney who, at a bodyweight of 130 pounds benched 195 pounds. Nan who recently got married (congratulations Nan!) returned to competitive powerlithing following a 2 year absence. Nan was ranked among the top 10 female bench pressers nationally in her weight class a couple of years ago. She looked as if she is ready to regain her spot amongst the nation's best. While all the lifters competed for trophies, Idaho residents competed for the highly coveted State Champion jackets. The jackets, provided by Pepsi-Cola, are presented to the highest placing resident in each weight class and/or division. The 2000 Idaho State Powerlifting champions are Mark Holbrook (132), Mitch Thornton (148), Pat Young (165), Jesse Rodriguez (181), Brad Compton (198), Allen Leavitt (220), Sean Anderson (242), San Schultz (275), Corey St. Clair (319), Sean Anderson (masters), Jenny Macy (open women, division I) and Lisa Croxall (open women, Division II). Congratulations to all of our state champs. Many thanks are owed to Bill and Nancy Davis for their ongoing sponsorship of this meet. Special thanks to Brad Smith, our announcer, and to Nancy Davis and Janet Wright for running the scoring table, and especially to Steve Sims, Utah State USAPt Chair, who assisted in judging, and to our other judges and those who served as spotters and loaders. Along with Pepsi-Cola, we also thank Pete Alaniz of Titan Support Systems, Pizza Hut, Taco Bell, Sysco Foods, Swift, and Coors Light for their generous sponsorship." (article courtesy of Brad Compton).

	17 IUN		Il Sou	-	IC
	THE PARTY OF THE P	. 00 -	242	0.0,	_
	SQUAT Men Open		Teen 1	4.15	
	181		T. Rusi		225
	A. Johnson		Open		
	M. Sechvest	660	S. Dev	4	300
	Submaster	-	275		
	M. Sechrest	660	Open		
	Master 50-59	No. of The	B. Wei	ver	470
	198		DEAD	UFT	
	F. Sumner	230	181		
	Submaster		Open		
	B. Pribble	530	M. Sec		620
	BENCH		Subma		
	Master 50-59		M. Sec	hrest	620
	198		198		
	F. Sumner	295		50-59	
	Open		F. Sum	ner	325
	198		220		
	C. Middleton	450 425	Open	utchens	515
	K. Burkett Submaster	423	242	utchen	313
	K. Burkett	425	Teen 1	415	
	220	743	T. Rus		420
	O. Helmer	415	Open		
	Master 50-59	A PARTY	T. Smi	th	660
K	H. Neely	360	B. Wei	ver	650
ì	Powerlifting	SQ	BP	DL	TOT
i	165	SEE !			
į.	Master 50-59				
l.	R. Hammond	335	225	330	890
ľ	181				
1	Master 40-49			5-4-107	
1	M. Buady	365	320	465	1150
	Junior				
	J. Elliott	425	300	425	1150
	Submaster				

Dec/94... Jon Cole Profile, Asian Champi onships, 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 Squat-ter, Karl Saliger of Austria, Meet Perfor-mance Review, TOP 100 181s. Feb/95... World's Strongest Man Con-test, Jesse Kellum Squat Workout, Willie

Williams 705 Bench Press, Video/Computer Technology, TOP 100 198 lbs. Mar/95... Women's TOP 20, Don Rein-

houdt, Ethics of Ergogenics, Karwoski Squats, Tamara Rainwater-Grimwood Bench Routine, TOP 100 220s Apr/95... NASA Natural Nationals, Dead-

lifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm Profile, L.M.W. Compounds, TOP 100 242s.

May/95... Mike Bridges, Jamie Harris' 740

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

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

M. Sechrest	660	365	620	1645
Open				
M. Sechrest	660	365	620	1645
J. Moore	500	370	475	1345
J. Elliott	425	300	425	1150
198				
Master 50-59		-		1
F. Sumner	230	295	325	850
Submaster B. Pribble	15.4		-	-
	530	290	550	1370
220				
Open				
J. Winters	540	440	570	1550
242				
Open J. Brown		***		
	670	400	620	1690
Submaster				
J. Brown	670	400	620	1690
Teen 14-15 T. Rush				
	315	225	420	960
Master 50-59 M. Molles	550			
Master 60+	220	325	500	1375
A. Arrington	600	315	525	1440
275	600	315	525	1440
Open				
B. Weaver	500	470	650	1620
T. Smith	585	365	660	1610
T. Fuley	550	350	600	1500
Submaster	330	330	600	1300
B. Dunn	550	390	565	1505
Master 50-59	330	390	303	1303
D. House	530	285	500	1315
Teen 16-17	330	203	300	1313
I. Simmons	400	180	380	960
Meet director: Sa			ample.	of Chan
pions: Marty Se	chrest (of C	[monby	was dod
cated to the me				
(Thanks to Sand	lemon	le for th		t results
(THEIRS TO SANO)	remone	as for th	ese mee	I LESONES

	00 Om			
18 NO	OO VC	- Om	aha, N	IE .
BENCH		T. Fu	ller	200
Open		220 C. G	armong	310
181		275		No. of Street, or other party of the last
B. Heck	510!	T. Zi	elinski	350
K. Kincaid	255	Novi	ce	
242	and o	165		
T. Holzapfel	510	E. M		220
275		181		Today Salar
D. Cummings	550!	E. Le		265
Submaster 220		165	MEN	
M. Will	490!	L. Jes		
S. Duff	450		DUFT	140
242	430	MEN		
T. Holzapfel	5101	Oper		
275	Anna th. and	198		
D. Cummings	5501	J. Rai	mirez	475
G. Moore	500	Teen		
Masters 40-49		242		
148		M. B		450
R. Beck	285		ers 40-4	9
165	10110	SHW		
C. Bencke	225	T. Ac		6201
181		WOM	AEN	
M. Dowling	395	148	asters	
D. Harvey	300		Ilmer	385!
242	300	Teen	ıımer	3831
R. Hykel	350	165		
SHW	330	T. Ric		275
M. Madigan	415	Open		
Masters 50+		198+		
148		B. Sw	anson	5801
Combined (BP+	DL)	BP	DL	TOT
MEN Open				
165				
R. Rilling		330	470	800

Bench, James Henderson, USPF Jrs., Changing Weight Classes, Joe McAuliffe Squat Workout, TOP 100 275s Jun/95... Antonio Krastev, USPF Colle-

giates/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 ADFPA/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 Tomor-



Nebraska HALL OF FAME Inductees: (left to right) Ed Nellor, Ron Chartier, Carmen Magistro, and Mark Schellen (photo by Machulda)

103					Nebraska P
J. Jasa Submaster		195	335	530	Ron Chartie Mark Schell
220					mark schen
J. Boukal		305	510	815	
Masters 40-49					13th A
T. Acers		355	620!	975	18
Novice					The second second
242		1000			148
B. Hein		450	565	1015	Rob Langwe
WOMEN					165
Teen					Joe Penazzo
198+					Open
C. Nuzum		140	330	470	R. Salvagni
FULL MEET	SQ	BP	DL	TOT	181
Open					Mike Schroe
148					Masters
T. Ouellette	350	280	440	1070	Mark Harris
275				NO SOUTH	198
G. Moen	555	405	620	1580	Natural
J. McGrath	400	315	450	1165	Al Reed
SHW	ATTENDED IN		146120		Leon Bontra
J. Sempek	750	450	625	1825	Brendan You
Teen					198
275		-		A SECOND	Women
J. McGrath	400	315	450	1165	Lynne Bosho
Submaster					Open
220			Dobe S	m) the	Angel Cance
DJ Satterfield	365	300	435	1100	Master
275					Darrell Horn
J. Kunzman Masters 40-49	500	345	520	1365	Masters 50+
Masters 40-49					Best lifter - \$:
T. Grindstaff	***			No.	- Terry Mans
	460	295	430	1185	tral Bench P
220					Power Allian
B. Miller	410	290	510	1210	Martin, Gil M
242			90,000		and Al Robin
J. Anderson 275	585	360	515	1460	Classic produ
					close misses
TJ Driscoll	500	375	570	1445	and copping
Masters 50+					making a 440
181					it 2 to 1 on a
J. Kohl	325	245	400	970	hips. An appe
Novice					but the tape
220	200	205		4000	was left to st
J. Engle J. Adams	385	285	550	1220	was Terry Ma
		275		975	missing it one
! denotes all time	Outet	dia state	record r	egardless	
of association.	OUISIAM	umg mit	ers; rull	meet: J.	and in the gr

row, 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 JRs., 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 Combined: B. Hein. Congratulations to this years Nebraska Powerlifting Hall of Fame Inductees; Ron Chartier, Carmen Magistro, Ed Nellor, and Mark Schellen. (These results by Kelth Machulda). nnual Elkhart Bench Press

18 N	OV 00	- Elkhart, IN	
148 Rob Langwell 165	290	Ron Cuny 220 Master 45+	
		MINDLE! 43T	

s 200 - Rich Salvagni, Runner-u field. Team champion ess Leam rest League Champion and 2000 Cen-ress League Champion - The Goshen tee. Special thanks to Mike Wider, Dan endez, Carol Smoker, Brend son. The Mendez, Carol Smoker, Brendan Yoder, binson. This year's Elkhart Bench Press douced 3 ranked lifts and several other es at ranked lifts. Leading the hit parade gs \$200 for best lifter was Rich Salvagni, 40 at 165. He also made a pr 460 but lost n a controversial judging call for raised opeal was made for a video tape review, be was inconclusive, so the judges' call stand. Runner - up best lifter for \$100 Mansfield, 242, who made a 515 after once and it should land him close to the ving trouble getting the weight down groove because of the tightness of his ust have had the weight at or near the Sempek, Bench: B. Heck; Deadlift: B. Swanson; shirt, he

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,

Triboxin, Wade Hooper Squat Workout, Paul Wrenn profile, TOP 100 165s Feb/97... Power of Compelling Outcomes, WPC Men's Worlds, IPA Nationals, For-mula for Success, Tips on Making Weight, USPF Biography, TOP 100 220s Mar/97... TOP 20 Women/Teenage/Mas-ters, Your First Meet, Joey Almodovar Profile, IPF World BP, TOP 25 Greatest Lifters Adjusting Training Tempo.

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.

bottom for a good 5 seconds: I couldn't believe he still came up with it. George Lealifano also hit a big 540 in the 275 ib. Class to also get a lift which should be close to the top 60. Also in the 275's Rob Reed went for a top 100 lift of 530 but the lockout wasn't quite there. Coming in 3rd was the always impressive Ben Homer, the powerlifter with bilinders on. I hadn't seen him lift for a couple of years, but the focus, technique, discipline are all still there. As is usually the case he was dialed right in as to what he was capable of, getting all 3 attempts and finishing with a pr attempt of 340 raw with a classic 2-fist arch. Not overly gifted genetically, he gets 100% out of what Mother Nature has given him, and I would never count him out getting competitive on a National level in 5 to 10 years with his single minded pursuit, and love, for the game. He would also make a wonderful coach some day, I wish I could bottle what he has and pass it out to the lifters I coach. 2 lifters also attempting top 100 lifts in the 198 class were Al Reed, who attempted 470, 20 lbs. over his previous best. His foot slipped as he was getting his initial drive, so we'll never know. Brendan Yoder went for broke with a 452.5 which would have given him runner-up best lifter, and while It wasn't there, you certainly can't fault a guy for laying it all on the line. Also impressive in the 198s was Angel Cance, getting a 330 with a broken pinkie. In the 220's, 45+, Tony Horvath got another pr for a second meet in a row with a 325. His protege, Rob Langwell was also impressive, getting a strong 290 at 141 libs., raw. Also looking good in the Masters div. was Scott Carlson, who was close with a 300. And rounding out the highlights was Elkhart's own Mike Johnson, who tied Mike Bogart for the best ever bench by an Elkhart resident with 450. It came up strong so he tried a 460 which wasn't quite there. Chances are he'll be King of the Mountain after his next meet. The Goshen Power Alliance pulled off a 3-peat in getting the CBPL's Lea

2000 Halloween Open

BENCH BENCH							
198							
A. Cancel	350						
Powerlifting	SQ	BP	DL	TOT			
Open							
181							
G. Mendez	435	260	145	840			
Women							
198							
L. Boshoven	515	305	505	1325			
Teen 14-15	E 14 (085)	- 200					
B. Miller	425	210	425	1060			
Master 60+							
198	1	122	-	A TOWN			
M. Miller	425	245	390	1060			

This couldn't have been a more successful meet for the lifters Lynne Boshoven coaches, as they all hit personal bests across the boards. Angel Cancel certainly put in a gutsy performance in getting his pr bench of 350 as he lifted with a broken pinkle

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 Issue, IPFWomen's World's, World's Strongest Team, NEW Mineral Orotates, Progressive Overload, TOP 100 132s. Oct/97... Brad Gillingham Profile, Resisthat. Mike (Gramps) Miller and his 15 year old Son, Brandon, did an amazing unintentional thing: they both totaled the same (1060), which is something I've never seen before. Was that synchronicity or what? Gramps got bragging rights for awhile as he was the lighter of the two. And that's probably the last time that will happen since Brandon obviously has youth on his side; not to take anything away from Gramps. That's an amazing thing to get all pr's at 62 years of age! The avatar herself, Lynne Boshoven, lifted well within herself in getting a nice 1325 total, but she had to have taken a special pleasure in her students' lifting on this particular day, since you can't do any better than all pr's for everyone. (Thanks to Jon Smoker for these results).

Franklin Health & Fitness BP/DL

12 NO	V 00	- Franklin, IN	
BENCH PRESS		198	
open women		Joey Simpson	415
Marsha Beasley	190	4th	425
police & fire	-	220	
Michelle Sultzer	120*	Chris Allen	500
teenage men 18-1	9	4th	515
Matt VanBruaene		242	
submaster men		Monte McDaniel	440
Joey Simpson	415*	Darren Bradley	425
4th	425*	shw	
iunior men		Dave Allen	440
led Bell	310*	DEADLIFT	
loe Allen	285*	open women	
Eric Allen	265	Michelle Sultzer	230
master men		youth It. wt.	
40-49		Andre English	95*
	440	youth hvy. wt.	
loe McDonald	330	Lloyd Allen	100
50-59	330	teenage men 18-1	9
Don Shotts	255*	Matt VanBruaene	
4th	265*	master men 70-74	
181	203	Harry Landers	355
Ron Palmer	370	181	333
Joe Myrick	325	Ron Palmer	500
Lance Betts	315	198	300
Lance Bells	3.3	Steve Mendel	520
		Andrew Huey	475

Steve Mendel
Andrew Huey
A75*
Best Lifter - BP: Chris Allen; DL: Ron Palmer;
"personal record. The Franklin Health & Fitness
Bench Press/Deadlift Classic was held at the gym in
Franklin, Indiana on November 12, 2000. Many
thanks to owner John Pedigo for his continued
support of the sport of powerlifting and for once
again hosting this annual event. In the bench press
competition Marsha Beasley came in at a 158 bwt.
and pressed a strong 190 for the open women's
title. Marsha's final attempt with 200 was close,
failing just short of lockout. Michelle Sultzer was
our other women's competitor, lifting in the police
& fire division. Lifting in her first competition,
Michelle finished with 120 after coming close with
a pr 135 third attempt. Matt VanBruaene took the
teenage men 18-19 class with a strong 280, also
missing his final attempt, this time with 300. Joey
Simpson took the submaster men's class with a
great 415 pr, following that with a 425 fourth
attempt. Joey also took the open men's 198 class.
In the men's junior class three childhood friends
squared off against each other for the title. After
the smoke settled it was Jed's first competition.
Second place went to Joe Allen, who finished with
a pr 285, weighing in at 170. Cousin Eric Allen only
got his opener of 265, missing 285 twice, to finish
in third place. At master men 40-49 Monte McDaniel
took the win with a strong 440 third attempt.
Monte's only miss came with a 450 pr fourth
attempt. Monte also won at 242 open. Joe
McDonald was second at 40-49 with 330. Don
Shotts was the winner at master 50-59 finishing
with a personal best 255. Don, who was lifting in

tance Training by Louie Simmons, Ken Emrich Profile, Power Biceps Training,

gler Profile, Light Training Days, Diabetes & PL, TOP 100 165s.

Dec/97... Vicki Steenrod, Functional Pro-

tein Powders, Louie Simmons Squat Work-out, USPF's Best Women, Walt Austen

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,

Mar/98... Mark Philippi Interview, TOP 20 Women, Teen, Master Rankings, James

Speed Strength, TOP 100 220s

DL, TOP 100 181s

Larry Miller interview, Top 100 Ltwts. Nov/97... U.S. Strongest Man Contest, World's FASTEST Bench Presser, Rick Gau-

4.24 Best Lifters at the Franklin Health & Fltness BP/DL Classic were:

(left to right) Ron Palmer - DL, and Chris Allen - BP. (Dr. Darrell Latch)

(left to right) Ron Palmer - DL, and Chris Allen - BP, (Dr. Darrell Latch)

Is first competition, also got his fourth attempt for another pr at 265. At 181, in the open division, it was Ron Palmer, a great natural 'raw' lifter, with 370 for the win. Joe Myrick was second with 325, while Lance Betts was third with 315, which was a personal best for him. Up next was our best lifter and 220 winner, Chris Allen. Chris had been a little concerned with a slight muscle pull, but finished with the best day of his career. After working for the past year, Chris finally reached his goal of a 500 past year, Chris finally reached his year, Chris finally reached his goal of a 500 past year, Chris finally reached his year, Chris finally reached his year, Chris finally reached his year, weighing ha 150 past year, year

TOPWomen, Westside Invitational, Foundational Training by Louie, TOP 242s.

May/98... Ed Coan's Suspension, Pro-Fit Interview, Arnold Classic, Philippine Revo-

lution, APF All Time Top 10 Men, , Fo-

cused Benching, Top 100 275s.

Jun/98... Mark Henry, Ernie Milian, Olym-

pic Cycle, Simmons on "Researching Resistance", 10 Keys to Success, AAUPC/ WDFPF Split, TOP 100 SHWs. Jul/98... Kirk Karwoski, Angelo Berar-

dinelli, Greg Blount, World 's Strongest Man Jouko Ahola, Jon Arenberg, IPF

Aug/98... USAPL Men's National's, Platform Deadlifts, ADFPA Women, Yueh-

Chun Chang, IPF World's, APF Nationals,

Women's Worlds, TOP 100 Flywts.

ter					
tle	CHARLE LOOKE	TOOK !		THE SER	
ed	USA	APL F	all Cla	SSIC	
he	28 OCT (00 - B	aton R	louge,	LA
00	BENCH	ELF			
he	275				
ful	R. Bueche		450		
ris.	MEN	SQ	BP	DL	TOT
nte	Open				
he	165				
vas	D. Cagnolati	450	375	460	1315
gh	220				
the	J. Reape	635	420	600	1705
in	275	BCB	202		
on	P. Fletcher (BL)	705	405	730	1910
lay	SHW			660	1860
ith	K. Wnuk	700	500	660	1860
pe- 0+.	College				
his	D. Holoway	345	190	425	960
En-	D. Holoway	343	130	423	300
	R. "Chip" Perrin	310	210	300	820
ght	198	3.0		300	
yd	I. Nicolosi	550	335	500	1385
set	220	330			
in	T. Werner	630	380	565	1575
got	E. Salderra	675	345	575	1595
18-	WOMEN				
ers.	College				
his	105				
65.	S. McMillian	300	130	300	735
of	148				
ate	R. Roberts	370	180	380	930
ond	J. Newman	210	135	225	570
est	165				
vas	C. Yrisha Day	275	135	340 265	750 605
eve	T. Williams	235	105	265	605
to	198	350	165	335	850
ond	A. Trufant (Thanks to Paul F				
for	(Inames to Paul P	retcher	IUI PIUI	rounds to	e results

R. Grounder 181 Master 4 S. O'Neil Master 8 B. Acosta Open J. Hunter (BL) Submaster J. Hunter 198 Junior E. Rees C. Nabar G. Strom Open
A. Johnson
E. Rees
C. Cooley
C. Nabar
Teen 16-17
D. Cody
Master 1
B. Stedman

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 Henderson, George Nelson, 1st Worlds, Brad Gillingham backstage Apr/98... Bull Stewart Speaks, USAPL Women's Nationals, APF All Time

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

USAPL State Push-Pull Competition 28 OCT 00 - Rancho Cordova, CA

165

370

355

275

L. App MEN 165

Novice R. Male

BENCH/DEADLIFT WOMEN

132

S O R. Roe 165 Teen 18-19 S. Carr Novice R. Grounde

DEADLIET

P. Carroll MEN 123

Teen 14-15

Teen 15-16 J. Huffman

Teen 16-17

een 16-17 3. Donnam

en 16-17

Teen 16-17 J. Taylor

Open L. Reali

552.5*

A. Papier Teen 14-15

D. Imrie

255

410

375

552.5

460

315 475

TOT

155 235

145 230

480* 755

240 385 625

325 515

565

460 700

325 550 875

335 280 415 440

405 400 400 315 585 580 540 415

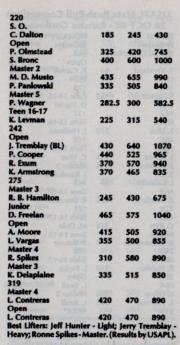
Apr/99 ... The ED COAN Book, Why Whey?, Gordon Santee Profile, 3x3 Training Pt. 5, Training Methodologies by Louie Simmons, TOP 100 242s.

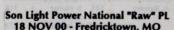
May/99 ... LA Tech Program, "Sir Guggulot", The Arnold Classic, Westside Invitational, USAPL Women's Nationals, Russian Stretches, TOP100 275s.

Jun/99 ... Powerlifters as Bodybuilders, 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

74





Rick Bertel 181 Brad Pitt 4th 242

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

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

Chemical Exercise, TOP 100 275s.

Darren McClain 385* 345*

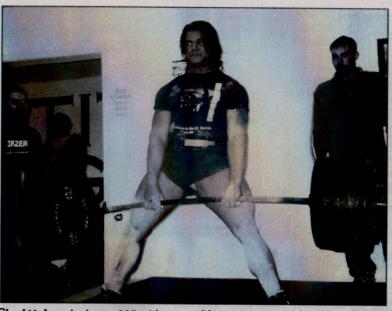
18 NOV U	U - F	rearici	ctown,	MO
BENCH PRESS		4th	and, 1	350
teenage women	13-15	master	men 50	
242		242		
Amber Walker	85	Robert	Bullock	295
master women 4	0-44	open n	nen	
123	THE	165		
Terry Morris	105	John K		305
teenage men 13-	15		Morris	260
242 Chris Holloway	200	181	MARK	100
teenage men 18-	290		an Roge	rs 350*
220	19	198		
Drew Price	310	4th	HOMON	305°
submaster men		275		303
165		Larry Y	oung	405
Robert Schubert	325	DEADL		1000
4th	330	master	women	40-44
master men 40-4	4	123		
165	1000	Terry N		250°
John Kesler	305	open m	en	
242 Steve Hazen	345	165		Served P
Steve Hazen	345	Parrish	Morris	415*
		242		
Powerlifting	so	Chad H		825 TOT
youth men light v		Br	DL	101
114	veignt			
Tim Stevenson	120°	75*	150*	345*
teenage women 1		"	130	343
114				
Sarah Andrews	215*	95*	185*	495*
4th	Transa.	T. Pass	205*	515*
teenage men 18-1	19			
165				
Garrett Senciboy	225*	220*	320*	765*
submaster men				
220	-			though a
Kevin Tucker	315	330	450*	1095

"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,



Chad Holmes locks out 825 without any lifting equipment other than a belt in the 242 lb. class at the Son Light Power National Raw Championships. (Latch)

5					completed 8 out of 9 attempts on the day. Great
m Fletcher	450	300	410	1160	job, Tim! In the teenage women's division, 114
8					winner Sarah Andrews was just as impressive. Also
n Stevenson	290	260	400	950	lifting in her first meet, Sarah finished with a 215
vice men					squat, a 95 bench and a 185 (followed by a 205
5 ck Bertel	300*				fourth attempt) deadlift for a great 495 (515) total
x series	300-	215	335	850	for the win. Sarah showed lots of potential as she
ed Pitt	340*	230°	440*	1010*	seemed to get stronger with each attempt. Garrett
ia ritt	340	230	450*	1010*	Senciboy also got all new pr's on the day as he
2			450	1020-	experienced his first taste of competition. Lifting in
rren McClain	385*	345*	525*	*****	the teenage 18-19 division, 165 class, Garrett ended
en men	383	345	325	1250*	with a 225 squat, 220 bench and a 320 pull to total
en men					765 for the day. Lone submaster winner Kevin
ky Coggins	425	370*	455	1250	Tucker took the 220 class with a 315 squat, a 330
n Coggins	423	3/0	433	1230	bench and a pr 450 deadlift to total 1095 for the
k Groves	535	420	605	1560	win. In the process Kevin broke the existing Mis-
niamin Moore	515*	340*	555*	1410*	souri State records in the bench, deadlift and total. In the master men 40-44 division, it was Tim
njamin moore	313	340	575*	1430*	Fletcher taking the 165 class. Tim got all three of his
an Hosford	525	325	545*	1395	squats and benches, finishing with 450 and 300,
2	323	343	343	1333	while making just his opening deadlift of 410 for a
ad Holmes	725*	450*	825*	2000*	great 1160 total. Tim's squat, bench and total were
ersonal record.					also new Missouri State records. Ron Stevenson
werlifting: Cha					took the 198 master 40-44 class with a 290-260-
wer National "I					400-950 day of lifting. Ron broke all of his existing
s held at Titan					state records except the deadlift as he completed 8
November 18.					out of 9 of his lifts. In the novice men's division.
ting this event					Rick Bertel won the 165 class with a personal best
ort of powerlifti					300 squat. Rick followed that with a 215 bench and
w" powerlifter					a 335 deadlift for an 850 total. Brad Pitt (no not the
npetitions. We					actor) was lifting in his first powerlifting competi-
npetition, whe					tion, though he is a very accomplished strongman
t, no lifting suit					competitor. Brad showed a lot of natural strength
of strength. A					as he finished with a 340 squat, 230 bench and a
is Hoover, Chr					440 deadlift for a 1010 total. Brad came back with
ler for all their					a 450 fourth attempt in the deadlift to give him a
started with a					1020 total. Our final novice lifter was 242 winner
re seventy-two					Darren McClain. This was also Darren's first com-
ven years old a					petition where he posted all new pr's by going 385-
first compet					345-525-1250 on the day. Since there were no
at a 75 bench					novice competitors at the Missouri State competi-
se were all ne					tion, these three lifters established new state records
se were an ne	a bein	orial ma	10F	I IIII WINO	tion, these three litters established new state records

Miller, Fred Peterson, TOP 100 SHWs. Jul/00 ... WPO Pro Championships, The 900 Lb. Squat Club, Beyond Diminishing 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. Froie Frantz Insights

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 nuelsson, 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

Worlds, AWPC Worlds, Roy Fokken BP
Workout, Eccentric & Concentric Training by Louis Simmons, TOP 100 198s
Feb/01 ... Garry Frank Goes 2500, WPC
Worlds PT.1, IPA Nationals, Complex
Training, How Brad Gillingham Won, Louie
on Special Strengths, TOP 100 220s.
LIST THE ISSUES YOU WANT TO RECEIVE (AND ANY ALTERNATE SELECTIONS IN CASE WE CANTER SELECTIONS) TIONS, IN CASE WE CAN'T FILL YOUR FIRST CHOICE), MAKE OUT A CHECK (\$5 PER ISSUE) AND SEND IT TO POW-ERLIFTING USA, BACKISSUES, POST OFFICE BOX 3238, CAMARILLO, CA 93011, USA. (WE CAN QUOTE LOWER PRICES ON QUANTITY ORDERS)

as well. In the open men's division Ricky Coggin's, known for his great benching, took the 196 class, squatting 425 and pulling 455 to go with his 370 bench for a 1250 total. Ricky's bench was a new personal record for him and gave Ricky a new state squat and total record. Jack Groves looked strong as he captured the 220 class over Benjamin Moore and Brian Hosford in the biggest match up of the day, Jack came to lift as evident in his 535 squat, his 420 bench and his 605 deadlift. In doing so Jack broke John Vacca's state record squat, deadlift and total with 1560. Finishing in second place at 220 was Benjamin

came to lift as evident in his 535 squat, his 420 bench and his 605 deadlift. In doing so Jack broke John Vacca's state record squat, deadlift and total with 1560. Finishing in second place at 220 was Benjamin Moore, who had a perfect 10 for 10 day of lifting to total 1430. Ben got all new pr's with his 515 squat, 340 bench and 555 (575 fourth) deadlift to go along with his total. Brian got a big 525 squat followed by a 325 bench and a personal best lifter and winner of the open men's 242 class, Chad Holmes. With by far his best day ever lifting "raw", Chad finished the squats with a great pr 725 with good depth. Chad also got a new pr in the bench with 450. But Chad's specially has always been the deadlift, as he showed us again today. Opening with an easy 725, his 775 second attempt was just slightly heavier. Then came a big 825 final attempt, which he slowly brought up to lockout. Another new personal record and a great 2000 totalt And that was "raw", using only a belt! Great lifting Chad! Moving to the single lift events, Amber Walker competed for the first time, taking the teenage women's 13-15 age group, 242 class with her opener of 85, missing 100 twice. Terry Morris got 105 in her win at 123, master women 40-44, also missing her last two attempts, here at 115. At teenage 13-15 Chris Holloway took the 242's with a big 290, making all three of his attempts. Our other teenage competitor in the teenage division, Drew Price, got a big 310 for the win at 220. Drew was lifting in the 19-19 age group. Robert Schubert garnered best lifter honors for his 325 final attempt winning the 165 submaster title. Robert also got his fourth attempt with 30, was just as easy for Steve. In the master 40-44 and open 165 titles finishing with a strong 305. Both were new Missouri State "Raw" records. Steve Hazen looked strong as he won the master 40-44 and open 165 titles finishing with a 295 after coming close with 310 on his final attempt. Parrish Morris finished second to John keeler took both his 204 Quentan Rogers got a ne h a 215

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 Jan/01 ... IPF Men's Worlds, WABDL Worlds, AWPC Worlds, Roy Fokken BP

Northern Illinois Fall Classic BP/DL

08 O	CT 00	- Freeport, I	L
ENCH		Teenage	
len		165	
eenage		B. Hastings	405
65		4th	415
1. Spradling	265	Open	
. Hastings	210	165	
pen		B. Gadbios	405
65		J. Clowe	370
Gadbios	345	198	
Clower	205	S. Sager	435
81		275	
Guy	300	D. Bartha	520
98		SHW	
. Sager	250	A. Miller	585
75		Masters	
). Barta	375	198	
HW		G. Griffin	480
Miller	415	4th	500
EADLIFT		242	
Aen		S. Elsen	420
owedifting car	me to Fr	eeport. IL for the	first time

DEADLIFT

242

Men

Powerlifting came to Freeport, It for the first time in 18 years on Oct. 8th, 2001 at Fitness Lifestyles Fitness Center. The Northern It. Fall Classic was a tested event with lifters competing in the bench press and deadlift. The meet ran very smooth and everyone had a great time. We had a number of great sponsors for the meet, a big thank you to inzer Advance Designs, Safe USA, The Power Store, House of Pain Ironwear, and Capitol Discount Nutrition. In the bench press competition, after the chalk had settled in the 165 lb. teenage class, Mike Spradling took the win with a lift of 265 lbs. raw. Impressive lift for this young man. Mike will be competing at the AWPC Worlds in Vegas at one of the legendary Ernle Frantz meets in Vegas next. Taking second was Brandon Hastings with a lift of 210 lbs. Also, lifting Raw in the 165 lb. men's open class, Ben Gadbios took the win with a lift of 345 lbs. Ben was too quick off the chest on his first and second lifts but his third was good. Second went to Jason Clower with 205 lbs. lifting raw. In the 181 lb. class, Rich Guy took the win with a lift of 300 lbs. Rich hit the upright on his third attempt Just missing 315 lbs. Rich lifted raw and with some time and a shirt he will move up fast. Steve Sager took the 198 lb. class with a lift of 250 lbs. raw. In the 275 lb. class, Dave Barta put up 375 lbs., Dave missed 405 lbs. on his third attempt. In the SHW class, Joel Miller made 415 lbs. look easy to take the win and complete the bench press event. In the deadlift, Brandon Hastings pulled an impressive 405 lbs. lifting raw in the teenage 165 lb. class. Brandon Hastings pulled an impressive 405 lbs. lifting raw in the teenage 165 lb. class. Brandon Hastings pulled an impressive 405 lbs. lifting raw in the teenage 165 lb. class. Brandon Hastings pulled an impressive 405 lbs. on the moster 198 lb. class, it was George Griffin getting the win with a lift of 500 lbs. raw. George had set a goal of 500 lbs. and he did it, next time set that goal higher. In the

USAPL Power Surge 2000 26 AUG 00 - Alliance, NE (kg)

BENCH WOMEN Open 132

	B. Anderson	50	D. Pears SHW	•	
	148 R. Catron	82.5	D. Gaud	reau	255
	Unlimited	77.5	R. Lester		240
	Masters 123		Teen 123		
	B. Howard	57.5	J. Payer		105
	MEN		J. Cisner	06	92.5
	Open 123		148		74.3
	J. Payer	105	J. Hill		90
	148 C Hughs	147.5	198 N. Rung		102.5
	C. Hughs J. Hill	90	Masters		
	165 C. HW	115	181 J. Vogt		
	181		N. Back	ous	115
	R. Goodenberger	120 120	SHW G. Duga		
	J. Worthman 198	120	G. Duga		
4	E. Magdaleno Powerlifting WOMEN	177.5		-	тот
•	Powerlifting	SQ	BP	DL	101
,	Open 105				
t	105 S. Digman	92.5*	1 50°!	125*!	267.5*1
ė	123				
	B. Howard	107.5	57.5	117.5	282.5
f	R. Catron	130	82.5	185	397.5
L	I. Livingston	70	45	112.5	227.5
•	198	142.5	77.5	195	415
5	L. Schaefer K. Wills Unlimited	77.5	50	100	227.5
d	Unlimited		77.5	155	372.5
	M. Carlson Masters	140	11.3	133	3/4.3
	123				282.5
e e	B. Howard 148	107.5	57.5	117.5	282.5
k	J. Livingston	70	45	112.5	227.5
4	198 L. Schaefer	142.5	* 77.5	195*	415*
i	MEN				
d	148	215	147.5	240	602.5
í.	C. Hughs T. Eichner	162.5	125	160	447.5
n	M. Jarrett	150 110	130	162.5 145	442.5 345
į	J. HIII 165	110	70		
t	C.HIII	140	115	167.5	422.5
e	181 B. Keim	210	127.5	205	542.5
d	D. Lane	157.5		202.5	455
n	198 D. Brecht	212.5	137.5	215	565
d	E. Magdaleno	1	1	11	20 10
T	S. Howard	232.5	137.5	210	580
à	SHW.	232.3	137.3		
0	B. McCune	260	185	310*	755
N	Teen 123				
er	J. Payer	115	105*	120	340
-,	S. Huffman 148	100	55	95	250
0	M. Jarrett	150	130	162.5	442.5
4	J. Hill 198	110	90	145	345
interested in State was deld to the Bette de not derk ao r. Verento y de treel.	N. Runge	112.5	102.5	182.5	397.5
	Masters	TA.			. 7
).	165 S. Hill		93 39		
8	F3 (5		-	1846

C. Cottrell 275

erson	50	D. Pears	•		
on ited	82.5 77.5	D. Gaud R. Lester Teen		255 240	
vard	57.5	123 J. Payer		105	١.
		132 J. Cisner	105	92.5	
	105	148 J. Hill 198		90	ı
ghe .	147.5	N. Rung Masters 181	•	102.5	
	115	J. Vogt N. Back	ous	115	
denberge thman	r 120	SHW G. Duga			
daleno lifting EN	177.5 SQ	BP	DL	тот	
man	92.5*!	50°!	125*!	267.5*1	
ward	107.5	57.5	117.5	282.5	
ron igston	130 70	82.5 45	185 112.5	397.5 227.5	
sefer is ited	142.5 77.5	77.5 50	195 100	415 227.5	
rison rs	140	77.5	155	372.5	
ward	107.5	57.5	117.5	282.5	
gston	70	45	112.5	227.5	
aefer	142.5	77.5	195*	415*	
ghs mer rett	215 162.5 150 110	147.5 125 130 90	240 160 162.5 145	602.5 447.5 442.5 345	
	140	115	167.5	422.5	181
m re	210 157.5	127.5 95	205 202.5	542.5 455	J. B. J. V 198 H. I
cht gdaleno	212.5	137.5	215	565	242 S. F
ward	232.5	137.5	210	580	Ove
Cune	260	185	310*	755	wei
er ffman	115 100	105* 55	120 95	340 250	Ma Ma Ma wer Am tota
rett	150	130	162.5 145	442.5 345	tota set Mc
nge	112.5	102.5	182.5	397.5	ma in t
and a		14 3a			(ag

Great for Strength

and Rehabilitation

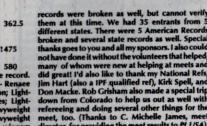
227.5

	10 m 10 m	SHW	May Ind	School	-
atron imited		D. Gaud		255	1
lmited iters	C PERSONAL	R. Lester Teen	No. of the	240	1
		123 J. Payer		105	8
loward N en		132 J. Cisner	m4	92.5	-
		148			
yer		J. Hill 198		90	1
lughs	90	N. Rung Masters 181	re	102.5	
	115	J. Vogt N. Back	ous	115	3
oodenberge	r 120	SHW			4
/orthman	120	G. Duga	an		
tagdaleno verlifting IMEN	177.5 SQ	BP	DL	тот	
ligman	92.5*!	50*!	125*!	267.5*1	
loward	107.5	57.5	117.5	282.5	
catron vingston	130 70	82.5 45	185 112.5	397.5 227.5	
chaefer Vills	142.5 77.5	77.5 50	195 100	415 227.5	
imited Carlson sters	140	77.5	155	372.5	
loward	107.5	57.5	117.5	282.5	
ivingston	70	45	112.5	227.5	
chaefer N	142.5	77.5	195*	415*	
lughs ichner	215	147.5		602.5	
ichner Jarrett III	162.5 150 110	125 130 90	160 162.5 145	447.5 442.5 345	
HIII	140	115	167.5	422.5	1
Ceim	210	127.5	205	542.5	1.
Lane	157.5	95	202.5	455	1
Brecht Magdaleno	212.5	137.5	215	565	2 5
loward W	232.5	137.5	210	580	C
W. McCune en	260	185	310*	755	CNN
ayer	115	105*		340	*
luffman	100	55	95	250	×
Jarrett till	150	130 90	162.5 145	442.5 345	
Runge	112.5	102.5	182.5	397.5	******
HILL					(

records were broken as well, but cannot verify them at this time. We had 35 entrants from 5 different states. There were 5 American Records broken and several state records as well. Special thanks goes to you and all my sponsors. I also could not have done it without the volunteers that helped, many of whom were new at helping at meets and did great! I'd also like to thank my National Refs, Jim Hart (also a IPF qualified ref), Kirk Spell, and Don Macke. Rob Grisham also made a special trip down from Colorado to help us out as well with refereeing and doing several other things for the meet, too. (Thanks to C. Michelle James, meet director, for providing the meet results to PL USA). 122.5 110 130 362.5 155 122.5 197.5*1475 Howard 232.5 137.5 210 580
American Record; *! a Nebraska State record.
rerall Best Lifters: Female powerlifter - Renaee
tron; Female Bencher - Renaee Catron; Lightsight Male powerlifter - Chris Hughes; Lightsight Male Bencher - Chris Hughes; Heavyweight
ale Bencher - Dan Gaudreau. Overall winners
ere based on the Wilks Coefficient Formula .
herican Records: set in the squat, deadlift, and
tal in the M1 (age 40) female by Linda Schaefer;
ten the deadlift in the M3 (age 53) male by Brent
ccune; set in the bench in the teen 16-17 (age 17)
ale by Jeremy Payer. Nebraska State Records: set
the squat, bench, deadlift, and total in the junior
ge 20) female bye Shae Brost; set in the deadlift
2 (age 45) male by Howard Huffman. Other state 232.5 137.5 210

WESTSIDE BARBELL 1417 DEMOREST RD. COLUMBUS OH 43228

PHONE (614) 276-0923



\$995

plus shipping

HOME

MODEL

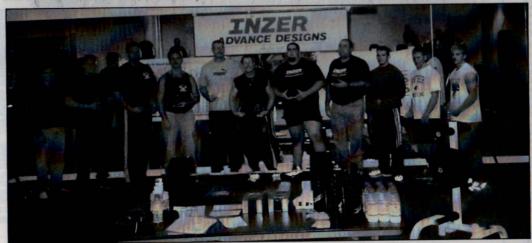
plus shipping

\$695

USAPL Police & Fire National PL 24 SEP 00 - Rockaway, NJ

Section Sect	Masters		T. Con	ci	420
Open G. Bunch 390 181 275 D. Sustin 325 K. Hebert 465 Powerlifting SQ BP DL TOT Women J. Davis 305 180 375 860 Men Masters "Rudy" Ruettiger 480 320 520 1320 Open 148 320 520 1035 181 J. Gengo 385 300 350 1035 181 D. Sustin 510 325 540 1375 "Rudy" Ruettiger 480 320 520 1320		390		Sec.aph	A STREET
181 275 D. Sustin 325 K. Hebert 465 Powerlifting SQ BP DL TOT Women J. Davis 305 180 375 860 Men Masters "Rudy" Ruettiger 480 320 520 1320 Open 148 J. Gengo 385 300 350 1035 181 D. Sustin 510 325 540 1375 "Rudy" Ruettiger 480 320 520 1320	Programme and the second secon	330		nch	390
D. Sustin 325 K. Hebert 465			275	COLUMN	DESCRIPTION OF THE PARTY OF THE
Women J. Davis Men Masters "Rudy" Ruettiger 480 320 520 1320 Open 148 J. Gengo 385 300 350 1035 181 D. Sustin 510 325 540 1375 "Rudy" Ruettiger 480 320 520 1320		325	K. Hel	pert	465
J. Davis 305 180 375 860 Men Masters "Rudy" Ruettiger 480 320 520 1320 Open 148 J. Gengo 385 300 350 1035 181 D. Sustin 510 325 540 1375 "Rudy" Ruettiger 480 320 520 1320	Powerlifting	SQ	BP	DL	TOT
Men Masters "Rudy" Ruettiger 480 320 520 1320 Open 148 J. Gengo 385 300 350 1035 181 D. Sustin 510 325 540 1375 "Rudy" Ruettiger 480 320 520 1320	Women	2300			
Masters "Rudy" Ruettiger 480 320 520 1320 Open 148 J. Gengo 385 300 350 1035 181 D. Sustin 510 325 540 1375 "Rudy" Ruettiger 480 320 520 1320	J. Davis	305	180	375	860
Rudy Ruettiger 480 320 520 1320 Open 148 J. Gengo 385 300 350 1035 181 D. Sustin 510 325 540 1375 *Rudy* Ruettiger 480 320 520 1320	Men				
Open 148 300 350 1035 181 D. Sustin 510 325 540 1375 Rudy* Ruettlger 480 320 520 1320			10.000	ma Disease	-
148 J. Gengo 385 300 350 1035 181 D. Sustin 510 325 540 1375 "Rudy" Ruettlger 480 320 520 1320	"Rudy" Ruettiger	480	320	520	1320
J. Gengo 385 300 350 1035 181 D. Sustin 510 325 540 1375 "Rudy" Ruettiger 480 320 520 1320					
181 D. Sustin 510 325 540 1375 "Rudy" Ruettiger 480 320 520 1320		-	Ludge		
D. Sustin 510 325 540 1375 "Rudy" Ruettlger 480 320 520 1320		385	300	350	1035
"Rudy" Ruettiger 480 320 520 1320			V 1.24		
"Rudy" Ruettiger 480 320 520 1320					
	"Rudy" Ruettiger	480	320	520	

MEN	SQ	BP	DL	TOT
181		de la	1000000	
M. Beavers	575	350	575	150
WOMEN				
148				
P. Houston	370	190	350	910
165	1	-		
S. Lee Chow (Thanks to USA		170		820



Litters from the Drug Free Northern Illinois Fall Classic. (photograph courtesy of Duane Burlingame)



Roxana High School Team at the Winter Classic BP/DL (left-right): David Gan, Jeff Welker (coach), Ryan Cincoski, Donny Hayes, (front) Eric Drew. (This photograph provided courtesy of Dr. Darrell Latch).

captured the title at 242. Up next was Chris Rannals, one of the top deadlifters in the country, and one of the few to pull over 800! Chris has slimmed down a bit, lifting here in the 308 class where he pulled a strong 740. A final attempt with 760 stalled halfway up, but should have gone. This boy's not too far away from 800 again! Best lifter, again. Thanks again to all the lifters, helpers and spectators who came to be a part of this event. A special congratulations to Eric Maroscher, who just won his first WPC World Championship last week. Eric, along with ANPPC World Cup Champion Keith Earley were there to support training partner Jim Metzger. I would also like to mention our appreciation to Jeff Welker, who is a teacher and trainer at Roxana High School in Roxana, tillinois, for bringing his students, Ryan Cincoski, David Gan, Donny Hayes and Eric Drew to their first competition. See you all next year. (Thanks to Dr. Darrell Latch for providing these meet results). MEN Teen (formula)
B. Howard (181) 227.5 170 227.5 625
Cornett (275) 250* 185* 230* 665*
Junior (formula)
D. Hicks (220) 295* 172.5 272.5 740
W. Feagle (181) 192.5* 135 215* 542.5*
S. Abbott (165) 212.5 165 225 602.5
Leshley (148) 137.5* 120* 162.5* 420*
J. Gill (220) 215 102.5 217.5 535
Blachino (198) 172.5* 125* 207.5* 505*
Trustmen (198) 25 182.5 25 232.5
Masters (formula)
Wambsgans (181) 275 125 275 675

APF So 2 DEC 00				
WOMEN (formula		SQ	BP	DL
TOT G. Ufret (105) BL	102.5	65	137.5*	305
Kirkland (105)	135*	62.5	122.5	320
J. Licata (181)	142.5*	90*	150	382.5
Colbert (132) D. Casias (165)	110	50	115	275

oski.	Conyers (103)	292.5	184.5	310-	785
their	DeVerville (242)2	95	195	282.5	772.
ks to	J. Brogan (165)	220	127.5	205	552.
ults).	R. Lewis (198)	272.5*	157.5*	282.5°	712.
uits).	L. Barry (220)	185	137.5*	225*	547.
	Callahan (275)	230	170	247.5*	647.
	O'Shaughnessy Open	255*	157.5	262.5	675
	132				
	H. Washington 165	187.5*	132.5*	230*	550
5	T. Conyers	292.5*	182.5	310*	785*
2.5*	S. Wunz 181	227.5	142.5		602.
	J. Hicks	227.5	157.5	227.5	612.
	R. Parker	207.5	135	227.5	570
					-

Wambsgans (181) 275 125 275

295* 172.5 272.5 740 192.5* 135 215* 542.5* 212.5 165 225 602.5 195* 87.5* 205* 487.5* 137.5* 120* 162.5* 420* 215 102.5 217.5 535 172.5* 125* 207.5* 505* 25 182.5 25 232.5

675

Son	Lig	ht W	inte	r Cla	ASSIC	BP/	D
	02	DEC	00 .	Tus	cola,	IL	
NCH I	PPEC	•		-		- 12	12

02 DI	C 00	- Tuscola, IL	
BENCH PRESS		teenage men 13	-15
teenage men 13-15		Eric Drew	260*
Eric Drew	125*	4th	275*
teenage men 16-	17	teenage men 16	-17
Victor Munoz	320*	Ryan Cincoski	350*
Ryan Cincoski	255*	4th	400*
David Gan	225*	Dave Gan	300*
Donny Hayes	125*	4th	325*
teenage men 18-	19	Donny Hayes	260°
M. McKibben	240*	4th	275*
4th	250*	teenage men 18	-19
master men 40-4	9	M. McKibben	440 *
Mark Wittler	340	master men 40-4	19
4th	345	James Ewing	500
James Ewing	250	198	
181		Jim Metzger	525*
Chris Soffentino	275	220	
220		Steven Zelmer	475*
Steven Zelmer	350*	242	
308		James Schenck	475*
Chris Rannals	450	308	
DEADLIFT		Chris Rannals	740

Ohis Rannals

Chris Rannals

A50

Best Lifter: CHRIS RANNALS; Best lifter: CHRIS RANNALS* personal record. The Son Light Winter Classic was held December 2, 2000 at Son Light Power Gym In Tuscola, Illinois. We had good small turnout with some great lifters and some new faces as well. A special thanks to Joey, Daniel and Jeff Welker for all their help with the competition. In the bench press competition Eric Drew took the teenage 13-15 class with a personal best 125. At 16-17 Victor Munoz won with a personal best 125. At 16-17 Victor Munoz won with a personal best 125. At 16-17 Victor Munoz won with a personal best 125. At 16-17 Victor Munoz won with a personal best 125. David Gan and Donny Hayes all lifted as guest lifters, but all finished with new personal records on the day. Ryan, weighing 175, lead the way with 255. David was next with 225 © 234. Donny Hayes was third with 125. New comer Marcus McKibben took the 18-19 class with a soild 240, weighing 169. Marcus also made a fourth attempt with 250. Mark Wittle continues to get stronger with each new competition, as he easily takes the master 40-49 class with 340. Mark followed that with a soild 345 fourth. James Ewing, who had just completed a 5K run earlier that day, took second with 250. Chris Sorrentino came all the way from Paragould, Arkansas to take the open 181 class with his opener of 275. This was a little disappointing to Chris, who has been up around the 320-330 range lately. Don't worry, Chris, just keep plugging away and some day it will all just fall into place and you'tl nail 350+ before long! At 220 Steven Zelmer had a great day, getting pr's at 320 and 350 for his final attempt for the win. Up next was the best lifter, Chris Rannals, with an easy opener of 450 for the win. 300, followed with a 1325 fourth attempt and Donny Hayes was third with 260 and 275, both pr's also. Marcus McKibben again took the 18-19 class with a great 440 pr pul



R. Lewis	272.5	157.5	282.5	712.5
I. Wisenbaker	272.5	155	272.5	772.5
I. Todd	227.5	162.5	247.5	637.5
220				
R. Meyer	290	230	257.5	777.
E. Jackson	272.5	227.5	272.5	772.5
J. Keena	290	230	235	755
S. Schuler	242.5	217.5	250	710
J. Webb	260	165	260	685
Guest Lifter				
K. Patterson		312.5		
242				
J. Jacobs	337.5	220	322.5	880
E. Swan	325	200	295	820
J. Macartney	310	217.5	285	812.5
J. Davis	320	200	282.5	802.5
M. Thompson	290	217.5	282.5	790
D. Jones	305	182.5	242.5	730
O'Shaughnessy	255	157.5	262.5	675
T. Curtis	250	152.5	240	642.
275	STILL			4
P. Story (BL)	357.5	242.5	337.5	937.
M. Kinsey	295	210	345	850
G. Jurkowski	320	200	325	845
M. Lanier	330	187.5	315	832.5
D. Hollis	295	212.5	305	812.5
T. Beale	322.5	190	272.5	785
M. Haaker	275	197.5	272.5	745
B. Abbott	280	150	287.5	727.5
J. Callahan	230	170	247.5	647.

E. Stoker E. Martin S. Lacey

372.5

Christmas for Kids BP/DL

10 DEC 00 - Mattoon, IL

102.5 282.5 635 147.5 267.5 635 235 tors in the master men 60-69 class, Darrel Sidwell and Allen Gregory. It was Allen's first competition, but you would have never known it, as he came away the winner with came away the winner with 240 @ 215. Might have had something to do with his coach, ANPPC World Cup Champion Todd Rohrs. Sixty-six year old, 160 lb. Darrel Champion Todd Rohrs. Sixty six year old, 160 lb. Darre Sidwell was close behind with 185, missing 200 twice for the win. In the open classes, Randy 10 DEC 00 - Mattoon, IL

* personal record. Best Lifters - Bench Press: RON
PALMER; Deadlift: RON PALMER. The third annual Christmas for Kids was held at the Cross
Country Mall in Mattoon on December 10, 2000.
Competitors brought toys along with their entry
fees to help make it a better Christmas for the
needy children of the community. Thanks to the
Mall Association for once again sponsoring this
event. In the bench press competition, lone women's
competitor Michelle Sultzer got a new personal
best with her win in the open class with 130. Firsttime competitor Michael Taylor also pr'd with 315,
taking the junior class at a bodyweight of just 155.
In the master men 40-49 class Greg Chrun came
out on top with a strong 500, weighing in at 240.
Second place went to Rob Furey, who had to settle
with his opener of 370 after missing a pr try at 395
for his final attempt. Michael Porter was third with
415, which was a pr for him. We had two competi-185, missing 200 twice for the win. In the open classes, Randy bye took the 148 class with 250. It was Randy's first competition. Ron Palmer won at 165, getting a new personal record there with 410. Ron was also awarded the best lifter award for the bench press competition. Rob Furey took the open men's 181 class with his 370. Tony Lindaner looked strong as he took the 198 class with 385, just missing a pr 400 twice. Keith Parrish had a good day, finishing with a personal best 485 on his fourth attempt in his win at 220. Good to see Keith compete again, who



Dr. Darrell Latch receives the Ron Butler Memorial award from 2time WAPF BP Champ Bob Walker for his many years in the sport.

came all the way from Independence, Missouri. Greg Chrun won his second title of the day after Glenn Beuchlein failed to get his opener of 565 at 242. Glenn is one of the top benchers in the country at 242 with a 620 to his credit, but hadn't had his bench shirt in over a year and it just wasn't working for him. Thanks though, for all the topsy you brought, Glenn! Michael Porter took the 275's with his 415 pr. Our final lifter, Dustin Minks won at 308 with a strong 335, just missing a pr 350 on his fourth attempt. In the deadlift competition, Michelle Sultzer won her second title of the day, getting her second pr of the day with her open win. Michelle just got stronger with each of her attempts to finish with a big 300 on her final lift. Congratulations, Michelle! We also had a youth competitor, seven year old Andre English. Andre first competed a month ago in Franklin, Indiana and equaled his lift there with 80, just missing 95 twice. The son of Ron Palmer, Andre is bound to be a good one! Rob Furey got an easy 470 opener at master 40-49 and looked good for the 510 pr he tried for his second attempt. Stopping just short of lockout, Rob passed on his final attempt. Allen Gregory won his second title of the day with his win at master 60-69, finishing with a strong 360. Not bad for a sixty-three year old kid! First-timer Zach Lane had a great day, winning the teenage class with a pr 350 before coming back with 360 for a fourth attempt. As in the bench competition, Ron Palmer took the 165's here with a strong 600, also taking best lifter honors. Benny Hutchinson just keeps getting fatter, but he does keep getting stronger. Benny pulled a strong 445 with about fifteen pounds more in him for the win at 198. Dustin Minks looked strong at 308 with his 500 opener, but fell short of lockout with his second attempt pr 525. Thanks to my son joey for his help, to Jasmine and two time WPC World Bench Press Champion Bob Walker for his help. Bob presented me with the Ron Butter award for my contributions to the sport, which I

BENCH PRESS		G. Buechlein	_
women	-	275	
Michelle Sultzer	130*	Michael Porter	415*
iunior men		shw	
Michael Taylor	315*	Dustin Minks	335
master men 40-49	1	DEADLIFT	333
Greg Chrun	500		
Rob Furey	370	youth	
		Andre English	80
Michael Porter	415*	master men 40-49	
master men 60-69		Rob Furey	470
Allen Gregory	240	master men 60-69	
Darrel Sidwell	185	Allen Gregory	360
148		open	
Randy Dye	250*	women	
165		Michelle Sultzer	275*
Ron Palmer	410*	4th	300*
181			300
Rob Furey	370	teenage men	
	3/0	Zach Lane	350*
198		4th	360*
Tony Lindauer	385*	165	
220		Ron Palmer	600
Keith Parrish	475	198	-
4th	485*	B. Hutchinson	445
242	100		443
COLUMN TO A STREET WAS A STREET OF THE PARTY		308	
Greg Chrun	500	Dustin Minks	500

If we don't have it and we can't get it then you don't need it! Collection DMSO NATURE'S HEALER 0. /Yesalis \$16.95 SPEED KELSO SHRU6 8 Y 8 T E M STRENGTH VEIGHTLIFTING / Kelso \$9.95 STERVE TRENGT ah ... WORLD 0 MUSCLE Mind Train Tablet #2 / Strossen \$11.95 Mind Trai Tablet #1 / Strosser \$11.95 * 12 OLYMPIC FEGITUTING How It Is / Anderson \$8.00 **GRAIN'S** POWER CALL TOLL FREE 1-800-272-0051

1st Annual Fall Classic BP/DL 21 OCT 00 - Richmond, IN 220 125* Sean Flanagan 75* 242 85* Jeff Ritzler Rick Kinder 410* Carlos Moore 275 275 19 Steve Whitaker 180 308 Jason Orick 420 Mike Adkins 365 DEADLIFT 19 teenage wome 410° Renee Brown 420° 4th 350° open women Robin Witham teenage men 1 360 Kris Robbins 265° submaater mer 425*

308
Jeremy Herlyn
345° Andrew Adkins
480°
* personal record. Best Lifter- Bench: Jason Orick;
Deadlift: Andrew Adkins. The first annual Fall
Classic Bench Press/Deadlift Championships were
held October 21, 2000 at Powerhouse Cym in
Richmond, Indiana. Many thanks to owner Jim
Hoskinson for hosting this event which brought
thirty - five entries from the Eastern IndianaWestern Ohio region. In the bench press competition, a newcomer to the sport, Kelly Whitaker, took
top honors in the women's class, finishing with a
personal best 125. Kelly and her husband, Stey,
have been involved in bodybuilding for years, and
decided to try another sport. We're glad they did!
Taking second place in the women's class was
Melanie Gibson, lifting in just her second competition. Melanie got a pr with 75 on her second
titom. Melanie got a pr with 75 on her second
tempt, missing 85 for her third, but coming back
for her fourth to get that 85 for another personal
record on the day. Chris Smith looked strong with

New Product from Safety Power Hook

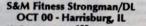


Best Lifters at the Fall Classic were Andrew Adkins for the Deadlift with a 660 PR at 308, and Jason Orick for the Bench Press with 520 at 308. (photo courtesy of Dr. Darrell Latch)

Ken Haskell, who finished with his opener of 265.

Up next was WAPF World Champion Jeff Telljohn, who at skty-four, has to be one of the top master benchers in the world. Coming back from some minor Injuries, Jeff got a clean 400 bench at a bodyweight of 300! In the open division, Ryan Jones took the 165 class with solid lifting, finishing at 290. Andy Rosenberger was second with 240; this being his first competition. Tracy Conner took the 181's, missing his opener of 365, but coming back to take that weight on his second attempt, then finishing with 375. Steve Watts was second with 360, just missing a 375 pr third attempt for the tie (both men weighed in at 181). We had three great lifters at 196, all of which had the strength to win the class! But when the smoke cleared Jeremy Herlyn came out on top with a 345 pr lift. Second place went to Nate Wilson with a personal best 340. Shawn Miller was third with 330, another personal best! All three of these lifters were competing for the first time, and all three set new prs! Sean Flanagan was alone at 220 but still got a pr 196.

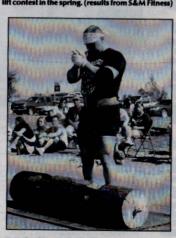
S. Sha 360 Women's Teen 14-15



Women's Open	1	198	
165		M. Hunt	275
S. Vidmar	235	HW	
Teen Men		C. Smock	190
165		B.Little	170
S. Sha	360	Women's Teen	14-15
220		114	
C. Evans	345	M. Mayer	180
Men's Open		L. Jerrels	160
220		123	
M. Hammer	370	C. Mitchell	160
275		132	
W.Hinkle	475	H. Jackson	190
Women's Teen	16-17	A. Rheaume	175
97		148	
T. Bethel	150	S. Gardner	165
132		181	
A. Cousins	205	J. Johnson	225
T. Atkinson	195	198	
148		A. Bush	220
A. Crank	215	Strongman Me	et
S. George	195	Lightweight	
165		J. King -Harrisb	urg
M. Mattingly	260	S. Draper - Han	risburg
M. Ellis	210	Heavyweight	COL
181		P. Andrich - Rac	cine, WI
D. Ital	235	A. Henson - Ha	rrisburg
A. Thomas	235		CLUB GOOD
This was CRAAE	M!		

This was S&M Fitness' second annual Strongman / deadlift contest. As usual the event was a blast. The competitors put on a great show. Pete Andrich from Racine, WI amazed the crowd with his speed and strength, as did all the participants. Pete Andrich's best event would have to be the log press. Adam Henson stood out in the tire flip and the truck pull. In the lightweight class Jeremy King did an outstanding job. He pulled a truck 75 feet in 30.4 seconds. Sean Draper held his own in the meet, weighing in as the lightest competitor at 180 lbs. Sean pulled out the best lightweight time in the log stack. A large crowd turned out to watch our local strongmen and deadlifters. Both events were held in the road in front of the gym. The deadlift contest consisted of 25 deadlifters. Of those 25 lifters, 21 of them were teen women. Mark and Susan Motsinger, owners of S&M Fitness, coach a large powerlifting team targeting high school age students. With the help of Harrisburg High School and April Horning, Mark and Susan have coached over 50 lifters and captured 33 lillnois State records. We are looking forward to the upcoming Illinois State meet and an opportunity to establish and break more state records. We would like to thank the judges in this event who never miss a meet. Ton Foster, Larry P. Marcum and Scotty Dearing, Keeping the scorer's table in order were two powerlifters and captured 31 lillnois State records.

S&M plans on hosting another strongman / dead-lift contest in the spring, (results from S&M Fitness) etc. Kelly Whitaker - 1st at open women BP with a PR 125 at the



We believe this is Pete Andrich at the S&M Fitness Strongman / DL competition. (from S&M Fitness)

Honeymoon Couple in First Meet!!! Steve Whitaker - 1st at open 275 BP with a PR 400, and

385 without anyone to push him. At 242 Jeff Ritzler took the class over Rick Kinder, who also finished with 420, but weighed two pounds more than Jeff Rick, didn't put his shirt on until his third attempt with 475, which wasn't enough to get the weight down to his chest. Carlos Moore, lifting in his first smeet, got a pr 320 to finish third. Steve Whitaker a took the 275's with three near perfect lifts, finishing with a personal best 400. Then at 308 was best lifter Jason Orick, who finished with 520, looking good for ten pounds more. Jason had been having some problems with his left shoulder so didn't really push it. Jason is a really great guy, with a great at attitude about the sport; the kind of thing that keeps me in the sport, Jason even jumped in after the bench to help with the loading for the deadlift, which I really appreciate. Mike Adkins, also in his first competition, finished second to Jason with his opener of 275. Lifting as a guest lifter was Jim Houkinson, trying out his new shirt, but just getting his opener of 500. Jim was shooting for the 550 he had gotten in the gym the week before. In the deadlift competition we had our own miniature version of Supergirl, Renee Brown. This little thing couldn't have been over 4'6" tall or weighed more than 75 lbs. (even though she claimed to weigh 95 lbs.); but this teenager could pull some weight! Making all three of her attempts, Renee finished with a personal best 235 and could have easily pulled 250! Her coach Ron Everett said "She doesn't even know how strong she is; I can't even get her to talk!" Great lifting Mini - Mittle In the open women's class, Robin Witham also had a great day, pushing two new prs to end with 270. This girl will be pulling 300 in no time at all! Kris Robbins pulled a strong 450 at 181 to take the teenage class. That back strength must have come from that Mohawk-type hairdo he was sporting! Jeff Ritzler won his third title of the day with his win at submaster, finishing with a strong 460 pull. At master 50-59, first - time lift

Fall Classic. (photograph provided courtesy Dr. Darrell Latch) BENCH
Masters
(45-49)
198 lbs.
R. Lopez
(50-54)
E. Howard
Junior
220 lbs.
WOMEN
114 lbs.
A. Allen
148 lbs.
D. Joyner
165 lbs.
L. Keller
181 lbs.
B. Marchive
Teen 114 lbs
M. Campbel
123 lbs.
P. Parker
C. Bush
R. Cheek
148 lbs.
T. Smith
165 lbs.
K. Bello
T. Bordelon
181 lbs.
S. Mougeot
198 lbs.
S. Mougeot
198 lbs.
G. Gomez 605 625 450 TOT BP DL 110 250 120 305 425 95 240 335 100 250 575 435 410 175 160 135 400 275 275 175 315 430 330 195 175 205 350 555 At the Push Pull on the River Meet, the Best Lifter was August Clark (right) where he won \$300. He made a 400 pound bench press and a 480 pound deadlift and also made a fourth attempt of 500 pounds. He was also a participant

in the Biggest Bench of the River III Meet. In that meet, he made a 405

Ib. bench press at 132 pound body-

weight. (Photo provided to Power-

Push/Pull on the River 7 OCT 00 - New Roads, LA
H A. Grezaffi
Open 275 lbs.
J. Blakely

285

lifting USA by Maximum Fitness). 115 225 340 265 475 740 T. Marchive 242 lbs. D. Darensbe SPECIAL 265 350 615 235 350 585 Junior 242 lbs. M. Brann Masters (40-44) 220 lbs. 320 530 300 475 775 365 540 905 O. Cowan (50-54) 198 lbs. E. Howard (60-64) 181 lbs. B. Callihan 425 350 390 455 845 235 435 Open 148 lbs. A. Clark 181 lbs. 400 480 880 D. Cagnak 198 lbs. S. Lemarie T. Earnest 220 lbs. K. Levatino T. Austin S. Tate 242 lbs. 400 460 560 500 435 420 400 550 540 530 985 960 930 365 540 905 955 730 700 1200

K. Wnuk

SHW

SHW

R. Phillips

O. Cowan

Set Lifter Women: Ambre Allen \$300. Best Lifter

Open: August Clark \$300 BD #136. Best Masters:

Emanuel Howard \$300. Best Lifter Junior: Malthew Brann \$300. Best Lifter Junior: Malthew Brann \$300. Best Teenage: Philip Parker

\$300. Best Lifter Teen: Phillip Parker

\$300. Best Lifter Teen: Phillip Parker

\$300. Best Lifter Teen: Special Bench Award: J.M. Blakely \$300 BD #274. Meet

Director: Reedd Beuche. Judges: Sarge Pendley,

Gerry Chidester, Pat Chidester, and Debbie

Alexander. Photographer: Katrina Amacker. Computer Operator. Ryan Sanders. Scorekeeper: Denise

Bueche. Thanks to all spotters and loaders. About

400 spectators, and seen on local TV. (Thanks to Maximum Fitness for providing thesemeet results).







At Left ... Dave Waterman, sponsored by MetRX, took the \$2200 cash prize at Reed Bueche's Biggest Bench on the River III contest with a 600 pound bench weighing 192 pounds. Spotters include Travis St. Romain and Chad Cicero. (photo provided by Maximum Fitness)

Biggest Bench on the River III

6 MAY	00 - N	lew Roads, LA	100
WOMEN		D. Cagnolatti	37
14 lbs.		J. McGrew	37
Allen 132 lbs.	90	198 lbs. R. Pursell	43
B. Mosier	200	C. Kennedy	42
65 lbs.	TEST	E. Howard	40
C. Callier	170	220 lbs.	
M. Brneiser 181 lbs.	120	P. Fremin S. Tate	36
/. Alsten	200	242 lbs.	-
reen		B. Nichols	51
32 lbs.	-	T. Beale	46
r. Godawa C. Bush	225 150	T. Babcock 275 lbs.	43
165 lbs.		T. Cunningham	47
A. Palumbo	340	308 lbs.	
C. Dickinson	260	K. Wnuk P. Fletcher	57
181 lbs. 5. Mougeot	200	Q. Aucoin	47
198 lbs.		SHW	
. Clay	275	O. Cowan	38
242 lbs.		Best Lifters 114-181 lbs.	
. Townsend r. Williams	415 175	S. Scardina	40
275 lbs.		198-SHW lbs.	
H. Strickland	470	K. Wnuk	57
Masters (40-44)		Open (Cash) D. Waterman	60
165 lbs.		K. Brownfield	59
S. Scardina 181 lbs.	400	J. Kellum	57
		R. Lawrence	57
D. LeSage 198 lbs.	400	D. Nealy A. Clark	54 40
R. Boudreaux	410	K. Gleason	59
M. Godawa	335	K. Taylor	57
275 lbs.	405	WOMEN (Cash) B. Mosier	20
S. Falcon R. Pourciau	335	Coefficient 223	20
SHW	173	V. Alston	20
O. Cowan	415	Coefficient 183.5	
(45-49)		Teen (Cash) H. Strickland	47
198 lbs. R. Babin	335	Coeffecient 280.9	13
(50-54)		A. Palumbo Coefficient 257.1	34
198 lbs.		Coefficient 257.1	814
E. Howard D. Cummerow	400 365	Masters (Cash) K. Taylor	57
(55-59)	303	Coefficient 362.5	
220 lbs.		S. Scardina	40
C. Lambert	300	Coefficient 293.0	
(60-64) 181 lbs.		E. Howard Coefficient 282.3	40
B. Callihan	250	Open (Cash)	•
(75-79)		Open (Cash) D. Waterman	60
165 lbs.		Coefficient 389.7	59
D. Dreyer Open	140	K. Brownfield Coefficient 370.6	
(Trophies)		J. Kellum	57
165 lbs.		Coefficient 364.7	225
S. Scardina	400 340	R. Lawrence Special-198 lbs.	57
A. Palumbo 181 lbs.	340	R. Jarreau	24
S. Kennedy	380		
	eed Bue	che. Judges: Sarge Pe	endl

Katrina Anacker. Thanks to all spotters and loaders. Dave Waterman, 600 lbs. bench, \$2200 cash, BD #192. Kim Brownfield 590 lbs. bench, \$1000 cash, BD #205. Jesse Kellum 575 lbs. bench, \$700 cash, BD #210. Rick Lawrence 570 lbs. bench, \$400 cash, BD #210. Over 1200 spectators, and seen on local TV. Best Lifters Trophy Division: Light-Sid Scardina, 400 lbs. bench, BD #170. Heavy-Kory Wnuk, 575 lbs. bench, BD #288. Biggest Bench IV will be May 5, 2001. August Clark, 405 lbs. bench, BD #132 (awesome). (Results courtesy of Maximum Fitness)

THE TRIO SEEN AT LEFT ... J.M. Blakley, who bench pressed 640, and Scott Mendelson (standing at the right) who bench pressed 605 and also made a fourth attempt of 625 which was good, flank Push/ Pull on the River meet photographer Katrina Amacker. (Photograph provided to Powerlifting USA by the courtesy of Maximum Fitness).

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 liftoff. 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*

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 Dead-lift, The Bench Press. Watch and learn as Ed demonstrates workouts and his methodical approach to training. Be there as Ed squats 975, eadlifts 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.

Gym 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

WE HAVE WHAT YOU NEED:

Reverse Hyper Pro model 1225,00*

Glute/Ham Machine 780.00*

Reverse Hyper Standard model 825.00*

Power Bench Rack 785.00*

Bench Workout Combo video 55.00*

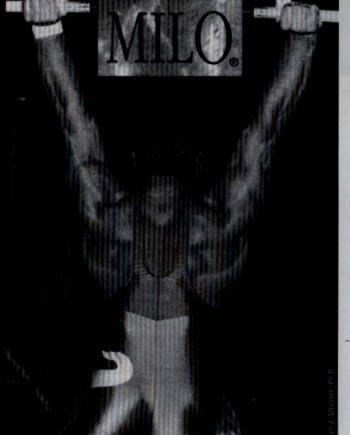
Power Rack 900.00*

614-276-0923

WESTSIDE BARBELL

1417 Demorest Road Columbus, OH 43228

*Shipping included. Send check or money order.



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

2000 AAU North Carolina Best in State

	AST. Bench	RAW Bench	AST P-Lifting	RAW P-Lifting	TEEN BP	TEEN PL (RAW)
114	125 G. Gordon	125 G. Gordon	585 K. Holryod	585 K. Holroyd	125 G. Gordon	585 K. Holroyd
123	220 J. Morris	220 J. Morris	670 T. Lyons	670 T. Lyons	195 D. Henries	670 T. Lyons
132	245 L. Mabinton	245 L. Mabinton*	870 L. Mabinton	870 L. Mabinton	245 L. Mabinton*	870 L. Mabinton
148	300 D. Moore	300 D. Moore*	1160 J. Meekins	1160 J. Meekins*	300 D. Moore*	975 D. Moore*
165	330 D. Donald	330 D. Donald	1195 D. Donald	1195 D. Donald	210 J. Barnes	920 N. Delodge
181	375 D. Floyd	335 D. Floyd	1645 M. Seachrest*	1400 T. Pardue*	325 D. Floyd*	1115 R. Melton
198	445 T. Weekly	425 A. Felton	1565 T. Weekly	1240 N. Roten	325 I. Johnson	1240 N. Roten
220	500 C. Gibson	400 K. Mallory	1810 C. Gibson*	1480 J. Rogers*	300 D. Pittman	1200 J. Gordon*
242	500 S. Reid	500 S. Reid	1690 J. Brown	1375 D. Michels	420 K. Wall*	1255 E. Frasure
275	535 C. Elliott	535 C. Elliott	1680 J. Haller	1680 J. Haller*	360 E. Murphy*	1335 E. Murphy
319	485 A. Cherry	460 B. Simpson*	1050 J. Pendelton	1050 J. Pendelton	325 K. Cole	1030 K. Cole
SHW	405 M. Ange	405 M. Ange*	740 J. Bradshaw	740 J. Bradshaw*	185 J. Bradshaw	740 J. Bradshaw
FORM	ULA - WOMEN/MA	STERS		* denotes best in st	ate record.	
Wome	n AST Bench	RAW Bench	AST P-lifting	RAW P-Lifting		
***	T. Collins	K. Beccerra	T. Collins	K. Neiding		
	K. Beccerra	G. Chavis	K. Neiding	G. Chavis		
	C. Chavis	S. Gill	G. Chavis	S. Gill		
	S. Gill	K. Neiding	S. Gill	R. Carlton		
Master		R. Terry	J. Meekins	J. Meekins		
Violen II	L. Broadie	D. Young	T. Thompson	B. Soloman		
	W Hawkins III	I. Meekins	D. Pagan	R. McClendon		

USA 'Raw' BP Federation

D. Young

19 NO	V 00	- Tuscola, IL	
BENCH		master men 40-49	
open women		165	
165		Butch Davis	340
Michelle Sultzer	125*	198	
iunior men		Russell Carney	370
242		4th	380
M. Novoseletsky	365*	198	
open men		Joe McDonald	340
181		4th	350
Ron Palmer	380*	220	
lack Brown	360	Dennis George	320
Sam Nolan	315	242	
198		Kurt Hess	300
Russell Carney	370	275	
4th	380	Mark Wittier	335
242		master men 60-69	,
Randy Biggiam	410	181	
4th	415	Ron Bishop	300
		M DON BALL	CD T

Best Lifters at the USA 'RAW' BP: L to R

and Michelle Sultzer (in women's division). (Photo by Dr. Darrell Latch).

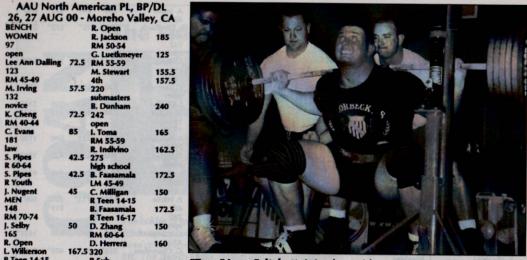
"Python Power League" 2000

4	09 SEI	P 00 -	Augus	ta, GA
	BENCH WOMEN		G. Barti G.Jones	ey
A.M.	123		242	
- Inches	54-60	-	raw	
	B. Cooler	95	B. Sturd	
	MEN		R. Hage	man
	165		subs	
	subs		R. Padg	
A A STATE OF THE S	T. Johnson	240	DEADLE	
	181		WOME	N
	novice	***	54-60	
	B. Corley	345	B. Coot	er
	open	345	MEN	
THE RESERVE OF THE PARTY OF THE	B. Corley 198	343	220	
	novice		14-16	
	J. Mgghee	400*	B. Helto	N .
	220	400		
	17-19		R. Padg	-44
	G. Chambless	210*	subs	en
	47-53		B. Sturd	livant
111111	G. Jones	345*	40-46	
The second of th	raw		R.Hage	man
			BP	DL
	Full Power	SQ	Br	u
The same of the sa	WOMEN 123			
	open L. Herman	145*	100*	175*
	132	143	100	1,3
	40-46			
	S. Walker	245*	100	300
1 22	148	-		
- E	subs			
	P. Hitt	225*	85*	225*
: Ron Palmer (in men's division)	SHW			
Non rainter (in mens division)	31111			

Bob Money and "Coach" Money".

	e dans
- 00	

Bob won "Best Legends Lifter" at the PPL Power Mania 2000. (This photograph from Python Gym).



"Teen" Jerry Pritchett sitting low with an attempt at 705 in the squat.

T. Anderso RM 40-44

187.5 137.5 200 525

190 162.5 205 557.5

262.5 180 232.5 675

190 162.5 205 557.5

312.5

182.5 130

100 100 300

20					
20	132				
	RM 40-44				
	D. Brill	82.5	70	115	267.5
	165				
	R Novice				
	J. Feeley				
	open				
55	C. Shuck	80	60	107.5	247.5
33	199	THE RESERVE	Contract of the		
11900	R Open				
10	V. Hembre	190	130	202 5	522.5
10	MEN		1	-02.5	322.3
15	148				
15	M 55-59				The state of
	T. Miller	182.5	100	207.5	490
15	R Sub	102.3	100	207.3	450
32.07	S. Kato	195	120	190	505
15	R Youth	193	120	190	303
	I. Gonzales	92.5	72.5		
20	RM 40-44	92.5	72.5	155	320
67.5	S. Gallan	177.5	102.5	197.5	477.5
	RM 70-74	mb 544	-		The State of the Land
65	J. Selby	70	50	90	210
	165				
47.5	high school		70.00		
	R. Andrews	120	97.5	142.5	360
	open				
67.5	A. Franks	237.5	155	252.5	645
85	R high school				
	J. Bray	80	85	110	275
	R HS 18-19				
50	J. Ward	100	70	117.5	287.5
	RT 16-17				
	J. Granger	137.5	92.5	195	425
85	181			-100	
T	Junior				
Marie S	A. Tasaka	187.5	127.5	205	520
	Life				
	D. Keating	182.5	132.5	205	520
	novice				
	D. Keating	182.5	132.5	205	520
	R Junior	102.3	134.3	203	320
43378	J. Douglas	127.5	110	195	432.5
	R Open	127.5	110	193	+32.5
Million .	K Open				

72.5 RM 55-59

85 I. Toma RM 55-59 R. Indivino

42.5 275 high school 42.5 B. Faasamala

45

B. Faasamala LM 45-49 C. Milligan R Teen 14-15 B. Faasamala R Teen 16-17 D. Zhang RM 60-64

D. Herrera 167.5 320 R Sub 107.5 D. Faasamala

D. Faasama DEADLIFT

M. Drake

182.5 RM 55-59

160 165

92.5

135

125

185

95

57.5 220

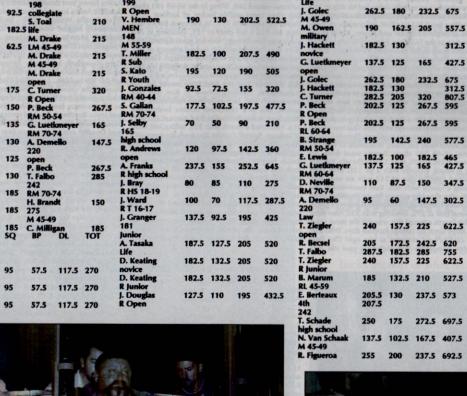
132 novice K. Cheng RM 40-44

RM 70-74 J. Selby 165

RM 50-54 S. Okada

M 65-69 R. Simon R HS

novice G. Lueti





Chris Turner with 705. (all photographs courtesy Margaret Irving)

M 55-59				
J. Dumont	150	100	150	400
novice	redera	48.74	m XII.A	250
M. Dahlstrom	205	130	185	520
open		12		-
T. Gauthier	295	192.5		747.5
J. Martini	197.5	170	195	562.5
I. Toma R Junior	220	165	210	595
R. Beck				
R Open	170	105	192.5	467.5
A. Brill	245	160		
4th	245	160	292.5	697.5
R Sub			294	
A. Brill	245	160		
Ath	245	160	292.5	697.5
RM 40-44			294	
D. Simmons	65	65	65	195
RM 55-59	03	03	63	195
I. Dumont	150	100	150	400
sub	130	100	130	400
S. Landry	245	200	290	735
275	243	200	290	/33
Military				
S. Mullin	227.5	145	250	622.5
open		145	250	044.5
S. Mullin	227.5	145	250	622.5
R Open			30 00 00	-
S. Mullin	227.5	145	250	622.5
R Sub				
S. Mullin	227.5	145	250	622.5
275	State Land	r Charles	THE PARTY	-
R Teen 16-17				
D. Zhang	190	150	230	570
RM 60-64				
D. Herrera	65	160	75	300
RM 65-69				
L. Thomason	170	140	185	500
319				
M 40-44				
B. Lee	360	232.5	310	902.5
M 45-49				
D. Dreyer	255	175	275	705
open	A. Traday			
B. Lee	360	232.5		902.5
J. Pritchett (Thanks to Martin	277.5	197.5	320	795



APF Michigan Bench Press

20 IAN		Clawson?, MI	
Bench for Cash		J. Ellsworth-220	386
MEN		Master 50-54	
J. Zemmin-275	705	L. Hasler-242	446
Brandenburg-Shw	672	Master 55-59	
T. Skiver-SHW	628	J. Durazo-220	254
G. Scott-220	551	Open	
R. Palmer-181	413	181	
R. Kusmack-198	419	R. Palmer	413
A. Jones-275	474	198	
L. Hasler-242	446	M. Andrus	402
D. Richard-242	441	S. Grant	380
J. Johnston-198	375	220	
G. Elias-198	365	B. Moritz	424
K. Cribbs-198	353	242	
J. O'Brien-220	358	L. Hasler	446
H. Lane-275		D. Richard	441
M. O'Donnell-275		C. Phillips	424
Winter Bench Bas	h	T. Pearch	331
MEN		275	
Junior 20-23		G. Szolack	474
J. Johnston-198	375	D. Forstner	463
Master 40-44		H. Lane	
Schoenebeck-220		308	
A. Jones-275	474	J. Shell	612
J. Peretick-181	353	SHW	
K. Cribbs-198	353	T. Skiver	628
J. O'Brien-220	358	Submaster 33-39	
Master 45-49		T. Skiver-SHW	628
		igan Bench for Car	
Winter Bench Basi	lived	up to the premeet h	ype in
a huge way. This m	eet ha	s the potential to b	e "the"
most to start off on	ch No	w Year John Zemmi	n stole

a huge way. I nis meet has the potential to be the meet to start off each New Year. John Zemmin stole the show with a simply amazing bench of 705 lb. at a bodyweight of only 259 lbs. The lift was powerful and flawless. He took home \$500 for first place in the cash part of the meet. John is definitely one of the top benchers around. Big Clay Brandenburg took home \$300 for second place with an easy 672. Clay came about an inch short of locking out 722 and took an attempt at 755, which rolled out of his hands onto his chest. The excellent spotting of Paul Stratakis and Brian Nassar saved Clay from serious injury. Tom Skiver pressed 628 to take third place and a check for \$200. Galen Scott earned a gift certificate from House of Pain Ironwear for finishing fourth. Horace Lane made some impressive attempts including an attempt at 716. Unfortunately, he was not able to get any lifts passed on this day. There were 15 lifters in the cash part of the meet. The Winter Bench Bash displayed some fine lifting as well, House of Pain Ironwear provided gift restificates for the bast lifters in the Leasyweight. attempts including an attempt at 71b. Unfortunately, he was not able to get any lifts passed on this day. There were 15 lifters in the cash part of the meet. The Winter Bench Bash displayed some fine lifting as well. House of Pain Ironwear provided gift certificates for the best lifters in the Heavyweight, Lightweight, and Master divisions of the meet. The amazing Les Hasler took the Masters, Tom Skiver won the Heavles, and Ronald Palmer took home best lifter in the Lightweight category. The Junior division had Jeff Johnston winning with a fine bench of 375. Jeff is one of the top juniors in the state of Michigan. The Masters 40-44 was the most competitive division in the meet. Neil Schoenebeck took first place with an impressive 480. Anthony Jones came in second with a 474. Jim Peretick came next with a 353. Jerry Ellsworth won the Masters 45-49 with a nice 386 bench. Les Hasler won the 50-54 division with an amazing 446. Jose Durazo won the 55-59 with a 254. The Open division had some fine lifting as well. Ronald Palmer went three for three and ended up with a 413 in the 181's. Mike "Mad Dog" Andrus hit a personal best of 402 to win the 198's. Shane Grant finished second with a 380. Billy Moritz hit a nice 240 to take the 220's. In the 242's, Les Hasler edged out Derek Richard for first place with a 446. Derek hit 441. Chris Phillips took third with 424. Greg Szolack busted a gut to hit 474 to takes the 275's. Dave Forstner nailed 463 to take second. He went on to try a fourth attempt of 655 for a state record and absolutely nailed lit Paul Sazy drove a long way to compete but could not get an attempt in today. Tom Skiver won both the Submasters and Supers with an Impressive 628 lb. bench. Judges for the meet were Bob Spaulding, Dante Fortin, and Mike Fesseden. They were strict but fair and consistent. To pull off a cash meet, the judging is very important and these guys lived up to the task. Many thanks go out to them. Dante was very instrumental in ensuring the meet was ready to go beforehand. Big Paul Stra

If you are interested, contact me at jimharbourne@home.com or write to me at Jim Harbourne 1018 Coolidge Ave. Clawson, MI 48017. Trophies were provided by Jon Smoker (1-800-760-3257). This meet was a massive group effort and I want to thank all involved. The APF in Michigan will grow to be stronger and better than ever! Train hard and train smart. (Thanks to Jim Harbourne, APF Michigan Co-chairman for these meet results).

USAPL N-Cal Winter Classic 30 DEC 00 - Napa, CA (kg) 242 lbs. Open Heavy K. Armstrong

R. Exum 82.5 R. Hebeles

220 lbs. Te R. White 165 lbs.

S. Diaz	167.5	C. Rice		122
181 lbs. Open Light		275 lbs. Master	Heavy	
S. Diaz J. Meixner	160 155	K. Dela 242 lbs.		155
220 lbs.	133	Master	Heavy	
Open Heavy M. Ludovico	232.5	W. Page		150
WOMEN	SQ	BP	DL	TOT
198 lbs. Master I S. O'Neill	32.5	62.5		
MEN 181 lbs. Te N. Luiz	en 230	110	240	580
220 lbs. Teen				
R. White 165 lbs. Open Li	185 ght	127.5	207.5	520
D. Bracken 198 lbs. Open H C. Cooley	230	140	230	600
C. Cooley	202.5	187.5	265	655
275 lbs. Open H D. Freeland	232.5	195	262.5	
L. Vargas 242 lbs. Open H	220	165	247.5	632.
K. Armstrong	200	177.5	220	597.
R. Magni Master Heavy	-	7/0	1703	200
F. Cable R. Spikes	285 215	237.5 140	227.5 272.5	750 627.5
Meet Director:	lason	Burnell.	Decem	ber 30
marked the last of to set Cal State	Decom	- Danie		
turnout we witne few new lifters br has watched hus waited 55 years to	ssed so	me good	lifting a	nd sav
has watched hus	band S	hane lift	many t	imes b
made two flawles	o try po s bench	presses i	g for he in the co	rself. 5 ntest a
later added three		esful des	diffe a	
competitors coa	ched b	y newly	crowne	d Wo
Bench Press Cha	mpion	Mike Ha	ra. Louis	sa App
made all three b	ench p	resses, fil	nishing	with 1
lifter. Our other competitors coa Bench Press Cha made all three pounds at 148! Th	ench p	n men's li	nishing ightweig	with 1
battling it out wit lbs. attempt at 18 his debut at this c	h Josh 1 to tak ontest	Meixner. te the 3 sp and made	Josh ma oot. Shay e a nice :	ne ma
battling it out wit lbs. attempt at 18 his debut at this c	h Josh 1 to tak ontest	Meixner. te the 3 sp and made	Josh ma oot. Shay e a nice :	ne ma
battling it out wit lbs. attempt at 18 his debut at this c	h Josh 1 to tak ontest	Meixner. te the 3 sp and made	Josh ma oot. Shay e a nice :	ne ma
battling it out wit lbs. attempt at 18 his debut at this c	h Josh 1 to tak ontest	Meixner. te the 3 sp and made	Josh ma oot. Shay e a nice :	ne ma
battling it out wit lbs. attempt at 18 his debut at this c	h Josh 1 to tak ontest	Meixner. te the 3 sp and made	Josh ma oot. Shay e a nice :	ne ma
battling it out wit lbs. attempt at 18 his debut at this c	h Josh 1 to tak ontest	Meixner. te the 3 sp and made	Josh ma oot. Shay e a nice :	ne ma
battling it out wit lbs. attempt at 18 his debut at this c	h Josh 1 to tak ontest	Meixner. te the 3 sp and made	Josh ma oot. Shay e a nice :	ne ma
battling it out wit lbs. attempt at 18 his debut at this c	h Josh 1 to tak ontest	Meixner. te the 3 sp and made	Josh ma oot. Shay e a nice :	ne ma
battling it out wit lbs. attempt at 18 his debut at this c	h Josh 1 to tak ontest	Meixner. te the 3 sp and made	Josh ma oot. Shay e a nice :	ne ma
battling it out wit lbs. attempt at 18 his debut at this c	h Josh 1 to tak ontest	Meixner. te the 3 sp and made	Josh ma oot. Shay e a nice :	ne ma
battling it out wit lbs. attempt at 18 his debut at this c	h Josh 1 to tak ontest	Meixner. te the 3 sp and made	Josh ma oot. Shay e a nice :	ne ma
press saw twin battling it out wit lbs. attempt at 18 his debut at this c as a light 181 (16 under his belt an best his big bro pounds and take Lightweight Divis division saw Ryar trade placings w Ryan by 2.5 kgs. t who has improve benches to nall front was Michae at 217 pounds. YOU! Jeff Jones h went to the shot though and will Masters Heavyw lightest and oldes But it wasn't a c	h Josh h I to tak contest: 57 lbs.: 67 lbs.: 68 the 1st contest: 67 lbs.: 67 lbs.: 68 the 1st contest: 68	Meixner. The the 3 spand made Shawn have perience The spand made The spand	Josh ma Josh ma Jos	ide a 3 ide a 6 ide a
press saw twin battling it out wit lbs. attempt at 18 his debut at this c as a light 181 (16 under his belt an best his big bro pounds and take Lightweight Divis division saw Ryar trade placings w Ryan by 2.5 kgs. t who has improve benches to nall front was Michae at 217 pounds. YOU! Jeff Jones h went to the shot though and will Masters Heavyw lightest and oldes But it wasn't a c	h Josh h I to tak contest: 57 lbs.: 67 lbs.: 68 the 1st contest: 67 lbs.: 67 lbs.: 68 the 1st contest: 68	Meixner. The the 3 spand made Shawn have perience The spand made The spand	Josh ma Josh ma Jos	ide a 3 ide a 6 ide a
press saw twin battling it out wit lbs. attempt at 18 his debut at this c as a light 181 (16 under his belt an best his big bro pounds and take Lightweight Divis division saw Ryar trade placings w Ryan by 2.5 kgs. t who has improve benches to nall front was Michae at 217 pounds. YOU! Jeff Jones h went to the shot though and will Masters Heavyw lightest and oldes But it wasn't a c	h Josh h I to tak contest: 57 lbs.: 67 lbs.: 68 the 1st contest: 67 lbs.: 67 lbs.: 68 the 1st contest: 68	Meixner. The the 3 spand made Shawn have perience The spand made The spand	Josh ma Josh ma Jos	ide a 3 ide a 6 ide a
press saw twin battling it out wit lbs. attempt at 18 his debut at this c as a light 181 (16 under his belt an best his big bro pounds and take Lightweight Divis division saw Ryar trade placings w Ryan by 2.5 kgs. t who has improve benches to nall front was Michae at 217 pounds. YOU! Jeff Jones h went to the shot though and will Masters Heavyw lightest and oldes But it wasn't a c	h Josh h I to tak contest: 57 lbs.: 67 lbs.: 68 the 1st contest: 67 lbs.: 67 lbs.: 68 the 1st contest: 68	Meixner. The the 3 spand made Shawn have perience The spand made The spand	Josh ma Josh ma Jos	ide a 3 ide a 6 ide a
press saw twin battling it out wit lbs. attempt at 18 his debut at this c as a light 181 (16 under his belt an best his big bro pounds and take Lightweight Divis division saw Ryar trade placings w Ryan by 2.5 kgs. t who has improve benches to nall front was Michae at 217 pounds. YOU! Jeff Jones h went to the shot though and will Masters Heavyw lightest and oldes But it wasn't a c	h Josh h I to tak contest: 57 lbs.: 67 lbs.: 68 the 1st contest: 67 lbs.: 67 lbs.: 68 the 1st contest: 68	Meixner. The the 3 spand made Shawn have perience The spand made The spand	Josh ma Josh ma Jos	ide a 3 ide a 6 ide a
press saw twin battling it out wit lbs. attempt at 18 his debut at this c as a light 181 (16 under his belt an best his big bro pounds and take Lightweight Divis division saw Ryar trade placings w Ryan by 2.5 kgs. two has 2.5 k	h Josh h 1 to talk	weixner. weixne	alosh manalosh manalo	yine D did a 3 3 2 1 bit of a 3 2 2 bit of a 3 2 2 bit of a 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
press saw tim. battling it out wit lbs. attempt at 18 his debut at his c as a light 181 (16 under his belt an best his big bro pounds and take Lightweight Divid division saw Ryar trade placings w Ryan by 2.5 kgs. t who has improve benches to nall front was Michae at 217 pounds. YOU! Jeff Jones h went to the shot though and will Masters Heavyw lightest and older But it wasn't a c Hara lifter, wore benches in his firlendly fellow is the day cheering: 51 year old vetera 341 lbs. effort at first, though, was only 203 lbs. ben on the roof, but th to go gentlemen! has and Rick Whi	In Josh h	weixner, see the 3 spann mand madds Shawn ha experience by 13 mil place awe e open meer (anoth beet Exura) and place awe et open meer (anoth with all year the 2nd is wished and a surp walked and k. Wesle all day are to be a see on. In is . body war old Ch70 lbs. Thus lde is the same one of the same of the same of the same one of the same of the	and Sha e a nice 'e allow unutes) l'avard in l'avard in 'e nice n's hea e a a s'12 l'avard in in the b a a vete l'avard in in the b a a vete l'avard in in the b a a vete l'avard in the l'avar	yine D wide a 3 mine man and a mine man a
press saw tim. battling it out wit lbs. attempt at 18 his debut at his c as a light 181 (16 under his belt an best his big bro pounds and take Lightweight Divid division saw Ryar trade placings w Ryan by 2.5 kgs. t who has improve benches to nall front was Michae at 217 pounds. YOU! Jeff Jones h went to the shot though and will Masters Heavyw lightest and older But it wasn't a c Hara lifter, wore benches in his firlendly fellow is the day cheering: 51 year old vetera 341 lbs. effort at first, though, was only 203 lbs. ben on the roof, but th to go gentlemen! has and Rick Whi	In Josh h	weixner, see the 3 spann mand madds Shawn ha experience by 13 mil place awe e open meer (anoth beet Exura) and place awe et open meer (anoth with all year the 2nd is wished and a surp walked and k. Wesle all day are to be a see on. In is . body war old Ch70 lbs. Thus lde is the same one of the same of the same of the same one of the same of the	and Sha e a nice 'e allow unutes) l'avard in l'avard in 'e nice n's hea e a a s'12 l'avard in in the b a a vete l'avard in in the b a a vete l'avard in in the b a a vete l'avard in the l'avar	yine D wide a 3 mine man and a mine man a
press saw turn battling it out wit lbs. attempt at 18 his debut at this c as a light 181 (16 under his belt an best his big bro pounds and take Lightweight Divis division saw Ryar trade placings w Ryan by 2.5 kgs. twho has improve benches to nall front was Michae at 217 pounds. YOU! Jeff Jones h went to the shot though and will Masters Heavyw lightest and oldes But it wasn't a c Hara lifter, wor the checkes in his fif friendly fellow is the day cheering 51 year old vetera 341 lbs. effort at first, though, was only 203 lbs. ben on the roof, but fit to go gentlemen! lbs. and Rick Whi meet. Rick had sthree attempts to to build a big lead unleashed a PR	h Josh h 1 to talk	weixner. Weixne	aloosh ma aloosh ma soot. Shay aloos soot soot soot sa a few as a few a	yine Day and the same of the s
press saw tim. battling it out wit lbs. attempt at 18 his debut at his c as a light 181 (16 under his belt an best his big bro pounds and take Lightweight Divid division saw Ryar trade placings w Ryan by 2.5 kgs. t who has improve benches to nall front was Michae at 217 pounds. YOU! Jeff Jones h went to the shot though and will Masters Heavyw lightest and older But it wasn't a c Hara lifter, wore benches in his firlendly fellow is the day cheering: 51 year old veters and y 203 lbs. ben on the roof, but th to go gentlemen! lbs. and Rick Whi meet. Rick had so three attempts to to build a big lead unleashed a PR.	h Josh h Josh h I to talk h Josh h J	Meixner. we the 3 spand made Meixner. whether is place as a common made made made made made made made made	and of sha of	dide a 3 size like a size like a like
press saw tim. battling it out wit lbs. attempt at 18 his debut at his c as a light 181 (16 under his belt an best his big bro pounds and take Lightweight Divid division saw Ryar trade placings w Ryan by 2.5 kgs. t who has improve benches to nall front was Michae at 217 pounds. YOU! Jeff Jones h went to the shot though and will Masters Heavyw lightest and older But it wasn't a c Hara lifter, wore benches in his firlendly fellow is the day cheering: 51 year old veters and y 203 lbs. ben on the roof, but th to go gentlemen! lbs. and Rick Whi meet. Rick had so three attempts to to build a big lead unleashed a PR.	h Josh h Josh h I to talk h Josh h J	Meixner. we the 3 spand made Meixner. whether is place as a common made made made made made made made made	and of sha of	dide a 3 size like a size like a like
press saw tim. battling it out wit lbs. attempt at 18 his debut at his c as a light 181 (16 under his belt an best his big bro pounds and take Lightweight Divid division saw Ryar trade placings w Ryan by 2.5 kgs. t who has improve benches to nall front was Michae at 217 pounds. YOU! Jeff Jones h went to the shot though and will Masters Heavyw lightest and older But it wasn't a c Hara lifter, wore benches in his firlendly fellow is the day cheering: 51 year old veters and y 203 lbs. ben on the roof, but th to go gentlemen! lbs. and Rick Whi meet. Rick had so three attempts to to build a big lead unleashed a PR.	h Josh h Josh h I to talk h Josh h J	Meixner. we the 3 spand made Meixner. whether is place as a common made made made made made made made made	and of sha of	dide a 3 size like a size like a like
press saw turn battling it out wit lbs. attempt at 18 his debut at this c as a light 181 (16 under his belt an best his big bro pounds and take Lightweight Divis division saw Ryar trade placings w Ryan by 2.5 kgs. twho has improve benches to nall front was Michae at 217 pounds. YOU! Jeff Jones h went to the shot though and will Masters Heavyw lightest and oldes But it wasn't a c Hara lifter, wor the checkes in his fif friendly fellow is the day cheering 51 year old vetera 341 lbs. effort at first, though, was only 203 lbs. ben on the roof, but fit to go gentlemen! lbs. and Rick Whi meet. Rick had sthree attempts to to build a big lead unleashed a PR	h Josh h 1 to talk	Meixner. The the 3 spand make shawn have priency 13 mile place awe open meer for the place lily all yellow with mile place with mile place with mile place with mile place with mile all day the 2nd swalked as surp walked as surp walked as surp walked so be and the place with	and the second of the second o	dide a 3 size like we will be some many out the common of

Five lifters battled for top honors in the Open Heavyweight division. Ricardo Magni may have opened a bit high and had some problems in the squat. Ken Armstrong had a perfect 9 for 9 day to take the 0 spot. In only his second full meet he's added 57.5 kilos to his total since the State Meet in April. Nice liftingt Liborio "Junior" Vargas had an 8 for 9 day, missing only his third bench. He is making nice progress from meet to meet and will be putting up some big numbers really soon. I see 600 400 600 within a year for Liborio. Big David Freeland at only 22 years old totaled 690 kilos to take second. This guy has the frame to hold 300 libs. is only going to get better. Clint Cooley came out of nowhere to take first place. At only 196 pounds, Clint more than held his own with the big boys, putting up a nice 635 kg total to take the class. Ron Spikes and Frank Cable battled it out in the Masters Heavyweights. Frank was making a return to squating after a back injury over a year ago. He built a lead with a nice 628 squat and a 523 bench. His opening pull of 501 was easy but he felt a twinge in his back and passed the next two. Ron's opening pull made it close. His second lift of 600 lbs. was enough to pull him within 9 formula points of Frank. It looked tough but smooth. After some consideration, he passed his third as well. I would like to thank all the lifters for coming out. Thanks also to Basics Gym, Mike Koufos for helping with the setup and all of my judges, staff and spotters. No one can put on a meet alone and I thank you all for pitching in. Finally, big Thank You's to our sponsors and supporters of California Powerlifting - Inzer Advance Designs and House of Pain IronWear! Their help makes it all possible. (Thanks to Meet Director Jason Burnell for these results)

		ay BP/DL Cla	SSIC
	C 00 -	Rockford, IL	
BENCH PRESS		198	
teenage men 13-		Paul Henry	375
S. D'Agostin	175	Tony Coduto	355
Jon Wright	130*	242	
4th	140*	David Walker	500
teenage men 16-		Don Powers	425
Mike Spradling	275	DEADLIFT	
Darren Powless	275	teenage men 13-	
teenage men 18-		S. D'Agostin	355
Mark Judson	300*	4th	375
junior men		teenage men 18-	19
Matt McCarter	225	Mark Judson	415
David Lamps	150	4th	425
novice 123		submaster men	
Dan Petersen	100	Barry Holifield	480
4th	105*	4th	505
novice 242		master men 40-4	9
Dana Lamps	165	Kim Long	560
submaster men		Stuart Coogan	540
Brad Scroggins	350	master men 50-5	9
master men		Bob Hochstein	450
Bob Hochstein	240*	181	
Richard Lee	120	Fred Hatfield	425
181		198	
Mike Strom	350	Robert Hanson	500
4th	355*	242	
Fred Hatfield	220	Stuat Coogan	540

finished with 175 for the win. Teammate Jon Wright was the runner- up at 13-15, but finished with a 130 pr, followed by a 140 pr fourth attempt. This was Jon's first competition. Mike Spradling took the 16-17 age group with a strong 275 over Darren Powless, who finished with 275 also. Mike weighed in at 168 for the win, while Darren was at 190. Both lifters made all three of their attempts. Mark Judson began what would be his best day of lifting ever, as he took the teenage 18-19 group with a personal best 300, weighing in at 170. In the junior division, Matt McCarter took the title with a strong 225 final attempt. Training partner David Lamps was second with 150, just missing a final attempt for a personal record of 160. Lifting in his first competition, Dan Petersen won the novice 123 class with a personal best 105. Our other novice competitor was Dana Lamps, who finished with 165 for the title at 242. Brad Scroggins looked strong was he captured the submaster title with 350, just missing a final attempt pr with 365. Newcomer Bob Hochstein won the master title with 350, just missing a final attempt pr with 365. Newcomer Bob Hochstein won the master title with 350, just missing a final attempt pr with 365. Newcomer Bob Hochstein won the master title with 250. In the open division, Mike Strom came down from Wisconsin to take the 181 title. Alke finished with 120. In the open division, Mike Strom came down from Wisconsin to take the 181 title. Alke finished with 250. At 198 it was Paul Henry for the win with a personal best 240 over Richard Lee, who finished with 250. At 198 it was Paul Henry for the win with a personal best 375 over Tony Coduto, who also finished with a new personal record of 355. At 242 it was best lifter David Walker with a great 500 bench. David came close with a 520 pr third attempt, missing only due to a tough lift off. Don Powers was second at 242 with a strong 425, finally getting that opener on his third attempt. In the deadlift titles, posting new personal records in both Barry Hollifi



Trails End - Spencer D'Agostin, Jon Wright, Darren Powless, Mark Judson, Matt McCarter, David Lamps, Dana Lamps, Dan Petersen, Richard Lee. (Photo by Dr. Darrell Latch at Mimi's Power Day meet).

QUEST NUTRITION

Find out what some of the top level athletes are taking!!!

> Jeremy Arias - 2000 IPF World Team Member -



- Synergy
- 34g Protein
- -5g Creatine
- 3 g Glutamine
- Quest Whey
- 24g Protein
- 1 g Sugar
- 40 mg Sodium
- Creatine
- Glutamine
- Quest RX
- Questalean

Now Available: HARD CORE

"The Ultimate Anti-catabolic"

- -НМВ -Glutamine
- -MSM

Call for informative brochure!!

Tel: (770) 495-0787 Fax: (770) 497-1817

Online ordering available soon!

QUEST NUTRITION 3000 Mattison St. NW Duluth, GA 30096

Are VOU the next level? REMEMBER, YOU GET WHAT YOU PAY FOR

- · Comfortable hip-and-rib
- · Patented conical shape
- · Durable, two-year warranty · The most innovative back support available: 6" just
- \$54.95, 4-3/4" only \$49.95 · Made in the IISA
- · Now available in Leather 4 3/4" - \$54.95



- Machine washable Amazing non-slip grip
- wet or dry Ultimate grip just \$34.95,
- with wraps, \$39.95 Straps and wrist support all in one
- Available with 11' strap or 6' lock-on dowel strap · Proudly made in the IISA
- · A steal at \$19.95



Schiek Sports, Inc. 1-800-772-4435 920-426-2691 Fax



PERSONALIZED Powerlifting Training

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

We've been in business since 1986. Other 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 hout 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-4 Box 1974 Highland, IN 46322

Foreign orders add \$2.00 per order Will mail out questionaire with each



24 HRS / TOLL FREE

1-888-463-7246

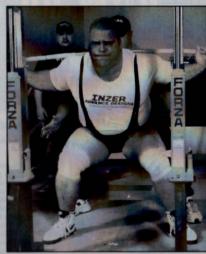
1-888-H-OF-PAIN

FAX 1-972-772-5644

www.houseofpainironwear.com

OUSE OF PAIN P.O. BOX 333 FATE, TX 75132

Den
J. Binkowski 870 575 720 2165
Teams: 1st "Washington State School for the Blind;
2nd #24 hr. Fitness Lakewood. #denotes multidivision entry; ! Best lifter men; "S. Best lifter women;
"" new WA state record. The USAPL Holiday Classkc on December 16th in the Seattle area included
Team Strensth Colline Bifuse Plans Bease and Holy Team Strength Online litters Dean Reese and Doug and Courtenay Schurman as well as lifting legend John Binkowski. Dean, Doug, and Courtenay all did TSO proud. In spite of missing his first two attempts in the deadlift, Dean took first place in the 275 men's division. Doug, lifting raw in the 198 class, totaled 1065. John Binkowski is as impressive as he looks in his picture and weighed in at 378.6 pounds. He nailed an 870 opener on the squat, but missed on two attempts at an unbelievable 925. The spotters did a great Job of handling all that weight. Bink had a strange habit, even after the missed attempt was racked, of staying under the rack with his hands still on the bar, pausing for a few seconds as if he didn't the rack with his hands still on the bar, pausing for a few seconds as if he didn't want the lift to end. On the bench he went two for three, making 550 and 575 before missing at 590. He pulled a massive 720 for his opening deadlift but couldn't get 760 past his mid-call sticking point in two attempts. A very gracious guy, he stayed around and chatted with the other lifters after the awards commons. Where he was pre-



Best Male Lifter at the USAPL Holiday Classic-John Binkowski (Baertlein photo)

Get THE ROPE Advantage

Work your muscles harder than you've ever dreamed of. Joint and spine friendly. Used by World, National and State Champions

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.htm

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

My lifts are

EQUI-AIDE PRODUCTS PO Box 393 • Merrick, NY 11566 516 378-0271 • 1-800-413-3702

WWW.EQUIAIDE.COM

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

or check our Web Site @ www.gorilla-nutrition-gym.com



NITRO. 275 3+4+5

IBSA Powerlifting Championship 24-27 NOV 00 - Arnhem, HOL

Allies and World Champions: Candy Loukprasong (USA) and Stephen Brown (England)

122.5 220 522.5

220 210 220

270

140 110 105



NED 215 CAN 180 Spain 160 EN 155

. Galvez -Spain 210 140

220 170 175

Cody Colchado of Texas had the biggest total of the meet. (photographs are courtesy of Brian Blum)

junior record in the squat. Unfortunately this record won't count because he bombed in the bench. Ro is young at 15 and will be back at the next world Edie Jones from Lutz. FL was the Ed. Edle Jones from Lutz, FL won the 56 kg, master class breaking records in the squat, bench, deadl and total. Edle has been lifting since 1994 and fee the US blind team is good for blind people, that

two more times ending with 160 kg. Ron has competed in regular meets since the late '80s and has been to eight worlds. Ron attended with his wife Suzanne and their daughter Amy. Several people help him at the gym where he trains plus his wife and also his brother. Other highlights for the first day include 82 year old Sarah Thompson from Canada. She is still liftling strong and settling records in the women's masters II 67.5 kg. class. Big man from Iran, Johanbakhsh Asgaribezayek had the biggest total of the day with 600 kg. All of the Iranian lifters are reported to be soldiers blinded by chemical weapons during some war. The second day was men's open with 22 lifters starting. Team USA had two men entered. We gave three cheers to Stephen Brown of England. He was tled with Irandost at sub-total time in the 60 kg. class. Our coaches offered Stephen all the beer he could drink at the banquet If he could beat the Iranian and thus ensure the team title for USA. We needn't have worried. Stephen impressed everyone using his big deadlift to win by 40 kg. Our hosts were very proud of Harrie Cuppen, the lone entrant from the Netherlands. Besides winning the 90 kg. class and setting a new deadlift world record, Harrie also won the best men's lifter award. Way to go Harrie. Sleve Pena of San Jose totally dominated the men's 100 kg. class winning by 102.5 kg. He only got his openers in the squat and bench press. Steve has been to five worlds placing third the first time then second the next before winning. Last time he bombed out but came back for his second gold medal. He did not get amy records today because they decided as a team to go up a weight class, he gained a half pound to guarantee team points. This is Cody's fourth worlds. He has three wins and one bombout. Cody works out with his coach Robert



TEAM USA at the IBSA World Championships: front row: Edie Jones, Cody Colchado, Asya Miller, Candy Loukprasong. Rear: Ron Carich, powerlifting coach Robert Massey, Steve Pena, Trisha Ellingsworth, Kandi Lukowski, Robert Chu, Head Coach Rob Peck, Nick Sinardi

MASS AND MUSGLE

Get defined.

Streamlined.

Ultra firm.

Build muscles.

Get lean.

Develop stamina.

Increase energy.

Get motivated.

Be inspired.

Subscribe online and SAVE OFF the newsstand price!

OR CALL TOLL FREE 1-800-493-4337*

*Refer to code YDBW

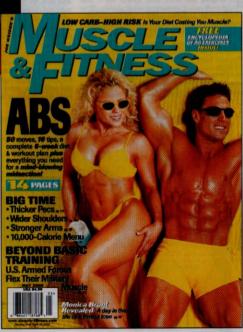
FLEX, the Voice of Champions, shows hardcore bodybuilders how to add size and symmetry for awesome

One Year (12 issues) \$29.97 Save 58%

MUSCLE & FITNESS

is the fitness trainer for goal-oriented men and women who want to reach peak physical condition.

One Year (12 issues) \$34.97 Save 51%



FIND US ON THE NET

www.flexonline.com www.muscle-fitness.com

Rates good in the U.S. only. Outside the U.S., please write to: WEIDER PUBLICATIONS, INC., P.O. Box 37230, Boone, IA 50037-0230 **ANPPC National BP/PL**

28, 29 (BENCH		148	The same	
master men 40-4	14	A. Spi Denni		385
Dave Newman	425*	165	s Deit	200
220	205		Phillips	395
D. Burlingame master men 45-4	385	181 Dane	Evrard	350
148	3	198	LVIAIG	330
Dennis Belt 198	280*		Newman arnaghi	
Luke Trammell	365*	242	arnagin	300
master men 50-5	4	Tobey		480
275 Butch Adams	380*	Gene		460
open men	300	Fred S BP	ore	420
Powerlifting	SQ	BP	BL	TOT
open women 242				
Miranda Scott	125*	185*	300*	610*
master men 40-4	4			
Dave Newman	640*	425*	540	1605*
220				
D. Burlingame Anthony Bass	720* 550	385 385	655 550	1760 1485
master men 45-4		303	330	.405
148 Dennis Belt	450*	280*	550°	1280*
181				
Richard Palmer	515*	300	500*	1315*
Luke Trammell	600	365*	450	1415
220				
Bernie Ferro master men 50-5	660*	430*	640*	1730*
275				
Butch Adams	480	380*	480	1340
master men 55-5 242	9			
Walter Allen	450	300	500	1250
open men				
148 Dennis Belt	450	280	550	1280
165				
William Foster	570	370	585*	1525
Wade Phillips 181	505	395*	460	1360
Richard Palmer	515	300	500	1315
Daryl Evrard	400	350	400	1150
im Kennedy 198	320	200	430	950
Tom Carnaghi	865*	380	675	1920
Dave Newman 220	640	425	540	1605
D. Burlingame	720	385	655	1760
Benny Finch	600	395	600	1595
. Hollendonner	530	300	620	1450
Oustin Minks	540*	320*	500*	1360*
hw		The state of		
red Sorg	700	420	585	1705
Best Lifters - Pow Press: Andrew Sr	renitung	Team	Champi	; Bench
Press: Andrew Sp Southern Illinois	Uplifter	s. *der	otes AN	PPC na



Andrew Spielman won Best Lifter in the Bench Press competition.

tional record. The 2000 ANPPC National Powerlifting Championships were held at Son Light Power Gym in Tuscola, Illinois on October 28 & 29. The ANPPC continues to thrive, with another good turnout of lifters and an enthusiastic crowd of onlookers. Before I begin I must thank my judges Susan Latch, Linda Middleton and Keith Earley who did a great job both days. Keith, who also loaded, spotted, and encouraged each lifter, was a major factor in the success of this competition. Another major factor was the loading and spotting by the members of the Carnaghi - Maroscher Powerlifting Team: Tim Hollendonner, Wade Phillips, Benny Finch, Eric Maroscher, Tom Carnaghi, Jeff Stukel and Tom Reimer. Thank you all very much. On a sad note, the past week we lost another great lifter, Dave Bianchi. Dave was a close friend of Tom Carnaghi and some of his team members and will be missed by all who knew him. This national championship is dedicated to his family and friends. Turning to the lifting, we had but one female competitior, but she was a good one! Miranda Scott was lifting in just her second competition; her first full meet. Lifting in the open women's 242 class, Miranda established all new national records with a 125 squat, 185 bench and a big 300 deadliff for a 610 total. Once she gets her squats down this girl will be a great one! At master 40-44 Dave Newman captured the 198 class with outstanding

Tom Carnaghi nails a Personal Record and National Record 865 squat in the 198s for Best Lifter. (all photographs provided courtesy Dr. Darrell Latch)







WABDL Budweiser Record Breakers 23 SEP 00 - Bend, OR



A. Bales 181 F. Silva

451

468

733

424

473

496 512

424

275

335

440

D. Frosland Jr. C. Moon K. Sacher

D. James Masters 61-67

ters 47-53

Masters 61-67

198

275

S. Manley

650

About 45 lifters competed for bench press and deadlift WABDL World & State Records at the Bend Fitness Center, 'formerly Powerhouse Gym. The gym is now owned by Byron Beebe and George Nelson, two of WABDL's greatest master benchers. In teenage bench 13-15 age group, Andy Munsey at 148 put up 115 in his first meet. In teenage 16-19, Scott Hoffman put up 281 in the 220 lb. class. In the 242, Brian Backstrom did a nice 352 and was close with 380. At 308, Cody Sacher set a world record of 462. Cody is one of the top collegiate wrestlers in the country. In masters bench 40-46 age group at 181, Byron Beebe did 468. At 275, Don Frosland Jr. tied Kurt Sacher and won on bodyweight with 473. Don is the world record holder with 508 and both he and Kurt went at it lift for lift. 473 on an opener and then they both tried 512 for a world record. Don actually locked his out, but his butt came off the bench. Carroll Moon sneaked in for the win with a 496. In masters 47-53 308 lb. class, Dave McCreary put up an easy 424 but took too big a jump to 485. He probably had 450 in him. In 54-60 181, Jerry McCamman pushed 275. At 242, Terry Bunce did 336. At super, Donald Jones the current world record holder at 468, had to settle for 440. In masters 61-67, Gary Johnson set a Washington State record with 303 in the 275 lb. class. Keith Nichols was second with 270. In



Don Frosland did a 512 WR attempt in the 40-46 275 pound class. (Photographs by Gus Rethwisch).

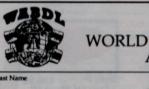


Dean Munsey deadlifted 733 (Photograph by Gus Rethwisch)



Sharon Allen 181 submaster BP 203 world record. (Gus Rethwisch)

Gary Johnson did a 308 world record. In open men's law/fire in 198, Eric Fox did an Oregon state record with a 518. At 220, Phil Cicero opened with 490 and went for the Oregon record of 512 with a 523 but couldn't pull it off. At 242, Jeffrey McGrath did 451 but missed the Oregon record of 490. At 181, Terry Wilson set a world record of 540. Terry also set a world record in masters 40-47. In submaster law/fire at 220, Kevin Eller set an Oregon state record with 529. At 242, Tyler Kopta set an Oregon state record with 512. In master women 47-53 132 lb. class, Janet May set a world record with 287. Janet is coming back from obviously a very successful back surgery. In women's open, Heidi Beach won at 132 with 220 lb. in her first meet. Michello Jagoda set an Oregon state record at 165 with 325. I would like to thank Chris Erhardt, Donna Delleree and Dave Check who were the judges. Tonya Williams was the scorekeeper. James Partch led the spotters/Joaders. I want to thank our sponsors-Rick Brewer from House of Pain, John Inzer of Inzer Advance Designs, Ron Coleman of Twin Lab & Muscular Development, Wes Kampen of Power-lifting Super Store, Mike Lambert of Powerlifting USA, Cralg Grim of Budweiser, Neal Spruce of Apex, Tim Isaac of JK Labs, Bob Thomas Chevrolet, Pepsi Cola, GNC, and Frank Wilson of the Bend Riverside Motel. (Thanks to Gus Rethwisch for providing the results of this competition to Pt USA)



Application for Registration WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS (WARDL)

Last Name	First Name	Initial	Renewal	Current Card # (If Rene
Street Address			YN	Club Name
City	Sta	te Zi	P	Area Code/Telephone
Current WABDL Classification Referee State	tus U.S. Citizen	7 Date of Birth Sex	Today's Date	Card Issued By
1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1				

Signature_

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

		morial BP Co	
	V 00 ·	Pittsfield, M	
BENCH		M. Bessette	205
WOMEN		198 14-15	
114 14-15		I Russell	150
E. Frost	60	Junior	130
129		N. Godfrey	340
40-44		Open	340
C. Burnett	165	W. Parks	465
139		B. Gazaille	420
35-39		G. Ting	375
P. McCann	140	A. Martin	285
176		35-39	
Open		W. Parks	465
W. Wolfe	140	40-44	
50-54 5. Cseh	80	S. Smith 45-49	465
176+	80	J. Riotte	340
14-15		50-54	340
V. Merighe	155	C. Frost	345
. Russell	105	220	
66-69		16-17	
3. Shepetin	85	M. Merighe	230
MEN		Junior	
114		J. Johnson	410
15-49		Open	- William
. Karas	135	A. Murray	440
48		J. Ford	435
6-17		C. Clapp	420
G. Smith	160	J. Johnson	410
unior). Williams	230	C. Norris T. Patruno	345
65	230	35-39	220
4-15		A. Murray	440
). Hilton	160	F. Engel	325
8-19		40-44	
. Kershner	265	C. Clapp	420
Open		F. Mink	410
L. Pelkey	420	J. Sloan	400
. Kershner	265	R. Shipman	385
A. Ioannov	250	242	
5-39		14-15	
. Fresia	300	L. OLensky 18-19	210
. Nautel	265 250	J. Sherwood	305
A. Ioannov 0-44	230	Open	303
Wysock	305	G. Beinstein	535
). Horton	240	R. Delamave	485
5-69	909000	B. Fitzgerald	350
. Cseh	230	275	17 Tel 1
81		Open	
Open		G. Jackson	425
). De Brocky	155	SHW	
0-44		18-19	DE LA COLONIA
. Kent	285	J. Kuhnen	385
5-49		D. Jones	330
. McConn	315	Open	The state of

R. Kent 285 J. Kuhnen 385
45-49 D. Jones 330
C. McConn 315 Open 575
The seventh annual Ed Jubinville Memorial Bench
Press Contest was deemed a great success. A blend of beginners and seasoned veteran lifters kept everyone interested. Carolyn Burnett benched 165
at a bodyweight of 129 to beat out seven other contestants for the women's best lifter trophy. Forty - five year old paraplegic, Joe Karas, competed in the 114 pound class with absolutely no special considerations. Joe's lift of 135 was far below what he has done in the gym. With some more experience in competition, Joe should show big gains. The audience loved his gutsy performance. Bob Pelkey was the outstanding lifter in the lighter classes - his 420 at a bodyweight of 157 was one of the best lifts this contest has ever seen. Matt Morgan won the best lifter in the heavy classes. 306 pound Morgan made his opener of 575, but misses two attempts with 625. Right behind Morgan was Cordon Beinstein. Gordon made his opener of 335, but the 240 pounder missed the 555 that he needed to beat out Morgon for best lifter. The comradeships and sportsmanship the big guys showed was exemplary. R.J. Delamare made 485 at a bodyweight of 242 - he just missed his last attempt of 500. Calvin Frost won the best lifter in he master's divisions. Two lifters came, who failed to realize that late entries were not being accepted. They were allowed to lift without their scores counting in the standings. Jim Abley made a 400 lift while weighing 216. Ben Lees might be a force to reckon with in the future. This year there was a very good turn out of team entries. Trophies were awarded to the top five teams. Last year's winners, Basement Benchers from Valatia, NY, repeated as victors. Second place, T-N-T wrestling from Schenectady, NY was a spirited group including several teens. Third place went to the host team, Berkshire Navtilos. Fourth place went to the host team, Berkshire Navtilos. Fourth place went to the host team, Berkshire Navtilos. Fourth place went to the host team, Berk



Bob Pelkey benched 420 at a bodyweight of 159 at the Ed Jubinville Memorial Championships to win a Best Lifter award. (Bob Conway)

WOMEN K. Sorenson (M) 45 Nick Rachuna (T) 230 175 181 Tony Reid (BL) 475 370 Sid Reid (M) 395 270 M. Bardwell (M) 335 270 198 Mike Sorenson 400 315 Carl Holleman 400 325 Troy Hirdler 330 330 Bill Morris 340 300 220 Rick O'Mara (M) 430 John Dorsher (M) 455 Keith Belisle 475 Joe Hickman 285 Nathan Guentzel 350

Minnesota's Raw Meet II 18 NOV 00 - Bloomington, MN B. Gnerre (BL) 220 150 330 700 22 litters and countless spectators (well, at least I couldn't count them all) braved the harsh Minnesota winter weather to make Raw Meet II a success. Lifters of all ages and experience levels left their knee wraps, power suits and bench shirts at home. We tried some MN non-conventional powerlifting protocol which included early weigh ins, press signal on the chest, use of a deadlift bar and loading all of the plates facing inward. Pure anarchy to say the least, we may never be the same. The women's division had first time lifters ranging in age from 14 to 60. That is good to see. Brenda Gnerre won the 123's with a fine 700 lb. total. We also saw some very impressive lifting from the men with Tony Reld totaling 1415 in the 181's. In the 220's, Rick O'Mora finished in first place in a close contest over John Dorsher who gave his last deadlift a real ride but wasn't to be. Dirk Larson lifted well in the 242's. Best lifters for the contest were Brenda Gnerre and Tony Reid. I would like to thank Doug Moore for the venue; Shawn Friday, Brian Hudyma and Dan Rgnonti for judging: Brad Madvig, Steve Gavin and Mary Gordon for their excellent platform management and Jerry Gnerre for announcing. (Thanks to Dennis for providing these results). 130 V. Green (T) 75 95 170 340 Rene Phan 215 300 300 815 Nick Rachuna (T) 230 175 385 790 570 520 375 1205 1060 1040 1340 1325 1300 1045 990 365 320 360 355 230 545 550 465 405 410

\$99.00



Dave Thompson 460 165 Best Lifters at the Minnesota Raw Meet II: Brenda Gnerre & Tony Reid.

USAPL Hudson Natural Open

28 OCT 00 - Hudson, WI

195 155 185 115 100 365 330 325 260 300 880 735 815 600 610

250 230 250

305

275
Scott Lade (BL) 740 545 630 1915
Richard Auxer 605 425 710 1740
Antonio Holley 605 415 600 1620
Steve Johnson 480 — — —
SHW
Jake Eddy 640 400 650 1690
Jason Christus 550 475 150 1175
This was the 12th Hudson Natural Open. It remains as a very successful meet due to the quality of lifting, as well as the quality of help. Many thanks to all of the lifters and helpers. The meet was sanctioned by the USAPL (Results by Shawn Cain).

2000 USPF Bench & Deadlift

04 NOV 00 - Cranston?, RI

WOMEN
C. Geswein -132
Teenage
C. Lacroix -242
300
M. Connors -198
Asslers
G. Lazzareschi Jr. 530
Lazzareschi (BL) 530
J. Bourgault Sr. 435
SHW
A. Jordan
DEADLIFT
Teenage
A. Tridenti Jr.-220
420
M. Connors -198
470
C. Lacroix -242
HS
Masters
N. Paolello
370
J. Goncalves -198
465
181

370 J. Goncarves -19
355 B. Ducharme
320 N. Paolello
310 J. Signore Jr.
J. Carreiro
355 D. MacDonald

P. Elliott 355 D. MacDonald 465
242 198
J. Connors 500 P. Elliott 455
B. Delamare 480 242
A. Baccarl 440 J. Connors 500
I would like to thank all my judges, spotters, loaders, score keepers, and my announcer who helped out this meet. As always they all were a big help in making this years contest a successful one. I would also like to thank all the lifters for participating in this fun meet. It as pregnant note this versation in this fun meet.

I would also like to thank all the lifters for participating in this fun meet. In a personal note, this year was a very tyring year for me with numerous family illnesses. I (Ted Isabella) am sorry to say now that this contest calendar year is over, this will be the last contest I will run for a little bit. I have to take some time away from the sport I love to take care of my family. I will still be the USPF State Chairman for RI and help any person willing to continue on running contest until my return. I would like to thank all my state lifters for their support through the years and now. (Thanks to Ted Isabella for providing the results of this contest to PL USA).

470 1235

S. Lindquist (BL) 560 John Shields 550 Shawn Friday 480 Troy Brummund 440

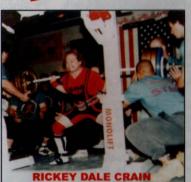
THE NEXT GENERATION IN POWER GEAR

CRAIN'S MUSCLE WORLD, LIMITED

Genesis DEADLIFT SUIT







1-800-272-0051

The POWE	RBELT	worn by C_1	hampions
			SIN
Style A \$89.99 3 Color Suede Double Thickness	Style B \$84.99 2 Color Suede Double Thickness	Style C \$79.99 1 Color Suede Double Thickness	Style E \$69.99 4" Tapered Suede Single Thickness
1.3	II: SI		
Style F \$31.00 4" Leather Single Thickness	Style H \$23.00 4" Tapered Leather Single Thickness	Style I \$55.00 Economy Suede Belt	Style J \$24.00 4" Nylon Adjustable Belt with velcro
		lickey Dale Crain	W.8.A.
Style L Lever Action Belt 1.2.3 Color Suede Lever only \$18.00	Style M \$35.00 Import Economy Suede Belt	Style N \$109.99 Same as Style C w/embroidered name	Style O \$109.99 Same as Style L w/embroidered name
100% American Prime Hide / Suede Aircraft Type Rivets Stainless Steel /Seamless Roller Buckle			
Maximum Legal Thickness	Style P \$99.99 THE ULTIMATE POWER BELT 1,2,3 Color Suede MAXIMUM Thickness	Style 1 \$35.00 FULL DIP BELT FOR BELT ORDERS GIVE C	
CR/	AIN'S World, Ltd.	SINGLE OR DOUB	ver Shoe
THE ONLY S	QUAT SHOE FOR SQUATTING LASS SQUATTER	FRANCE	\$115.00 White w/Black White w/Navy Blue
· Cowhide Outer For Stiffnes	ro Straps For Support s • Pigskin Inner For Comfort Made in U.S.A.		0

\$50.00



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

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 / O-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

Frantz liquid smelling salts - 3X stronger & lasts 3X longer. Call for retail & wholesale prices. 1-800-537-5532

Discount Sports Nutrition www.massmedia-online.

POWER HOTLINE

is the twice a month FLASH bulletin of the Iron Game, produced through the offices of POWER-LIFTING 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. It's only \$28 for 24 information packed FIRST CLASS issues (\$39 for overseas air mail) to POWERLIFTING USA, Post Office Box 3238, Camarillo, CA 93011

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!

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

Wrist Wraps 24" HD \$12.99 Shipped. Send Chk. or MO to Bob's Gym 1187 Lorelei Dr., Fayetteville Oh. 45118

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. (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



Kirk Karwoski congratulates Linda Jo Belsito on her Middlewt, win.

Plainwell Knights team from the frozen tundra state of Michigan, rewrote the record books in the squat, deadlift and total winning the Teen 1 division. Also in this class were Nancy Hays, age 62, competing in the Masters 5 (60-64 years young) and Elma Beck, lifting in the Masters 8 (75-79 years young) division.

Sunday started sharply at 9:00 am with the 67.5 kg class. There were 11 lifters in the Open class, with a grand total of 19 ladies in the 67.5 class. Coming out of nowhere, Kara Bohigian went 8 for 9 and used



Leslie Look - 181 lb. champion.

her strong, thick legs that were shaped on the weightlifting stage over the last few years, to propel her into first place. Following behind her were Louisiana Tech standout Rebecca Roberts, Priscilla Ribic, former class champion Donna Covington and Rhonda Clark. Former class champion Paula Houston wasn't able to get a squat passed and 2 other ladies weren't able to finish the contest because of the deadly red lights. Regina Hackney. Masters 5, and Dr. Georgia Johnson, Masters 7 (70-74 years young) won their divisions

In a repeat of the 1999 Women's Nationals, the top three place winners of the 75 kg Open class were the same: Linda Jo Belsito, Andrea Sortwell and Katie Ford. There were (article continued from page 12)



In the 198 lb. class the champs were 1st placer Linda Schaefer and 2nd placer Paulette Calhoun.

10 ladies in the Open division with some great balanced lifting. Malinda Baum and Deanna Chaney tied, with Baum being lighter bodyweight. Ruth Welding and Michele Brubaker of Ball State University and Team Indiana fame were separated by 2.5 kg. Marsha Serre, USAPL Secretary/Treasurer, came back after ACL reconstruction of her knee last year and yelled her way to win the Masters 3 division.

2-time IPF Women's World Championship Silver Medalist, Leslie Look, survived some stomach turmoil to win the 82.5 Open class while re-writing the Open Total record, beating the previous record owned by her, by 7.5 kg. During the deadlift, Leslie decided to see if PJ Couvillion, Chief Referee, had quick reflexes and gave him her famous test. He passed with flying colors! Gretchen Kalk, of Ball State University/Team Indiana, easily won the Junior division. Sue Ann Pack. Masters 5, re-wrote the record books during every lift.

The second to last class being contested, the 90 kg class, saw Linda Schaefer alone in the Open division. After securing her win with her opening deadlift, she went immediately to 208 kg, a new IPF Masters World Record. She tried it on the second attempt, but got three red lights. A third attempt wasn't any closer. What an effort!! She attempted the last deadlift of the contest, so the crowd was really behind her. Rebekah Rudometkin set an new Teenage American total record after a 5 for 9 day. Not too shabby! Paulette Calhoun rounded out the class by taking second in the Masters 1 class.

The last class of the day were the big and beautiful ladies, the 90+ kg class. Last year's champion. Liz Willett easily won the Open division. Only thing is it took her until her third squat to get an attempt in. She then went on to get only her opening bench. When it came time to deadlift, she put on a show, pulling up 200 kg to finish 5 for 9 and a National Champion. Another person who also had problems with getting a squat passed was Harriet Hall. Unfortunately, she was not as lucky as Liz and missed all three squats in her new weight class. Sue Hallen took second

place in the Open and won the Masters 1 division over Lori Loughney, Sabrina Pledger cruised to third place in the open, just 7.5 kg behind Hallen and won the Teen 3

Best Lifters: Open: 44 - 56 kg: Jennifer Maile; 60 - 75 kg: Kara Bohigian; 82.5 - 90+ kg: Leslie Look; T1: Jessica Ray; T2: Jennifer Maile; T3: Katie Ford; Junior: Rebecca Roberts; M1+M2: Ellen Stein; M3+M4: Sally Bowers; M5+M6+M7+M8: Judy Gedney. Team awards: Open: Titan; Teen/ Junior: 1. Plainwell Knights, 2.



Liz Willet was still smiling after a tough day at 198 plus.

Team Indiana; Combined: 1. Alaska Iron Maidens, 2. Phantom Warriors, 3. Team Indiana.

The meet ran very quickly with no injuries or misloads! We had been planning this meet for the last 2 years and with the help of Technical Secretary PJ Couvillion with some of the pre-meet preparation in regards to the IPF paperwork, it went off without a hitch. Also after many days of music threat mail from Look and Willett, we tried to accommodate the ladies with some Beastie for inspiration. Thanks to Dr. Larry

Miller, we were able to use his wonderful ER Racks - a phenomenal innovation in the world of powerlifting!! To compliment these were a brand new set of Ivanko plates and bar that we purchased for this meet. The awards were USA Powerlifting medals with laser-engraved plagues for the Best Lifters. Our Team plaques even had a quartz-driven clock at the top of the award. The evening of the meet we were featured on the Fort Wayne evening news and Leslie Look made the front cover of the morning Fort Wayne newspaper with a great article to boot!!

Our thanks go out to Dr. Mike Cissell, Dr. Larry Miller and USAPL President Mike Overdeer and his wife Angie for the use of their equipment; Meet Announcer Richard Duke (who did a great job even with this meet being only his second PL com-petition); Meet Referees PJ Couvillion, Ruth Welding, Sue Hallen, Joe Marksteiner, Greg Page, Dr. Mike Cissell, Rick Fowler, Vince White, Joe Goodhew, Dr. Larry Miller; platform managers Dr. Larry Miller, Steve Howard, Rick Fowler Boys, Metallica, and AC/DC, etc. and Scott Macklin; spotters and loaders Big Mike Hodge, Frank Palmer,

Mike Lawrence, Brian Proxmire, John Schumaker, Jhormy Martinez, Brian Kurtz, Adam Krouse, Eric "Handoff Man". A HUGE THANK YOU to the Executive Women International members who volunteered their help with this competition. Additional thanks goes out to expediters Gily Martinez, Dr. Monique Hartle, Lynn Berry; Security Cynthia Fielden, Carol Spicer, Pam Michalec. Kathy Goffer; Photographer Paul Spicer; Admissions Sarah Vetter, Susan Lees; gophers Colin and Anthony Hartle; chiropractic sports care

USAPL Women's Nationals 20-21 JAN 01 - Ft. Wayne, IN

97 lb.	SQ	BP	DL	TOT
S. McMillian	286	132	281	699
C. Solan	242	121	281	644
D. Aliminosa	170	93	231	496
16-17				
E. Dickey	203	93	237	534
Junior				
S. McMillian	286	132	281	699
40-44				
C. Solan	242	121	281	644
45-49				
D. Aliminosa	170	93	231	496
105 lb.				
J. Maile	336	203	325	865
J. Ocampo				
14-15				
C. Nogle	192	66	209	468
J. Ray				
16-17				
J. Maile	336	203	325	865
40-44				
C Mehmedbasich	132	121	187	440
45-49				-
A. Leverett	286	165	336	788
60-64				
J. Gedney	231	132	264	628
114 lb.				
S. Hartwig	330	187	347	865
E. Street	319	159	352	832
K. Goff	303 275	110	363 341	777
C. Baqui S. Bowers	259	132	336	749 727
	203	148	308	661
K. Gordon M. Shuttleworth	203	148	308	991
14-15				
	220	110	259	589
J. Ray 16-17	220	110	259	209
	220	115	264	600
C. Jacobs 40-44	220	113	204	000
L. Carroll	159	77	187	424
50-54	139	"	10/	424
	200		226	707
S. Bowers	259	132	336	727

123 lb.				
M. Amsden	319	159	363	843
D. Siveny	270	159	319	749
16-17				
N. McLean Junior	192	121	281	595
M. Amsden	319	159	363	843
40-44	313	133	303	043
D. Siveny	270	159	319	749
M. Whiddenn	242	132	270	644
L. Lopez	209	121	286	617
45-49				
B. Howard 132	237	132	270	639
A. Overdeer	352	220	374	947
J.Thompson	319	270	341	931
E. Stein	341	181	402	925
Conway-Belgrave	319	154	347	821
V. Aguila	325	159	325	810
S. Allison	292	159	352	804
N. Sperbeck	264	159	286	710
14-15				
A. Mesik	259	99	303	661
C. Wettach 16-17	214	88	220	523
R. Willis	286	143	286	716
18-19	200	143	200	,,,
N. Sperbeck	264	159	286	710
Junior				
Conway-Belgrave	319	154	347	821
40-44				
K. Dingle-Craig	253	165	314	733
45-49 E. Stein	341	181	402	925
B. Cromwell	225	121	264	611
60-64	223		204	
N. Havs	176	132	303	611
75-79				
E. Beck	143	77	187	407
148		-		-
K. Bohigian	402	214	413	1030
R. Roberts	369	187	424	981
P. Ribic	369	181	418	970
D. Covington	341	187	391	920

R. Clark	303	176	418	898	
G. Nosbisch	286	214	341	843	
M. Ruffener	275	220	325	821	
N. Goodson	303	165	286	755	
P. Houston					
L. Styrlund					
R. Catron	286				
14-15					
P.White	242	110	248	600	
16-17					
H. Sterzick	248	132	336	716	
18-19			201200		
G. Nosbisch	286	214	341	843	
W. McKelvey	242	110	281	633	
A. Dunivan	264	115	231	611	
L. Schaefer	225	132	248	606	
Junior				-	
R. Roberts K. Callier	369 352	187	424 336	981 870	
40-44	352	181	336	8/0	
D. Covington	341	187	391	920	
60-64	341	10/	391	920	
R. Hackney	225	121	275	622	
70-74	223	141	2/3	022	
G. Johnson	66	71	66	203	
165 lb.	•	100	•	203	
L. Belsito	374	192	413	981	
A. Sortwell	347	248	336	931	
K.Ford	336	209	363	909	
K. Reske	336	170	391	898	
C.Newman	341	203	336	881	
M. Baum	319	181	374	876	
D. Chaney	308	220	347	876	
R. Welding	314	170	363	848	
M. Brubaker	292	214	336	843	
T.Williams	176	126	314	617	
14-15					
L. Pledger	231	110	253	595	
16-17	1				
K. Smoot	203	115	292	611	
18-19					
K. Ford	336	209	363	909	
Junior					
M. Brubaker	292	214	336	843	

Dr. Camille	D'An	nato v	vith m	assa
therapists				
Sandra Roc				
Pollock and				
tremendous				
Wayne Cen	ter/F	ort W	ayne	Hilt
for a great n	neet s	ite an	d cate	ring
all of our r				
sponsors: A				
Sports Chiro				
Northwester				
versity, Oper				
Radiology, F				
Convention	Burea	u, Co	nfigur	ation
Indiana Phy				
Wayne Cent	er, A	ntibus	Scale	s, Pr
mier Financ				
Technologie	sand	Titan S	Suppo	ort Sy
tems. Tha	nks t	o Liz	Wille	ett f
assisting us v	with th	nis arti	icle. V	We u
be putting or	n mor	e Nati	onal F	Powe
lifting Cham				
World Charr				
in the years				
tions to all th				
some great l	ifting	!! Rer	nemb	
Healthy an	d Be	Stro	ng!!	Dr
Monique &	Micha	nel Ha	rtle	
40-44 L. Belsito	374	192	413	981
A. Sortwell	347	248	336	931
J. Livingston	170	104	248	523
45-49 R. Welding	314	170	363	848
50-54	248	126	314	688
M. Serre 181 lb.	248	126	314	688
L. Look	468	248	468	118
C. Martin S. Chow	352 352	192	363 363	909
G. Wolfenberger				903
14-15 M. Buffenbarger				903
	225	110	259	
16-17	225	110	259	595
K. Holloway	336	187	358	595 881
K. Holloway M. Millin 40-44				595
K. Holloway M. Millin 40-44 G. Wolfenberger	336	187	358	595 881
K. Holloway M. Millin 40-44	336	187	358	595 881
K. Holloway M. Millin 40-44 G. Wolfenberger 60-64 S. Pack D. Steele	336 363	187 198	358 275	595 881 837
K. Holloway M. Millin 40-44 G. Wolfenberger 60-64 S. Pack	336 363 259	187 198	358 275 292	595 881 837

292 242 165

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™

Available at GNCLiveWell and other fine gyms and healthfood stores nationwide.

Sport Nutrition 800.854.5019 • www.sportnutrition.com

Both Flavors Now Available in A New 1 lb. Size.

ABVANICE DESIGNS EST POWERLIFTING BELTS IN THE WAR MANUFACTURED SO SECURELY WE BACK UP THE LASTING WEAR

13mm buckle belt \$70 10mm buckle or lever belt \$58 Tapered buckle or lever belt \$52

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 Loo 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.

INZER
WE MAKE POWER GEAR A SCIENCE
1-800-222-6897