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## **MUSCLE MENU**

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ON THE COVER.... Ed Coan is gearing up for his debut in WPO competition at their Semi-Finals, now re-set for August 12th.

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## INTERVIEW

Personal dialogue between PL USA Magazine and the Sport's Greatest Names.

Edward Ignatius Coan needs no introduction to anyone even vaguely interested in the sport of powerlift ing. Articles on Michael Jordan rarely rehash his accomplishments, as it is assumed the reader is familiar with both the man and his achievements and, so, we too shall assume that any self-respecting powerlifter knows of Coan and his seemingly never-ending string of power exploits. His is guite simply the greatest powerlifter to ever walk the face of the planet and he sets new standards in longevity and performance with each passing year. Incredibly, at age 37, his best days lie ahead of him, not behind, as like a fine scotch he gets better with age. Ed won his first IPF world championship as a 181 pound lifter in 1984. In 1998 he totaled 2463 at 242, more than any other lifter in the history of powerlifting. Today, seventeen years after winning his first world title. Eddy rolls ever onward like some unstoppable force of nature. Each time he hits the 2400 mark he sets a new record for the most 2400 pound plus totals ever, five and counting. Watching Ed lift makes you realize that you are long as powerlifting exists in any way shape or form, powerlifters will retell tales of Coan and his legendary feats. We asked the Champ to reminisce and ramble, expand and expound, elaborate and extemporize on a variety of questions. He was more then willing so we took advantage of the situation and grilled him good, talking about every topic under the sun.

#### MG: When is the next competition and what's the goal?

EC: I am feeling good and plan on stepping back onto the platform in late June at Nick Busick's Mountaineer Cup. In addition, I plan on lifting at the WPO Huge Iron meet (now re-set for August 12th) in Orlando. I also plan to head back to Orlando on November 17th of 2001 for the WPO World Professional Powerlifting Championships. I am pretty excited about lifting in the WPO as they seem to be staging some innovative contests. I am already sold on Nick Busick and his approach to powerlifting. I look forward to lifting three times in the coming year. The prospect excites me. MG: Any predictions?

EC: Well, at this stage of my

**ED COAN SPEAKS - We Quiz** the King - by Marty Gallagher



watching something very special. As ED COAN ... thick as a brick, and in fierce pursuit of a 2500 lb. total.

career, hitting a 2500 plus total is my overriding goal. A lot depends on the meet conditions and equipment. I felt I had a pretty strong shot at breaking the 2500 pound barrier in my last contest, but the bar used was sub par and this messed me up in the squat. The plates on the end of the barbell were bouncing so much that after my walkout that I could not control the bar. Once I went down and started to rise, the whip worked against me, with the weights literally bouncing downward as I was on the way up. I could only manage 992 pounds on my second attempt. I passed my third lift; I pulled a muscle in my back and realized that another try would be futile and dangerous. There was no way I was going to attempt 1030, or thereabouts, which is what I would I have needed in order to bust the 2500 barrier. This was too bad, because based on my training I felt I had a real shot at uncorking a big squat, one big enough to position me nicely for 2500. But them's the breaks. After the squat my back was fried and I couldn't keep an arch in the bench. I pulled 848 in the deadlift

and hung it up for the day. My back was shot.

MG: How's your preparation going? We're a long way out, right? EC: Yes, we are. I started serious contest preparation this March. MG: Any concessions to age in training?

EC: Oh, absolutely. I no longer try and hit the big 5 rep records in training. In the old days I might hit 875x5 or 900x5 in the squat and equally big numbers in the bench press and deadlift, but these days I'm satisfied with fewer reps. This approach leaves me a little fresher at the end of the cycle heading into the actual competition.

MG: Could you give us an example? EC: Instead of hitting say 900x5 wearing knee wraps, a belt and suit bottoms as I would in past cycles, in my most recent cycle I hit 920x2 with wraps and a belt and without wearing a suit. I bagged the set despite feeling that I could have squeezed out another rep. MG: So, you purposefully leave a

rep or two in the bank? EC: That's one way to put it.

MG: No suit at all? EC: That is correct. I wear a suit for my last four squat sessions.

Nowadays, I want to save the bigger jumps for the end. I hit 920x2 with no suit and the following week hit 942x2 wearing suit bottoms, straps down. The following week I hit 964x2, again with suit. straps down. In my final squat session I handled 986x1, straps up. Ialso did a walkout 1036 in my final session. I think this approach keeps me fresh, explosive and healthy. After years and years of Intense rep work, my foundation my base - is pretty well laid. I stav a little hungrier for the weights throughout the cycle when I limit my 90% efforts to no more than four sessions per cycle. MG: You use this approach in each

EC: Yes, I do and as a result I don't have the cumulative fatigue that I began experiencing before I moved from "old style" to "new style". This is a definite concession to age. In the old days I would eat rep training for lunch - and not be bothered in the slightest. I changed my tune when I started getting a few troublesome injuries. Also, as I got older I couldn't seem to shake this overall feeling of fatigue that cropped up towards the end of a cycle. I still squat and deadlift in the same week and by bagging a few reps I seemed a lot more

resilient and recovered. MG: Of course, some are going to point to this and use it as an excuse to bag reps in their own training. EC: That would be a mistake unless they are over 35, have a good history of rep training under their belt and have been feeling beat up or are injured. If that's the case, then by all means, crank back. But kids and lifters in their twenties. particularly those without a lot of rep work - particularly the 5-rep sets - should not adopt my current ways just yet; you would be shortchanging potential progress. I am not rejecting or turning my back or renouncing the style of training that I used for years and years, but

simply realizing that my recuperative ability and susceptibility to injury is greater at 37 than it was at 17 or 27. MG: Are you reducing the workloads

in the other lifts? How about your assistance work?

EC: I worked up to a heavy deadstop double in the deadlift prior to the competition this past cycle with 870x2, using a belt. I

changed my approach in the bench press a bit. I had been experimenting with deadstop bench pressing for the past few cycles, but felt that my explosiveness was suffering and I had developed some slow habits. I went back to touch-andgo bench pressing and think that this is going to reap some big dividends. I pause my close-grip bench presses and all my inclines - and I also like to pause the last rep on most every bench set MG: Are you still using single ply equipment?

EC: Yes, I use a single ply Inzer bench shirt and a single ply squat suit. No second bench shirt or second squat suit. My knee wraps are standard length. I'm old fashioned, I guess.

MG: Well you're certainly leaving some pounds on the platform. There is no doubt that the new equipment adds pounds to your lifts. They're not wearing the stuff cause it looks

EC: No doubt about it. MG: How about your assistance work, any new wrinkles?

EC: I've really gotten some good results doing close-stance highbar pause squats. I do these after my regular squats and they really force the quadriceps to work and grow. I love this exercise; my training partner will give me the "up!" command on each rep, but only after I've sat down with the weight for a full second or two. MG: How narrow is narrow?

EC: Mu stance is 12 inches between my heels. I go rock bottom on every rep. It teaches you to explode and builds up the quads. I don't wear any gear when I do these

MG: Do you still do rep chins with 100 pounds strapped around your waist?

EC: No, not anymore; I have a little bit of bicep tendonitis and chins aggravate this so I don't do weighted chins anymore. I still do my heavy barbell rowing and did 529x4 last cycle, not letting the bar touch the floor between reps and without using a belt. I also like to do stiff leg deadlifts off a 4-inch block without a belt. This is a real tough exercise that really strengthens the erectors and hamstrings. I concentrate on exercises like narrow stance hi-bar pause squats and stiff-leg deadlifts off a block in the off-season and then I switch into regular squats and deadlifts when the competitive season rolls around. I'm a big believer in working hard on my weak points in the off-season.

MG: How much time do you allow between sets?

EC: As much time as it takes for me to totally recuperate between

sets. On the minor exercises that could be two or three minutes and on the big exercises I could take ten full minutes before I hit the next set. It's a feel thing, not a time thing.

MG: Dovou change your assistance exercises much? EC: I like to keep it

fresh and challenging. I will do two light sets of curls each week and do a few forearm exercises designed to improve my grip. I still do the pressbehind-the-neck, though not as heavy as in years gone by. I would regularly hit 400pounds in this exercise a few years back, but nowadays I'm content to rep out in the mid-300 pound range.

I do also do front presses for variety and usually alter-

nate behind-the-neck presses and front presses on a weekly basis. one week PBN the next week front presses.

MG: Do you still break these out and do them on a separate day from the big three lifts?

EC: Yes, I squat, bench press and deadlift on separate days and break shoulder work out and perform that on a fourth day. I only go to the gym four days.

Monday: pause squats (no gear), high bar close stance pause (no gear), leg curls, seated calf raises

Tuesday: off Wednesday: bench press, superwide grip bench press (paused), dumbbell incline presses (paused).

iso-lateral incline bench press, Triceps - lying dumbbell French press, nushdowns

Thursday: off

Friday: conventional deadlift (no gear) off a 4-inch block and paused on the floor, stiff-leg deadlift off block also paused. Bent-over barbell rows (overhand grip) Hammer front pull-down, wide-grip chins without weight, bent-over lateral raise 3x15

Saturday: close grip bench press paused, standing one arm lateral raise, standing press-behind-theneck, curls, forearm work Sunday: off

MG: So you hit the gym four times a week?

EC: Yes, I went to the gym five



A Superstar who wraps his own knees. (Mojden photos)

days a week for years, but I've altered the pattern in conjunction with the some other changes. My exercise sequence and basic workout template has stayed pretty much the same for twenty years. MG: What are some of your best training lifts - like best rep set for 5 in the squat - best deadlift double without a belt, chin for reps with weight, incline for reps, bench double without a shirt, best PBN, tri pushdown for reps? That kind of stuff.

EC: Oh, let's see. I never really max out in my training lifts, but some of my best weight for reps? Let's see. I've done 900x5 in the squat, and bench pressed 555x2 without wearing a bench shirt. A few years back I rowed with 550x3 in the bent over row. That was without a belt and the bar did not touch the ground between reps. I press-behind-the-neck with 375x3 seated, each rep coming below the ear. I have deadlifted 855x2 conventional and sumo-pulled 900x2 at 220 two weeks before I pulled 902 in Dallas and missed 920.

MG: How long do you see yourself competing?

EC: I feel good. I feel great occasionally, but not as many times as I feel good. I want to compete for a couple more years. Who can predict the future? I want to hit a 2,500+ total and then I'll re-assess my options.

MG: How many 2,400 totals have

you posted in your career?

EC: I've posted 2,400 pounds or better on five different occasions.

MG: What is the strongest you've ever felt in a competition?

EC: Oh, that's an impossible question to answer. How do you compare a good day weighing 181 with a good day weighing 240 or 220? They'reall good days. Let me re-phrase the question a bit: at 1981 really felt good in Chicago when I hit 2204 and likewise when I cracked my first 2400 pound total at 220 topped off with my 900 pound deadlift. I never felt stronger in the squat than when I hit 1.019 and totaled 2.463 at 242. Plus, this mark fulfilled a lifetime goal of posting the highest total ever, regardless of bodyweight. The target is ever shifting, so it seems. There is not a "better or best". just different.

MG: How come you can't do sumo style anymore?

EC: I tore my right hamstrings and left abductor in 1994 finishing the second rep of an 870 pound deadstop double in the sumo-style deadlift. I twisted slightly at the top locking the weight out. I have never felt right since. Every time since that I've tried the sumo I have this nagging feeling that I am risking major, career-ending injury. It messes with my mind and the easiest way to deal with this is to just lift using the conventional style deadlift and not get caught up in these mind games.

MG: Who is the best lifter you ever saw in action?

EC: Names that jump into my mind immediately are Inaba and lately Sivokon.

MG: How about Kaz?

EC: When I saw Kaz lift it was after his chest injury and he was not at his best. Doug was the prettiest squatter lever saw. It was also pretty amazing that he pulled an 826 deadlift. Doug had allergic reactions to chalk and hardly ever did deadlifts. Add a 600 pound bench press and you had a complete, balanced lifter. He could have totaled a whole lot more if he hadn't quit at the peak of his powerlifting career to become a professional wrestler.

MG: Thanks, champ!

EC: You're welcome, old man!



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WPO NEWS ..... Current WPO members and future members alike, there has been a change of date for the WPO Semi-Finals at Universal Studios Orlando that was originally scheduled for July 21, 2001. The new date is August 12, 2001. The change was beyond my control and was an unforeseen administrative complication. There is a huge security factor that wasn't brought to my attention until recently. All lifters and spectators that are not paying admission for Universal Studios are subject to security clearance at the back entrance of the complex. With the possibility of 75-100 lifters and 500 spectators, it would be an arduous task to say the least, and nearly impossible to oversee. I apologize for any inconvenience this decision might cause lifters and their families. With the date change comes a more conducive setting for Elite powerlifters to thrive and their loved ones to support them. The venue is still within the Universal complex, conveniently located behind the theme park referred to as City Walk, and it charges no admission to enter. City Walk is an adult oriented section of Universal where there is an abundance of high profile restaurants and night clubs. The atmosphere is brimming with activity and teeming with world renowned establishments like Jimmy Buffet's Margaritaville, NASCAR Cafe, NBA City, The Groove Nightclub, Pat O'Brien's Irish Pub, Motown, Bob Marley's, and the Latin Quarter Night Clubs. Oh, by the way, there is still one more location inside City Walk that the moral majority might recognize, and that just happens to be where the August 12, 2001 WPO Semi-Finals are going to be held - The Hardrock Live Studio!!! Hardrock Studio is a state of the art 2800 capacity seating facility connected directly to the internationally acclaimed Hardrock Cafe, smack in the middle of City Walk. In the summertime, 30,000 people a day pass through City Walk and frequent Hardrock and the other attractions. It's very plausible that some of those 30,000 people will have already seen WPO powerlifting on television and will be enticed to buy a ticket so we will have a packed house with 2800 screaming powerlifting fans. Rock and Hip-Hop recording artists like Kid Rock, Creed, Papa Roach, Pantera, and Lund Skynd have performed there recently. I can't think of a more suitable setting that is exploding with excitement to host cream of the crop Professional Powerlifting than Hardrock Live, because the WPO is going to rock the house with Heavy Metal Mayhem and Huge Iron Madness. There will be more Elite lifters, more Huge Iron Dancers, more gorgeous card girls, more bright lights and smoke, more pyrotechnics, and most of all more \$\$\$MONEY\$\$\$!! Having the contest at Hardrock skyrockets the entertainment value that has been lacking in our sport and facilitates the WPO's master plan. The WPO's prerogative is to televise and showcase nothing but World Class Iron Athletes in the heat of competition, handling Huge Iron for big bucks.

As your WPO President, I will positively reinforce the tenacity it requires to handle 800-900 or 1000 lbs. without getting killed or seriously injured. In addition, I will break down the stereotyping that is common among the general public so powerlifters are perceived as heroes, not criminals. With every great cause, there comes sacrifice. In order for powerlifters to be held in the same regard as other professional athletes, there must be change across the board in all facets of the sport. For entertainment's sake, the lifters who are contenders to win Super Open Titles will have to get acclimated to lifting in the evening. For example, a Heavyweight Title fight starts at 9pm, the Super Bowl starts at 6:30pm. Most sporting events where a championship is on the line transpire in the evening, and the same concept will apply in the WPO. City Walk virtually comes alive at night with people of all ages looking for something to do-something cutting edge, trendy, like in your face entertainment that exudes high energy along with legitimacy. The modern day WPO athlete should mentally prepare himself for dramatic changes in the sport's format. Powerlifting has been it's own worst enemy politically and esthetically. My goal is to have the WPO become an annual series of contests that crowns the three Super Open Champions at the end of each year that is filmed for television and is eagerly anticipated by the general public. Are you an elite lifter who is ready for Huge Iron action and envision yourself as a WPO Powerlifting Superstar that the general public will embrace and admire? If you are, you must be willing to bend in any direction in order to perpetuate the WPO's success. I can't emphasize enough how important it is for lifters and spectators to comply with every aspect that will be encountered, because powerlifting has evolved into a legitimate professional sport. Economics are a bigger issue than ever before, due to the value of the entertainment world. Simply, to have a contest at Hardrock Live costs five times what a normal contest in the old format, when there was no television coverage and no entertainment to take into consideration. In order to grasp what I'm saying, I have compiled this short list to get my point across.

A. Every lifter must pay a \$99 entry fee.

B. Coaches and helpers must by ticket to enter Hardrock Studio! C. Spectators must buy ticket to enter Hardrock Studio!

D. Tickets are to be obtained by calling Ticketmaster or Huge Iron Productions in advance, or at

Hardrock Box Office the day of the contest.

I must reiterate the importance of the list mentioned above. Bottom line, the sport's new direction comes at an alarming expenditure. The prize money for the semi-finals alone, distributed accordingly to ten weight classes, 1st-3rd, totals \$160,000, not including cash bonuses for world records or the production cost for television. Hardrock employees will be taking tickets and ushering people, the standard procedure at any Professional Sporting Arena, and they don't want to hear "can my coach come in for free" or "does my cousin have to pay". Everyone that is not lifting has to buy a ticket, period! Anyone who insists on being difficult about having to pay admission will be asked to leave Hardrock. Lifters please keep in mind that if you perform well you might win \$1,000 (3rd), \$5,000 (2nd), or even \$10,000 for coming in first in your class and you could possibly capture one of three prestigious Super Open titles. Whoever the lucky Lwt., Mwt., and Hwt. Super Open winners are will receive at least \$25,000 and proudly display a WPO Championship Title Belt around their waist. Your cooperation will be greatly appreciated and will help powerlifters claim their rightful status as Elite Iron Athletes who will be embraced by the general public and abroad. It will be a great day when society views the Professional Powerlifter in the same fashion as other Professional Athletes who are perceived as heroes and role models. If you have any questions concerning the date change or any particulars about the WPO, call us at 877-HUG-IRON or log on to hugeiron.com or wpoonline.com and ask for Lisa.

Sincerely, your WPO President, Kieran Kidder



Eight out of the eleven gold medals at the IPF Men's Worlds went home beyond what used to be the Iron Curtain. Wouldn't you like to know how guys like Alexey Sivokon train?

Following is a bench press program designed by the Russian powerlifting mastermind Boris Shevko. The man used to train the Kazakhstan team and today is the Chief Coach Men's Powerlifting Team Russia. Comrade Sheyko's credentials include Sivokon, Mor, and Podtinniv. 'Nuff said.

Heavily influenced by R. Plukfelder and I. Abajiev, Shevko believes in some serious volume.

While Western PLers have gradually cut back to one weekly BP workout the Russian team coach insists on four to eight bench press sessions a week! The arms and shoulder girdle can recover a lot quicker than the legs and back, he says, so why not?! Shevko likes to quote the popular among Russian weightlifters in the fifties and sixties expression: "To press a lot, one must press a lot". No, it is not a pro-

gram just for bench specialists like Irina Lugovava who owes it her European championship title. The following supersystem is everv bit as effective for full meet lifters. So enjoy the pain, Comrade! The matrix is de-

signed for five BP workouts a week and is aimed

at an advanced powerlifter, a KMS or an MS in Russian classification. The cycle is divided into preparatory and competition periods. Here is how the prep period gets kicked off: Preparatory Week 1 - Monday: 1. BP - 50%x5, 60%x4, 70%x3x2, 80%x3x5(30)3.BP-44%x5.65%x5. 75%x4x4 (26). Tuesday: 1. Incline BP - x4x6 (24) 2. Parallel bar dips (with weight) - x6x5. Wednesday: 1. BP - 50%x6, 60%x5, 70%x4x2, 75%x3x2,80%x2x2,85%x1x2,80% x2x2, 75%x3x2, 70%x4, 65%x5, 60%x6, 55%x7, 50%x8(71). Friday: 2. BP - 50%x5, 60%x4, 70%x3, 80%x2x5 (25). Saturday: 2. PBN -5x5 (25) 3. Parallel bar dips - x4x6. Total lifts per week: 201. Average intensity: 67.1%

Note the number in brackets following a series; it is the total number of lifts in the series. The number before an exercise denotes its position in a training session. For example, on Monday you bench first, then do some SQ or DL drill and



Bench Press Training - Russian National Team Style as told to PLUSA by Pavel Tsatsouline, Master of Sports

elektro lapos Frydek-Mistek LNOVIN ZNO STDLEM Y ORY

Alexei Vorobiev of Russia was able to win the 2000 IPF World Bench Press Championship 181 pound class title against USA's McCormick (left) and Cieri. (photograph by Hiro Isagawa)

> bench again. On Friday you bench these numbers, as well as the aversecond after another lift.

More often than not Shevko's charges, including IPF bench press world champions Alexey Sivokon and Fanil Mukhamatyanov, press twice in one training session. There is a curious wrinkle: the two pressing series are always separated by squat or deadlift work.

Boris Sheyko points out how the Monday load was intense and the Wednesday load beats you up with high volume. Note, says the Russian team coach, even though the athlete has worked up to 80-85% 1RM, he has done many lighter lifts and therefore the average intensity is low. If you have a general idea of the Russian approach to strength program design, you should appreciate how this elegant and precise method relies heavily on the calculations of the volume expressed in a number of barbell lifts (NBL) in a given intensity zone or percentage of one rep max. According to Boris Sheyko, tracking

age training weight and total tonnage - or, if you are not up on the metric system, poundage - is mandatory. The Russian coach points out how helpful they are for serving the critical component of any strength training plan, variability, or rotation of heavy, medium, and light training sessions, both in a weekly and in a monthly cycle. Indeed, these calculations have been an integral part of Soviet weightlifting since 1958 when

60%x4, 70%x3x2, 80%x3x5 (30) 3. BP. - 50%x5, 60%x5, 70%x5x5 (35), Tuesday: 2, BP.-55%x4, 65%x4, 75%x3x4 (20). Wednesday: 1. BP. - 50%x8, 55%x7, 60%x6, 65%x5, 70%x4, 75%x3x2, 80%x2x2, 75%x3x2, 70%x4, 65%x6, 60%x8, 55%x10, 50%x12 (86). Friday: 2. 50%x5, 60%x4. 70%x3x2, 75%x3x6 (33). Saturday: 2. BP. - 50%x6, 60%x6, 65%x6x4

	Preparat	ory Period	Lozd Di	stribution	r
Intensity	Week 1	Week 2	Week 3	Week 4	Per Month
Zones					
50%	24	13	41	17	95
51-60%	31	21	54	20	126
61-70%	34	24	84	20	162
71-80%	61	61	61	27	210
81-90%	2	11	-	8	21
91-100%	-	-	-	-	-
NBL	152	130	240	92	614
Intensity	67.1%	71.5%	64.7%	67.2%	67.1%

soon to be famous scientist Leonid Matvevev worked with coach Suren Bogdasarov designing Yuri Vlasov's training programs.

Although Russian Olympic lifters said good-bye to the pyramid even before the clean and press bit the dust in 1972, it lives on in Shevko's powerlifting program, although only once a week and only in the prep period. The author appropriately calls it a 'marathon'. Because it 'stuffs up the arms' so much, the Wednesday marathon is followed up by an unloading Friday session: there is only one bench series and its reps are cut short

Preparatory Week 2 - Monday: 1. BP. - 50%x5. 60%x4.

> 70%x3x2, 80%x2x2, 90%x1x3 (22) 3. BP. 50%x3, 60%x3, 70%x3, 80%x2x5 (19). Tuesday: 2. Parallel bar dips. - x5x5. Wednesday: 2. BP -55%x5, 65%x4, 75%x3x2, 85%x2x4(23). Friday: 2.50%x5.60%x4. 70%x3x2,80%x3x7(36). Saturday: 2. BP - 55%x5, 65%x5, 75%x4x5 (30) 4. Triceps work. - x10x5. Total lifts per week: 130. Average intensity: 71.5% Note how the NBL

has been cut back from 201 in the first week to 130 in the second. When the volume goes down, the intensity goes up; in week two Sheyko added more 85-90% 1RM lifts and thus upped the average intensity from 67.1% to 71.5%

**Preparatory Week 3** Monday: 1. BP. - 50%x5,

(36). Total lifts per week: 240. Average intensity: 64.7%

In week three Shevko gives his

lifters 240 barbell lifts at a 64.7% average intensity. The increased volume in the 65-75% intensity zone has necessitated a drop in intensity. But because there is no one right way to wave the load up and down the coach muses that he might as well has written up something like NBL 170/69.1%.

Note the brutal eighty-six rep Wednesday marathon. Sheyko warns that you will be a hurting unit and will have to have the grit to make it through. By the way, the above numbers are not the limit: Alexev Sivokon has done hundred twenty rep marathons while working up to 90% intensity! Naturally he cut back on intensity the week after.

Preparatory Week 4 - Monday: 2. BP. - 50%x4, 60%x4, 70%x3x2, 80%x2x5 (24). Tuesday: 2. Incline BP. - x3x5 (15) 3. Parallel bar dips. -x6x5. Wednesday: 2. BP. - 50%x5. 60%x4, 70%x3x2, 75%x2x2, 80%x1x3, 75%x2x2, 70%x4, 60%x6, 50%x8 (44). Friday: 2. BP. - 55%x4, 65%x4, 75%x3x2, 85%x2x4 (22). Saturday: 2. PBN. x4x5 (20) 3. Triceps work. - x10x5. Total lifts per week: 125. Average intensity: 67.2%

The table at right, which should find its way into your training log, illustrates variability of the Russian bench press program.

In the four to six week long competition period the Russian National Team says good-bye to marathons and reduces the reps to the maximum of three perset. NBL with warm-up weights of 50-70% goes down and the number of 75-95% lifts goes up.

Competition Week 1 - Monday: 2. BP. - 50%x3. 60%x3. 70%x3x2. 80%x3x6 (30). Tuesday: 1. Incline BP. - x3x5 (15). Wednesday: 1. BP. - 50%x3, 60%x3, 70%x3x2, 80%x2x3, 85%x1x3 (21). Friday: 1. BP. - 50%x3, 60%x3, 70%x3x2, 80%x3x5 (27) 3. BP. - 55%x4, 65%x4, 75%x4x4 (24). Saturday: Rest. Total lifts per week: 117. Average intensity: 71.6%

Competition Week 2 - Monday: 1. BP. - 55%x3, 65%x3, 75%x3x2, 85%x2x4 (20) 3. BP. - 50%x3, 60%x3, 70%x3, 80%x3x6(27). Tuesday: 1. PBN. - x4x5 (20). Wednesday: 1. BP. - 50%x3, 60%x3,



70%x3x2, 80%x2x8 (28). Friday: 1. BP. - 50%x3. 60%x3. 70%x3x2. 80%x2x2, 85%x2x3, 80%x2x2(26). Saturday: 1. BP - 55%x3, 65%x3x2, 75%x2x4 (14). Total lifts per week: 135. Average intensity: 72.7%

Competition Week 3 - Monday: 2. BP. - 50%x3, 60%x3, 70%x3x2, 75%x2x4 (20). Tuesday: Rest. Wednesday: 1. BP. - 50%x3, 60%x3, 70%x2x2, 80%x1x2, 90%x1, 95-100%x1x2-3 (16). Friday:

1. BP. - 50%x3, 60%x3, 70%x3x2, 80%x2x5 (22). Saturday: 1. BP. 55%x3, 65%x3x2, 75%x3x4 (21). Total lifts per week: 79. Average intensity: 70.0%

Approximately twenty days before a meet Sheyko plans a prikidka, or a trial run. Experienced Russian National Team members just work up to 90-95% of their max to get a feel for their openers.

During the third week a Russian lifter also cuts back to four bench days a week. Observe how he performs a medium volume/low intensity workout on Monday and rests on Tuesday to taper before the Wednes day trial run.

		Compe	tition Perio	d Load Distr	ibution		
Intensity	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Per Month
Zones							
50%	9	9	9	6	9	6	48
51-60%	13	15	12	12	9	9	70
61-70%	22	21	22	18	16	7	106
71-80%	55	56	32	47	19	2	211
81-90%	3	14	1	8	-	-	26
91-100%	ane a latte to		3	10 Londo	-	-	3
NBL	102	115	79	91	53	24	464
Intensity	71.6%	72.7%	68.8%	72.4%	67.7%	61.7%	70.8%

Alexey Sivokon of Kazakhstan winning the 2000 IPF World Bench Press crown. (photograph by Hiro Isagawa)

Competition Week 4 - Monday: 2. BP. - 50%x3, 60%x3, 70%x3x2, 80%x2x3, 90%x1x2, 80%x2x2(24). Tuesday: Rest. Wednesday: 1. BP. 55%x3, 65%x3, 75%x3x2, 85%x2x3, 80%x3x2 (24). Friday: 2. BP. - 50%x3, 60%x3, 70%x3x2, 80%x3x5 (27). Saturday: 1. BP -55%x3, 65%x3, 75%x2x5 (16). Total lifts per week: 81. Average intensity: 71.8%

The fourth week is the last week with substantial NBL and heavy, 80-90% 1RM, poundages. It is time to taper before the competition. Next, or fifth, week the athlete will cut back to three training days a week and throttle down on volume and inten-

Competition Week 5 - Monday: 2. BP - 50%x3, 60%x3, 70%x3x2, 80%x2x4 (20). Tuesday: Rest. Wednesday: 1. BP. - 50%x3, 60%x3, 70%x2x2, 80%x1x3 (13). Friday: 1. BP - 50%x3, 60%x3, 70%x3x2, 75%x2x4 (20). Saturday: Rest. Total lifts per week: 53. Average intensity: 67.7%

In week five the lifting frequency drops to three times a week and both the intensity and the tonnage are tapered.

Competition Week 6: Monday: 1. BP - 50%x3, 60%x3, 70%x2x2, 75%x1x2 (12). Tuesday: Rest. Wednesday: 1. BP - 50%x3, 60%x3x2, 70%x1x3(12). Thursday: Rest. Friday: Rest. Saturday: Competition. Total lifts per week: 24. Average intensity: 61.7%

Sheyko points out how the last session before the meet is similar to a pre-competition warm-up. (Note the table below)

If you compare the two tables you shall notice that in the competitive period the Russian coach cut back on the volume while increasing the intensity compared to the preparatory period. In the last two weeks of the competition cycle both the intensity and the tonnage take a dive to enable the athlete to recover well before the meet.

Nothing fancy-trendy about Sheyko's cycle; just the classic Matvevev's formula of progression from volume to intensity and finally the taper. You will not find any exotic assistance exercises in the Team Russia regimen either. "A golden rule is never to use more complex movements than necessary to achieve the desired result," as Bruce Lee once put it. "... To hit a worthy opponent with a complex movement is satisfying and shows one's mastery of technique; to hit the same opponent with a simple movement is a sign of greatness."

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GP asks: I am a good squatter, but I do have problems getting down below parallel in competition. I have a wide stance and occasionally have hip pain. I use the Titan Centurian squat suit. What should I do?

Advice from Wade Hooper: First, I would suggest looking at the bar placement, as this will affect the amount of lean that you will have. The more forward lean you have, the higher the hips will be. Of course, from a leverage standpoint, you would want the bar placed in a low position across the back of the shoulders. However, if this is causing you to lean in a good morning style, I would suggest raising the bar across your shoulders to keep you more erect. Second, you need to analyze your stance. Take your wide stance with feet pointed out and see if you can comfortably squat below parallel with no weight on your back. If you can do this with no problem, then your stance is fine. However, if you are having difficulty reaching legal depth without weight on our back, don't expect to reach it on a consistent basis with the weight. Your stance should be one of comfort and not forced by the amount of weight you have loaded. If this is the case, you would definitely want to change your stance to where it is more comfortable to reach legal depth. Any time you change your stance, start your training over to retrain your body to the new style. Unless you are Tips From the Top

Questions & Answers coordinated by Dr. Larry Miller

training high in the gym, your assistance will not have much bearing on whether or not you will hit legal depth. So, if you feel that box squats best help you develop a big squat, then keep using them. As far as your equipment is concerned, just make sure the straps are loose enough to prevent you from pulling you forward. I hope this helps you develop that big deep squat that every lifter is aspiring for. Good luck and Train hard. Wade

DG asks: I am a fifty vear old master powerlifter. How do I change my training program to coincide with my age. How far out from a contest should I begin to cycle?



Ray Benemerito has been a very successful competitor within the ADFPA/USAPL

Advice from Ray Benemerito: I hope you're not referring old guy questions to me because of my age. OK, since I am closing in on 20 years of powerlifting competition covering 4 weight classes, I'll try and share what has changed during those vears.

Cut down training days: I used to train 4 days a week, Monday -Squat, Tuesday Bench, Thursday deadlift, Friday - light bench. Nowadays, I train twice a week. Monday-Squat/Bench, Thursday - Deadlift/ light bench. By doubling up work outs, you get two full days of rest between work outs. This works really well during injury training cycles and gets you in better shape for meet conditions, not to mention that it is better on the family/work life. Cut out the in beWeek 7 rest. Week 8, meet attempts 473, 490, 501-507. By cutting out the weights between 325 and 415, you keep yourself fresh and explosive for the meet and you also save time in training cycles ... fitting more cycles in per year for experimenting (on rep range, new exercises).

tween numbers: For example in-

stead of ramping up your training

weights gradually prior to meets,

find the training weight that works

best for you, i.e., bench workout:

325 (no shirt)  $7 \times 5 \times 3$  for 4 weeks

along with assistance work. Week

5, put on the shirt and go 415 x 1,

week 6 455 x 1, 475 x 1, 485 x 1.

Recovery. No longer are the days of staying out all night and going right to the gym OK. Well, maybe once in a while. I definitely need 8 hours per night ... kind of hard with 3 kids, but I try to get it in. As for diet, I try and eat every three hours (5-6 meals a day). mostly protein 20-30 grams and veggies for carbs ... Yes, you can substitute beer and ice, not for chilling the beers, but for icing your joints down, after every workout. I have a set of ice packs for every major joint area, knees, back, hips, elbows, biceps, shoulders ... if you can picture the Michelin man, that is what I look like after a work out. Right now I'm actually researching hyperbaric chambers for overnight therapy, but the prices are a little too steep. Gotta love Powerlifting. Good Luck and Stav Clean.

**Ray Benemerito** 

The Russian National Championships were held the 1st through 4th of March in Saint Petersburg. This competition represented the best lifters in Russia, quali-

fied either through past participation in World Championships or from those who participated in the six zone championships held in previous weeks across Russia, 206 lifters participated of the approximately 300 nominated. Distance and travel cost reduced participation in what would of otherwise been an enormous contest. We were informed during our stay that the Powerlifting Federation of Russia is comprised of 89 independent federations. Some are organized through the Ministries of Sport in independent republics, and many are subdivisions of autonomous regional federations.

Vladimir Bogachev.

President of the Powerlifting Federation of Russia (R.P.F.) invited lifters and representatives of USA Powerlifting to attend and participate in this event during his visit to the U.S. for USA Powerlifting Women's Nationals. Six lifters, and seven coaches and spectators attended. We were met at the airport by Mr. Bogachev, and Julia Zerdeva, his wife and translator for Russian Teams abroad. We took a leisurely bus tour of St. Petersburg on the way to our hotel, and were impressed by the architecture, the number of museums, and the pace of restorations going on in this city. St. Petersburg plays host not only to many cultural events, but to many international sporting events. They have a large, covered stadium and many other modern sports venues.

The meet was held in the LDM Leningradsky Youth Palace Hotel, on the Neva River and two Metro stops from the center of St. Petersburg. It is a large facility with two theaters, four restaurants, a disco, a miniature golf course, a gym, and a sauna. The competition was held in the large theater.

Several perennial European and World Champions were absent. Multi-time World Champions, Svetlana Teslava and Elena Yamskich, as well as silver medalist at 2000 European and World Championships, Irina Ayugina will be taking the year off for maternity leave. Nicolai Suslov, 1999 and 2000 Men's World Champion will attend the Russian Jr. Championships to be held in Kemerovo (Siberia) 15th through 18th of March, and Maxim Gurianov is writing his boards for Medical School and may not be

### **THERUSSIAN NATIONALS** as told to Powerlifting USA by Dr. Larry Maile



Russian and U.S. lifters in front of a statue symbolizing the Volga River. (courtesy Maile)

available during all of 2001. Despite missing these great lifters, the level of competition was very high, with great depth in each class and lifters down many places who would place at their respective World Championships. The Technical Meeting was held in the small theater, which was packed with lifters and coaches. It was a "who's who" in Russian powerlifting. The Americans were introduced to thunderous applause from those attending. I was pleased to see many USA Powerlifting

t-shirts and several pairs of warmups from prior U.S. National Teams in the crowd. There were many questions through the weekend about well

competition, women from the 44 to 75 kilogram classes competed, in two sessions. The first session included 23 women from 44 to 52 kg. The 44 kg. Class was uncharacteristically small, with the absence of Ms. Teslava and Natalia I, who is still competing as a Junior. This class was won by 19 year old Natalia Krikunova with a 310

The 48 kg. class was won by Natalia Shapovalova, who traveled from the Siberian city of Irkutsk. She squatted 150 kg., benched 80 kg., and deadlifted 160 kg., for a

known U.S. lifters. On the first day of kg. total.



390 kg. total. Second place was taken by Olga Legotkina, perenial Jr. World's competitor with a 360 kg. total, and third was Natalia Tulina at 335 kg.

The 52 kg. class was won handily by 1998 and 1999 Jr. World and 2000 European Champions at 48 kg. Tatiana Eltsova. She showed flawless technique in squatting 177.5 kg., benching 90 kg., and deadlifting 165 kg. Her 432.5 kg. total outstripped silver medalist Natalia



World Champs ... Konstantin Pavlov & Jennifer Maile

Ivanova by 30 kg. (402.5 kg). This class was the debut of the first U.S. lifter, Jennifer Maile, lifting in this weight class for the experience be-

fore reducing to the 48 kg. for women's worlds. She squatted 150 kg., stalling with 160 kg. on her third attempt. She had a lapse in concentration on her second attempt bench press (90 kg.), but returned to complete it on her third. This was the best bench press in her class, by virtue of lighter bodyweight. She pulled a personal record of 150 kg., for a 390 kg. total and four teenage American records. Seven other lifters participated in this class; the lowest total (tenth place) was 295 kg., which would have placed third at USAPL Nationals.

Valentina Nelubova won 56 kg. class by five kg. over Jr. World Champion Inna Filimonova, 495 kg. to 490 kg. Nelubova won on the

strength a 133 kg. bench press. She is the current World Champion and World Record Holder in the Bench Press, and this margin made up the difference between her relatively weaker squat and deadlift when compared with Filimonova. In third place was 1997 Jr. World Champion Elena Petrunia, with a 460 kg. total. For those of you who think in pounds, the first three lifters in this weight class totaled over 1,000 lbs.

The 60 kg. class provided what was perhaps the greatest battle in the Women's competition, despite the 15 kg. that separated first and second places. Elena Fomina, the 2000 World Bench Press, and 1998 World Champion out totaled 1999 and 2000 Open and 1999 Jr. World Champion Irina Abramova. Fomina stated that it was her goal in 2001 to regain the World Championship. Abramova will be attending, however, and may take some exception to that. They both agreed that it will be a great battle. In this contest, Fomina beat Abramova 540 kg. to 525 kg. Both of these very strong women are very shy, and blushed when being interviewed and required the assistance of trainers and the translator. There is no embarassment for either of them on the platform, however. Third place was taken by Diana Sidorova, with 490 kg. She was a Jr. World Team member in 1998 where she received the Silver Medal. There were a total of 11 lifters in this category, with 815 lbs. being the lowest total.

14 competitors lifted in the 67.5 kg. class, paced by Tatiana Danilevich, the 2000 World Bench Press Champion. Tatiana won this class on the strength of her bench press, at 130 kg. (surprise) to total 515 kg. over Elena Nikolaeva, who totaled 490 kg. Natalia Magula totaled 487.5 for third. The totals were somewhat lower than expected in this class due to the returning champion, Marina Kudinova moving to 75 kg. for this competition. Despite this, the competition was hard fought, with virtually flawless lifting on the part of all the medalists. The U.S.A.'s Jill Darling, competing at just over the 60 kg. limit totaled 387.5 kg. for 13th place. She benched a personal and Jr. American Record of 110 kg.

As stated above, returning Russian, World Open, and World Jr. Champion Marina Kudinova lifted in the 75 kg. category to give herself a break from making weight. She will return to 67.5 kg. for the Women's World Championships in May in Czechia, Marina put on a squat demonstration comfortably (well, how comfortable can you be with this much weight) squatting 260 kg. She benched 147.5 kg., and deadlifted 230 kg., for a 637.5 kg. total, and the Champion of Champions award. She scored 634

Wilkes points. Second place was taken by Svetlana Miklashevich with a 607.5 kg. total. She out-totaled 2000 World Championships Bronze Medalist, Tatiana Puzanova by 7.5 kg. Christy Newman, from Louisiana placed 8th with a 395 kg. total. Christy has been working on the technical aspects of her form over the past year, and it was flawless. Her performance was described by 8 y.o. Kalyssa Maile (team mascot), "Christy did a good job. She showed a lot of determination."

The 82.5 kg. class was won by a relative newcomer from Habarovsk, Olesya Rychkova, with a 600 kg. total. She beat former World Champions Natalia Payousova (595 kg.) and Natalia Rumyantseva (595 kg., heavier lifter). Perhaps this represents a changing of the guard in Russian women's lifting, although it will be interesting to see who represents them in the 82.5 kg. class at the World Championships with this depth and talent.

2000 World Champion, Irina

Lugovaya easily repeated here with a 650 kg. total. In second and third were Jr. Team members, Youlyia Kurina (552.5 kg.) and Elena Yourik (497.5 kg.).

The +90 kg, class had only three Russian participants, but they all completed outstanding performances. 2000 World Champion Anastasia Pavlova squatted 270 kg. enroute to a 660 kg. total. She persevered for many years as a bridesmaid in world competition before her much deserved win at the World Championships in Argentina. Galina Karpova was second with a 627.5 kg. total, while 1999 and 2000 Jr. World Champion Elena Avilkina placed third with 610 kg. Please note, the lightest squat in this category was 252.5 kg. All of these women comfortably handle enormous poundages in the squat. Deborah Ferrell of the U.S. was unable to get a squat in after several

Deborah Ferrell's opener with 341 lbs. (courtesy Maile)

years as a bench press specialist, but

was allowed to continue. All of the

officials wanted to see her bench, by

virtue of her reputation as an excel-

lent lifter with six silver medals in the

bench press in world championships.

She did not disappoint, easily push-

ing 165 kg., and stalling with 172.5

won by Krasnovarsk, with 48 points.

There were 33 regions represented

in the women's division. One of the

interesting differences between lift-

ing in Russia and in the U.S. is that

the coaches of the championship

lifters were recognized for excellence.

The trainer of each of the Gold

Medalists also receives a gold medal,

and the coach of the championship

team is named "Coach of the Year."

A successful trainer/coach is ac-

corded a great deal of respect which

lifters in high level championships.

Successful coaches are sought out by

lifters hoping to improve and this

may involve cross-country moves to

based on the performance of his

The women's competition was

kg. halfway.

access the training facilities most trainers work in. Most coaches are also employed as professionals by local or State-run "Sports Clubs." These may be supported by Regionals or Republic Ministries of Sport or may be supported by local municipalities or industry. Sport and accomplishment in sport is highly regarded in Russia, and many sports clubs are maintained supported by cities, governmental regions, or large manufacturing conglomerates.

The Men's competition started on the afternoon of the second day, with the light weights. Sergei Juravlev won the 52 kg. class with a 547.5 total, followed by Alexei Romanov, and Sergei Svistunov (495 kg. and 475 kg., respectively). There were 7 lifters in this category, which is significant when you consider that we are lucky to have a single competitor in the U.S. at 114 lbs. Konstantin Pavlov, the three time

world champion

dominated the 56 kg. class with a 252.5 kg. squat, a 172.5 kg. bench press, and a 220 kg. deadlift, for a 645 kg. total. Nicolai Asabin was second with 575 kg., and Yaroslav Chopovsky was third with 555 kg. Yaroslav is the five time Russian Champion. His placing third reflects the growth and improvement in Russian powerlifting. He will visit the U.S. this spring to partici-

pate in the Alaska State Championships as he lives not much more that 500 miles from the meet site. There were at total of nine competitors in this category.

Michail Andrushin, the 2000 World Champion distanced the competition by the end of the squat with his 260 kg. performance. His bench press of 142.5 was the highest in his class, and he closed the door with a 265 kg. deadlift, for a 667.5 kg. total. Anatoly Prokurin was a distant second at 625 kg., just edging out Andrei Zvyagintsev, the 2000 Junior World Champion.

The 67.5 kg. World Bronze Medalist, Evgeny Dolgov out totaled Igor Muler 700 kg. to 687.5 kg. Ruslan Araslanov, former Jr. World competitor placed third. The final two U.S. lifters were in this class. Greg Simmons, the current Pan American Champion placed 6th with a 627.5 kg. total. This was Greg's first meet far from home, and he came within 2.5 kg. of his best. He will put this experience to good use in the coming years. Count on it. Brandon Green, moving up from his traditional 60 kg, competitive weight placed 8th with 610 kg. Brandon had a personal best of 227.5 kg. in the squat, but took three tries to get a deadlift in. Perhaps some more work on the lockout will help. This class also provided an example of courage in that one of the competitors dropped the weight on his chin during his first attempt bench press. He missed the two following attempts while receiving medical attention and returned to deadlift (with bandages and tape on his face and blood soaking through. After each attempt, he returned to the Doctor to have the bandages replaced.

The 75 kg. class was a rematch of the 2000 World Championships, with Victor Furashkin and Victor Baronov going head to head. Furashkin won in Akita City, but fell to Baranov here. Theyboth achieved an 805 kg. total, but Baranov was the lighter lifter. Both are scheduled to lift at the 2001 World Championships, so expect this rivalry to continue. Ruslan Vostrikov placed third with 767.5 kg. There were eleven competitors who completed this the meet, with the lowest total being 650 kg. Two lifters bombed.

The 82.5 kg. class provided a showdown between three time world champion Sergei Mor, and 1999 Jr. World Champion Sergei Gordeev. Mor edged Gordeev after falling behind in the squat. The total after the deadlifts was 842.5 kg. to 832.5. Alexei Harauzov placed third with an 800 kg. total. This class saw the highest number of non-finishers, with 4 bombs, one disqualification due to a rules violation, and one injury.

Andrei Tarasenko, 1999, 2000 and 2001 World Champion, and 1998 World Jr. Champion won this class easily on a comfortable total of 895. He beat Nicolai Kurakin and Konstantin Otavin who both totaled 795. Kurakin edged Otavin on bodyweight.

With the absence of Suslov, Victor Smischenko won with a 907.5 total. His relatively greater squat (340 kg.) and bench press (237.5 kg.) overcame the higher deadlifts of the lifters who followed him (322.5 kg., vs. 330 kg.+ for the next 3 place winners). Alan Gergiev was second with 887.5, and Yuri Fedorenko was third with 885. This was the largest category in the competition with 20 lifters. There were thre who did not complete the competition, but all lifters above 13th place totaled more than 805 kg. In the 110 kg. class, Alexei

Gankov, the 1998 World Champion and 1999 Silver Medalist returned to competition with a first place finish. Gankov showed balanced lifting, with a 350 kg. squat, a 235 kg. deadlift, and a 357.5 kg. deadlift to pass 2000 Jr. World Champion Valentin Dedulia by 12.5 kg. (930 kg.) Dedulia is a great squatter 365 kg.) who is just a little behind Gankov in the bench press and deadlift. He shows great promise for the future now that he has aged out of the Junior Division. Oleg Demyahin tied Dedulia, but lost on bodyweight. Both the second and third place medalists traveled from Siberia for many days on the train for this competition, and one wonders how they would do when competing near home.

Andrei Malanichev, 2000 World Junior Champion, and Silver Medalist in 1998 and 1999 in the 110 kg. class demolished the competition with a 1000 kg. total. Andrei squatted 400 kg. easily and is well known for his "dive bomb" style. He was good for at least 20 kg. more as the weight didn't even slow down. His bench of 240 kg. was second on bodyweight to Silver Medalist, Igor Gagin, but Andrei comfortably handled just short of 800 lbs. in the deadlift (360 kg.). Gagin totaled 910 kg., and Bronze medalist, Sergei

**Russian National Championships** Mashenko, D. 190 157.5 447.5 177.5 447.5 1-4 MAR 01 - St. Petersburg (kg) Chumicheva. 170 100 165 190 445 162.5 432.5 Gross, Y. WOMEN SQ BP DL TOT Bogatova, N. Kostyleva, E. 100 44 kgs. Krikung 170 180 180 87.5 160 145 427.5 60 310 NA N. 120 130 Kolcsnikova, N. 125 62.5 Golubcva, O. 112.5 60 120 120 180 90 170 80 160 90 145 110 137.5 75 307.5 292.5 415 Pantina, O. Salukova, O. 170 Prokofieva, O. 160 160 150 410 400 48 kgs. Shapovalova Legotkina, O. Tulina, N. 132.5 387.5 135 347.5 150 80 140 67.5 142.5 67.5 390 360 335 J. Darting 160 Matveeva, Y. 152.5 75 kgs. Kudinova, M. Miklashevich 125 Vorobieva, E. 122.5 70 Karbysbeva, A. 132.5 67.5 Stepchenko, E. 127.5 70 Mihailova, N. 117.5 65 147.5 230 637.5 260 140 332.5 130 330 117.5 315 130 312 240 155 242.5 135 212.5 607.5 222.5 600 Puzanova, T. Terentieva, A. Bochko, S. 210 170 155 100 200 200 565 470 Chushina, M. 120 105 55 55 300 275 125 87.5 Aleksseva, A. 115 Youdints eva A 175 167.5 430 87.5 80 97.5 90 90 0 165 145 140 140 Ageeva, O. 167.5 412.5 Ahmina, M. 102.5 52.5 120 275 Anmina, M. 52 kgs. Eltsova, T. Ivanova, N. Maile, J. Newman, C. Melihova, E. 152.5 395 390 360 177.590157.5901509015595 160 140 0 165 432.5 402.5 Schepina, L. 155 150 390 Morozova, T. 140 380 82.5 kgs. 137.5 337.5 Rychkova, O. Karpenko, S. Oparina, O. Vasilieva, T. 235 135 230 127.5 72.5 337.5 Payousova, N. 220 317.5 Rumyantseva 165 315 Ponomareva, T. 150 127.5 67.5 142.5 337.5 142.5 232.5 595 120 90 150 435 157.5 397.5 . 125 135 72.5 65 120 Malyh, E. Ushakova, N. 115 315 307.5 90 kgs. 72.5 120 115 90 kgs. Lugovaya, I. Kurina, Y. Yourik, E. 90 kgs. Pavlova, A. 240 650 250 160 Dzuba, A. 120 62.5 112.5 295 107.5 200 137.5 180 56 kgs. Nelubov, V. Filimonova, 245 180 552.5 177.5 495 182.5 490 90 kg. 5 180 460 Pavlova, A. 180 437.5 Karpova, G. 180 437.5 Karpova, G. 185 133 497.5 207.5 100 145 660 270 245 Petrunina, E. 177.5 102.5 Petrunina, E. 177.5 Morozova, V. 170 Lobanova, A. 165 Paligina, M. 145 Medvedeva, L. 135 Gubanova, V. 130 Puzanova, O. 130 Valova, N. 105 Pudovlica, A. 125 252.5 150 260 135 0 165 225 627. 215 610 627.5 87.5 160 405 Avilkina, I 152.5 367.5 D. Ferrell 80 70 80 65 70 75 55 55 182.5 -360 360 340 330 315 305 145 145 MEN 52 kgs. Juravlev, S. Romanov, A. Svistunov, S. 112.5 210 547.5 225 Puzanova, O. Valova, N. Pudovkina, A. 140 150 215 107.5 185 107.5 165 120 172.5 110 107.5 172.5 495 107.5 182.5 475 135 125 130 180 465 180 462. Artemiev Bemova, M. 120 60 kgs. Fomina, E. Abramova, I. Sidorova, D. Galomova, A. Skochek, S. 462.5 212.5 125 202.5 540 Kazakov, R. Elkin, Y. 180 0 110 0 137.5 427.5 
 212.5
 125
 202.5
 540

 212.5
 107.5
 205
 525

 185
 105
 200
 490

 180
 110
 170
 460

 155
 92.5
 160
 407.5
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 525
 Elkin, Y.

 490
 56 kgs.

 460
 Pavlov, K.

 407.5
 Asabin, N.

 400
 Chopovskiy, Y

 397.5
 Malyagov, V.

 390
 Chgernikov, P

 370
 Azizov, R.

 370
 Borisov, V.

 370
 Panin, D.

 Artemiev, O.
 Far.6
 252.5 172.5 220 170 160 155 Kond, A. Kosareva, M. Mirzoeva, N. 137.5 207.5 575 230 225 110 220 170 75 157.5 90 157.5 92.5 160 140 135 220 125 192.5 537.5 202.5 107.5 195 Busarova, N. Illushko, T. Lebedva, I. 150 155 85 80 62.5 190 180 110 100 190 490 170 450 135 205 ourchenko, O.150 157.5 122.5 -67.5 kgs. Danilevich, T. Nikolaeva, E. -60 kgs. Aodruchin, M. 130 515 195 190 260 142.5 265 667.5 195 120 192.5 100 175 195 170 490 487.5 Proskurin, A. 132.5 247.5 625 180 195 620 245 Magula, N. Zaharova, I. Muchmatianov 245 197.5 95 462.5



Irina Lugovaya ... 240 kg. deadlift.

Burmistrov totaled 897.5 kg.

The Men's Unlimited Class was dominated by Alexei Serebryakov, the 2000 World Junior Champion. He totaled 1000 kg. win against Igor Nastynov's 882.5 kg., and 1998 Jr. World Champion Oleg Gagin's 872.5 kg. Serebryakov is the three time bodybuilding champion of Russia and this was evident in his muscle density. His 360 kg. deadlift was done in a singlet. Alexei also speaks excellent English and was very outgoing after the competition ended. Gagin attended our dinner on Saturday night (before lifting on Sunday) and made what was perhaps the quote of the trip. When asked about drinking the night before the competition, he replied, "it is good for strong men to drink beer." It is hard to disagree with that. Oleg's performance the next day is all the more remarkable when you consider that he blew his only squat suit in the warmups, and squatted in a singlet. He made a very light opener, jumped to 315 kg., and finished with 340 kg. It was obviously a question of not knowing what he could lift without a suit, because his final squat was done as pasily as his first

The Men's competition was won by Bashkortostan, with 52 points, followed by Moscow with 48, and Kemerovskaya with 43; a very tight competition with 40 regions represented.

Following the competition, the U.S. contingent went to dinner in the Chinese restaurant in the hotel with

several of the lifters from Kemerov and one lifter and coach from Yakutiya, across the Bering Strait from Alaska. Mr. Bogatchev offered may toasts, and gave coaching medals and other gifts to the U.S. lifters and staff. We managed to drink a little more vodka (purely for ceremonial reasons, of course), and reviewed what was an excellent competition and a great trip. We were seen off the next afternoon by Julia, Vladimir, and our tour guide Ludmilla at the airport.

After talking to the U.S. lifters who participated, this was, perhaps, one of the greatest experiences in lifting we have experienced. The level of competition was extraordinarily high. We met many new friends and renewed old friendships from prior World Championships. We hope to host our Russian Friends here in the U.S. soon, starting with the Alaska State Championship and Russia/Alaska Friendship Cup. If we haven't worn out our welcome. all of us who attended would return to Russia to watch, participate, or assist whenever invited

	a second and			and and a second					
Kokorev, I.	202.5	125	230	557.5	Zalozhkov, S.	300	187.5	-	-
Nurutdinov, M		120	200	555	100 kgs.				
Kabanov, D.	215	125	200	540	Smischenko V.	340	237.5	330	907.5
Isupov, A.	175	105	210	490	Ismagilov G.	330	215	342.5	887.5
Zvyagintsev, A.	-	-	-	-	Fedorenko Y.	340	210	335	985
67.5 kgs.					Babikov A.	357.5	205	322.5	885
Dolgov, E.	275	165	260	700	Gergiev A.	320	227.5	330	877.5
Muler, I.	277.5	140	270	687.5	Grachev E.	350	190	332.5	872.5
Vaslanov, R.	240	175	262.5	677.5	Fedenko D.	320	220	330	870
Zvyagintsev, A.		190	237.5	645	Ushakov A.	350	200	320	870
Vasilicv, O.	250	150	240	640	Cgernomorets	340	207.5	310	857.5
G. Simmons	230	147.5	250	627.5	Maksimov, S.	305	215	332.5	952.5
Glazunov, A.	240	160	220	620	Siluntsev, D.	344	192.5	307.5	845
B. Green	227.5	120	262.5	610	Ryskajhenko	300		290	805
Sidorov, A.	-	-	-	-	Kozlov, A.	300	205	300	905
Marenok, A.	250	125	-	-	Vargin, V.	310	212.5	265	787.5
75 kgs.					Zelenov, V.	315	195	270	790
Baranov, V.	317.5	180	307.5	805	Korchin, V.	295	200	270	765
Furagkin, V.	315	190	300	805	Kapu, K.	285	185	265	735
Vostrikov, R.	300	177.5	290	767.5	Sinitskiy, A.	310	205	-	-
A. Sokolov	295	177.5	285	757.5	Pominov, A.	310	-	-	- 0111
Kallya I.	252.5	162.5	295	710	Ustinov, Y.	-030	-	-	-
Koshkin S.	270	180	250	700	110 kgs.				
Baev L.	250	180	250	680	Gankov, A.	350	235	357.5	942.5
Skobelkin S.	240	155	280	675	Dedulya, V.	365	225	340	930
Yakovlev, A.	250	147.5	270	667.5	Demyahin, O.	362.5	210	357.5	930
Neveikov, A.	255	192.5	220	667.5	Akimov, L.	360	215	345	920
Luschay, V.	250	147.5	250	647.5	Samchuk, G.	330	205	350	885
Ogienko D.	245	175	220	640	Novikov, M.	310	242.5	302.5	855
Begdairov, I.	215	140	235	590	Rudenko, A.	320	200	335	855
Ushakov, S.	-	-	-	-	Kurtsev, E.	325	220	300	845
82.5 kgs.					Chevernogenko		215	292.5	837.5
Mor, S.	317.5	210	315	842.5	Glazunov, M.	325	190	310	825
Gordeev, S.	320	200	312.5	832.5	Sapatov, D.	-	-	-	-
Ilarauzov, A.	305	205	290	800	Piskunov, V.	1000	_	_	0.000
Usanov, S.	260	190	290	740	Homyakov, A.	-	-	-	- 1100
Grishaev V.	305	187.5	240	732.5	125 kgs.				
Nikitin A.	270	200	260	730		400	240	360	1000
Kusnetsov Y.	270	155	282.5	707.5	Gagin, I.	360	240	310	910
Gavrilov A.	240	165	255	660	Burnnistrov, C.		235	312.5	897.5
Shafeev, R.	-	-	-	-	Maksimov, V.	320	250	290	860
Budarin, S.	260	210	-	-	Sidenko, S.	330	235	285	850
Dementiev, R.	-	-	-	-	Kolodko, N.	325	192.5	325	842.5
Shestakov, I.	-	-	-	-	Bulichev, M.	325	222.5	290	837.5
Zvarykin, A.	-	-	-	-	Volkov, S.	330	200	300	830
Kokomov A.	-	-	-	-	Schukin, A.	_	_	_	
90 kgs.,					125 kgs.				
Tarasenko, A.	345	235	315	895	Serebryakov, A.	400	240	360	1000
Kurakin N.									
	300		300	795	Nastynov, I.				882.5
	300	195 202.5		795 795	Nastynov, I. Gagin, O.	345	227.5	310	882.5 860
Otavin, K.	300 302.5	195 202.5	290	795	Gagin, O.	345 320	227.5 210	310 330	860
Otavin, K. Bogdanov, A.	300 302.5 300	195 202.5 202.5	290 290		Gagin, O. Aksenov, V.	345 320 282.5	227.5 210 180	310 330 312.5	860 775
Otavin, K. Bogdanov, A. Serikov, D.	300 302.5 300 310	195 202.5 202.5 175	290 290 295	795 792.5 770	Gagin, O. Aksenov, V. Dvoinikov, A.	345 320 282.5 270	227.5 210 180 190	310 330 312.5 280	860 775 740
Otavin, K. Bogdanov, A. Serikov, D. Kanukov, V.	300 302.5 300 310 290	195 202.5 202.5 175 197.5	290 290 295 280	795 792.5 770 767.5	Gagin, O. Aksenov, V. Dvoinikov, A. Champ of Chan	345 320 282.5 270 mpions	227.5 210 180 190 Award	310 330 312.5 280 - WO	860 775 740 MEN'S
Otavin, K. Bogdanov, A. Serikov, D. Kanukov, V. Senko, A.	300 302.5 300 310 290 290	195 202.5 202.5 175 197.5 170	290 290 295 280 300	795 792.5 770 767.5 760	Gagin, O. Aksenov, V. Dvoinikov, A. Champ of Chan DIVISION: 1st K	345 320 282.5 270 mpions udinov	227.5 210 180 190 Award a, Marin	310 330 312.5 280 - WO a 634.8	860 775 740 MEN'S 2. 2nd
Otavin, K. Bogdanov, A. Serikov, D. Kanukov, V. Senko, A. Zverev, P.	300 302.5 300 310 290 290 270	195 202.5 202.5 175 197.5 170 200	290 290 295 280 300 270	795 792.5 770 767.5 760 740	Gagin, O. Aksenov, V. Dvoinikov, A. Champ of Chan DIVISION: 1st K Fomina, Elen	345 320 282.5 270 mpions udinov a 602	227.5 210 180 190 Award a, Marin .05, 3r	310 330 312.5 280 s - WO ha 634.8 d Nelu	860 775 740 MEN'S 2. 2nd ibova,
Otavin, K. Bogdanov, A. Serikov, D. Kanukov, V. Senko, A. Zverev, P. Iliechev, N.	300 302.5 300 310 290 290 270 270	195 202.5 202.5 175 197.5 170 200 177.5	290 290 295 280 300 270 290	795 792.5 770 767.5 760 740 737.5	Gagin, O. Aksenov, V. Dvoinikov, A. Champ of Char DIVISION: 1st K Fomina, Elen Valentina 584.	345 320 282.5 270 mpions iudinov a 602 89. Ch	227.5 210 180 190 Award a, Marin .05, 3r amp o	310 330 312.5 280 a - WO a 634.8 d Nelu f Chan	860 775 740 MEN'S 2. 2nd ibova, pions
Otavin, K. Bogdanov, A. Serikov, D. Kanukov, V. Senko, A. Zverev, P. Iliechev, N. Kurbanov, D.	300 302.5 300 310 290 290 270 270 280	195 202.5 202.5 175 197.5 170 200 177.5 175	290 290 295 280 300 270 290 270	795 792.5 770 767.5 760 740 737.5 725	Gagin, O. Aksenov, V. Dvoinikov, A. Champ of Char DIVISION: 1st K Fomina, Elen Valentina 584. MEN'S DIVISIO	345 320 282.5 270 mpions a 602 89. Ch DN: 1s	227.5 210 180 190 Award a, Marin .05, 3r amp o t Pavlo	310 330 312.5 280 a - WO a 634.8 d Nelu f Chan	860 775 740 MEN'S 2. 2nd ibova, npions stantin
Otavin, K. Bogdanov, A. Serikov, D. Kanukov, V. Senko, A. Zverev, P. Iliechev, N. Kurbanov, D. Ponukaev, A.	300 302.5 300 310 290 290 270 270 280 240	195 202.5 202.5 175 197.5 170 200 177.5	290 290 295 280 300 270 290	795 792.5 770 767.5 760 740 737.5	Gagin, O. Aksenov, V. Dvoinikov, A. Champ of Char DIVISION: 1st K Fomina, Elen Valentina 584, MEN'S DIVISIO 590.30, 2nd B	345 320 282.5 270 mpions udinov a 602 89. Ch DN: 1s aranov	227.5 210 180 190 Award a, Marin .05, 3r amp o t Pavlo Viktor	310 330 312.5 280 a - WO a 634.8 d Nelu f Chan	860 775 740 MEN'S 2. 2nd ibova, npions stantin
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LM: Victor, how old are you? VF: 32 years. LM: Married? VF: Yes, I have two children. LM: How long have you been powerlifting? VF: 6 years.

LM: Do you have a job outside powerlifting?

VF: Yes, for ten years I have been a fireman in mycity of Syktyukar. in the Komi Republic. (An independent republic northeast of St. Petersburg).

LM: Where do you train?

VF: At the State Sports Club, operated by the Ministry of Sport. in Syktyokar.

LM: Who is your coach? VF: I don't have a regular coach. I am self-coached, except at major competitions. At national and world championships, I have a senior coach assigned to me to help with my equipment and to assist with my numbers. I also coach several junior lifters who compete at local and regional com-

petitions. LM: What type of equipment do vou use?

VF: Inzer gear. LM: What titles to you hold?

VF: I have been the European Champion three times. I have medaled three times in world championships, all in the 75 kg. class. In 1998. I placed third, in 1999, second, and I was the World Champion in 2000 in Akita City, Japan. I will compete in the World Games in 2001 in Akita City, and the Men's World Championships in Finland

LM: Do you have any sponsors?

VF: Yes, I am assisted with time to train by my job, and receive other help from the Ministry of Sport.

LM: What are your goals in powerlifting?

VF: I would like to break the world squat record. I want to continue coaching junior lifters. None of my lifters have been selected to lift at junior world championships yet, so I will not attend this

year. LM: How long do you see yourself continuing powerlifting?

VF: I plan to continue for at least my health allows. (Victor sus- out which has affected his back.)



(Personal dialogue between PL USA Magazine and the Sport's Greatest International Lifters)

2000 IPF World 165 lb. Champion VICTOR FURASHKIN as interviewed by 2000 IPF World Masters 181 lb. Champion Dr. LARRY MAILE



Victor Furashkin at the 1999 IPF Men's Worlds, where he finished 2nd. (H.Isagawa)

three more years, and as long as tained a serious injury starting LM: What are your best lifts?

VF: Squat 315, bench 205, and deadlift 307.5 kgs. LM: What advice do you have for

new or beginning lifters? VF: Pay close attention to technique. It is easy to be injured if you are not careful. Beginners should always have a coach present to help with this.

LM: How many workouts do you do each week? VF: I train eight times each week.

Twice on Monday, Wednesday, and Friday, once on Tuesday and Saturday, I take Thursday and Sunday off.

(Here is a typical training week: Training weights are given as an example so the reader may understand the relationships be-

tween lifts. He increases the weight by percentages each week. Victor trains in equipment year round). Monday morning:

Squats: 150 kgs. - 1 set of 5, 170 kgs. - 1 set of 5, 220 kgs. - 2 set of 3, 225 kgs. - 2 sets of 3. Bench Press: 100 kgs. 1 set of 5, 120 kgs. 1 set of 5, 140 kgs. 1 set of 5. 165 kgs. 5 sets of 3. Dumbell flyes: not sets & reps given.

Monday night: Squat: 220 kgs. 4 sets of 4 reps. Leg Press: no sets or reps given.

Tuesday: Same bench press workout as Monday. Cable rows: no sets & reps given. One arm tricep push-downs 10 sets of 10 at 135 kgs. Abdominal work (weighted sit-ups)

Wednesday morning: Deadlift on 5 cm blocks: 150 kgs. 1 set of 4, 170 kgs. 1 set of 4, 220 kgs. 4 sets of 2.

Wednesday night: Bench Press: 100 kgs. 1 set of 5, 120 kgs. 1 set of 5, 140 kgs. 1 set of 5, 140 kgs. 5 sets of 5. Flyes: no sets or reps given. Weighted dips: no sets or reps given. Deadlift from floor: 200 kgs. 2 sets 3 reps, 200 kgs. 2 sets 3 reps, 220 kgs. 2 sets 3 reps, 250 kgs. 5 sets 3 reps. Incline sit-

Friday: Same workout as Monday.

Saturday: Deadlift: same as Wednesday. Incline Benches: 110 kgs. 6 sets of 5. Triceps (dips). Rack Pulls: same warm-

up as deadlifts, 300 kgs. 4 sets of 2-3 repetitions.

Ah! The return of Spring, and warmer weather and outdoor meets, and the promise of Summer. Even here in California, where you can hit the beach 365 days a year, it gets chilly in Winter, so Spring is very welcome. And once Spring arrives, a lot of events come with it.

L.A. Urban Fitness had a party and expo in front of their store recently, and a lot of the major supplement companies came and exhibited so POW!ER SCENE got to hear what's new and exciting. MetRx brought its Zone Manager for the Western U.S., Craig Jackson, and he had a lot to say about their ADS



Sports Division, and said they'll be launching their Biochem Platinum One, featuring their third generation creatine, designed for better absorption, reduced bloating and digestive problems, and bigger strength increases. Flex Wheeler, recently re-tired from bodybuilding, was manning the Biochem table with Kenny. Other companies included

ProLab, which brought fitness

competitor Danielle Edwards, and our local outfit, Phil's Power Pancakes, which makes great tasting packaged pancakes, so if you see them, tru one Magazine sent out

Flex Wheeler (left) and Kenny Flores (right) of Biochem.

line of products. ADS standing for Anabolic Drive Series. It was introduced early in 2001, and is not intended for the mass market. It's aimed at performance athletes, and includes RTD (ready to drink) meal replacements, the AfterFx post-workout bar and a glucose accelerator. For more information, check with

your local supplement store. Kenny Flores, who used to help run Gold's Gym in Venice, is now the National Sales Director for Biochem's



ProLab's Danielle Edwards at LA Urban Fitness. (Photo: Ned Low).



Jerry Fredrick (I) and Lonnie Teper (r) of Ironman Magazine around Hope Zarro. (Photograph provided courtesy of Ned Low to PL USA).

estimates that they carry about 200 different product lines. We always thought there were an awful lot of supplement companies. According to George, at the moment the hottest product areas are growth hor-

people, Lonnie Teper and Jerry Fredrick, and

they were interviewing people and snapping pictures, plus posing for a few. We caught them with make-up artist and fitness competitor Hope Zarro, who just moved here from New York, MuscleMag's Steve Neece was also checking out the action.

IronMan

two

Owner George Salem opened L.A. Urban Fitness in 1994, and



mone, creatine, antioxidants, and thermogenic fat burners.

A couple of weeks earlier POWIER SCENE was at the Natural Products Expo in Anaheim, which is a huge trade show featuring all sorts of food and supplement companies, and we ran into powerlifter and strongman competitor Chad Coy of Indiana, Chad and two of his strongman training partners are all ranked in the top ten nationally for strongmen, and incorporate a lot of powerlifting training into their workouts. POW!ERLIFTER VIDEO Magazine will be doing some video shooting with them very soon to capture what they're up to.

Another strongman, and a great powerlifter, is Missouri's Willie Wessels, Along with Rick King and Jim Davis, Willie is putting on the NASS Missouri Strongman Contest



Whitney Olivia Wessels born November 7th, 21 inches long and 5 Ibs. 9 oz. - a future heart breaker. (Photo provided by Ned Low).

lbs.), flipping a 600 lb., tire, and loading kegs or stones onto platforms four and a half feet high. Sounds like fun!

And congratulations to Willie and his wife, who are the proud parents of Whitney Olivia Wessels (WOW); we're wondering if there's powerlifting in her future. As for Willie's future, we'll be videotaping some of his training soon for an upcoming



LA Urban Fitness team (left-right.): Fernando Guzman, George Salem, Naomi Fukada. (All photographs provided courtesy of Ned Low).

on May 19th, at Forest Park in St. Louis. If you're thinking of giving it a shot, or just want to watch, call 314-609-6031 for more info. The events include moving the Conan's Wheel for 90 seconds (it weighs 500-600

#### Powerlifter Video.

Finally, we got in the mail the USPF list of upcoming California meets, and it seems that no matter what the meet, or who the meet director is, you can download an entry form from the web, at www.powerliftingca.com. Hurray for progress!

And hurray for training partners, and massages and deep tissue work. and wrist wraps, and all the many things that powerlifters are thankful for. Til next month, see you on video (And we do want to mention that we have out an especially good issue of POW!ERLIFTER VIDEO, featuring the bench training at Westside of George Halbert, Kenny Patterson and Rob Fusner, with explanation by Louie Simmons, plus full coverage of the Arnold Classic with Halbert's 683 bench at 198, plus lots of other great segments. Just call 1-800-BAR-NED LOW BELL.)

## TRAINING

**ROB FUSNER'S** TRAINING PROGRAM

as told to Powerlifting USA by Louie Simmons

What is it like to total over Elite in your first meet? Or bench press 570 at 242 and not even know what lift is first at a competition? Or total over 2358 twice in your first 10 meets? Just how does someone do that? Let's ask the guy who did it - Rob Fusner.

Starting with the squat, Rob does a pendulum wave using bands and weights. First he does an eccentric phase for 1 week. He has lowered close to 1200 pounds, coming up with 755. The main goal is to raise the weight faster and faster on each set for a total of 5 sets, consisting of 1 rep each.

The first full wave is for strength speed and lasts 3 weeks. Rob does 3 working sets of 2 reps. He then adds weight or bands or



Rob Fusner has squatted 905 pounds in the 308 lb. class, and Louie Simmons predicts bigger numbers to come

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both for an additional 3 or 4 singles to near failure, with a top tension of 1050.

The second phase of the wave is for speed strength. The band tension as well as the bar weight is lowered considerably. Combined, it is about 625 at the top. It is roughly 60% at the top compared with the strength speed phase.

Next, the circa-max phase is entered. This phase lasts 4 weeks, increasing the weight for 3 weeks and then decreasing to the lowest weight on the fourth week. This represents over 90% to nearly 100% of Rob's best squat weight at the top.

The last 2 weeks are for deloading. Here the band tension is reduced to a percentage that again will build lots of speed and

quickness. Of course, special exercises are used after squatting, two or three exercises at most per workout. This has Rob squatting 905 at 282. It doesn't hurt that six of his training partners squat in the 900s as well.

On max effort day, Rob does bent-over good mornings, working up to 585 for a triple. He does low box squats, 2 or 3 inches below parallel, with a Safety Power Squat bar, a Buffalo bar, or a special 14-inch cambered bar. He will pull a deadlift off a rack pin or a 2or 3-inch box. He pulls in the conventional style in meets, but sumo in the gym to work the muscles that are neglected. He does one max effort exercise per week. He deadlifts and does good mornings with bands, and he also does band good mornings by standing on a band and placing theotherendover his head. Belt squats also work

well for Rob. After a max effort core lift such as a deadlift, squat, or good morning, he will do two or three special exercises like glute/ham raises, pull-throughs, reverse hypers, or sled work, picking one and concentrating on it. Lats are also worked by doing rows and lat pull-downs.

Rob recently benched 705 in the 308 pound class. For the bench, Rob concentrates on being quicker on speed day, which is Sunday, and always maxes out on special core exercises on max effort day, which is Wednesday.

Rob alternates benching with chains and benching with bands, switching every 3 or 4 weeks. The last 2 weeks before a meet, he will always use chains. This is done to relieve the extra soreness due to



the bands through overspeed eccentrics. Eight sets of 3 reps are done. All sets are done with a close grip to affect the triceps more favorably. The bar is lowered quickly and reversed quickly. The weight is somewhat less than 50% of a no-shirt max bench.

After percent benching, Rob trains his triceps as hard as possible, mostly some kind of extension, always trying for more sets or a heavier weight. Lats are done next and then upper back and side and rear delts. Like most workouts, this one is 50-60 minutes long.

On max effort day, Rob will switch each week from a board press, floor press, overhead band press, chain press, and occasionally dumbbell press of some kind. After the core exercise, it's triceps; as hard as possible. Normally the triceps work will feel a little off because of the nature of the max effort work. Then lats, upper back, and rear and side delts are done.

I have described the physical part of Rob's training, but I can't tell you how dedicated he is to training and raising his total even higher. He will make a lot of noise in the coming years. Rob has every physical quality needed to succeed, as well as a tremendous drive, good training partners, and a gym full of knowledge.

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### The Smaller Water Buffalo as told to PL USA by Geoffrey M. Adler

thinking about what my trainer Mike Sefko said to me a few months ago. During one of my workouts he said: "if you want increase your bench. you must strengthen your back." He said that the back contributes a significant amount of power to the press, and that without it one simply relies on their chest, triceps, and deltoids. It is the back that acts as a

I am sitting at my computer stimulus to the chest. I thought how interesting it was that an opposing muscle could be so beneficial.

I am truly a novice when it comes to powerlifting, a 'smaller buffalo' if you will. Although I have grown significantly in size and strength within the last year, I still am not the size of even an average lifter. My inspiration came a few years ago. I was sitting in my bed-

"THE ULTIMATE VIDEO FOR TRAINING YOUR ATHLETE"

room with my wife, fumbling through the cable channels when the 1978 "World's Strongest Man Competition" was aired on ESPN2. As I sat and watched Bruce Wilhelm lift sand-filled kegs over his head, I was truly amazed and inspired by his brute might. The commentator referred to him as a "300 Pound

If we dwell on personal dif-

ferences, federation con-

trasts, and forget the basics.

our community will be

doomed to crumble and fail.

Water Buffalo." It became apparent to me that my new goal would be to strive to become like a World's Strongest Man competitor, a full fledged "water buffalo." Of course, I am no where near Bruce Wilhelm's size, nor do I resemble him in anu way. As of the date of this writing, I can bench 300, squat 420, and deadlift 350. As a novice these results are acceptable, but I have larger objectives I'm undertaking. My goals are 500 pounds in each of the latter. My motto is: "Motivated by Strength, driven by Testosterone.

As a new subscriber to PL USA, and Milo, I have read about the discrepancies between certain leagues and the issues of contention between federations. I personally feel that these quibbles are petty and insignificant. We as a strong community must remember what brought us to powerlifting initially ... the quest for strength. We all want to acquire pure, unadulterated power, and that makes us very different than any other sport. Weightlifting and Bodybuilding have varying agendas. They are the sister sports to Powerlifting, and do not bring the same kind of results that powerlifters seek. If we dwell on personal differences, federation contrasts, and forget the basics, our community will be doomed to crumble and fail. We as powerlifters are like the body. Each group, league, society, or federation represent different parts of that mass. As with the bench press analogy, we need to rely on each other for strength. We simply can not afford to have one segment carry the weight of the sport for the rest, for when we do, we are not utilizing our fullest potential. I am proud to be a powerlifter and member of this community I am always excited when the latest edition of Powerlifting USA arrives at my doorstep. I enjoy reading about other people's achievements because it sets new standards for me, and motivates me to work harder and more intensely. Isn't this what Powerlifting is all about?

Geoffrey Adler

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Cold, hard fact number one: If you gain weight, you will get stronger. Everybody already knows that. Even if most of the weight is not "good weight" it will nevertheless have a positive effect on strength. Of course, there is the argument that the weight one gains should be "quality" weight (i.e. muscle, which is preferable), but the truth is that even adipose and water weight can contribute to the lifting of heavier poundages. It is beyond the scope of this article to address the exact physiological mechanisms for this, but tissue leverage is commonly cited as the main reason for the phenomenon. My purpose is not to explain why this happens, but rather to explain how to take advantage of the fact that it does happen. Weight moves weight!

If you understand and accept this, you have probably tried to "bulk up" at some point in your training. You also have probably experienced the frustration, firsthand, of just how difficult it can be to gain weight. Anyone can gain 15-20 pounds (and they often do, by accident!) but that's not what I'm talking about. I'm speaking of training on 35-40 pounds on purpose with a combination of extra heavy lifting and extra heavy eating! If anyone is confused about what I'm saying here then this article is not for you. I won't waste your time explaining and justifying the need for some lifters to put on weight, but for those of you who have been desperately trying to get your weight up and crack through a plateau, let's get to it. Why can't you seem to gain weight?

#### DO THE MATH

Quite simply, you aren't eating enough! I know, I know, you eat all the time, you eat more than everyone you know, you have a fast metabolism ... yadda, yadda, yadda. I know all the excuses. I have used them all myself. I even believed them, but there are rules in the universe. We are bound by the laws of physics and no one is pardoned. Creating a positive caloric balance is completely defined by the equation: calories in vs. calories out = calories net. That's it. No one escapes it. If you eat more calories than you use in a day, you will gain weight. Period. There is some fluctuation for metabolic shifts and the efficiency of the body's absorption of calories, granted, but this effect is small and it is the rare person who exhibits a metabolism that could bear the blame for being unable to

#### WHY CANTIGAIN WEIGHT? as told to Powerlifting USA by J.M. Blakley



J.M. Blakley practicing what he preaches in this article! In this photograph by C. Nawrocki, he weighs in around 285. According to J.M. "Here is an article whose time has come! People are always asking me about gaining weight. The first (article) 1/2 is the 'sizzle', and the second (next month's article) 1/2 is the steak! I start by taking away the excuses, then give some very practical advice. I can't wait to see how people respond to the <u>TRUTH</u>!"

manipulate their weight. More about this later, but for now get it straightyour metabolism is not to be a scapegoat for your lack of discipline. You must eat more. If your metabolism speeds up, then you must eat even more to cover that. There is a limit to how fast your metabolism can run. You must stay ahead of it. And you must learn to control it. Above all, you must accept the inarguable fact that you must put more food into your mouth.

My favorite question to ask those people who think they are eating tons of food but not gaining weight is, "what do you weigh?". Then when they answer (let's say 195 lbs. for example) I respond "and how long have you weighed that?" They almost always answer that they have been at their current weight for over one year and often much longer. To this I quip "then you are eating enough to maintain 195 pounds. If you want to weigh 215, you need to eat more than a person who weighs 195. You have to eat like a person who weighs 215! You have proven that you eat only enough to keep your weight steady. You've been 195 for some time now! And what you're eating is enough to hold that.

"Weight moves weight!"

But it's not enough to drive it up. So if you think you're eating all this extra food, think again. You're eating at the maintenance feed lot. You need a growth feed lot! If you'd been eating like a 215 pounder all last year, you would weigh 215 now! You're not eating any more than any other 195 pounder! Try harder! Eat more!"

The only hole in this example is the energy output of the individual, but all things being equal, and I hope you are getting the point here, you can't gain weight if you don't eat more.

The general principle is this: train as hard as you can to create a stimulus for growth. Then feed the body everything it needs to adapt. You must cover three needs: recovery, repair, and growth. Some trainees only eat enough to recover from the last workout. They will end up overtrained, because they aren't

meeting the need for repair and their tissues begin to break down under the strain of heavy lifting.

Other lifters will eat enough to recover and repair, but not enough to cover the expense of growth. These lifters end up on a constant plateau, having hard workouts, recovering from them and not overtraining, but never seeing progress. It's a stalemate (the maintenance feed lot group). They train for years and some how excuse the lack of results to genetics or some other bogey man.

You have to cover all three aspects of nutrient need - recovery, repair, and growth. First, eat enough to recover from the stress of a training session. Second, eat enough to repair any damage the workout may have caused. (If you are training very heavy, there is always micro-trauma occurring at the cellular level). Third, you must eat even more to cover the cost of your body building itself up. If you don't eat these extra calories, where will the body get the energy to do the building? And what, pray tell, do you suppose it will use for building material ... air? Your body needs stuff (matter) to build with. You can't build something out of nothing. The body needs substance to convert into body mass. That substance is food.

The only way to be absolutely certain that you are getting the most out of your workout is to eat more than you need for recovery, repair, and growth. You will begin to see a bit of bodyfat start to accumulate. Please don't misunderstand me and think I'm telling everyone to get obesely fat. I'm only suggesting a light layer of "winter weight" or a "softening". You should never let your bodyfat percentage rise above unhealthy levels, and never put on what you can't get off.

This is what I call bathing the cells in nutrients. You give them all they need and then a little bit extra which you can see usually around your middle. Remember; it's OK to put it on to gain strength if you also plan to take it off later and maintain your new strength level when you diet. Just make sure you get around to dieting sooner or later! This way every workout has the nutrients it needs to give it the chance to be fully effective.

Step one is the realization that you are, in fact, not eating enough. Some trainees will admit this, but then have trouble with the work of eating. To this I say only: DISCI-PLINE! You must eat on schedule. You must eat what you are supposed





J.M. Blakley is noted for wide swings in bodyweight, from the 220s to beyond the 275s, even within the same competitive lifting season. Here he is seen at Jari Sjoman's 1998 PowerNight competition held in Helsinki, Finland. (photograph take by A. Orebaugh, and supplied by J.M.)

to. You must not excuse yourself from eating what you are supposed to when you are supposed to. This is the self same discipline that everyone recognizes the need for in losing weight. It is no different for you who would choose to gain weight. No one feels somy for a person who says they are trying to lose a few pounds and then proceeds to attend meetings with Ronald McDonald, Ben and Jerry, and Bud Weiser. And I don't feel somy for those who lack the discipline to eat more.

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I know how difficult it can be, but I am reminded of the time I was complaining to a friend about how hard I was trying to get my weight up to 300 pounds and how tough it was for me to eat so much, and boo-hoo-hoo. The friend looked at me, clearly fed up with my whining, and remarked "I see several people over 300 lbs. at work (he was a physical therapist) and they really don't seem to be trying all that hard! They weigh 300 and they don't try!" This puts it in better perspective for me. I even had the advantage of working out with weights to

This puts it in better perspective for me. I even had the advantage of working out with weights to help boost my weight and these guys were outeating me and my best effort without so much as a second thought. If people can do it on accident, I could certainly do it on purpose! And I did. So can you.

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Admit that you are under-eating. Then admit that you are not trying your best. I don't believe you if you tell me you can't eat any more than you are eating now. If you tell me you can't eat any more, I'll tell you that you just *can't* have what you want then. (I never argue with someone who tells me they *can't*). That's the universe's law, not mine. If you can't do the work, you can't have the reward. Sorry. Now, do you really mean *can't* or is it more like *won't*? If you want it, you can. Ask anybody



got a discount, and you got taxed. So what? You can still both have it. Are you willing to pay or not? If you're not, you're not. But your reason shouldn't be because it cost you more than someone else. When someone wants something bad enough they'll pay double! They don't care - they are just happy to get it.

What I'm telling you is that you can gain weight if you accept the fact that it is possible and that it is going to be hard. I never said it would be easy, I only said it would be worth it. Get rid of any excuse or explanation for not gaining other than "I'm not trying hard enough. I must try harder." Then you're on your way. Blame only yourself for past shortcomings and resolve to bring whatever it takes to the table from now on.

Next time: Tricks of the trade - how to eat like the big boys!

Outside of bombing out or sustaining an injury, the worst thing that can happen to a lifter is to peak prematurely. This is especially true come meet time. We all know that feeling. You register several fantastic workouts in a row where you feel like you could challenge Ed Coan, but soon after you may waver on challenging Ed Norton. This isn't just a one-workout aberration, but it continues for numerous succeeding workouts. You have experienced a premature peak.

Top athletes know they can't maintain top athletic performance for too long a period. Of course, this varies from athlete to athlete. The goal is to peak just when you want to, like at meet time. This goal is impossible to guarantee 100% of the time, but I can provide some tips that can increase the probability of hitting your peak at the right time.

It takes a good deal of experience and a training log is key to accomplishing this. Let's start with defining a training log. Basically, this is a record or diary of your training sessions that include exercises, weights, sets, reps, and general information. During each workout, record this information in the log. An official training logbook is not required. A note pad will definitely work. Don't forget a pencil or pen.

First, you need to record your workouts for about 6-8 months before the log becomes useful. A year with a few meets sprinkled in would be best. What we're looking for are trends as to how long it takes for each lift to peak out. Using a period of less than 6 months doesn't provide a reliable enough time frame. Let's look at a sample squat cycle, only the top work sets will be outlined:

Week 1 - 400 x 8
Week 2 - 405 x 8
Week 3 - 420 x 6
Week 4 - 425 x 6
Week 5 - 435 x 5
Week 6 - 440 x 5
Week 7 - 445 x 3
Week 8 - 445 x 3
Week 9 - 445 x 2
Week 10 - 430 x 4

This example indicates the lifter peaked out on weeks 5 and 6 and suffered a drop off at week 7 with a downward spiral afterwards. This one cycle by itself is not meaningful, but if 2-4 cycles showed a similar trend, then the results can be valuable. This would indicate this lifter



## **PREMATURE PEAKING**

as told to Powerlifting USA by DOUG DANIELS



Big Mike Hall ... managed his training program to produce a peak at the right time to win numerous titles in the ADFPA, USPF, and IPF.

should limit his peaking cycle for a meet to 5-6 weeks. If he were to work backwards from an upcoming meet, his hard training would commence 5-6 weeks prior. This would increase, but not guarantee the probability that the lifter would achieve peak strength levels at the optimal time; meet day. Up until the 5-6 weeks prior the meet, the lifter should be training in an off season, sub-maximal mode. Many times lifters follow stan-

dard cycle durations of 8-10 weeks that may not suit their individual tendencies. What complicates matters is each lift may exhibit different tendencies. My bench would peak quickly then tail off, while my squat and deadlift could be contest cycled longer. Training log data trends would be critical in determining this and adjustments should be made to accommodate each lift. By using longer periods of time in your study, you can eliminate the effects of illness, work obligations, and personal matters distorting your findings. A personal computer would also help in your data compilation.

You are ahead of the game if you have been logging your workouts prior to wanting to track these trends. Past workouts are just as valuable in determining your peaking tendencies. This research should be ongoing as weight change, injury, and age can effect your results over time.

Back to the general information I alluded to earlier. That should include your bodyweight and time you worked out. It should also include any supplements you are taking at the time to see if they really make a difference. A blurb on how you felt that day could help explain a bad workout here and there. Illness or lack of sleep or rest can have a major effect on your workout.

In a future article, I will delve into several actions and alternatives you can consider if you experience a downturn in your strength levels during contest training. This is considered a reactive approach, but there are numerous pro-active measures you can take to prevent a peaking out too soon.

Continually monitor and adjust your training. Past tendencies and trends can and will change over time. The use of a training log can be invaluable in tracking these trends and decreasing the chances of premature peaking. Premature peaking can happen to anyone and probably has. Your challenge is to reduce its occurrence, and that's worth peaking at, and it would never be premature to do so.

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

#### Press Release: 7th World Games, August 16- WORLD GAMES

26, Akita City, Japan. Competitors from USA Powerlifting will participate in the 7th World Games to be held for ten days in August in Akita City, Japan. The World Games, for the first time, is an affiliate of the International Olympic Committee. This prestigious multi-sport festival provides a venue for several sports which are currently a part of the Olympic Games, for those which are applying for Olympic Recognition, and for those with cultural significance to the International sports community. Representatives of the IOC will be present in Akita City to evaluate each participating sport for consistency with the Olympic ideal, audience appeal, organization, and compliance with International Anti-Doping Agency guidelines. The World Games are held every four years, between Olympic Games. Athletes who best represent their sports are selected for participation. In order for an athlete to receive an invitation to compete, they must be member of an international sports federation that is recognized by the World Games Association, must be members of affiliate National Federations, and must meet the criteria defined by the International Olympic Committee for athletic participation. All regions of the world are represented. There are currently 31 athletic pursuits represented. Powerlifting, by virtue of having been included in prior World Games, is considered a flagship event. Powerlifting enjoys an enormous fan base internationally, and is especially popular in Japan, which hosted the 2000 Men's World Championships. These championships demonstrated the viability and popular appeal of powerlifting, through well organized competition, standing room only crowds for every session, and consistent, fair application of doping control proce-

Brad Gillingham, getting ready to pull the winning deadlift at the IPF World Championships in Akita, Japan, and monitored by his father Gale (right, background) expect to return to Akita for the World Games this coming August. (Shibuya photograph)

dures. The Men's World Championships provided an opportunity for the Akita Organizing Committee to

Monaco, 27 October 2000 The International Olympic Committee (IOC) and the International World Games Association (IWGA) today signed the following document: Memorandum of Understanding between the International Olympic Committee (IOC) and the International World Games Association (IWGA)

The International Olympic Committee (IOC) and the International World Games Association (IWGA) share the same value of promoting physical and sporting activities for the well-being of society.

The IOC recognises the importance of the World Games as a multi-sport event and agrees to support the IWGA and provide assistance based on the following principles:

The IOC will provide its expertise when needed and will maintain its cooperation with the IWGA through its Department of Sports, Olympic Games Coordination and Relations with International Federations, and will help to promote IWGA's activities within the Olympic Movement.

The IOC agrees to grant its patronage to Organising Committees of the World Games and to provide technical assistance through the transfer of knowledge programme.

The IWGA recognises the importance for athletes and officials in all sports to participate as a national multi-sport delegation at the World Games, and will therefore implement this new concept in future World Games.

The IOC will encourage the National Olympic Committees (NOCs) to support and assist their national multi-sport delegations taking part in the World Games. The IWGA is willing to review and further develop the sports programme of the World

Games with the help and input of the IOC. The IWGA accepts that disciplines/events of sports that are not on the Olympic Games programme could be included on the programme of the World Games.

The IWGA shall ensure that only sports whose International Sports Federations are recognised by the IOC (ASOIF, AIOWF, ARISF), or are full members of GAISF, or are existing members of the IWGA, will be included in the World Games programme.

The IWGA shall continue to develop a close working relationship with the World Anti-Doping Agency (WADA).

The IOC also agrees to grant funding to the Organising Committees of the World Games for doping control, according to the Olympic Movement Anti-Doping Code. Done in Monte Carlo, Monaco, on this 27th day of October 2000, in two originals in the English and French language.

Ron Froehlich, President International World Games Association Juan Antonio Samaranch, President International Olympic Committee



refine procedures to best manage the crowds expected, to organize media coverage of this event, and implement a system to assure this

"World Games Team Nominations" (From Dr. Larry Maile) Please note that there are combined weight classes for this competition, so the lifters will be listed that way. There are alternates, but they have not been finally determined, so I will just include the team roster for nominated lifters. Women: Less than 52 kg.: Stefanie McMillian, Alexandria, Louisiana; Jennifer Maile, Anchorage, Alaska; Siouxz Hartwig, Laurel, Maryland. 52 to 67.5 kg.: Sandra Mobley, Laurel, Maryland; Angie Overdeer, Columbia City, Indiana. Over 67.5 kg.: Leslie Look, Belgrade, Maine; Liz Willett, Deming, Washington; Harriet Hall, Anchorage, Alaska. Men: Under 67.5 kg.: Ervin Gainer, Indianapolis, Indiana; Tim Taylor, Belville, Illinois; Justin Maile, Camp Lejeune, North Carolina. 67.5 to 100 kg.: Ray Benemerito, New Jersey; Robert Wagner, Pennsylvannia. +100 kg.: Tony Harris, Honolulu, Hawaii; Pat McGettigan, Blue Mounds, Wisconsin; Brad Gillingham, Minneota, Minnesota. Coaching Staff: Larry Maile, Michael Overdeer, Gale Gillingham, James Benemerito, Jerry Daly. Referee: P.J. Couvillion

event reflects the ideals of the Olympic movement. Powerlifting, by virtue of that success, is represented on the opening page of the 7th World Games Web page: http://www.wg2001.or.jp/ enging/ea0000.htm. Because of the popularity of powerlifting in Japan, the powerlifting competition will have its own Opening Ceremonies. The World Games Association, and the Akita Organizing Committee have been preparing for this festival for several years. Publicity for this event has been ongoing and includes prominent banners in many communities in Japan, large, prominent signs in each international airport, and frequent articles in the popular press in Japan. As a result of this effort, a majority of the sporting events have been sold out for many months. USA Powerlifting, as the new affiliate of the International Powerlifting Federation, will send athletes to the World Games for the first time this year. As the U.S. leader in drug tested powerlifting competition, competitors from USA Powerlifting are seen as representing the ideals of fair competition and adherence to the dictates of the International Olympic Committee as regards doping control. In addition, a number of U.S. powerlifters have proven successful in international competition while upholding these ideals. As a result, the Champions in USA Powerlifting competition are recognized as ambassadors of our sport worldwide. This was demonstrated this past summer in the invitation of Brad Gillingham, USA Powerlifting National Champion (97-2000) and 2000 Men's World Champion to Akita City to do advance publicity for the World Games. He offered demonstrations of powerlifting, met with members of the Japanese media, toured the sites of the World Games Events. In 2000, a memorandum of agreement was signed by representatives of the International World Games Association, and the International Olympic Committee, acknowledging the importance of the World Games as a showcase of international sporting events. The memorandum is reproduced here as well.

There is something I have noticed in college football that seems to contradict the very essence of athletics. It is this idea that winning is more important then athletic competition. That may seem like an oxymoron, but it's not. Over the years Nebraska and Florida State have built a reputation of being a winner by beating the stuffing out of weaker teams, while teams like Notre Dame, Alabama, and Stanford have built a reputation by playing ... well, a lot tougher competition. I am not saving that this is Nebraska's or Florida State's fault Although I suspect that Bobby Bowden knew what he was doing when he lobbied to have his team join the ACC instead of the powerful SEC and Nebraska is notorious for scheduling "woofers" out of conference.

In short, many of the teams that Nebraska and Florida State play every year don't even belong on the same field with them. Let's be honest. These two schools basically field a team of all-stars every year. If you have the best players, you are going to win. If you have an all-star team, you are going to win just about every time you take the field. It doesn't take a brain surgeon to figure that out. Yet a lot of people are absolutely amazed that Florida State and Nebraska are seemingly always ranked in the Top Ten in the nation. In all candor, I would be amazed if they weren't in the Top Ten every year considering the teams they field and the teams they play.

Let's be more honest. There are only a handful of teams in the entire country who are capable of playing Florida State and Nebraska even-up. However, there are a good dozen or more other teams that would give them some trouble. The problem is they never play those teams unless they are forced to play them.

This type of scheduling really pays off in the long run, if the objective is simply winning. First of all, they are not going to get beat up every week playing the likes of Duke and Kansas nor are they going to get upset. Not only that, but with a weak schedule they can practice and experiment in game situations without the fear of being beaten. More importantly though, they can prepare for the one or two really challenging teams they are going to play during the year. If they play a tough schedule or, more notably, one that has parity there is no way they can point towards one team. With a tough schedule you are not going to win all the time either. Do you really believe that Florida State would be 87 and 1 in the SEC? I don't think so! Penn State learned that real quick when they got into the BIG TEN. When they were in the BIGEAST they won the championship like 99 out of 100



#### **POINTS TO PONDER - PART III** as told to PL USA by Judd Biasiotto Ph.D.



Larry Pacifico went up against the best, and earned nine IPF World titles. Above, he pulls at the 1976 World Championships. (Pope)

years. They would annihilate teams like Temple and Rutgers. Naturally, they would go undefeated just about every other year. Just like Florida State does now. Since they have been in the BIG TEN, they are beaten fairly often. See what parity can do.

Unfortunately, it seems like few really want parity. Too many give the impression that they would rather destroy a non-contender than face a real contender. I hate to say this, but I see this same failing in powerlifting where lifters carefully select the easiest competition rather then test themselves against athletes who are their equal. I know lifters who won't even enter a contest if they think they could get beat. What is all that about? That is not the spirit of being an athlete

Let me ask you a question? What jou can an athlete drive from beating someone who doesn't even belong on the same field? Can there be any satisfaction in annihilating an opponent who is weak? What pleasure can Nebraska get from beating Kansas 5783 to nothing? If a tie in college sports is like kissing your big sister, then pounding someone 77 to zip must be like beating your little sister up. That is not any type of an

accomplishment. Defeating an adversary who is not as capable as you are is no feat, but there is great satisfaction and joy in competing against someone who will force you to go to your breaking point, whether you win or lose. The essence of sports is not about winning, it is about competing, about being your very best. It's about pushing your heart and soul to the furthermost reaches of what you are capable of. That is the thrill of competition. You are not going to get that exhilaration by competing against your little sister or entering the all-backyard championships. To get the most out of yourself you have to face competition that will push you right to your limit. Only then will you realize your true greatness.

Take this challenge: The next time you compete, select a meet in which your competition will be as good or a little better then you are. I promise it will bring out the best in you

#### LIFE IS NOT EASY ...

I hope that your life right now is filled with happiness, wonder, and excitement. I really do! And I hope

that your future will be full of the same. Now I don't want to sound like a fatalist, but I must warn you that sometime, actually at various times through the rest of your life, there are going to be occasions when you're going to experience uncertainty, disappointments, and setbacks. There are going to be times when you may even feel miserable and it may seem like there is no hope. When that happens, don't guit! Remember that each of us can refuse to be defeated - that you can rise from the ashes. That you can go on and be what ever you want to be, provided you are willing to work a little, suffer a little and struggle a little. So be confident! Because no matter where you are. no matter how hard things are, you can turn them around. You can create magic if you have a mind to. Never forget that.

There are a lot of things in this life over which you have no control; natural disasters or what insurance companies call "Acts of God." On the other hand, we're not exactly helpless ... otherwise the notion of "free will" would never have been necessaru

It has been said that the trials of life are far less important than how one deals with them. Sometimes you can't choose what happens to you, but you can choose how you will react to the situation. As Saint Francis suggests, there are two major forces in life, extrinsic and intrinsic. We have little control over extrinsic forces such as illness, injuries, or pain. What really matters is how you handle the intrinsic forces. That's what we have control over.

The real champions of life go forward, despite being afraid or blocked by obstacles. They do what has to be done no matter how hopeless things look or how overwhelming the odds. They are aware that fighting back may not always restore things to normal, but trying always makes things better and provides immense self-satisfaction.

They are disciples of the classic slogan, "When the going gets tough, the tough get going."

People who say that a state of affairs is beyond their control are defeated before they even get started. They are just giving themselves an excuse for giving up too soon. To be successful, you need to look for the circumstance you want, and, if they aren't available, then you manufacture them. Successful people don't look for excuses. They look for opportunities. They know that there is always a way to make things work out. That's the type of mindset you need when dealing with adversity. It's always too soon to guit ... never quit, and nothing is impossible ... nothing.

Dr. Judd Biasiotto



WPO Marshal Chad Curtis horses around with WPO (TM) Super Open Belts

(TM) philosophy, that is, an organization by lifters for lifters, we realize in order to be successful, the (\$) prize money must be attainable by the rank and file and not just a select few. When you look at other professional organizations, the cash only goes to the top lifters either by total or formula. Thus, the attitude becomes "Why enter? I already know who will win and place." In the WPO (TM) this attitude has been lessened or even eliminated by giving equal prize money in all the major weight classes for first, second and third place as well as the "Super Open" classes (lightweight, Middleweight, heavyweight.) We believe this variety of competition within the contest will create a special interest to both the viewer and the contestants

Upon request, proof of qualifying total must be submitted to the WPO (TM). Verification may be from meet results showing totals that have been posted or advertised in Powerlifting USA magazine or written notification of contest and totals from the meet director. It is the lifter's responsibility to make certain that the secretary of WPO (TM) receives the qualifying information prior to the entry deadline of the upcoming WPO (TM) competition. Beginning January 2002, all qualifying totals must be made at WPO (TM) sanctioned events.

Additionally, the WPO (TM) has created the Super Open.

Being consistent with the WPO The three Super Open categories are as follows Kilos Pounds

132 - 165.5 Lightwt. 0 - 75 Middlewt. 75.01 - 90 165.51 - 198.5 Heavywt. 90.01 - SH 198.51 - SH

The lifter who has the highest total in Lightweight Super Open Class will become the Lightweight Powerlifting Champion of the World. The lifter who has the highest total in Middleweight Super Open Class will become the



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### World Powerlifting Organization News (TM) What's the Difference?#3

Men's B	ody Weight catego	ories & Qual	ifying Totals
Weight			Qualifying
Class	(lbs.)	(lbs.)	Total
60.0 kg.	0 - 132.5	132	1159
67.5 kg.	132.51 - 148.75	148	1322
75.0 kg.	148.76 - 165.5	165	1450
82.5 kg.	165.51 - 181.75	181	1581
90.0 kg.	181.76 - 198.5	198	1664
100.0 kg.	198.51 - 220.5	220	1752
110.0 kg.	220.51 - 242.5	242	1810
125.0 kg.	242.51 - 275.5	275	1856
140.0 kg.	275.51 - 308.5	308	1898
SHW	308.51 to	SHW	1912
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unlimited

\*All totals must have been made at one of the major lifting federation world or national event in the last five years.

Middleweight Powerlifting Cham- together and divided by two. This pion of the World. The lifter who has the highest total in Heavweight Super Open Class will become the Heavyweight Powerlifting Champion of the World.

Note: Women body weight categories will be initiated in the near future

How did the WPO (TM) come up with the contest qualifying totals?

I will admit that developing these numbers was not rocket science. Kieran and I took the two most respected organizations in the USA, added their national qualifying totals

average became the numbers we use in each weight class to gualify for a WPO (TM) National event.

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 how we 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: Stay Hardcore!

(Russ Barlow, WPO (TM) Technical Director)



W. P. O.TM World Powerlifting Organization™ **YEAR 2000** Membership Application

Initial First Name ZIP State Sex Date of Birth Age Date of Application Occupation S APPLICATION I CERTIFY VE ANSWERS ARE TRUE AND THAT I AM ELIGIBLE IN WITH THE RULES OF IRE x 00 Membership Registration Fee: \$ 25.00 Huge Iron Production, Inc. Mail Application & Check To: 910 S. Atlantic Avenue Ormond Beach, FL 32176

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> **Matt Dimel 1010 SQUAT**

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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: Thank you so much for having a look at my blood test results. I am in your debt. Here they are. Thank you so much for your valuable time Mauro. I am really enjoying the diet and am still passing round the word at my gym. I have two brief questions for you if you don't mind

1. When trying to gain weight you recommend keeping weekday calories the same and increasing calories on weekend carb ups. I find eating all that food in two days very hard to do, due to my having a large maintenance calorie level. Could I, for example, increase calories by 500/800 each day equaling, a pound a week gain roughly?

2. I am really interested in Powerlifting. I know you are a huge fan of the sport as well as being a CHAMPION at it. Due to limited funds what few books or videos do you recommend to get me started. Thank you again. Kind regards, Rob (England)

P.S. Will you ever have any seminars in the U.K?

DEAR ROB: The lab work looks fine although I'd have to have the normal values of that lab to be able to fully evaluate the results. Going by averages, though, it's all OK.

In answer to your questions:

1. You can increase the calories in whatever way that works for you. My recommendations are not fixed in stone. In fact, except for some guiding principles, the whole diet is about finding out what works best for each individual.

2. I'd recommend that you have a look at http:// www.benchgod.com/ as it has a lot of info and links. It should get you going in the right direction.

As far as seminars in the UK, that may be a possibility within the next 12 months or so. I'll be giving a few seminars in Italy. All the best, Mauro Di Pasquale MD

DEAR MAURO: I got some advice about training from you recently. I am hoping to get some diet help from you. I weigh about 250 right now and have about 17% bodyfat. I am going for the world record in the 110 K weight class. I am going to start a low carb diet. My question is, if I do a 5 day low carb and weekend high carb phase, I don't want my Thursay bench workout to suffer. Is there any way around this? Thursday will be my heaviest bench workout, although I will be benching on Monday also based on the program you gave me. I would like to maintain my weight and get down to about 10% bodyfat. I'm only worried about my late in the week workouts suffering. ANY advice would be appreciated!

DEAR SIR: The 5 day, 2 day split is not written in stone. There are many variations that would allow you to perform at your Thursday workouts. Have a look at www.allprotraining.com at the variations for using carbs. In your case I would do a Wednesday carb up and only carb up on Sunday rather than Saturday and Sunday. Best of luck, Mauro Di Pasquale MD

DEAR MAURO: I started the Metabolic Diet yesterday (Monday). This morning (Tuesday) when I worked out, I was weaker in many of my lifts.

### Metabolic Diet Book

Mauro DiPasquaie, M.D.



Price: \$39.95 Availability: Ships within 24-48 hours. To order call 1-800-519-4094 or order on site from www.allprotraining.com Hardcover - 512 pages publisher: AllProTaining If you're confused as to what kind of diet you should be

following, 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 fitness experts. After a while it gets pretty hard to sort out just what kind of diet is best for maximizing muscle mass and minimizing body fat. Should you do high carbohydrates, low fat, low carbohydrates, high fat, low protein, high protein, or maybe just cycle them all and hope that something works?

The Metabolic Diet is a one - stop solution to the age -old dilemma of what diet is best to maximize muscle mass and strength. Don't miss out. Order a copy right now. You won't be disappointed.

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JointSupport (TM) is a premier formulation for supporting cartilage and joint function. It's the perfect solution for maintaining healthy joints and dealing with minor muscle ache experienced after exercise.

Is this normal and expected during the first week of the assessment phase? If so, will my strength return next week? If not, what could I be doing wrong? Also, I bought your MRP. I noticed that it has 7 grams of carbs per packet. It appears, however, that not all of those carbs are absorbable. How many of the carb grams in your MRP count toward the daily carb total of 30 grams? What about the bars? Thanks for your help. Hope all is going well for you. I really enjoyed your book. Mike

DEAR MIKE: There are actually only 3 grams of absorbable carbs in the MRP and the bars have 7 grams of absorbable carbs for the chocolate and 8 grams for the peanut crunch. Everyone who tries the Metabolic Diet is going to have to find our just what their optimal carb intake is. If the weakness continues past the second week then you'll have to increase carbs either around your training or on a daily basis.

Check out the troubleshooting chart in my Metabolic Diet book or look it up online at www.allprotraining.com. Once you get it right your lifting will improve, your lean body mass should go up and your body fat should go down. Let me know how you get along. Best of luck with your lifting.

All the best, Mauro Di Pasquale MD

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Louie Simmons

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## WORKOUT of the Month

My name is Lynne Barlow . I am a 41 year old nurse anesthetist who lives in Turner, Maine with my husband, best friend, and coach, Russ Barlow. Istarted weightlifting in 1985 to improve my time in the marathon (I had run three by that time) and to spend some quality time with my husband who is an avid

I adapted quickly to the sport, becoming muscular and quite strong for my size in just a few months. Russ encouraged me to enter a powerlifting meet in 1986 and I was hooked! Competitive running quickly became a thing of the past with powerlifting my new passion. The sport has assisted me physically and emotionally through some difficult circumstances including a bone marrow transplant for leukemia eleven years ago and a major automobile accident five years ago in which I suffered a ruptured spleen, fractured pelvis, and broken ribs.

I won the 105 lb. class at the APF SR Nationals in 1999 and 2000. My best meet lifts are a 343 lb. squat (APF American Record), 210 lb. bench press, 319 lb. deadlift, and 848 lb. total. I currently hold all of the Master WPC World Records in my weight class/age division.

I train three days a week for about an hour and a half per session. I find that three days is optimal as a demanding job with unpredictable hours. Also as a master lifter, I need the additional time to recover. I speed bench on Day 1, squat on day 2, assistance bench on Day 3, and deadlift on Day 4. All of these workouts also include accessory exercises for the major lifts being worked. My basic training principles are based on Louie Simmons' methods with a few modifications.

The following routine is based upon a lifter who has performed a 150 lb. bench max. I find it difficult to predict exactly what an athlete will be able to achieve on the bench press after using my routine as motivational levels, experience, genetics, etc. are so variable. I'm sure that a lifter will make some improvement, however; and a ten to fifteen pound increase would be a realistic goal.

To be successful with this routine an athlete must possess the following equipment: #1. A bench press shirt. (I personally use an Inzer double ply "Blast Shirt". I think that canvas shirts are too restrictive for lifters benching a relatively light weight as there is not enough weight on the bar to lower the bar to the chest). #2. Two jump stretch mini (1/2") pink

Lynne Barlow attempting 187 pounds at the 2000 APF Senior Nationals.

rubber bands. #3. Four 5 foot long 3/ 4" chains. #4. One, two, three, and four boards (2x6) nailed together in two foot lengths (i.e. Louie Simmons).

Remember I train only three days a week, therefore; I hit the same training day (speed bench or assistance bench) every nine to ten days. The 16 workouts converts to approximately five months of training. Put your workout days backwards on a calendar starting with the day of the contest you're training for and try to stick to these days. The last workout (#16) should fall five to six days before the meet.

Workout (WO)# 1 (Speed Bench)-Each press is preformed using EXPLO-SIVE SPEED (ES!) off the chest. Bench press 10x45, 6x65, 12x2x75

WO#1 (Assistance Bench)- Three board press: 10x453x653x853x105 3x1153x135

WO#2 (Speed Bench)- Bench press: 10x45 6x70 12x2x80 (ES!)

WO#2 (Assistance Bench)- Two board press: 10x45 3x65 3x85 3x105 3x1153x125

WO#3 (Speed Bench)- Bench press: 10x45 6x75 10x2x85 (ES!) WO#3 (Assistance Bench)- One

board press: 10x45 5x65 5x85 1x95 1x1051x1151x125

WO#4 (Speed Bench)-Bench press with pink bands: 10x556x658x2x75 (ES!)

WO#4 (Assistance Bench)- Four board press: 5x65 5x90 5x110 2x125 2x1352x145

WO#5 (Speed Bench)- Bench press with pink bands: 10x55 6x70 8x2x80 (ES!

WO#5 (Assistance Bench)- Three board press: 10x45 3x65 3x85 3x105 3x1153x1353x145

WO#6 (Speed Bench)-Bench press with pink bands: 10x55 6x75 8x2x85

WO#6 (Assistance bench)- Two board press: 10x45 3x65 3x85 3x105 3x120 3×130

WO#7 (Max bench)- Warm up and take max using bench shirt.

WO#7 (Assistance bench)- One board press: 10x45 5x65 5x85 1x95 1x105 1x1151x1251x135

WO#8 (Speed bench)- Bench press with one chain each side and three guarters of each chain resting on floor: 10x55 6x658x2x75(ES!)

WO#8 (Assistance bench)- Four board press: 5x65 5x90 5x110 2x130 2x145 2x155

WO#9 (Speed bench)- Bench press with chains set as in week 8: 10x556x70 8x2x80(ESI)

WO#9 (Assistance bench)- Three board press: 10x45 3x65 3x85 3x105 3x115 3x115 3x135 3x150

WO#10 (Speed bench)- Bench press with chains set as in weeks 8 and 9: 10x55 6x75 8x285 (ES!)

WO#10 (Assistance bench)- Two board press: 10x45 3x65 3x85 3x105 3x1203x135

WO#11 (Max bench)- Warm up and take max using bench shirt. WO#11 (Assistance bench) One board

press: 10x45 5x65 5x85 1x95 1x105 1x115 1x125 1x135 1x145. (This is a Big Week! WO#12 (Speed bench)- Bench press

with two chains each side with three

Lynne Barlow's Bench Routine quarters of all chains resting on floor: 10x55 6x65 6x2x75 (ES!) WO#12 (Assistance bench)-

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)

Four board press: 5x65 5x80 5x110 2x135 2x150 2x160 WO#13 (Speed bench)- Bench press with chains set as in week 12: 10x55 6x70 6x2x80 (ES!)

WO#13 (Assistance bench) Three board press: 10x45 3x65 3x853x1053x1153x1403x155 WO#14 (Speed bench) Bench press with chains set as weeks 12 and 13: 10x556x706x2x85(ES!)

WO#14 (Assistance bench)-Two board press: 10x45 5x65 3x85 3x105 3x125 3x140 WO#15 (Speed bench) -

10x55 6x75 2x85 6x2x95 (No bands or chains but using ES!) WO#15 (Assistance bench)

Four board press: 5x65 5x90 5x1102x1352x1452x165(llike finishing my training cycle with the four board press as my difficulty is at the top of the lift).

WO#16 (CONTEST) 1st attempt: 143\* 2nd attempt: 159 3rd attempt: 165

\*Using your personal judgement based on weeks 7 and 11, open with a weight you handled easily. Remember "lift # 1 is for the judges and #s 2 and 3 are for you".

Speed Day Accessory Exercises-JM Press:4x8/ Dumbell Tricep Extensions: 6x7-8/Lat Pulldown: 3x8/ One Arm Row: 3x8/Seated Dumbell Press: 4x6/ Dumbell Power Clean: 4x10/E-Z Curls:4x8-10.

Assistance Day Accessory Exercises-French Curl: 4x8/Tricep Push Downs: 4x8-10/ Pull Ups: 3x8/ Seated Long Pulls: 3x8-10/ Front (Pin) Press: 4x8/ Plate Raise: 3x8/ Dumbell Curls: 3-4x8. I finish every workout with 6 sets of abds.

If you examine my routine, you will note that the number of reps and sets as well as exercises are often changed. This is because weaknesses in a particular lift change and one must be able to troubleshoot problems that may arise. This is why it is so important to have a positive critical training partner and/or coach. I consider myself lucky to have Russ as my coach because he can critique my technique correcting my problems and enhancing my strengths.

If you have any questions concerning this routine, please email me Barlow) (Lunne at BIKRCHIK@aol.com. (My second greatest passion is riding my Harley!).

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3-4 MAR	and the second second	orthwest Reg Springfield, 0		K. Dunn Master Law/Fire		220 J. Birt (BL)	530	
BENCH		198 E. Sim (BL)	472	40-47		4th	540*	The Ballier
WOMEN Master 40-46		E. Sim (BL) D. Bell	473 402	132 R. Chisman	242*	D. Price	529	C AND A REAL PROVIDED
114		R. Joachim	264	Junior	141	165		A LATE LA
S. Warner	115	* 220		123		G. Ramos	281	and I Eller with
148		J. Bowers	418	J. Wilson	253	181		5/63 P
J. Sylvester	99	Junior		148		T. Smith (BL)	523	
165 P. Seaman	71 5	148 T. Deitrick	308	J. Waltenbaugh Open	165	R. Bren 198	468	ALC: ALCON
Master 47-53	/1.5	165	300	123		R. Lacy	501	W IIII
198		G. Ramos	192	R. Hunt	303	220	301	
D. Ivey-Vick	88*	D. Clausen	165	4th	315*		529	
Master 68-74		181		148		242		
148		R. Bren	231	S. Gall	358	T. Osborne	573	
M. Turner (BL) 4th		198 T. Robinson	303	Master 40-46 114		Open 148		
199+	115:	220	303	K. Reed	260		446	
G. Mighell	100	Goldsworthy(Bl	)446	4th	270	181		
4th	104!	242	1.1.2	165		L. Woodley (BL)	672	ZA
Open		T. Osborne	435	P. Seaman	192*	a second de la seconda de l	_	
114 T. Andrews	77	A. Gruver 275	374	Master 47-53 132		D. Bell 220	540	
181	"	C. Sacher	440	Pendergast(BL)	303		677	
R. Dunn (BL)	225	Open		198	505	S. Edmondson	633	
4th	231	148		D. Ivey-Vick	226*	242		
199+	1.1.1.1	F. Evangelista		Master 68-74		R. Nelson	551	
R. Malone		198	100	199+		275		
4th Junior	181-	D. Bell (BL) 242	402	G. Mighell 4th	99 104	J. Fernandez(BL) J. Adams	567	
148		R. Nelson	352	Teen 13-15	104	T. Stashin	551	
J. Waltenbaugh	60.5			97		D. Reece	507	Rhonda Dunn
199+		J. Adams	380	L. Garcia		Submaster		(Photograph pro
V. Gruver	104!	T. Stashin	330	S. Carpenter	82*	165		
Submaster 181		Master 40-46 148		132 K. DeLeon (BL)	203*	S. Hodge	446	with 473. Ed locked out 49
R. Dunn (BL)	2251	F. Evangelista	358	198	203	D. Bell	540	John Bowers did a nice 41 15, Dustin Bradford won
4th	231		550	A. Conlee	148*	R. Joachim	402	114, David Fair also did 66.
198		G. Jones	347	Teen 16-19		220		put up 148. At 220, Jaso
S. Allen	220	198		T. Ellingsworth	209*	J. Bowers	540	record with 320. At 242, J
Teen13-15		S. Gall	352	MEN		275		ton State record with 31 Hudson set a Washington
97 5 Compositor	45	220 L. Benner	358	Teen 13-15 97		J. Fernandez(BL) 309+	694	In 181, Ryan Ford did 18
S. Carpenter L. Garcia	60	J. Geraci	319	D. Bradford	165	R. Russell	672	got best lifter with 407. In
132		242	515	V. Brown	121	Master 40-46		47 age group 198 lb. Jeff I
K. DeLeon	82*	J. Harms	468	114		148		State record with 374. In Stevenson set an Oregon
198		D. Benner	264	D. Fair	159	F. Evangelista	446	413 to beat his workout pa
A. Conlee	71	275		123		181		402. At 220, Scott
Teen 16-19 148		D. Frosland K. Sacher	512 501	B. Huffer 132	121	L. Woodley (BL) G. Jones	529*	Edmondson set an Or-
T. Ellingsworth	77	M. Ceccarelli	501	N. Luttrell	115	198	343	egon state record with 429. At 242, Zach Hall
199+		308		148		C. Grier	501	beat Alex Dring 396 to
R. Malone (BL)		R. Arnold	473	E. Souza	203	220		352. In special olympics
4th	181*	309+		165		J. Geraci	540	ably coached by Rob Peck, Rick Braee did 60
MEN Teen 13-15		A. Ramsey R. Young	578!	J. Meeks D. Borchardt	303 292	L. Benner 242	501	at 148 and Ryan Barrett
97		Master 47-53		R. Hughes		J. Capello (BL)	677	beat Devin Ruffini 110
D. Bradford	66	242		242		4th	694!	to 93. In master women bench, Sharon Warner
V. Brown	55	R. Nelson	352	J. Seath (BL)		D. Benner	462	set an Oregon state
114		308		4th Teen 16-19	436	275 M. Ceccarelli	573	record with 115 at 40-
D. Fair 123	66	D. McCreary Master 54-60		105		Master 47-53	3/3	46 114 lb. class. In 47-
B. Huffer	55	181		S. Hudson	176	181		53 198, Dawn Ivey-Vick set a Washington state
132	1 alla	K. Scheuer	347	181		A. Hatch	440	record with 88. In 68-74
N. Luttrell	60	4th	353!	R. Ford	347	242		148 lb. class, Marcia
148		J. McCamman	308	220			551	Turner set a world
E. Souza 165	104	220 Sekermestrovich	4571	C. Ware (BL) Special Olympia		B. Anderberg Master 54-60	523	record with 115. She's an incredible woman.
D. Borchardt	148	Class I	43/1	148	•	181		She's been competing
J. Meeks	126	148		R. Braae	231		407	for about 5 years and
R. Hughes		E. Price	192	Class I		Master 61-67		has improved steadily from 90 lbs. to 115. Sev-
220		165		148		275	-	enty three year old
J. Davasher	303 320!	J. Bristow		E. Price	325*	K. Nichols	473	Gloria Mighell set a
4th 242	3201	Stevenson (BL)	407	In Junior (20-25) 1 148 with 308. In	165, G	abe Ramos beat D	errick	world record of 104 at
J. Seath	303	4th	413*	Clamsen 192 to 1	65. Do	n Goldsworthy wa	s best	unlimited. In submaster women, Rhonda Dunn
4th		B. Carr	402	lifter in winning th Gruver put up a 37				set a world record with
W. Newman	187	220		him with 435. Cod				231 at 181 and Sharon
Teen 16-19		S. Edmondson	418	at 275. He holds th				Allen also set a world record with 220 at 198.
105 S. Hudson	88	4th D. Jacobson	429	with 462. In open				In teen women, Kather-
181	00	242		lifter with 402 at 1 352 and Jonathon				ine De Leon set a Wash-
R. Ford	181	Z. Hall	396	master men bene				ington state record with
198		A. Dring	352	<b>Evangelista won at</b>	148 w	ith 358. Gary Jone	s won	82 at 13-15 132 lbs. Rachel Malone set an
J. Loomis (BL)	407	308		at 181 with 347. S				Oregon state record
220	200	T. Luethe	100	At 220, Larry Ben Harms who looks li				with 181 in teen 16-19
C. Ware Submaster Law/	264 Fire	Special Olympia 148	ris	and a bodybuilder				198+. In junior women,
198	·ne	R. Braae	60	Kurt Sacher bench	ed 501	- the first time over	r 500	Vickie Gruver set a world record in her first
E. Sim	473	165	000	for him. Don Frost				meet with 104 at 198+.
Master Law/Fire		R. Barrett (BL)	110	former world record 508. At 308, Bob A				Now on to the deadlift.
40-47		D. Ruffini	93	Ramsey "Mr. Powe				In junior men Gabe
198	200	DEADLIFT		and just missed 5	89. In	master 54-60 181	, Ken	Ramos hauled in 281 at 165. Gabe is from the
J. Holloway 4th		WOMEN Submaster		Scheuer set a work				Washington School for
Submaster	3/4	123		world record in the Sekermestrovich se				the Blind. At 181, Tracy
148		R. Hunt	303	set a world record				Smith was named Best
J. Godfrey	297*	4th	315*	tempt. Bill has brok	ken the	record 5 times in h	is last	Lifter with a 523. At 198, Ron Lacy pulled 501. At 2
165	-	148		two meets. Bill was				529 and Travis Osborne pu
S. Hodge	314	S. Gall	358	men, Jim Godfrey s 148 with 297 and				men Leamon Woodley is a
J. Riley		181						set a big world record of 6

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Rhonda Du	nn doing a	225 pound	bench pre

(Photograph provided courtesy of Gus Rethwisch).

402. At 220, Scott Edmondson set an Or-egon state record with 429. At 242, Zach Hall

with 473. Ed locked out 490 but was turned down. John Bowers did a nice 418 at 220. In teen men 13-15, Dustin Bradford won at 97 lbs. with 66 lbs. At 114, David Fair also did 66. At 165, Darreil Borchardt put up 148. At 220, Jason Davasher set a world record with 320. At 242, Jeff Seath set a Washington State record with 314. In 16-19, 105 Stefen Hudson set a Washington State record with 81 k. 10 181, Ryan Ford did 181. At 198, Jarred Loomis got best lifter with 407. In master men law/fire 40-47 age group 198 lb. Jeff Holloway set an Oregon State record with 320. At 220, set and the set at 128 min set a Washington State record with 88 lbs. To 181, Ryan Ford did 181. At 198, Jarred Loomis State record with 407. In master men law/fire 40-47 age group 198 lb. Jeff Holloway set an Oregon State record with 320. Har 220, Set 18 set At 128 min State record with 320. Kit 220, Set 18 set At 128 min State record with 320. Set 220 set 18 set At 128 min State record with 320. Set 220 set 18 set At 220 set 18 set 198 with 413 to beat his workout partner Brad Carr who did



Jerry Capello was best lifter in the Masters 40-46 and in the 242 pound class he did a 694 pound world record. (Photographs by Brian Baertlein).

Ach set a world record of 457. He also record with 446 on his previous at-broken the record 51 times in his last ill was outstanding lifter. In submaster ffrey set a Washington State record at 7 and Ed Sim was outstanding lifter

181 lb. and he was named best lifter light-weight in the open men. At 220, Eric Leland who is coached by Darin Richardson pulled a hefty 677 to beat Scott Edmondson who pulled 633. Scott holds the Or egon state record in open 220 with 670. Eric is from Washington. At 275, Joe Fernandez pulled a nice 694 but was just shy of 711 for a state record. Joe was named best lifter in the heavyweight division. In submaster, Don Bell in his first meet in 5 years pulled 540 at 220. Joe Fernandez was bes Fernandez was best lifter with 694 and Rick Russell who rarely trains pulled 672 at super. Rick has done 700. In master men, Leamon Woodley was the story in the light-weight with a world record 672 at 40-46 181 lift and Lerry Casello lbs. and Jerry Capello was the story in heavy-weight with a world record 694 in 40-46 242 lbs. Gary Jones set an Oregon state record of 529 in master 40-46 181 and Keith Nichols set 3



The Washington State School for the Blind Team: Top Row: Ed Lukowski; Next row (left-right): Derrick Clausen, Ryan Luttrell, Katherine DeLeon, Devin Ruffini, Alyxa Conlee, Ryan Barrett, Julie Waltenbaugh, Darrell Borchardt; Bottom row (left-right): Coach Kandi Lukowski, Dustin Bradford, David Fair, Lisa Garcia, Sara Carpenter, Bryan Huffer, Vaughn Brown, Coach Rob Peck. (All of these photographs were provided courtesy of Brian Baertlein to Powerlifting USA). weighs 122. At 148, Susan Gall pulled 358. She fire at 132 lbs, Ranell Chisman set a world record of 303 at 181. In master women law/ 123 and Julie Waltenbaugh pulled 165 at 148. In state record of 358 at 148. In master women 40-46





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age group, Karen Reed set an Oregon state record of 270 at 114. Patty Seaman set a Washington state record of 192 at 165 lbs. Patty Pendergast set a world record of 303 in master 47-53 132 record of 303 in master 47-53 132 lb. In 47-53 198 Dawn Ivey-Vick set a Washington state record of 226 and Gioria Mighell set a world record of 104 in 68-74 198+. Patty Pendergast was best lifter. In teen-age women Lisa Garcia from the Washington School for the blind set a Washington state record of 132 at 97 lbs. Lisa was featured in an Associated Press Article all over the country about her record set-ting lifting. In teen 13-15 132, Katherine DeLeon set a Washing-Katherine DeLeon set a Washing-ton state record of 203. In 13-15 198, Alyxa Conlee set a Washing-ton state record of 148 lbs. and Trisha Ellingsworth in 16-19 148 set a Washington state record and a United States Association of a United States Association of Blind Athletes record of 209 lbs. I want to thank Gary Thomas who handled the weigh - ins very effi-ciently. Elma Thomas who did the scorekeeping and computer work. Chris Erhardt handled the M.C. chair with aplomb. The judges were Gus Rethwisch, Gus Warrington, Donna Delleree and Dave Cheek. The platform man-ager was James Partch. The spot-ters were justin Alley and James Partch. The platform bench was supplied by Forza and the weights were supplied by York. I would like to thank our sponsor, Rick Brewer of The House of Pain, John Inzer of Inzer Advance De-signs, Wesley Kampen of Power-

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World's Strongest Man, WPC Worlds, Bench Primer Pt. 1, IPF Seniors, Asians, Speed Strength, TOP 100 220s Mar/98... Mark Philippi Interview, TOP 20Women, Teen, Master Rankings, James Henderson, George Nelson, 1st Worlds

Brad Gillingham backstage Apr/98... Bull Stewart Speaks, USAPL Women's Nationals, APF All Time TOPWomen, Westside Invitational, Foundational Training by Louie, TOP 242s. May/98... Ed Coan's Suspension, Pro-Fit Interview, Arnold Classic, Philippine Revolution, APF All Time Top 10 Men, , Focused Benching, Top 100 275s. Jun/98... Mark Henry, Ernie Milian, Olym-pic Cycle, Simmons on "Researching Re-

sistance", 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

Women's Worlds, TOP 100 Flywts. Aug/98... USAPL Men's National's, Platform Deadlifts, ADFPA Women, Yueh-Chun Chang, IPF World's, APF Nationals, Shane Hammon, Top 100 Bantam. Sep/98 ... APF Seniors. Part 1, the Ed Coan Decision, Power Bells, York Summer Picnic, Visit to Westside, 3x3 Training Plan Part 1, TOP 100 132s

Oct/98... "FUD" Lives, APF Seniors Pt. II, Sport Drinks, Mike MacDonald Bench Workout, HIT or Miss? by Louie Simmons, John Neighbour, TOP 100 148s. Nov/98... A World's to Remember, Japan Nationals, PL Weapons, Pat Beaumaster, Joe Dube, Jackie Davis, TOP 100

Middlewts., Isoflavones. Dec/98 ... IPF Masters-Juniors - Mens/ WPC/WDFPF/AAU/AAPF World 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 Mar/99... L.A. Lifting Club, Doyle Kenady Tribute, Stretching Your Limits, Visitors to Westside, Tiny Meeker, Women, Mas-ters, Teenage TOP 20 lists, Partials 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 "Muscletown USA" book, Beauty & the Beast, IGF-1, Overcoming Plateaus Part 2 by Louie Simmons, TOP 100 123s

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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 Ger-

man Breakthrough, Deadlift Details, Walk Away From Death, Dynamic Duo by Louie nmons, TOP 100 165s.

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

Jan/00 ... IPF Worlds, WABDL Worlds, Dave Ricks Interview, Russian Mystery, Extra Workouts by Louie Simmons, Close Grip BP, Strongman II, TOP 100 198s Feb/00 ... WPC Worlds Pt. I, Battle of the

Giants, The Real Triac, IPF World BP, IPA Nationals, Best Lifters of the Century More Big BPs by Louie S, TOP 100 220s Mar/00 ... USAPL Women's Nationals, WPC Worlds Pt. II, World's Strongest Man, TOP 20 Women - Teen - Masters, The Conjugate Method by Lou Simmons Apr/00 ... Arnold Classic, WPF Worlds, Mike Danforth Profile, Leonard McCormick Interview, PL USA Cover Chronology, Methoxivone, TOP 100 242s May/00 ... Dennis Cieri, What is a J.M. Press?, Knee Wrpas, the Passing of Tamara Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s.

Jun/00 ... Garry Frank Profile, Black's Health World, Dawn Reshel Dies, From Canada to Westside, Bench Press by Larry Miller, Fred Peterson, TOP 100 SHWs.

Jul/00 ... WPO Pro Championships, The 900 Lb. Squat Club, Beyond Diminishing Returns, Louie on Squatting in the 800s and 900s, TOP 100 Flyweights.

Aug/00 ... USAPL Men's, APF Srs. Pt. I, AAPF & APF Natls., IPF Women's Worlds, Wade Hooper Interview, Joe Onosai, Building the Torso, TOP 100 123s Sep/00 ... USPF Srs, IPA Worlds, WABDL BP/DL, TPre-Meet Checklist, How to Do the SQ-by Louie S., Ernie Frantz Insights, Rick Weil BP Workout, TOP 100 132s Oct/00 ... Positive Illusions, Tako not Taco, Powerlifting's Salvation?, Magnus Samuelsson, Beauty & the Beast, Women's 300 Bench Press Club, TOP 100 148s. Nov/00 ... Best Bench of All Time, the final More from Ken Leistner, Drug Free Bench Guide, Advanced Squat Cycle by Louie Simmons, TOP 100 Middleweights Dec/00 ... Tao of Competition Pt. I, IPF Jr. + Masters Worlds, More World Record Benches by Louie Simmons, the Bench Press Shirt, TOP 100 Lightheavies Jan/01 ... IPF Men's Worlds, WABDL Worlds, AWPC Worlds, Roy Fokken BP Workout, Eccentric & Concentric Train-

ing 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.

Mar/01 ... TOP 20 Women - Teen - Mas-ters Rankings, Hooking Up the Bands, USAPL Women's Nationals, Westside Deadlifting, WPC Worlds Pt. II/BP

Apr/01 ... Arnold Classic, Frank Goes 2535, Bill Crawford BPs 750, Daisuke Midote, Jeremy Arias, Power Breaking, Extra Workouts by Louie, TOP 100 242s LIST THE ISSUES YOU WANT TO RE-**CEIVE (AND ANY ALTERNATE SELEC-**TIONS) MAKE OUT & CHECK (\$5 PER ISSUE) AND SEND IT TO POWERLIFT-INGUSA, BACKISSUES, POSTOFFICE BOX 3238, CAMARILLO, CA 93011, USA. (WE CAN QUOTE LOWER PRICES ON OUANTITY ORDERS)



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SLP A Cold Day in... Tuscola

20 Jan	n 01	- Tuscola, IL	
BENCH		198 lbs.	
WOMEN		D. Newman	400
Teen (18-19)		DEADLIFT	
308 lbs.		MEN	
A. Drury	95*	Teen (13-15)	
Submaster		132 lbs.	
148 lbs.		J. Tucker	280*
L. McCune	180'	4th	300*
Teen (16-17)		Teen (16-17)	
181 lbs.		148 lbs.	
R. Cincoski-GL	270	Z. Lane	375
198 lbs.		4th	390*
M. Yarnell	260*	181 lbs.	
242 lbs.		R. Cincoski	420*
D. Gan-GL	245	242 lbs.	
275 lbs.		D. Gan	330*
D. Hayes	140*	4th	355*
Master (40-44)		275 lbs.	
198 lbs.		D. Hayes	265*
M. Maxwell	295*	Master (40-44)	
(50-54)		198 lbs.	
308 lbs.		D. Newman	555*
J. Welker	340*	Open	
Open		198 lbs.	
		R Hutchinson	440*

\*-SLP Illinois State Record. Best Lifter BENCH: Dave Newman. Best Lifter Deadlift: Dave Newman. TEAM: Muscle Corporation. The Son Light Power, A cold Day In... Tuscola Bench Press & Deadlift Classic was once again held at the gym. Our turnout was small, but it was



Best Lifter at the Tuscola BP/DL Classic: Dave Newman locks out SLP Illinois State Record 555. (Photograph provided by Dr. Darrell Latch).

good to see some old friends again and meet 290. D some new ones. It's always good to welcome new lifters to the sport, especially the younger ones. In the bench press competition, our first lifter of the day was just that, a new lifter to the selfless sport, Anna Drury. Anna is a student at Roxana High School in Roxana, Illinois (near St. Louis) and was joined by fellow students and team class w

G. Lea Open K. Phil members Ryan Cincoski, David Gan and Don-nie Hayes. All are trained by Jeff Welker, a teacher there, who simply donates his time to these students in an effort to allow them to accomplish what might be their first taste of success in school. We commend you Jeff for the fine work you are doing. Anna got all three of her attempts to finish with a strong 95. A fourth attempt with 100 should have gone but slipped just out of the groove. Anna had just been training for the past two weeks, but boy was she excited about the competition after wards1 in the submaster women's class Laura McCune returned to competition after a few years away to post a win and a new personal record with 180. Not bad for 140 lb. lady who came close with 200 for a fourth attempt. In 198+ L. Fah MEN (14-15 J. Dun (40-44 S. Zert 165 lb A. Ma Open T. Rob (55-59 L. Car 181 II years away to post a win and a new personal record with 180. Not bad for 140 lb. lady who came close with 200 for a fourth attempt. In the teenage men's 16-17 age group, Ryan Cincoski posted a new personal record at 181, lifting as a guest lifter, to finish with 270. Ryan weighed in at 171. Matthew Yarnell had some problems getting past his opener of 260, but was good enough for the win at 198. Matt missed 280 twice, but with a better shirt should get 300 with ease. Another guest lifter was David Gan, who also got a new pr at 242 with a strong 245. David came close with 260 twice. Taking the 275 class was Donnie Hayes, mak-ing all three of his attempts to finish with a personal record 140. Mike Maxwell was com-peting for his first time, coached by ANPPC World Cup champion Dave Newman. Mike did well, taking the master 40-44, 198 class with a pr 295. Jeff Welker looked as strong as he is big with his win at master 50-54. Jeff took the 308 class with a strong 340, coming Police C. Rigg Open D. Hu 198 lt G. Fer WOM 105 lb K. Ryn 132 lb (35-39 . Wall (50-54 K. Gay 148 lb A. Per

pull, b The te Muscl which and La

to Joey Dr. Da

BENC

WOM

105 lb A. Mai 148 lb A. Kell 181 lb

(40-44 L. Nels J. Mea 165 lb with a strong 340, coming up just short of a 350 fourth attempt. Best lifter of the M. Wi 181 lk . Smi competition was Dave Newman, who took the Open K. Phil open 198 class with an easy 400. In the deadlift compe-tition Jacob Tucker claimed (35-39 K. Jone 198 lb K. Rob his first title in his very first competition. Jacob won at 132, in the teenage (13-15) division, making all four of his attempts to finish with M. Fad MEN R. Gree 132 lbs his attempts to finish with 300. Zach Lane also got all four of his pulls in, taking the 16-17, 148 class. Zach finished with a strong 390 pr, weighing in at only 146. Both Jacob and Zach are trained by Benny Hutchinson, who also works closely with several young lifter in the Lawrance and D. We 148 lb J. Marc 165 lbs 18-19 . Den Open G. Bley lifters in the Lawrenceville, Illinois area. Ryan Cincoski won at 181, finishing with a strong 420 personal record. At 242 it was David Gan G. Ret (35-39) K. Clin 40-44 T. Asse S. Lutz with another big day, fin-ishing with a pr 330, fol-lowed with a 355 fourth (55-59) L. Card 181 lbs M. Bak attempt. Donnie Hayes fin-ished out the teenage group with 265 for the title at 275. J. Dona S. Deb t missed his lock-Donnie ju

ave Newman got in three strong lifts to e master 40-44, 198 title along with the ter award here also. Dave finished with th 555 for the win. Dave is still another l lifter who trains numerous young lift- the sport of powerlifting. Last up was Hutchinson who won the open 198 ith 440, Benny looked good for a pr 460	R. Ma T. De Police C. Rig (20-2 M. Ba S. Ch M. Ba (35-3
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out got out					B. Mears	420	310	480	1210
eam awar le Corpor					(45-49) M. Baker	520	345	540	1405
included	Matt	Yarnell,	Mike I	Maxwell	(50-54)				
aura McCu y and Lind					S. Butor J. Harman	505 360	265 305	550 455	1320 1120
arrell Latch					H. Gutnick	145	145	510	800
					(55-59) M. Scott	405	200	510	1015
USAP	I Vir	ginia	State		O. Rickman	410	255	425	1090
DEC OC				VA	(60-64) S. Streap	100	90	145	335
Н		M. Ber	nnett	405	Armed Forces				
IEN os. Open		R. Jone (45-49		395	M. Quatrara 198 lbs. Open	385	250	475	1110
mola	140	A. Stat	man	305	R. Jones	610	385	630	1625
os. (35-39) llogg	180		s. Open selman		J. Krauss G. Leaks	500 490	400 315	625 545	1525 1350
n. (55-59)		(40-44	)		S. Tyler	500	300	550	1350
ader	170	M. Bos (50-54		290	G. Shoemaker (18-19)	425	275	450	1150
llips	200	J. Smit	h	355	R. Atkinson	360	230	350	940
lbs. (35-39 ringer	165	Colleg K. Ken		475	A. Barnette (35-39)	285	180	440	905
148 lbs.		242 lb	s. (16-1	7)	D. Silveus	450	255	425	1130
5) nbar	190	B. Fay Open		355	A. Ornoski (45-49)	390	325	375	1090
()		T. Hen	derson	440	J. Hananh	430	260	500	1190
be os. (20-23)	305	G. Mai (70-74		430	W. Spicer D. Morris	410 365	245 225	480 460	1135 1050
mota	385	G. Jon	es	290	(50-54)				1050
inson	245	(40-44 K. Phil		375	W. Brothers R. Stubbs	400 340	245 230	400 400	1045 1970
))		275 lb	. Open		(60-64)		200	400	
don os.	360	S. Corr D. Rey		500 425	B. Groves Armed Forces	400	180	400	980
& Fire		D. Pull		395	S. Battista	420	325	515	1260
gman	215	(35-39) H. Mui		360	220 lbs. Open			655	
	410		. (35-3	9)	T. Harris T. Schepper	520 540	440 410	640	1615 1590
rell	405	P. Bate	5	480	F. Schuetz	550	380	590	1520
EN	SQ	BP	DL	тот	M. Scheble D. Shirley	565 505	315 340	540 485	1420 1330
s. (35-39)					S. Bashar	450	280	500	1230
nan s. College	220	115	270	605	A. Pozda (20-23)	380	285	545	1210
rbitt	240	130	265	635	J. Fravel	575	360	565	1500
)) ker	330	185	360	875	(35-39) E. Shrader	500	300	500	1300
1)					(40-44)	540	300	540	1200
bd I)	275	130	305	710	D. Williams A. Pozda	540 380	285	545	1380 1210
Y	175	105	200	480	M. Boswell	430	290	480	1200
ns. (14-15) Ty	160	80	200	440	(55-59) M. Nichols	385	260	500	1145
1)					Armed Forces P. Mueller	470	325	485	1300
son ide	275 235	150 125	345 290	770 650	242 lbs. Open	4/0			1300
s. Open	-	170	240	705	F. McIntyre J. Gregory	650 610	355 370	650 645	1655 1625
inslade is, College	285	170	340	795	D. Lowe	500	325	465	1290
thson	250	150	325	725	M. Blackwell (14-15)	455	260	475	1190
llips	325	200	375	910	R. Douglas	205	180	330	715
)				~~~	(18-19) D. Lowe	500	325	465	1290
es s. Open	340	220	400	960	J. Kotfila	335	240	460	1035
perts	350	250	420	1020	(20-23) R. Miller	540	380	600	1520
deley 114 lbs. (1	215 4-15)	310	135	660	(35-39)	540	300	1016.1	1320
en	125	80	160	365	F. McIntyre G. Loretta	650 560	355 420	650 490	1655 1470
iss Open	405	285	515	1205	(40-44)	300	420	450	14/0
s. 45-49	105				K. Phillips (40-44)	475	375	520	1370
chio s. 14-15	195	225	440	860	J. Gregory	610	370	645	1625
hers	285	205	370	860	(55-59) R. Hardin	505	380	505	1390
ning	340	235	390	965	Police & Fire				
vins	535	305	600	1440	B. Eyler 275 lbs. Open	540	360	580	1480
Z	500	320	560	1380	S. Cornick	650	500	650	1800
) evell	470	300	490	1260	P. Battle G. Emrich	660 615	450 370	600 615	1710 1600
)	4/0	300	490	1200	E. Hart	575	370	580	1525
el	425	310	530 405	1265 1025	C. Gardner (18-19)	500	340	580	1420
2)	365	255	403	1025	D. Armstrong	275	275	545	1095
don	145	360	155	660	(20-23) P. Battle	660	450	600	1710
s. Open ker	520	345	540	1405	C. Tarbeli	500	415	550	1470
aldson	460	340	540	1340	Police & Fire J. Crowder	500	350	600	1450
enedittis yhew	405 405	270 250	425 430	1100 1085	319 lbs. Open				
adakis	385	240	380	1005	E. Smith	750	475 445	700 730	1925 1880
& Fire gleman	270	215	270	755	N. Minneti Supers Open	705			
)					T. Slaughter	700	475 490	605 550	1775
sgier	430 405	300 305	480 425	1210 1135	S. Slaughter (40-44) & Police	630	450	330	1670
wes	360	210	505	1075	J. Pope	600	400	710 oviding	1710
")					(Thanks to John S	sinnet	tor pr	oviding	(esures)



meet. (Photograph provided courtesy of Dr. Darell Latch to PL USA).

17 Fel	b 01	- Tuscola, IL	
WOMEN		SHW	
Open 242 lbs.		R. Turner	525
M. Scott	185*	Master (50-59)	
Novice MEN		181 lbs.	
220 lbs.		H. Ruhser	325
M. Samson	405*	220 lbs.	
Teen 275 lbs.		H. Collins	445
J. Stewart		Master (60-69)	
4th	455*	198 lbs.	
Junior		J. Huffer	235
181 lbs.		Master (70-70)	
D. Zaworski	385*	220 lbs.	
Submaster		A. Glass	230
198 lbs.		4th	245
K. Hilsenbeck	370	Open	
Master (40-49)		242 lbs.	
220 lbs.		G. Lealiifano	490
D. George	330	308 lbs.	
275 lbs.		R. Wilson	465
M. Wittler	325	4th George Lealiifand	475

with a national record 405. Another great young lifter was nineteen year old John Stew-art, who captured the teenage 275 class. This kid's got some kind of potential! John sailed through his attempts, going 350, 405, 435 and a fourth with 455, each one a new national record! Dave Zaworski also set a new national mark in the junior men's division, lifting in the 181 class. Dave finished with a strong 385, weighing in at only 1791 In the submaster division, taking the 198 class was Ken Hilsenbeck, who had a perfect day of lifting, finishing with 370. In the master men's 40.49 division we had three lifters, all three of which were past or current national champions. Takwere past or current national champions. Tak-ing the 220 class was Dennis George, finishing with 330 for his second consecutive title. Mark Wittler had to settle with an easy opener of 325 as he seemed to hit a wall with 350 for his last two attempts. Mark cantured his third title at K. Hilsenbeck 370 Open Master (40-49) 242 lbs. 220 lbs. G. Lealiifano 490" D. George 330 308 lbs. 275 lbs. R. Wilson 465" M. Wittler 325 4th 475" Best Lifter BENCH: George Lealifano. The USA "RAW" Bench Press Federation Winter Nationals was held at Son Light Power Gym in Tuscola, Illinois on February 17, 2001. We had a smaller turnout than expected but with som great lifters from Indiana, Illinois, Iowa, Wis-consin and Michigan. A special thanks to my son Joey, my wife Susie, Linda Middleton and Judging. In the open women's division, lone competitor Miranda Scott proved with she is one of the top up and coming lady powerlifters in the Midwest. Lifting in the 242 class, Miranda set two new national records with her opener of 165 and third attempt with 185. Novice men's winner at 220, was Mark Samson, who was competing for the first time. Mark got all three of his attempts in, to finish



Allen Glass. A truly inspirational person, Allen will turn 73 March 14. He's in great shape, competing in both powerlifting and bodybuild ing with many titles to his name. Well, here he is with another one, taking the title at 220, ing with many titles to his name. Well, here he is with another one, taking the title at 220, finishing with a fourth attempt national record 245! In the open division George Lealiifano seemed to be lifting off for everyone, but didn't stop him from taking the title at 220 again and winning the best lifter award as well. George broke his own national record of 470 with his opening lift of 480, followed with a 490 second attempt. Last up was Richard Wilson, who retained his title at 308. Richard seemed to just get stronger as he worked through his attempts of 430, 450 and 465 before establishing a new national record of 475 on his fourth attempt. of 430, 450 and 465 before establishing a new national record of 475 on his fourth attempt. Thanks to all the lifters and spectators who continue to support the "raw" effort. (Thanks to Dr. Darrell Latch for providing the results).

Powerlifting West Colorado Classic 30 APR 00 - Denver, CO

Full Meet	SQ	BP	DL	тот
Women				
Tn/Jr H. Adams-139	187	115	270	573
Armstrong-164	148	110	253.5	512
Master	140	110	133,3	312
M. Brigham-137	242.5	104	286	633
Mehmedbasich	165!*	121!*	220!*	507!
J. Harms-124	148	88	226	463
Open				
A. Culp-152	237	137	270	644
L. Krause-115	170	104	203	479.5
<b>MEN Teen Light</b>				
J. Stover-145	330	209	418	959
J. Hill-146	270	220.5	352	843
Submaster (36-3	9)			
R. Clark-196	589	341	589	1521
R.Garofalo-179	529	336	551	1416
V. Lombardi-239	628	429	551	1609
T. Beckett-177	490.5	402	485	1377
B. Collins-252	511	457.5	501.5	1510
Hutchinson-237	435	330	501.5	1267
T. Malewitz-202	418	308	474	1201
P. Unis-212	424	341	463	1229
J. Miller-202	402	363	407	1173
M. Rutleage-175	374	253.5	446	1074
B. Leonard-254	418	440	396	1256
Masters (40-49)	Light			
S. Hill-162	413	264	440	1118
L. Choosey-161	402	248	479.5	1129
Cucinella-161	341	264	407	1014
K. Eskam-177	325	203	363	892
P. Prado-147	198	275	308	782
S. Harms-176	242.5	214	352	810
Masters 40-49 H				
M. Gorecki-182	429	275	468.5	1173
R. Meyers-210	463	347	545	1355
R. Martinez-185	402	352	451	1207
M. Sampson	-	-	-	-
Masters 50-59 H	eavy			
D. Worley-234	573	253.5	551	1377
J. Lynn-200	391	292	374	1058
Masters 60+ Hea	ivy			
P. Predecki-196	352	275	402	1030
T. O'Keefe-196	308	226	369	903
Open 132 (60K)				
W. Taylor	418	286	446	1151
Open 148 lbs./6	7.5 kgs			

S. Stinson	463	308	501.5	1273
J. Hill	270	220.5	352	843
P. Prado	198	275	308	782
Open 165 lbs./7	5 kgs.			
M. Herrman	435	319	490.5	1245
R. Fry	424	325	479.5	1229
S. Hill	413	264	440	1118
J. Shipman	-	-	-	-
Open 181 lbs./8	2.5 kgs			
N. Waag	556	413	573	1543
T. Rickett	490.5	402	485	1377
R. Guerrero	518	325	501.5	1344
B. Keim	496	281	468.5	1245
R. Coffman	407	275	429	1113
B. Wangard	407	242.5	440	1091
K. Myers	413	237	418	1069
Open 198 lbs./9	0 kgs.			
R. Clark	589	341	589	1521
B. Bonner	584	319	584	1488
M. Gorecki	429	275	468.5	1173
Open 200 lbs./1	00 kgs.			
B. Chapman	562	386	628	1576
T. Campbell	501.5	347	661	1510
S. Bennett	628	347	529	1504
T. Ruppert	461	303	562	1317
T. Kelley	368	242.5	451	1052
Open 242 lbs./1	10 kgs.			
V. Lombardi	628	429	551	1609
E. Macias	556	363	551	1471
R. Meyers	463	347	545	1355
Open 275 lbs./1	25 kgs.			
B. Collins	551	457.5	501.5	1510
S. Wojahn	501.5	325	617	1444
Open 319 lbs./1				
J. Schermerhorn	501.5	501!#	501.5	1504
Open				
319+/145 lbs.				

D. Gaudreau 837!# 567!# 705!# 2110# -State Record (!), #-Open division, \*-Mas-ters division, All- Around Champions: Men's Light - Nate Waag, Men's Heavy - Dan Gaudreau. Teams: I-Team Loveland. (Thanks to Andrea Sortwell for providing these results).

#### Norwich Family YMCA BP

10 DEC	00 -	Norwich, NY	1
Teen 198 lbs.		S. Luscomb-39	360
R. Ingraham-18	225	R. Loiselle-22	335
Open 121 lbs.		275 lbs.	
A. Boyle-33	110	T. Stoddard-26	430
Masters 116 lbs.		T. Rippo-29	370
D. Spataro-42	95	J. Uhlig-30	315
154 lbs.		P. Carroll-43	350
D. Heron	100	HVY Masters	
Open 154 lbs.		T. Brown-44	325
H. Sauer	225	Masters 198 lbs.	
Teen/Open UNL		E. George-47	330
L. Aarismaa-19	205	Masters HVY	
Open 132 lbs.		T. Gunthorpe-47	290
C. Byrnes-32	360	Masters 181 lbs.	
148 lbs.		K. Tun-52	260
J. Swift-28	235	198 lbs.	
165 lbs.		B. Lyon-53	355
S. Quaile-26	300	B. Jeffords-52	235
181 lbs.		220 lbs.	
J. Newton-20	275	D. Card-54	315
220 lbs.		J. Lowell-52	305
D. Kuhn-32	420	275 lbs.	
R. Henry-32	375	F. Dini-50	500
242 lbs.		198 lbs.	
D. Brown-30			325
(Thanks to Tom R	evor	or providing the r	esults)





NEW

FROM

## Extreme Ripped Force

#### THE PROFILE

#### WHAT

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

• Fruit Punch

• Grape • Orange RS

#### 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.\*

AVAILABLE AT LEGITIMATE GYMS AND HEALTH FOOD STORES SUCH AS:



#### THE PROFILE

#### WHAT

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

--

160 calories

#### WHY

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

> Fruit Punch • Grape RS

A FORCE IN THE GYM



AP	A Mi	d-Atlanta		MEN Teen
3 Dec 00	- GI	en Burnie, M	D	C. VanDyke-189
BENCH		198 lbs.		Junior
WOMEN		J. Wawecyniak	360	G. Rozier-163
Open		220 lbs.		181 lbs.
Barnowich-132	155	J. McVicar-203	460*	C. Martin-176
R. Lucchesi-132	145	J. Brown-207	460	Open 220 lbs.
J. Rhodes-186	175	J. Hepner-208	430	J. McVicarl-203
MEN Teen		A. Rhodes-255	460	G. Petrides-217
N. Denny-173	340	DEADLIFT		*-Record. !-Best Lif
C. VanDyke-189	245	WOMEN		Scanlon, Lester Mar
Master		Open		and all the spotters,
J. Tancil!-292	550*	Barnowich-122	260	ing this an exciting en
S. Dokes-215	390	MEN		Gatorade for sponso
Open 165 lbs.		Open 220 lbs.		more enjoyable for
J. Snyder-159 Push/Pull	275	J. McVicar-203	530	Maryland action in
rusn/rull		BP DL	TOT	Taylor, APA Presider

#### **APPLICATION FOR REGISTRATION American Powerlifting Association**

245 385

285

630

430 740 250 375 625

460 530 990 350 550 900 Special Thanks to Julie

rslow, Capt. Kirk Karwoski, loaders, referee's for mak-vent. Special thanks also to

all. Stay tuned for more 2001. (Thanks to Scott

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
Social Security Nu		2.O. BOX 27204 EL JOBEAN, FL 33927
Registration Fee: S	20 High School A	thlete: \$10
Parents Initial	I Certify that	

If Under 18 yrs. the above answers are correct

In the photograph seen at left, Big Willie Cogdell was designated the Best Lifter and winner of the 220 pound class with a 375 pound lift at the Dr. Martin Luther King Memorial Bench Press competition. (Photograph was provided courtesy of Joseph Steele).

#### APA Dr. Luther King Memorial BP 23 FEB 01 - Hamden, CT

NOMEN		55-59	
05		S. Cannady	250
L Steele	80	165	
Aen		55-59	
48		N. Wellins	200
. Cannady	250	40-44	
65		D. Olivvas	195
. Wellins	200	181	
81		45-49	
Steele	240	J. Steele	240
20		40-44	
V. Cogdell (BL)	375	H. Hill	225
42		242	
A. Hogan	350	45-49	
75		M. Hogan	350
. Rohmer	329	275	
lasters		65-69	
48		R. Rohmer (RI)	320*

148 R. Rohmer (BL) 329\* \* denotes World Record. Meet Director: Joseph Steele; head judge: Joseph Steele; head judges: Mark Hogan and Neal Wellins; Sponsor: World Gym of Hamden. The 10th Annual APA Dr. Martin Luther King Memorial Bench Press Championships went very well with 14 lifters taking part. The contest was held in honor of Dr. King, His speech made at the Lincoln Memorial in 1963 one of the high points of his career. Part of the speech "I have a dream" was read to everybody before the Awards were given out. The Men's best lifter was Big Wille Cogdell lifting in his first meet with a 375 lb. lift. The Master's Best Lifter was 69 year Ron Rohmer who set a New World Record a 329 lb. in the 275 lb. class. (Thanks to Joseph Steele for these results).

APA	Mary	land	Oper	1
18 Fe	5 U1 ·			
BENCH		M. Ma		315
WOMEN Under 148 lbs.		165 lb		
S. Mobley	205*	S. Vos 181 lb		310
B. Barnowich	155	N. De		340
C. D'Amato	120			340
Submaster		I. McV		460
Formula		R. Der		
5. Jaffe-16	335	220 lb		
A. Rhodes-253	385*	Z. Rho	des	525
. Snyder-162	275	J. Brow	vn	450
Master (40-49)		J. Hep	ner	445
Formula		J. Pete		380
Z. Rhodes-215	525*	275 lb		
W. Johnson-224	410	S. Pagt		-
Open 148 lbs.		308 Ib		
WOMEN	-	B. Frist		-
Under 148 lbs.	SQ	BP	DL	TOT
1. Schmoyer	210	95	250	
A. Malkasian	345	95	250	575
Over 148 lbs.	343	-	-	-
A. Maldonado	330	155	345	830
een			545	050
. VanDyke-194	335*	250*	340	925*
ubmaster				
Wagner-253 Vickery-234	680	370	615	1665
. Vickery-234	465	345	500	1310
Aaster (40-49) F		a		
V. Johnson-224	425	410	485	1320
V. Simmons-197	405*	270*	500*	1175*
65 lbs.				
. Rozier	300*	295*	465*	1060*
98 lbs. McVicar!				
Bent	620* 350*	460 220*	585	1665*
20 lbs.	350-	220-	430*	1000*
Hepner	500	445	525	1470
Jarrell	450	265	500	1240
42 lbs.	450	205	300	1240
Steele	660	385	655	1700
Robb	515	405	620	1540
Vickery	465*	345*	500*	1310*
75 lbs.				
	680	370	615	1665
Pagtakan	-	-	-	_
Best Lifter. *-/	Maryla	nd Stat	e Reco	ord. The
001 APA Maryla	ind Op	en Pow	erlifting	g Cham-
onships was qu	uite an	excitir	ig day.	Special

thanks to all the score keepers, announcers, loaders, spotters and referee's. Judging was strict and tight and the platform had judges certified in three different federations includcertified in three different federations includ-ing APA, USAPL, and AAU. You could not find better judging at any meet-anywhere! Lifting quality was great. I'd like to thank Capt. Kirk Karwoski for putting in a long day assisting lifters who were preparing to lift. Kirk contrib-utes a great deal to our sport and is very helpful to all of those around him regardless of lifting level. I'd also like to especially thank Siouzz Hartwig who helped out immensely over the weekend in many ways. Biggest bench of the day was by Sherwin Pagtakan at a bodyweight of 266. Best lifter award in the full power meet went to leff McVicar who totaled 1665 @ 198. Kelly sports Video Production was on hand to film the event in it's entirely and meet videos are on sale by Kelly Sports. I highly recommend any meet director to have Kelly Sports film your event. They are the most professional outfit in the field. Visit their web site at www.kellysports.bizland.com to find out just what they offer. We plan on at least 6 more Maryland Chairman Jeff McVicar for doing an excellent job promoting Maryland Powerlift-ing. (Thanks to Scott Taylor for these results). ing APA, USAPL, and AAU. You could not find

> **APA Florida Open** 11 Feb 01 - Orlando, FL

in	BENCH		181 lk	s.		
	WOMEN		R. Kel		415	
æ	A. Childs-162 MEN	160	R. Fra		-	
h	I. Anderson-140	270	220 lb			
ю	4th	280*	R. Me		500	
e	Master (40-49)	200			340	
pset ne este e ob.	Formula		S. Rou 242 lb	s.	295	
e	M. Francis-241 A. Ainscoe-238	470 455	J. Keer		540	
0	T. Harrier-256	460	E. Falc		400	
	Master (50-59)	400	T. Han 275 lb		460	
	Formula		T. Han		460	
	Baumstein-255	425	308 lb		400	
	Open 148 lbs.		D. Rol		510	
	I. Anderson	270	SHW			
	4th	280	S. LaTo	our	-	
	MEN	SQ	BP	DL	TOT	
	Goodman-106	200	185	305	715	
	Teen Formula					
	I. Anderson-140	290	270	355	915	
	4th		280*			
	C. Trevorah-147	325	205	350	880	
	S. Laver-180 Submaster	365	250	410	1025	
	McCarthy-204	400	305	500	1205	
	Master (40-49) F		303	300	1205	
	M. Francis-241	805	470	745	2020	
	T. Harrier-256	635	460	535	1630	
	G. Morning-219	525	315	500	1340	
	F. Sanchez-179	420	335	420	1175	
	Open 148 lbs.					
	I. Anderson	290	270	355	915	
	4th		280			
	220 lbs. J. Krause		240			
	G. Morning	550 525	340 315	615 500	1805 1340	
		400	305	500	1205	
	242 lbs.		505	500	1203	
	M. Francis	805	460	745	2020	
	275 lbs.					
		635	460	535	1630	
	*-Record. What b	petter	place to	o hold a	an event	
	than the "oldest"	gym	in the	United	States?	
	Orange Ave Gym this event which f	was a	great a	atmosp	here for	
	Master lifters wor	eature	d lots o	rqualit	y lifting.	
	Master lifters wer this contest, 40 ye	ar old	Rathar	Cood	essive in	
	competing for her	first ti	meeve	r and sh	e broke	
	several records!	At 106	Doun	ds bod	weight	
	sne just missed a	225	iquat, t	penche	d an in-	
	credible 185 and	dead	ifted 30	05 to g	o home	
1	with a nice 715 to	otal at	her fir	st pow	er meet	
1	ever. 41 year old M	Micha	el Franc	is was a	a crowd	
	ever. 41 year old A favorite with a ni squat, 470 bench,	ice, ro	ck bot	tom de	ep 805	
-	2020 total He ha	d plan	+> dea	ant for	a solid	
-	2020 total. He had on 3rd attempts.	The	eenace	are but	passed	
-	quality and put	on qui	ite a h	attle	ith lan	
1	Anderson emergin	ng in t	he #1 s	pot an	dening	
1	nome with some	recon	ds. Spe	cial th	anks to	
1	Rich Meyers who	put in	a lot of	effort t	o make	
1	this a quality eve	ent S	necial	thanks	to the	
	referees and spotte	ers tor	doing a	greatic	ob. Stav	
	uned as more m	eets c	come to	o Oran	ge Ave	
(	Gym in April and J	une. (1	hanks t	o Scott	Taylor,	
1	APA President, for	provid	ting the	meetr	esults).	

#### WABDL Texas Louisiana State 17 FEB 01 - Houston, TX

187.5 162.5 147.5

190

200

255

190 192.5 175

185

205 190 187.5

122.5

137.5

132.5 142.5 120 120 292.5 175 220 227.5

205

162.5 165 137.5 142.5 210 192.5 277.5

237.5

220 217.5

		Houston, IX
BENCH Teen		J. Campbell D. Flunker
132		T. J. Hobson
C. Snider	107.5	
4th 220	112.5	A. Fortunato 242
F. Thomas	125	K. Malone
308	197 5	275 B. Leitz
S. McElroy WOMEN	137.5	Open
Law/Fire		181
165	135	G. Gutierrez 4th
L. Blackburn C. Luprete	72.5	J. Marin
Master		198
132	72.5	D. Harvey 220
C. Day 165	12.3	T. Derry
C. Luprete	72.5	A. Fortunato
Submaster 123		J. Guerra 242
S. May	62.5	J. Fullerton
181		M. A. Stanford
C. Crossland Open	110	4th S. Ross
181		F. Silva Jr.
C. Crossland	110	275
Novice 148		S. Valdiviez I. Robinson
M. Sisneroz	85.5	308
MEN		S. Latour
Novice 148		SHW M. Ned
J. Geiser	110	DEADLIFT
165	105	WOMEN
M. Rodriguez 4th	185 187.5	
198		H. Tompkins
R. A. Warriner	182.5	Novice
J. Waters 4th	172.5	M. Sisneroz
K. Kirkland		Master
A. Rodriguez		97 E. Sirju
220 R. Perez Jr.	182.5	
N. Hartfield	165	C. Luprete
M. Dorman SHW	137.5	S. Bates Law/Fire
G. Koehl	175	165
Junior		C. Luprete
132 S. Mendez	107.5	Submaster 123
198	107.5	S. May
C. Matthews		181
220		C. Crossland MEN
220 E. Wright 275		MEN Teen
220 E. Wright 275 A. Payne	220	MEN Teen 97
220 E. Wright 275 A. Payne 4th	220 227.5	MEN Teen 97 O. Tillman
220 E. Wright 275 A. Payne 4th 308 M. Sanford	220 227.5 187.5	MEN Teen 97 O. Tillman 4th 148
220 E. Wright 275 A. Payne 4th 308 M. Sanford Law/Fire	227.5	MEN Teen 97 O. Tillman 4th 148 B. Kees
220 E. Wright 275 A. Payne 4th 308 M. Sanford Law/Fire 198	227.5 187.5	MEN Teen 97 O. Tillman 4th 148 B. Kees 4th 165
220 E. Wright 275 A. Payne 4th 308 M. Sanford Law/Fire 198 J. Waters 220	227.5 187.5 177.5	MEN Teen 97 0. Tillman 4th 148 B. Kees 4th 165 R. Cisneros
220 E. Wright 275 A. Payne 4th 308 M. Sanford Law/Fire 198 J. Waters 220 J. Guerra	227.5 187.5 177.5 187.5	MEN Teen 97 0. Tillman 4th 148 B. Kees 4th 165 R. Cisneros 4th
220 E. Wright 275 A. Payne 4th 308 M. Sanford Law/Fire 198 J. Waters 220 J. Guerra K. Barbier 242	227.5 187.5 177.5	MEN Teen 97 O. Tillman 4th 148 B. Kees 4th 165 R. Cisneros 4th 181 M. Romero
220 E. Wright 275 A. Payne 4th 308 M. Sanford Law/Fire 198 J. Waters 220 J. Guerra K. Barbier 242 M. A. Stanford	227.5 187.5 177.5 187.5 147.5 217.5	MEN Teen 97 O. Tillman 4th 148 B. Kees 4th 165 R. Cisneros 4th 181 M. Romero 198
220 E. Wright 275 A. Payne 4th 308 M. Sanford Law/Fire 198 J. Waters 220 J. Guerra K. Barbier 242 M. A. Stanford 4th	227.5 187.5 177.5 187.5 187.5 147.5	MEN Teen 97 00. Tillman 4th 148 8. Kees 4th 165 R. Cisneros 4th 181 M. Romero 198 T. Malbrough
220 E. Wright 275 A. Payne 4th 308 M. Sanford Law/Fire 198 J. Waters 220 J. Guerra K. Barbier 242 M. A. Stanford 4th F. Silva Jr. Master	227.5 187.5 177.5 187.5 147.5 217.5 230	MEN Teen 97 O. Tillman 4th 148 B. Kees 4th 165 R. Cisneros 4th 181 M. Romero 198 T. Malbrough 220 A. Schlegel
220 E. Wright 275 A. Payne 4th 308 M. Sanford Law/Fire 198 J. Waters 220 J. Guerra K. Barbier 242 M. A. Stanford 4th F. Silva Jr. Master 148	227.5 187.5 177.5 187.5 147.5 217.5 230	MEN Teen 97 00. Tillman 4th 148 8. Kees 4th 165 R. Cisneros 4th 181 M. Romero 198 T. Malbrough 220 A. Schlegel F. Thomas
220 E. Wright 275 A. Payne 4th 308 M. Sanford Law/Fire 198 J. Waters 220 J. Guerra K. Barbier 242 M. A. Stanford 4th F. Silva Jr. Master 148 M. Doucet	227.5 187.5 177.5 187.5 147.5 217.5 230	MEN Teen 97 O. Tillman 4th 148 B. Kees 4th 165 R. Cisneros 4th 181 M. Romero 198 T. Malbrough 220 A. Schlegel
220 E. Wright 275 A. Payne 4th 308 M. Sanford Law/Fire 198 J. Waters 220 J. Guerra K. Barbier 242 M. A. Stanford 4th F. Silva Jr. Master 148 M. Doucet S. Weingust 165	227.5 187.5 177.5 187.5 147.5 217.5 230 190 160	MEN Teen 97 O. Tillman 4th 148 B. Kees 4th 165 R. Cisneros 4th 181 M. Romero 198 T. Malbrough 220 A. Schlegel F. Thomas 308 S. McElroy 4th
220 E. Wright 275 A. Payne 4th 308 M. Sanford Law/Fire 198 J. Waters 220 J. Guerra K. Barbier 242 M. A. Stanford 4th F. Silva Jr. Master 148 M. Doucet S. Weingust 165 J. Heizelman	227.5 187.5 177.5 187.5 147.5 217.5 230 190	MEN Teen 97 O. Tillman 4th 148 B. Kees 4th 165 R. Cisneros 4th 181 M. Romero 198 T. Malbrough 220 A. Schlegel F. Thomas 308 S. McElroy 4th Novice
220 E. Wright 275 A. Payne 4th 308 M. Sanford Law/Fire 198 J. Waters 220 J. Guerra K. Barbier 242 M. A. Stanford 4th F. Silva Jr. Master 148 M. Doucet S. Weingust 165 J. Heizelman 181	227.5 187.5 187.5 147.5 217.5 230 190 160 77.5 155	MEN Teen 97 O. Tillman 4th 148 B. Kees 4th 165 R. Cisneros 4th 181 M. Romero 198 T. Malbrough 220 A. Schlegel F. Thomas 308 S. McElroy 4th Novice 220 M. Dorman
220 E. Wright 275 A. Payne 4th 308 M. Sanford Law/Fire 198 J. Waters 220 J. Guerra K. Barbier 242 M. A. Stanford 4th F. Silva Jr. Master 148 M. Doucet S. Weingust 165 J. Heizelman 181 T. R. Smith D. Bell	227.5 187.5 187.5 187.5 147.5 217.5 230 190 160 77.5 155 142.5	MEN Teen 97 O, Tillman 4th 148 B. Kees 4th 165 R. Cisneros 4th 181 M. Romero 198 220 A. Schlegel F. Thomas 308 S. McElroy 4th Novice 220 M. Dorman Junior
220 E. Wright 275 A. Payne 4th 308 M. Sanford Law/Fire 198 J. Waters 220 J. Guerra K. Barbier 242 M. A. Stanford 4th F. Silva Jr. Master 148 M. Doucet S. Weingust 165 J. Heizelman 181 T. R. Smith D. Bell G. Johnson	227.5 187.5 187.5 147.5 217.5 230 190 160 77.5 155	MEN Teen 97 O. Tillman 4th 148 B. Kees 4th 165 R. Cisneros 4th 181 M. Romero 198 T. Malbrough 220 A. Schlegel F. Thomas 308 S. McElroy 4th Novice 220 M. Dorman Junior 132
220 E. Wright 275 A. Payne 4th 308 M. Sanford Law/Fire 198 J. Waters 220 J. Guerra K. Barbier 242 M. A. Stanford 4th F. Silva Jr. Master 148 M. Doucet S. Weingust 165 J. Heizelman 181 T. R. Smith D. Bell	227.5 187.5 187.5 187.5 147.5 217.5 230 190 160 77.5 155 142.5	MEN Teen 97 O, Tillman 4th 148 B. Kees 4th 165 R. Cisneros 4th 181 M. Romero 198 220 A. Schlegel F. Thomas 308 S. McElroy 4th Novice 220 M. Dorman Junior
220 E. Wright 275 A. Payne 4th 308 M. Sanford Law/Fire 198 J. Waters 220 J. Guerra K. Barbier 242 M. A. Stanford 4th F. Silva Jr. Master 148 M. Doucet S. Weingust 165 J. Heizelman 181 T. R. Smith D. Bell G. Johnson 198 J. Snodgrass D. M. Gomez	227.5 187.5 177.5 187.5 147.5 217.5 230 190 160 77.5 155 142.5 142.5	MEN Teen 97 O, Tillman 4th 148 B. Kees 4th 165 R. Cisneros 4th 181 M. Romero 198 T. Malbrough 220 A. Schlegel F. Thomas 308 S. McElroy 4th Novice 220 M. Dorman Junior 132 S. Mendez 4th H. Tompkins
220 E. Wright 275 A. Payne 4th 308 M. Sanford Law/Fire 198 J. Waters 220 J. Guerra K. Barbier 242 M. A. Stanford 4th F. Silva Jr. Master 148 M. Doucet S. Weingust 165 J. Heizelman 181 T. R. Smith D. Bell G. Johnson 198 J. Snodgrass D. M. Gomez 220	227.5 187.5 187.5 187.5 147.5 217.5 217.5 230 190 160 77.5 155 142.5 142.5 145 115	MEN Teen 97 O. Tillman 4th 148 B. Kees 4th 165 R. Cisneros 4th 181 M. Romero 198 T. Malbrough 220 A. Schlegel F. Thomas 308 S. McElroy 4th Novice 220 M. Dorman Junior 132 S. Mendez 4th H. Tompkins
220 E. Wright 275 A. Payne 4th 308 M. Sanford Law/Fire 198 J. Waters 220 J. Guerra K. Barbier 242 M. A. Stanford 4th F. Silva Jr. Master 148 M. Doucet S. Weingust 165 J. Heizelman 181 T. R. Smith D. Bell G. Johnson 198 J. Snodgrass D. M. Gomez 220 S. Rosenberg F. Silva Sr.	227.5 187.5 177.5 187.5 147.5 217.5 230 190 160 77.5 155 142.5 142.5 145	MEN Teen 97 O, Tillman 4th 148 B. Kees 4th 165 R. Cisneros 4th 181 M. Romero 198 T. Malbrough 220 A. Schlegel F. Thomas 308 S. McElroy 4th Novice 220 M. Dorman Junior 132 S. Mendez 4th H. Tompkins 4th H. Tompkins
220 E. Wright 275 A. Payne 4th 308 M. Sanford Law/Fire 198 J. Waters 220 J. Guerra K. Barbier 242 M. A. Stanford 4th F. Silva Jr. Master 148 M. Doucet S. Weingust 165 J. Heizelman 181 T. R. Smith D. Bell G. Johnson 198 J. Snodgrass D. M. Gomez 220 S. Rosenberg F. Silva Sr. 242	227.5 187.5 187.5 177.5 187.5 147.5 217.5 217.5 230 190 160 77.5 155 142.5 142.5 142.5 145 115 152.5 125	MEN Teen 97 O, Tillman 4th 148 B. Kees 4th 165 R. Cisneros 4th 181 M. Romero 198 T. Malbrough 220 A. Schlegel F. Thomas 308 S. McElroy 4th Novice 220 M. Dorman Junior 132 S. Mendez 4th H. Tompkins 4th 165 J. Ojeda 181
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225 217.5 230 205 190 Team Dallas -1st place: Front row (r-I): Ken Anderson, Marcos Rodriguez, Joe Ojeda Jimmee Fullerton, Jim Snodgrass, Jose Marin; Middle row: Kevin Kirkland; Back row: 170 215 Mike Dorman, Anthony Schlegel. (Photograph provided courtesy of Ken Anderson).

272.5	198		242	
200	I. Snodgrass	205	C. Brown	255
	D. M. Gomez	200	4th	260
	220		275	
	R. Nesuda	272.5	I. Hirt	302
82.5	S. Rosenberg	252.5	R. Norris	302
	B. Wright	240	Open	
	T. Barth	200		
117.5		205	C. Journel	217
	242		198	
	H. S. Hudson	205	K. Kirkland	261
80	SHW		W. Smith	255
	T. McCullough	342.5		
110	Submaster		A. Schlegel	293
132	198		D. Adams	287
	D. Flunker	255	T. Derry	28
	D. Tillman	200		
110	4th		D. Broseman	252
	T. J. Hobson	190	275	
	220		I. Robinson	23
117.5	D. Adams	287.5		
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1. Snodgrass 205 C. Brown 2725
1. Snodgrass 205 C. Brown 2755
R. Nesuda 272.5 J. Hirt 200 181
25 4th 205 C. Journel 392
1.5 Snoenberg 252.5 R. Norris 302.5 Christian, Tom Barth, Hal Hudson, Daniel Flunker, Dodd Adams, Junius Hurt, Don Brosman, Jannei Flunker, Dodd Adams, Junius Hurt, Don Brosman, Jannei Flunker, Dodd Adams, Junius Hurt, Don Brosman, Janiel Flunker, Dodd Adams, Junius Hurt, Bon Brosman, Janie 190, Jani

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Registration Fee \$15.00 Make checks payable to an WORLD ASSOCIATION OF E PRESSERS AND DEADLIFT P.O. Box 5292 Bend, Oregon 97708	BENCH	dr In to by	reco subr WA	esting. ognizing the mit to any t	e nee estin	d fo g P nts	or drug usa rocedures and shall	ige	will be subject detection, I ag emed appropri- ept the results

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Elizabeth Sirju upped her world record to 176 lbs. at 97 lbs. body weight. Junius ("Pop goes the Wease!") Hurt and Rich Norris battled to a tie in ius, the lighter man, ter and best lifter. In the bench press Linda Blackburn put up 297.5 lbs. to take best lifter. In Class 1, first contest lifter Marcos Rodriguez from Dallas did a Texas State record 413.2 lbs. in the 165 lb. class. His lift gave him best lifter in Class I nim best lifter in Class I. Junior men honors were taken by Andre Payne with a nice 501.5 lbs. at a 247 lbs. body weight. Law and Fire best lifter went to first time WABDL lifter Michael Stanford with a 507 lbs. bench to cap-ture Texas State Records in Law and Fire and Open divisions. Masters light-weight best lifter went to Jack Heizelman. He did a Jack Heizeiman. He did a very easy 170.7 lbs. bench at 153.5 lbs. body weight. Jack is 83 years old! Masters heavyweight best lifter went to Texas

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## Coming Events

MEET DIRECTORS ... a listing here is a FREE service to publicize your contest to thou-sands of potential entrants. Send details, preferably at least 3 months prior to your competition, to 'Coming Events', Box 467, Camarillo, CA 93011 in order to obtain proper advance notice. You will be reaching MANY people who may be interested in

4-6 MAY, USAPL National Masters (Killeen, TX) Johnny Graham, 254-526-0779, Jtruck52@hotmail.com 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 & BD (The Althert Canada) Panch Sanaka

BP (Taber, Alberta, Canada) Randy Spa 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

5 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-

5 MAY, Southern States BP (open, women, teen, novice, masters, police & firefighters) Weight-lifting Equipment of GA, 150 Sagebrush Rd.,

lifting Equipment of GA, 150 Sagebrush Rd., Stockbridge, GA 30281, 770-474-2633 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 5 MAY, USAPL Maine State Open PL & Br (Union, ME - men & women open, submaster, grandmaster, teen, police & fire) Mark Clevette, Box 506, Warren, ME:04864, MJclevette@cs.com 5 MAY, Clarion Barbell's Pennsylvania State Open PL/BP, Mark Watts, 105 Crestmont Dr., Shippenville, PA 16254, 814-227-2041, when the Schotmail com

Shippenville, PA 10234, 014-227-2041, mjwatts336/hotmail.com 5 MAY, NASA Missiouri State (Carthage) NASA, Box 735, Noble, OK 73068, 405-527-8513 5 MAY, SLP Indiana State BP/DL (Frankfort, IN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com 5 MAY ADA Coreat Jack Open BP DL Public 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, dent@angelfire com

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, Marc Seda, 800-322-0766, strongman1nyc@aol.com 6 MAY, Hooters Florida StateDL, All American Gym, 118 S. Kentucky Ave., Lake-land, FL 33801, 863-687-6268

6MAY, SLP Southeast low BP/DL (Coralville, IA) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-2 5 3 - 5 4 2 9 , 6 MAY, G.B.C. Barbell's 8th "No Druggies Allowed BP" (equipped & raw) Bob Verner, 826 Hazelwood Ave., Pittsburgh, PA 15217, 412-521-2620 12 MAY, Toys R Us

Kankakee County Stron-gest Man (Bradley, IL) Tony Soucle, Box 459, St. Anne, IL 609 12 MAY, Strong Man Contest (Triopia H.S., Concord, IL) Gabriel Stinson, 740 University Dr., 437 Tanner Hall, Macomb, IL 61455,

309-298-8871 www.wiu.edu/users/ m u t j p 4 strongman2001.htm

12 MAY, APA Texas Open & Texas Jr. High & High School PL & BP (Houston, TX) APA, Box 27204, El Jobean, FL 33927, 941-697-7962,

apapresident@angelfire.com 12 MAY (new date), Blue Ridge Strongman/ woman, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm,

valifting@aol.com 12 MAY, NASA Kansas State (Wichita) NASA, 12 MAY, NASA Kansas State (Wichita) NASA, Box 735, Noble, OK 73068, 405-527-8513 12 MAY, SLP Cross County Mail BP/DL Classic (Mattoon, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

Husbola, TL: D1500, 217-200 0427, www.sonlightpower.com 12 MAY, APF Venice Baach Strict Curl, Venice Beach Rec. Ctr., 310-399-2775 12 MAY, WNPF American PL Champion-ships (Baltimore, MD) WNPF, Box 142347, hips (Baltimore, MD) WNPF, box 1-440 avetteville, GA 30214, 770-996-3418,

wnpf@aol.com 12 MAY, AAPF Florida State PL, Huge Iron, 910S, Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

904-077-4000 12 MAY, USPF Collegiate Nationals (Bea-ver College - Glenside, PA - open to full time graduate and undergraduate college or uni-versity students) Rob Keller, Box 829, Ambler, PA 19002, 215-542-4941, rhk@bellatiantic.net

rhk@bellatlantic.net 12,13 MAY, Strongest Man in New York (Queens) Marc Seda, 800-322-0766, strongman1nyc@aol.com 12,13MAY, WABDL Twin Lab North Ameri-can BP & DL (Holiday Inn Select North, Dalls (Irving) TX - world championship qualifier-drug tested) Gus Rethwisch, 541-389-0600, fax 541-388-1122 12 13 MAY, USPF Master & Submaster

12,13 MAY, USPF Master & Su Nationals (Las Vegas, NV) Steve Der 661-664-7724, email - pwriftrs@msn www.powerliftingca.com, Chris Kostas 661-245-0115, Kostas@frazmtn.com 661-245-0115, Kostas@frazmin.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

18-20 MAY, NAPF North American Chan pionships (Minneapolis, MN) Steve Gavin, 612-207-4796, stevegavin@hotmail.com 18-20 MAY, APF Master, Submaster, Jun-jor, Tarana Mint r, Teenage Nationals, Russ Barlow, 175 ennebec TR., Turner, ME 04282, 207-225-5070 or Sha McKenna 207-442-

19 MAY, Kinross Open, Masters, Submasters no entry fee - guest lifter Tony Kamand, Dav

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#### 2001 AAU Junior Olympic Games Powerlifting

July 25-29 2001

Norcum High School, Portsmouth, VA This is both a RAW and an ASSISTED Event. NO CROSSOVERS ALLOWED!! ALL TEENAGE AND YOUTH AGE GROUPS 5U THROUGH 18-19 ALL TEENAGE AND YOUTH WEIGHT CLASSES 44 POUND THROUGH SHWT MEET DIRECTOR: RUDY GARCIA/ rleegarcia@hotmail.com PHONE NUMBER: 404-441-7120 All questions should be directed to the meet director. ENTRY FEE: \$50.00 per athlete. (Money orders or certified checks only!!/NO PERSONAL CHECKS ACCEPTED!!) ENTRY DEADLINE: Wednesday, July 11, 2001

ATHLETES and COACHES send entry forms and fees to the following address:

Mailing Address:

2001 AAU Junior Olympic Games P.O. Box 3067 Norfolk, VA 23514-3067



Contact: Brian Washington, 410-265-8264 or ecpower@bellatlantic.net

Mastaw, 906-495-2282 ext 4260, Tue - Fri 8AM - 4PM (Kincheloe, MI - 2 wks. notice) **19 MAY**, 4th Newman Bench Press Competi-tion (open, women, high school) John Ybara, 612 West 11th St., Sterling, IL 61081, 815-625-19 MAY, 1st AAPF W, Michigan PL/BP (Grand

Haven, MI) Tom O'Brien, 441 Carpenter Ave. NW, Grand Rapids, MI 49504, 6165-453-0488,

19 MAY, Tri-State BP & DL (St. Joseph High school, Hammonton, NJ) Paul or Peggy Sa

537 Pine Rd., Hammonton, NJ 08037, 609-19 MAY, IPA S. Carolina State & Open BP

(Filton Head Island High School) Floyd Powe, 103 Afton Ct., Summerville, SC 29485, 843-875-1434, Kyontel 3@aol.com 19 MAY, USPF Spartan BP, Kevin Meskew, 9235 Woodale Ave., Arleta, CA 91331, 818-899-7555, warrior01@earthlink.net 10 MAY. WAPDI Revertest BP& DI Champian 10 MAY. WAPDI Revertest BP& DI Champian

19 MAY, WABDL Riverfest BP & DL Champ

onships (Gadsden, AL - Musical Guests include Credence Clearwater Revival, Vince Gill, Sister Sledge - world champio

**Overnight Delivery Only:** 

2001 AAU Junior Olympic Games 420 Bank St.

Norfolk, VA 23510



ship qualifier - drug tested) Rick Hagedorn, 256-441-0143, (fax) 256-441-7283 19 MAY, USAPL Steeler High School (Granite City, IL) Rick Fowler, 618-451 4 7 3 7 19 MAY, 5th Baddest

the Bad BP, Mike Farme 21 W. Clark Ave., BOX 199, Milford, DE 19963, 302-430-5632 12pm - 8pm 19 MAY, Canadian PL/

BP Championship (LCC Barn, Lethbridge Community College, Letheridge, Alberta, Bruce Greig, 403-938-3067, FAX 403-938-

19 MAY, NASS Missouri ongman Contest, Willie essels, Rick King & Jim Davis 2551 Woodson Rd Overland, MO 63114, 314-6 0 9 - 6 0 3 1 , 37016@aol o

dwes37016@aol.com 19 MAY, 2nd Firehous ongman contest, Grahar 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 (Albuquer-que) NASA, Box 735, Noble, OK 73068, 405-527-8513

19 MAY, Lifetime Natural Powerliftin Society Nationals, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-

5429, www.sonlightpower.com 19 MAY, WNPF Mid-NY State BP/DL & Iron Man (Binghampton, NY) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418,

19,20 MAY, AAU National Powerlifti Combined Championshipe - Raw AAU -North American Raw, Bench Press AAU -North American Bench Press (teen, open, submaster, master, youth - equipment & raw) Larry Kye, 114 Chickasaw Pl., Jack-sonville, AR 72076, 501-982-7668

19,20 MAY, Strongest Man in New York (Man-hattan) Marc Seda, 800-322-0766,

hattan) Marc Seda, 800-322-0766, strongman1nyc@aol.com 20 MAY, Best of the Southwest IV (Natural, Raw BP/DL - Sculptured Trophies - Social Hall, McMurray, PA) Steve Siviak, 724-941-7270 20 MAY, World Gym Spring Push/Pull, Jeff Butler, 2500 Miracle Ln., Mishikawa, IN 46545, 219-254-0460.

219-294-0460. 20 MAY, 19th USAPL Viking Open (men, women, teen, jr., master) B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692 20 MAY, SLP Hard Core Gym BP/DL Classic Chick The State Sta (Chicago, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

www.sonlightpower.com 20 MAY, WNPF Lifetime Drug Free Na-tional BP/DL & Ironman & New England States BP/DL/Ironman (Danbury, CT) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-50142347, Fayetteville, GA 30214, 770-996-

3418, wnpf@aol.com 23-27 MAY, IPF Women's Worlds (Usti

23-27 MAY, UP Women's Works (Use Nad Labem, C2) 24 MAY, Strongest Bench Press in Tallahas-see (Premier Health & Fitness, 6-9PM) Rich Marsala, 1964 FL-GAHwy, Havana, FL 32333, 850-539-3171

26 MAY, IPA Virginia State Open BP, The Gym, 5001 Jefferson Davis Hwy., Fredericksburg, VA 22408, 540-710-9500 26 MAY, APA Arizona Open BP/DL (Tucson, AZ) APA, Box 27204, El Jobean, FL 33927, AZ APA, Box 27/204, El 300ean, r.e. 941-697-7962, apapresident@argelfire.com 26 MAY, CAN AM Bench Press (\$3000 in prizes) Paul Roy, 1381 St. Paul, St. Cesaire, Quebec, JOL 1TO, Canada, Tel/Fax 450-

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

8513 26,27 MAY, 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. 26,27 MAY, Strongest Man in New York (Brook-lyn) Marc Seda, 800-322-0766,

strongman1nyc@aol.com 27 MAY, Double Masters Power/BP Meet (Gr. Rapids, MI) 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,

166, Ravenswood, WV 26164, 304-273-2283 gyhl@wirefire.com 2 JUN, Fitness Zone Bench Press, Lynn Smith

2 JUN, Fitness Zone Bench Press, Lynn Smith, 4500 Carr Dr., Fredericksburg, VA 22408, 540-898-1252, lynn@TheFitnessZone.com 2 JUN, APA Los Banos Open BP/DL (Los Banos, CA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962,

941-697-7962, apapresident@angelfire.com 2 JUN (new date), WABDL Capitol City BP & DL (Gold's Gym - Sacramento, CA - world championship qualifier - drug tested) Jody Woods, 916-431-5503 2 JUN February

Championsrip quaimer - drug tested, Joby Wooks, 916 431-5503
2 JUN, Extreme Gym & Fitness Extreme Bench Press Meet, Bob or Jack, 15767 Jefferson Hwy. (Rt. 33), Bumpas, VA 23024, 540-872-5416
2 JUN, Minnesota St. BP/DL (open, teen 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 Harrison (D) 763-441-4232, Jerry Gnerre (E) 763-753-6064
2 JUN, WNPF Teen, Jr., Submaster, Mas-ters 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, 9105. Attantic Ave., Daytona Beach, FL 32176, 904-677-4000

904-677-4000

2,3 JUN, Strongest Man in New York (Staten Island) Marc Seda, 800-322-0766,

Island) Marc Seda, 800-322-0766, strongman1nyc@aol.com 2,3 JUN, NASA Masters & Submasters, BP only & Power Sports Nationals (Nashville, TN) NASA, Box 735, Noble, OK 73068, 405-527-8513

3 JUN, Curucod Day BP (men, women, mas-ter, teen) Justin, 515 Main St., Owosso, MI 48867, 517-725-8136

3 JUN, SLP Indiana Summer BP/DI (Franklin 3 JUN, SLP Indiana Summer BP/DL (Franklin, IN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonightpower.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

4000, www.hugeiron.com 8,9 JUN, WNPF American BP & DL (men, women, masters, junior, teen) Brian Wash-

5385-

2001 A.A.U Raw National Powerlifting and North American Bench August 25-26 2001 **Radisson Hotel Grand Ballroom** San Bernardino, CA

#### Powerlifting

Men and Women Open, Lifetime, Masters, Life Masters, Jr., Submasters, Law/Mil **Bench Meet (separate platform)** Men and Women Open, Lifetime, Masters, Life Masters, Jr., Submasters, Law/Mil. Physically Challenged. All classes for Raw and Equipped, except Youth and Teen -- Raw Only

#### Entry Deadline 7/27/01



#### **Martin Drake Natural Power PO Box 108** Nuevo, CA 92567 909-928-4797 NTRLPWR@PE.NET

## Ington, BOX 20042, Baltimore, 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, 222.2001 wpfg.org. 9 JUN, MDSA Open/Closed "Scoot to the Loot" North American Games (Esko), Darwin Jacobson Box 1031 Willinger

218-879-8180 218879-8180 9 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 9JUN, Best on the Bench (Northern H.S. - Durham, NC) Gloria Knight, 8502 Polaris Dr., Bahama, NC 27503, 919-477-9467 or Willie Lynch 252-478-

9 JUN, Shenandoah Valley Strongman/woman, Tony Walters, 5749 Wengers Miller Rd., Linville, VA 22834, 540-896-3332 before 9PM. Rottshih@aol.com 9 JUN, 8th Miller's Ironhouse

Natural Bench Press (teenage, raw, women, open, 3 masters divs., sculptured awards) Brian Miller, 218 Williams St., Cumberland, MD 21502, 301-777-0644, 9 JUN, USPF Region III (open,

9 JUN, USHY Kegion III topen, class II, women and masters div-sions) Ann/Earl Leverett, 2326 E. 43rd St., Savannah, GA 31404, 912-232-4575, e.leverett@att.net 9 JUN, WABDL Arizona Regional DP.01.01-cidatus Inn Mesa, wordt BP/DL (Holiday Inn, Mesa - world championship qualifier - drug tested) Steve Farnworth, 2651 E. Enrose, Mesa, AZ 85213, 602-361-6037

2 vr. increments, submaster, mas-

Police/Fire, awards to all lifters), Seguin Fitness, 1415 E. Court St., Seguin TX 78155, 800-378-

940, www.seguinfitness.com 9JUN, 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 (Me-tropolis, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

9 JUN, APF Venice Open BP, Venice Beach Rec. Ctr., 310-399-2775 9 JUN, WNPF Tennessee State/Open PL (Nash-ville, TN) WNPF, Box 142347, Fayetteville, GA

ville, TNJ WNFT, Box 142347, Payettevule, GA 30214, 770-996-3418, wnpi@aol.com 10 JUN (new date), Midwest open (PL, BP, DL - drug tested) Duane Burlingame, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292

IL 61032, 815-233-2292 10 JUN, APA CT Open BP & DL, Donna Siaga, 38 John Brook Rd., Canterbury, CT 06331, 860-546-2091, djslaga@yahoo.com 10 JUN, AAUMo-Kan BP/DL/raw & equipped @ Extreme Fitness, Union, MO; 9 June - Jeff Lewis Seminar) Darin Gilley, 2820 Grey Sum-mit Rd., Pacific, MO 63039, 636-742-4537 U JUN 10 JUN, SLP Wisconsin Open BP/DL (Burlington, WI) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

www.sonlightpower.com 15-16 JUN, York Barbell Strength Spec-tacular & IPA Workds, Ellen or Mark Chail-let, York Barbell, 3300 Board Rd., York, 17402, 800-358-9675, ell.com

IGJUN, APA Old Line State PL & BP (Laurel, MD) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962,

apapresident@angelfire.com **16 JUN**, 5th Pasco Power Team King of the Bench (\$1000 in prizes - sculptured trophies) Rick Lawrence, Box 3089, Holiday, FL 34690, 727-942-7894 or Mike (863-2228)

16 JUN, I.S.A. Clean/BP/DL & State BP Douglasville, GA) ISA, 6510 N. Sweetw Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push-Pull, www.isapower.tu 16JUN, USPFLA East Fitness BP/DL (Beckley, WV) Kevin Deiss, 304-252-7000



Come learn the secrets of the World Famous Westside Barbell Club. These secrets have already helped hundreds of other lifters achieve their goals. Now let then help you

to achieve yours!

#### **Columbus Dates**

2001 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 Dec. 8 Westside Seminar Dec. 9 Mastering the Bench

#### **On Site Seminars**

Seattle, WA March 31 Gold's Gym Lexington, SC May 12 Waites Fitness Sacramento, CA Aug 11 24 Hour Fitness Reno, NV Sept 22 Fitness Factory

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8191

9 JUN, USPF S. Texas (Men/ Women: Open, Below 1, 13-23 in ter (5 yr. increments to 70+) Bench,

## TALK FROM STRANGE PEOPLE

#### 760# BP



#### **THE 2001 NOVA** CHAMPIONSHIP SERIES

NOVA U.S.A. CHAMPIONSHIP Plano, Texas • June 16, 2001 Plano Convention Center

NOVA NORTH AMERICAN CHAMPIONSHIP Mesa, Arizona • August 11, 2001 Mesa Convention Center

NOVA WORLD CHAMPIONSHIP Plano, Texas • October 27, 2001 Plano Convention Center

#### **MEET DIRECTOR:** KIRK STROUD

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At the NOVA World Championship we will be offering cash prizes to both men and women in the open powerlift division. Lifters must compete in the NOVA U.S.A. or North American to qualify. Each weight class will have a qualifying total to receive cash. Only the winner of each weight class that meets the qualifying total will receive the cash prize. The INSA will donate all membership fees each year to the NOVA world finals.

The NOVA Championship Series will be held in conjunction with the Galaxy Fitness Competition, the NOVA Martial Arts Competition and the NOVA Fitness Expo. There will be over 500 hundred athletes and 3000 spectators at each event. Each event will be covered by television and will receive extensive coverage in a multitude of magazines. EXCEL Magazine will provide the official coverage for all NOVA events.

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The INSA is looking for meet promoters to host events.

16 JUN. Big Bench Shoutout III (men, women teen, junior, submaster, master, novice - dead-line 6/2/01) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590 16 JUN, 2nd annual USAPL "Thunder at the

Beach" Power Meet, Body Image, Betty Milby / Art Margulies, 457 Route 9S, Little Egg Harbor, NJ 08087, 609-294-3600,

16 JUN (NEW DATE), 6th AAU Suburban North YMCA BP/DL Classic (Catasqua, PA) Scott Nace, 4267 Hilltop PL, Bethlehem, PA 18020, 610-694-8714, Snace@hotmail.com or

Nick Theodorou (610-258-1894) 16 JUN, Summer Push/Pull Meet, Jon Smoker, 30907 CR 16W, Elkhart, IN 46516, 219-674-

16 JUN, WABDL N. Dakota & Minnesota State BP & DL (world championship qualifier - drug tested), Rich Edinger, Box 1295, Fargo, ND 58107, 701-298-0764, 361-1141

16 JUN, INSA USA 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, ud's Fitness 817-268-3488

16 JUN. 2nd Raw Summertime DL, Graham artholomew, 301-893-8290 after 8:30PM, Grahamho@lih 16 JUN, USA 'RAW' Bench Press Fede

tion Summer Nationals (Mattoon, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, 16 JUN, USAPL Eastern USA Open BP, USAPL

National Squat, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before

Starardsville, VA 22973, 604-965-3532 before 9pm, valifting@aol.com 22-24 JUN, Mountaineer Cup III & 37th USPF Men & Women's Sr. Nationals, Nick Busick 304-387-8186 (Mountaineer Cup) or Dave Jeffrey (USPF Nationals) 304-489-2428

23 JUN. SLP Iron House Open PL/BP/DL Classic (Hoopeston, IL) Son Light Power Gym, 122 W. Sale, Tuscola, IL 61953, 217-253-

5429, www.sonlightpower.com 23 JUN, Illinois Strongest Man (Bourbonnais, IL) Tony Soucle, Box 459, St. Anne, IL 60964 23 JUN, LSTA 5th Grant A Wish Charity BP 23 JUN, LS1A bit Grant A wish Chang br (NSA Westbank Fitness Center - New Orleans, LA-men & women open, police/fire, 14-16, 17-19, 40-49, 50+, special olympics - Anderson Art Sculptured Trophies) Try. Arrid C. Hansell, 504-471-2775(w), 504-365-6382 (pager),

23 JUN, NASA WV Open PL, BP, PS (Buckhannon, WV) Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283,

23 JUN, APF Central California Open & Novice PL/BP (Fresno, CA) Bob Packer, 559-439-4394 23 JUN, WNPF Roanoke Open PL (Roanoke, A) WNPF, Box 142347, Fayetteville, GA 30214 770-996-3418, wnpf@aol.com

23.24 JUN, USAPL Men's Teen & Jr. Na tionals B&W Gym, 5920 N. Ridge, Chi-cago, IL 60660, 773-561-9692 23,24 JUN, AAU World BP (Rancho Buena

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 dead-line 5/30/01) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797,

Nuevo, CA 92567, 909-928-4797, NTRLPWR0PE.NET 23,24 JUN, APF Senior Nationals, Huge Iron, 910 S. Atlantic Ave., Ormond Beach, FL 32176, 904-677-4000,

23,24 JUN, WNPF Lifet ne Nationals, Ron DeAmicia 6531 New Rd Youn OH 44515, 330-792-6670 after 5pm 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, APA Iron Barbarian PL, BP, DL (Orlando, FL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962,

apapresident@angelfire.com 24 JUN, SLP Muscle Corporation Summer Sizzle BP/DL Classic (Springfield, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-

253-5429 www.sonlightn 24 JUN, NASS Thick Bar Worlds (open

24 JUN, NASS TIRK bar words (open, teen, masters, men & women - Hurst, TX) Bill Holland, 300 W. Northern Ave., Saginaw, TX 76179, 817-847-6082, wwillyh@swbell.net 24 JUN, WNPF Ralph Peace Memorial BP/DL

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, greka@t-

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 IronAthletics@aol.comor Keith 770-949-9299

3 JUL, Iowa/Midwest Open Touch and Go BP (Sigourney, IA - Open, Novice, Team, Submas-ter, Master, Women) Wayne Hammes, BOX 433, Oskaloosa, IA 52577, 575-673-5240. 7 JUL, APA House of Pain Bench Press Open Challenge to the Biggest Benchers in the World (cash prizes: below 198, 198 plus - Mon Valley

**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)

Aug 12, 2001 - WPO (TM) Semi-FinalsQualifier (Universal Studios, Orlando, Florida)

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

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

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

#### Fitness Center, PA) 724-483-2438 7 JUL, APA Tennesee Open BP/DL (Nashville, TN) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com 7 JUL, NASA Tennessee Classic (Nashville) NASA, Box 735, Noble, OK 73068, 405-527-

7 JUL, WNPF USA BP/DL & Ironman (Bordentown or At-lantic City, NJ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com 7 JUL, APF Florida Push/Pull in

Memory of Lawrence Monberg, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

677-4000 7,8 JUL (updated date), USPF High School, Teenage & Junior Championships PL/ BP, Mike Wlosinski, 716-688-0575, bigski@localnet.com, www.uspfnv.com

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 (De-troit, MI) WNPF, Box 142347, ville, GA 30214, 770-996-3418, wnpf@aol.com 12-15 JUL, USAPL Men's Na tionals (Omaha, NE), James Hart, Box 82264, Lincoln, NE 68501, 402-470-3672

13,14 JUL, Strongest Man in New York Finals, Marc Seda, 800-3 2 2 - 0 7 6 6 , strongman1nyc@aol.com 14 JUL INSA/INSAA SW USA Powerlifting (Ft. Worth, TX) Kirk Stroud, 416 W. Bedford Euless Rd., Hurst, TX 76053, 817-268-

14 JUL (corrected date), 17th ADAU Raw Drug Free "No Boys

Call

Allowed" (Pennsulvania - women's men sub master, men master state PL meet - residents only, plus open meet - same categories) Siege Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com 14 JUL, I.S.A. Limestone Classic BP/DL (Bedford, IN) ISA, 6510 N. Sweetwater Rd.,

Lithia Springs, GA 30122, 770-739-0184, 866-Push-Pull, www.lsapouer.tv 14 JUL, Allentown Sportsfest V BP/DL (men, women, masters) Fred Glass, 811 N. Jordan,

Allent own PA 18102 610-770-9333 14 JUL, 2nd New England's Strongest Man-Woman (5 events) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

St, Keene, NH 03431, 603-352-8590 14 JUL, 3rd Summer Slam Push/Pull, Jamie Fellows, Box 375, Belmont, NH 03220, 603-267-8158

14 JUL, NASS SW USA Strongman Challenge (open, teen, masters, men & women - Ft. Worth, TX) Bill Holland, 300 W. Northern Ave., Saginaw, X 76179, 817-847-6082, e-mail willyh@swbell.net TX

Wwillyn@swbeil.net 14 JUL, ANPPC World Cup (Chicago, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

14 JUL, APF Venice Beach Open DL, Venice

14 JOL, APT Venice Beach Open DL, Venice Beach Rec. Ctr., 310-399-2775 14,15 JUL, Georgia Games PL/BP, George Games, 1415 Barclay Circle Suite F, Marietta, GA 30060, 770-528-3580 or David hall, 678-con Long. 290-1882

15 JUL, New York State Strongman-woman (Kingston, NY) Brad Klinger, 845-339-4865, Pat Carroll 845-339-6381 15 JUL (new date), WNPF USA PL Champi-

onships Youth, Teen, Jr., Subs, Masters & Sr. Open Nationals (Atlanta, GA) & Atlanta Open BP/DL/IM, WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, f@aol com

21 JUL, USPF Eastern BP Nationals, Eddie Horton, 726 Monroe Ave., Eliza-beth, NJ 07201, 908-282-1260, USPFehorton@aol.com 21 JUL, Georgia State Drug Free Champion

ships (BP, DL, PL) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, ngym@aol.com

21 JUL, The Training Center's 2nd annual Bench Press (open men & women - New Castle, Delaware) 302-328-5438 21 JUL, USPF California State PL/BP, Kevin Fisher, 151 S. Ontare, Santa Barbara, 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 obmpians, PL, BP, PS) Smithy, 508 E. 5th St., Flora, IL 62839, 618-662-3413 1-8pm CST 21 JUL, USAPL 4th BP & DL Battle on the

Each (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

403-527-6515 25-29 JUL, AAU Jr. Olympics (Ports-mouth, VA) Rudy Garcia, 404-441-7120,

27-29 JUL, 100% Raw Sr. Nationals (men & women, all age/wt. classes) Dr. Spero Tshontikidis, 4850 Connecticut Ave. NW #903, Washington, DC 20008, 202-282-0528 0528

28 JUL, Northeast Canadian Championships BP/DL (Matane) Roberto St. Pierre, 418-562-9176

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 liftens) Seguin Fitness, 1415 E. Court, Seguin, TX 78155, 800-378-6460, www.seguinfitness.com 28 JUL, NASS Minnesota State Strongman (open, teen, masters) Jeff Bissonnette, 14733 60th St. N., Stillwater, MN 55082, 651-430-9594. Jackle\_jef1@msn.com 28 JUL, SLP Frankfort Hotdog Festival BP/DL (Frankfort III) Son Licht Power. 122 S. Sale St.

(Frankfort, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com 28 JUL, 15th Southeastern Illinois BP & DL

Classic (all age groups & wt. classes) Mark Motsinger, 201N. GumSt., Harrisburg, IL 62946, 618-252-0881 28 JUL, WNPF Raw Nationals & North

American Championships (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, Birmingham, AL -world championship qualifier - drug tested) Gus Rethwisch, 541-389-0600, fax 541-388.1122

29 JUL, Lake Country Fair Iron Man BP/DL (Gray's Lake, IL - 15 lifter limit - entry deadline 7/2/01) Preston Olsen, 847-948-9111 ext. 330 or polsen@bannockburn.com

JUL, Muscle Bound Fitness "Summer Heat" BP and/or DL (men, women, master, submas-ter, teen & raw) John or Kayleen Blackstone, 102 E. Main St., W. Lafayette, OH 43845, 740.545.0840

740-545-0840 JUL, 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 Athletics@aol.com or Steve 812-279-3187 JUL, Madison Co. Fair Strongman/woman, John Shifflett, Box 941, Stanardsville, VA 22973,

804-985-3932 before 9pm, valifting@aol.com 4 AUG, 4th Horseheads Pre-Season PL, Bert Conklin, 643 Terry Hill Rd., Horseheads, NY 14845, 315-727-5970 or Ed Patten 607-733-4997 4 AUG, SLP Vince Soto Memorial Ohio State

Fair BP/DL (Columbus, OH) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-

5429, www.sonlightpower.com 4 AUG, WNPF New Jersey State/Open PL (Bordentown, NJ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com 5 AUG, KPO Show-Me Push Pull (BP & DL)

Jim King, 3229 Queen Ridge Dr., Indepen-dence, MO 64055, 816-985-3196, BIGBENCH2001@aol.com 5 AUG, WNPF Newark Open BP/DL & Ironman

SAUG, WNP-Newark Open BP/DL & Ironman (Newark, DE) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com 6 AUG, Police & Fire Nationals (Las Vegas, NV) Huge Iron, 910 S. Atlantic Ave., Ormond Beach, FL32176, 904-677-4000,

www.hugeiron.com 11 AUG, APA Midwest Regional BP/DL/Push Pull (Waukegan, IL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962,

Men's Nationals. TITAN ADA1 Open to all USAPL Men who have qualified Find out who will make the next USAPL/IPF World Team! visit www.nebraskapowerlifting.com July 13-15 at the Double Tree Downtown, 1616 Dodge St Call 402-346-7600 for hotel reservations For more information contact Jim Hart at JMSHRT@aol.com or call

402-470-3672 The deadline for entry is June 12th. The NGB meeting will be held on Thursday July 12th at 1:00 PM central time.



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11 AUG (new date), APF Vench Beach Push/ Pull PL, Venice Beach Rec. Ctr., 310-399-2775 11 AUG, 6th APF Granite State Open BP \$ 4th Granite State Open DL (men, women, teen,ir., submaster, master, novice) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590 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@iserv.net,

www.aprmchigan.com 11 AUG, USAPL Mississippi State, Rhodes Fitness, Hardy Court Shopping Center, Gulfport, MS 39507, 228-868-0190 or 896-3277. 11 AUG, INSA North American Champion-

11 AUG, INSA North American Champion-ships (Mesa, AZ-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

11 AUG, WABDL Alki Beach BP & DL & Strongman Contest (world championship quali fier - drug tested), Bull Stewart, 206-723-4696 11 AUG, USAPL N.J. Bench Press Open, Pro

11 AUG, USAPL NJ. 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, lightpower.com

Www.soniagnipower.com 11 AUG, Green County Strongman/woman, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com 11,12 AUG, NASA World Cup PL, BP, PS (Oklahoma City, OK) NASA, Box 735, Noble, OK 73068, 405-527-8513

12 AUG (new date), WPO (TM) Semi-Finals Qualifier (Universal Studios, Orlando, FL) Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176 904-677-4000

 12 AUG, SLP Missouri State Fair BP/DL (Sedalia,

 MO) Son Light Power, 122 S. Sale St., Tuscola,

 IL
 61953,
 217-253-5429,

17-21 AUG, IPF World Games PL (Akita,

Japan) 18 AUG, 5th King Fitness Pound for Pound (Most reps/total tonnage - open & 20 and under) Matt Kelly or Ralph Lara, 3253 Hwy 35 N., Hazlet, NJ 07730, 732-335-0911 18 AUG (new date), APA Bench Press

Nationals (St. Petersburg, FL) APA, Box 27204, El Jobean, FL 33927, 941-697-

7962, apapresident@angelire.com 18 AUG, USAPL Power Surge 2001 PL & BP, Michelie James, 1239 Duncan, Alliance, NE 69301, 308-762-7043, Michelie@bbc.net

59301, 308-762-7043, Michelle@bc.net 18 AUG (new date), WABDL Utah State (Holi-day Inn, SLC - world championship qualifier -drug tested) Steve Farmworth, 2651 E. Enrose, Mesa, AZ 85213, 602-361-6037

18 AUG, SLP Indiana State Fair BP/DL (Indianapolis, IN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

18 AUG, WNPF Central SC Open BP/DL & IM (Columbia, SC) WNPF, Box 142347, Favetteville. GA 30214, 770-996-3418, wnpf@aol.com

18 19 ALIG 8th AAPE/APE Snake River PL& BP, Mike & Linda Higgins c/o YMCA, 155 W. Corner Ave., Idaho Falls, ID 83402, MWF 5-7. 208-523-0600, apf\_id\_mhiggins@ya

19 AUG, SLP Illinois State Fair BP/DL (Spring-field, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

www.sonlightpower.com 19 AUG, WNPF Tarheel Open BP/DL & Ironman (Fayetteville, NC) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418,

25 AUG, Body Factory Power Challenge/BP Jim Parrish, 520 W. Applegate Ave., Pen Argyl, PA 18072, 610-863-1090

25 AUG, WABDL Budweiser Summer Strength Festival (Bend Riverside Motel) Gus Rethwisch Box 5292, Bend, OR 97708, 541-389-0600 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,

www.sonlightpower.com 25 AUG (modified date), USAPL Lifetime Nationals, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932

before 9pm, valifting@aol.com 25,26 AUG, AAU Raw Nationals & North American BP (Radisson Hotel) (San dino, CA-Open, Lifetime, Masters, Life masters, junior, youth, teen, sub

Be part of one of The BIGGEST events of the year!



masters, law/mil, physically challenged for men and women) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797, ntrlpwr@pe.net 26 AUG (new date), USAPL National Police

& Fire PL/BP, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932

Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com 26 AUG, WNPF Grand Carlyon Open BP/DL & Ironman (Phoenix, AZ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, (Back con

wnpf@aol.com AUG, USPF New York Bench Press (open, law enforcement, fire & military), Mike Wiosinski, 716-688-0575, bigski@localnet.com,

www.usp/ny.com AUG, NASS Dino Day VIII - Ohio Valley Strong-man (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, 16-17, 18-Mike Grajek, 702-498-9867,

2 SEP. SLP DuQuoin State Fair BP/DL (DuQuoin, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

www.sonlightpower.com 8 SEP, ADAU Single Lift Nationals SQ, BP, DL-Open & All see groups both men & women, lift in 1, 2, or 3 events - no otal, AI Si l, Al Siegel, 304 Daisy St., Clearfield, 16830, 814-765-3214 or

8 SEP, WABDL N. California BP & DL (San 8 SEP, WADL N. California BF & 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 Rtt 46, Rockaway, NJ 07866, 973-627-

9156, www.profitness.com 8 SEP, SLP Tennessee State Fair BP/DL (Nash-

ville, TN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

www.sonlightpower.com 8 SEP, APF Venice Beach W. Coast Open BP, Venice Beach Rec. Ctr., 310-399-2775 8 SEP, WPO (TM) Bench Bash for Cash, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

8.9 SEP. APA Powerlifting Nationals (Lau-

el, MD) APA, Box 27204, El Jobean, FL rel, MD) 33927. 941-697-7962, dent@angelfire.com 12-16 SEP, IPF World Juniors (Sofia, Bul-

**15 SEP**, APA Colorado State (PL, BP, DL -Denuer, CO) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962,

apapresident@angelfire.com 15 SEP. WABDL Louisiana State BP/DL (New Orleans) Arrid Hansell, 504-491-5061, 392-9743

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) ASA, Box 735, Noble, OK 73068, 405-527-8513

8513 15 SEP, SLP Village Square BP/DL (Effingham, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com 16 SEP, ADAU Seneca Nation of Indians Allegary Reservation Bench Press (men & women, native, youth, teen, junior, submaster, master) Dr. Jay Toth, 3446 Center Rd., Salamanca, NY 14720 Lin Toth Strengia ach

14779, Jay. Toth@fredonia.edu 16 SEP, SLP Iowa State BP/DL (Coralville, IA) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonightpower.com 21-23 SEP, 100% Raw Deadlift Nationals (men & women, all age/wt. classes) Dave Lhota, 250 Peninsula Drive Indian Lake. al City, PA 15926, 814-754-8306 22 SEP, 1st Fall Strongman Challenge, Graham Barthiolomew, 301-893-8290 after 8:30PM, Grahambo@libertybay.com 22 SEP, NASA New Mexico Regional (Albu-querque) NASA, Box 735, Noble, OK 73068, 405-527-8513

22 SEP, SLP OPEN NATIONAL POWER-22 SEP, SLP OPEN NATIONAL POWER-LIFTING CHAMPIONSHIPS, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com 22,23 SEP, USAPL Bench Press Nationals, Ed & Frank King, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464 23 SEP. Cl. Differences Sate BP.O. Charte 23 SEP, SLP Wisconsin State BP/DL Classic (Burlington, WI) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

www.sonlightpower.com 24 SEP, APA Arizona State PL, BP, DL (Tucson, A2) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com 29 SEP, AAU Virginia State Drug Free PL &

BP(raw&assisted, youth, teen, men & women, masters, deadline 9/15/01) Barbara Beasley, AAU State Chair, 1811 Southcliff Rd., Richnd, VA 23225, 804-233-9570 or Roger Ernst, 804-320-1456, rlernst@aol.com 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 (Lubbock) NASA, Box 735, Noble, OK 73068, 405-527-

30 SEP, SLP NATIONAL 'RAW' POWER-LIFTING CHAMPIONSHIPS (Fredricktown, MO) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com SEP, ISA Regional BP & BP for reps (Douglasuille, GA) ISA, 6510 N. Sueetwater Rd, Lithia Springs, GA 30122, 770-739-0184, 866-Push-Pull, www.isapower.tv SEP, I.S.A. Regional BP & BP bodyweight for resps (Douglasville (GA) Boys & Girls) I.S.A., 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push/Pull or IronAthletic@aol.com or Keith 770-949-9299 SEP???, NASA Kentucky Regional (Lexington) NASA, Box 735, Noble, OK 73068, 405-527-8513 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 544-0155 6 OCT, 1st NH Record Breakers, Jamie Fellows, Box 375, Belmont, NH 03220, 603-267-8158 6 OCT, NASA Iowa Regional (Des Moines, IA) NASA, Box 735, Noble, OK 73068, 405-527-

8513 6 OCT SI P Fall BP/DI Classic (Mattoon II.)

6 OCT, SLP Fall BP/DL Classic (Mattoon, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953,217-253-5429, www.sonlightpower.com 7 OCT, SLP Chicagoland Open BP/DL Classic (Chicago, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonliketheause

7 OCT, APA Bay State Open BP & DL (Worces-ter, MA) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com 13 OCT, NASA Big River Classic PL/BP (Blutheuille, AR) NASA, Box 735, Noble, OK 73068, 405-527-8513

13 OCT, NASA Tennessee Regional (Nashville) NASA, Box 735, Noble, OK 73068, 405-527-8513

 B310
 CT, SLP Arkansas State BP/DL (Rector, AR) Son Light Power, 122 S. Sale St., Tuscola, IL
 61953, 217-253-5429,

www.sonlightpower.com 16-21 OCT, IPF World Masters (Moose Jaw, Canada) Wayne Cormier, 10929 Scott Dr., N. Battleford, Saskatchewan, Canada S9A 3N2, 306-446-1330 or fax 306-445-2829

20 OCT, 10th Muscle Beach Special Olympics Lift-Off (Muscle Beach - Venice, CA) 310-399-2775

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, al@pikitup.com 20 OCT, NASA East Texas Regional (Lo

NASA, Box 735, Noble, OK 73068, 405-527-8513 20 OCT, SLP Fall BP/DL Classic (Richmond,

20 OC1, SLP Fail BP/DL Classic (Richmond, IN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com 21 OCT, SLP Pecatonica Fitness Fail BP/DL (Pecatonica, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, 21 OCT (specified date), 1st Southeast

Drug Free (BP, DL, PL) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, 21 OCT, CAN AM BP & DL & Push/Pull

(Montreal) Marcel St. Laurent, 457 7ieme Ave. Nord.#1, Sherbrooke, Quebec, JIE 2S2, Canada, 819-346-9466, Fax 819-346-6104. 26-28 OCT 2001, AAU Worlds (Maya

PR) Nestor Gregory, PRPF, Las Villas Park Rd. 142, Ramey, Aguadilla, PR 00604, 787-890-4636

787-890-4636 27 OCT, APF Semi-Annual Bench Meet, Olym-pic Fitness Center, 224 N. Fourth St., St. Charles, IL 60174, 630-377-7527 27 OCT, INSA World Championship (Plano,

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., May 20

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			Miles
1)	Turn right onto Airport Road	.1	8)	Take US-67 N/US-167 N	10.7
2)	Take the I-440 West ramp	.8	9)	Take exit 11, towards AIR FORCE BASE	0.0
3)	Merge onto I-440 W.	2	10)	Merge onto TP White Drive	.1
4)	Take the I-30 EAST/US-65 NORTH/US-167 NORTH exit number 138A towards DOWNTOWN	.4	11)	Turn Left	0.0
5)	Merge onto I-30 E	4.1	12)	Turn slight left onto Evans St/Vandenberg Blvd.	L.
6)	Take the US-67 N/US-167 N/I-40 exit, exit number 143B. towards MEMPHIS	.4	13)	Stay straight to go onto Vandenberg Blvd.	1.6
7)	Merge onto I-40 E/US-67 N/US-167 N.	1.1	13)	Turn Left onto Arnold Drive	.8

## AAU WORLD POWERLIFTING CHAMPIONSHIPS 2001 Mayagüez, P.R.

## **RAW AND ASSISTED**

## AAU POWERLIFTING WORLDS Date/Location: Friday, Saturday and Sunday, OCTOBER 26, 27 and 28, 2001. On the Palace of Sports in Mayaguez, Puerto Rico.

Conteis is open to all A.A.U. PC of all ages registered who have place 1", 2nd, or 3rd in the 1998, 1999, 2000 National Masters or the North American and Hawaii States. All world foreign athletes, those in good standing with their respective Federation or Associations who are drug Free. A.A.U. card will be sold at the meet. The registration Fee is \$10 for youth (under 19) and \$30 for adults

26/10/2001 Friday: 5:00 to 6:30 P.M. weight in 97/105 classes women plus men - competition 8:00 P.M. same night 5:00 to 6:30 P.M. weight in from 114/181 all women plus men that are going to complete on Saturday at 8:00 A.M.

27/10/2001 Saturday weight in from 5:00 to 6:30 P.M. for all women plus men from 198 above that are going to compete Sunday 28/10/2001 at 8:00 A.M.

Award will given to the top 5 places in the following classes: (w=women, m=men) w-97, w-105.75, m/w-114.5, m/w-123.5, m/w-132.25, m/w-148.75, m/w-165.25, m/w-181.75, m/w-198.25, w-shw- m220, m242, m275, m 319.5 mshw Best lifter awards and Team award will also be given. You must have club sanction or countrie Federation sanction to enter as a team this can be done the day of the meet. (Only one team for each club or Federation).

Divisions

Applications

Note:

Directions:

Note:

Proof of age is required for Masters and Teens. This proof must be supplied with your entry

Send all entries to Néstor Gregory, Las Villas, Park Rd. 142, Ramey, Aguadilla, Paerto Rico 00603 or to Carlos Fernández, La Esperanza S-38, St. 16, Vega Alta, Puerto Rico 00692. gregory nestor@hotmail.com

Make all checks payable to Puerto Rico Powerlifting Federation.

Dead Line - Friday, September 26,2001.

#### **NO EXCEPTIONS!**

- Flight systems to be used with two plataforms
- A one piece lifting suit is mandatory
- Spectator Admission \$3 kid 12 and under are Free

You can fly direct to Aguadilla in TWA from any place from de USA or you can fly to San Juan and from San Juan P.R. you must go by car 2 hour ride to Aguadilla and to Airport Rafael Hernández in (Ramev) Punta Borinquen. All Athletes will have free lodging, one breakfast each morning and one dinner starting the 24/10/2001 to 28/10/2001 in a Government place known as CABA. This place in located in front of the airport Rafael Hernández in Aguadilia (you can go waking) and another place is call CEDECAR two minute by car from this airport. All will have free transportation to the place of the competition that is 30 minute ride from both side from were you are going to stay.

For privacy stay at your expenses there are the following Hotel in the area:

#### Mayagüez Area

Best Western Mayaguez 787-833-3030 Holiday Inn 787-833-1300 or 787-833-1100 Hotel El Sol 787-834-0303 3 minute walk from site of competition Hotel Plaza 787-832-9191 3 minute walk from site of comp.

Schedule:

Elegibility:

Awards:





All Athlete Will Have Free Lodging

Open (to all). Youth, Teen, Junior 20-23, sub-master 35-39, masters (40-44, 45-49, 50-54, etc.). Law & Fire.

If you have any question contact Néstor Gregory Tel. 787-890-4636 or Carlos Fernández 787-883-1073

Aguadilla Area (30 minute ride to site of competition)

Hotel Cielo Mar 787-882-5959 Hotel El faro 787-882-7225 Hotel La Cima 787-890-2016 Hotel Villa Forin 787-882-8341

## **HUGE IRON**

## presents the A.P.F. Senior **Nationals**

## 23,24 June 2001 Daytona Beach, Florida

## 904-677-4000 www.hugeiron.com

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,

28 OCT, Best of the Southwest V (Natural, Raw BP/DL - Sculptured Trophies - Social Hall, McMurray, PA) Steve Siwiak, 724-941-7270 OCT, NASS N. America's Strongest Man (open, teen, masters, men & women) Bill Holland, 300 W. Northern Ave., Saginaw, TX 76179, 817-847-6082, willyh@subell.net

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

3NOV, USPF Texas Cup (Austin - Men/Women: Open, Below 1, 13-23 in 2 yr. increments, ter, 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, www.sequinfitness.com

3 NOV, USAPL State of Michigan Champion-ships (BP, DL, Ironman, PL) Dick Van Eck, 616-521-4031

3 NOV, NASA St. Louis Regional (Fairview Hts., IL) NASA, Box 735, Noble, OK 73068, 405-527-8513

3 NOV, SLP X-Treme Fitness Fall BP/DL Classic (Union, MO) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

www.sonlightpower.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, 004 677 4000

904-677-4000

NOV, USA 'RAW' BENCH PRESS FED-FRATION GRAND NATIONALS, Son Light ERATION GRAND NATIONALS, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com 10 NOV, NASA Wisconsin Regional (Marshfield) NASA, Box 735, Noble, OK 73068, 405-527-

10 NOV, SLP Illinois State BP/DL, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-

253-5429, www.sonlightpower.com 10,11 NOV, USAPL N.J. State PL, Pro Fitness 350 Rte 46, Rockaway, NJ 07866, 973-627-

11 NOV. ISA Gold's BP Challenge & Texas State BP (Gold's Gym - Amarillo, TX) Teresa @ 806-359-5438 or ISA, 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 866-Push-

Pull, www.tsopouer.tv 11 NOV, Quebec Championships PL/BP, Marcel St. Laurent, 457 7ieme Ave. Nord. #1, Sherbrooke, Quebec, Canada JIE 252, 819-346-9466, or fax 819-346-6104 11 NOV, I.S.A. Gokf's Gym BP Challenge BP

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 IronAthletics@aol.com or Teresa 806-359-5438 11 NOV, SLP Franklin Health & Fitness BP/DL Classic (Franklin, IN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

www.sonlightpower.com 11 NOV, USAPL Ohio PL & BP State Champi onships (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,

15-19 NOV, 24 Hr. Fitness WABDL World

BP & DL Championships (Pepper Mill Ho-tel, Reno, NV) Gus Rethwisch, 541-389-0600, fax 541-388-1122 17 NOV, NASA Arizona Regional (Casa Grande) NASA, Box 735, Noble, OK 73068, 405-527-

17 NOV, SLP Kentucky State BP/DL (Paducah, KY) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

www.sonlightpower.com 17 NOV, 2nd annual WPO (TM) Profes-sional PL Championships, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL32176,

904-677-4000

904-677-4000 17 NOV, ADAU Raw Drug Free North Ameri-can 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, 405-527-9513 NASA 8513

NOV, USPF Greater Buffalo BP Classic, Mike Wlosinski, 716-688-0575, bigski@localnet.com,

www.uspfny.com 1 DEC, USPF Winter Classic BP/DL (Camarillo, CA) Chris Kostas, 1854 Pineridge Rd., Frazier Park, CA 93225, 661-245-0115, tn.com or Steve Denison, 661 664-7724

Nostaseiramin.com or steve Denison, obi-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 - Winterfest Open (Ft. Worth, TX) Bill Holland, 300 W. North-ern Ave., Saginaw, TX 76179, 817-847-6082, wwillyh@swbell.net
1 DEC, SLP Son Light Winter Classic, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

253-5429, www.sonlightpower.com **1 DEC,** APF Southern States Open PL, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL

32176, 904-677-4000 1,2 DEC, NASA Novice Nationals???,

NASA, Box 735, Noble, OK 73068, 405-527-8513 2 DEC, SLP Rhinos Fitness BP/DL Classic (Roscoe, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429,

6-9 DEC, IPF World Bench Press (Taupo,

New Zealand) 8 DEC, SLP Christmas for Kids BP/DL Classic

(Mattoon, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, 8 DEC, APF 48th Iron Man Open PL & BP, Mr.

& Ms. & Mr. Over 40 Iron Man (Fresno, CA) Bob Packer, 559-439-4394

Packer, 559-439-4394 8,9 DEC, USAPL Virginia State PL/BP, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com 9 DEC, ADAU 9th Raw Drug Free \*Coal Country" BP & DI Classic (separate meets - no total -open, teen, jr., submaster, master) Siegel Engrav-ing, 304 Daisy St., Clearfield, PA 16830, 814-765, 3214 3214, al@pikitup.com

12-16 DEC (new date), 100% Raw World Championships (men & women, all age/ wt. classes) Dr. Spero Tshontikidis, 4850 ecticut Ave. NW #903, Washington, DC 20008 202-282-0528

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 Onel BP/DL Classic, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonBghtpower.com 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., & 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 770-949-9299

JAN, Augusta Open Drug Free Championship (BP, DL, PL) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com 2 FEB, USPF New York State PL/BP Champi-onships, Mike Wlosinski, 716-688-0575, bigski@localnet.com, www.uspfny.com 9 FEB, ADAU 14th Drug Free East Coast 2 lift

raw and separate BP and separate DL, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695 2 MAR, All Church Powerlifting Contest (Open

to all church members & church sponsored teams) Pastor Pete Amerman, Hillside Lutheran Brethren Church, 113 S. Hillside Ave., Su asunna, NJ 07876, 973-584-7410,

pamerman@worldnet.att.net 2 MAR, 11th Annual Larry Frederick Jr. Memorial Bench Press Challenge, North Penn YMCA, 608 E. Main St., Lansdale, PA 19446, eve Unrath, 215-369-1601 ext. 230

8 APR, New Hampshire State & New England PL & BP, Dave Follansbee, Nutrition 101, 865 Second St., Manchester, NH 03102, 603-626-

5489, usabodybuikding@aol.com 14 APR, 16th Olympic Bench Press Champi-onship, Olympic Fitness Center, 224 N. Fourth St., St. Charles, IL 60174, 630-377-7527

APR, PPL Drug Free Georgia State, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com 4 MAY, ADAU NJ State Drug Free Raw 2 lift and separate BP and separate DL, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-0605

29 MAY-2 JUN 02, IPF Women's Worlds

29 MAY-2 JUN 02, IPF Women's Worlds (Riesa, Germany) JUL, PPL Drug Free Southeastern PL, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com JUL, USAPL Men's Nationals, Dennis & Sandi Brady, B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692 10-15 SEP 02, IPF World Juniors (Venezu-

9-13 OCT 02, IPF World Masters (Cordoba

13 OCT, APF Semi-Annual Bench Meet, Olymplc Fitness Center, 224 N. Fourth St., St. Charles, IL 60174, 630-377-7527

OCT, PPL Drug Free Nationals (sculptured awards) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, 30906,

(Bratislava, Slovakia) 5-8 DEC 02, IPF World Bench Press (Lux-

P.S. when writing include a Stamped, Self-Addressed Envelope . (USA meets only). If you phone, please note if there is a specific time to call and DON'T CALL COLLECT.

P.P.S. Italicized entries in this listing are ns or updates to previous entries.

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**Iron House Open** 4 Feb 01 - Hoopeston, IL

181 lbs, R. Espinoza Master (45-49) 181 lbs. BENCH 255 Teen (18-19) 148 lbs. J. Brachm 200 Master (40-44) WOMEN E. Teran BP D 315 SQ DL TOT Master (45-49) 148 lbs. B. Blackwell 210 235 95 535 (50-54) 123 lbs. D. Catron 215 13: MEN Teen (13-15) 220 lbs. 135 235 585 180 185 195 470 C. Russell 205 485 Teen (16-17) 132 lbs. C. Heiregel 250 190 355 795 C. Heiregel 198 lbs. 225 R. Brennan (18-19) 165 lbs. 350 R. Catron 198 lbs. T. Acosta 295 295 390 405 1005 305

Open 181 lbs. J. Sturtevant C. Blackwell 315 325 425 1045 340 220 425 985 242 lbs.

242 lbs. G. Martin 300 275 385 960 4th 315 400 990 Best Lifter Powerlifting: Cassidy Helregel, Best Lifter BENCH: Ed Teran. The Iron House Open Powerlifting Championships were held at Iron House Gym in Hoopeston, Illinois. Just a few days before the meet I had shoulder surgery, so my wife Susie went to run the meet. On the way there she was struck by a drunk driver, which totaled my tarek Thankfully the was only my wite suste went to fun the meet. On the way there she was struck by a drunk driver, which totaled my truck. Thankfully she was only banged up a little, but she was unable to make it to the competition, so the responsibility fell upon Iron House owner Gary Catron to con-duct the meet, of which he did a great job. Many thanks to Gary and Susie Blackwell for all their help. In the powerlifting competition we had two up and coming lady lifters who were both competing in their second full meet. Taking the master women 45-49, 148 class was Barb Blackwell. Barb had a great day of lifting, starting with a national record 210 squat. She followed that with a 95 bench and another national record in the deadlift with 235 for a 540 NR total. Cogym owner Donna Catron also had a good day, lifting in the master women 50-54, 123 class. Donna broke her own national record in the speat with a strong 215, tying her record in the bench with 135. An-other national another new total record of \$85. Great

other national mark at 235 in the deadlift gave Donna another new total record of 585. Great lifting, girls! In the teenage men's division all five of the competitors established new na-tional record in their respective classes. In the 13-15, 220 class Callahan Russell got all three of his squats in, finishing with 180, before getting 185 on a fourth attempt. Getting just his opener of 95 on the bench, Cal came back strong on the deadlift with four great pulls, ending with 205 for a 485 total. Cassidy Heiregel was strong at 132 taking not only that class. but was strong at 132 taking not only that class, but the best lifter title for the meet as well. Cassidy went 250-190-355-795 all at a 130 bwt.! His deadlift was within 35 lbs. of triple bwt; not bad for a 16 year old! Our other sixteen year old for a 16 year old! Our other sixteen year old lifter was Ryan Brennen, who though he placed second in his weight class, actually posted all new national records in the 16-17 age group. Ryan, who weighed in at 191, finished with a 225 squat, a 240 bench, and a 405 pull for an 870 total. In the 18-19 division Robert Catron did a great job at 165, ending with a 350 squat, a 240 bench and a 350 deadlift for a 940 total. Creat sequats and null for this first time coma 240 bench and a 350 deadlift for a 940 total. Great squats and pulls for this first time com-petitor! Our final teenage competitor was eigh-teen year old Tony Acosta, who won at 198. Tony had the highest total among the teenag-ers with 980, via 295 squat, 295 bench and a 390 deadlift. Successful fourth attempts with a 305 squat and a 405 deadlift upped his total to 1005, Jason Sturtevant had the highest total of the competition with 1045 for the open win at 181. Jason got all three of his squats to finish with a strong 340, followed with a solid 220 bench. Pulling 405 on his final attempt, after missing that weight for his second attempt, Jason finished out his pr total. Second place at 181 went to Craig Blackwell who finished with 985. Craig had a strong squat with 340, but fell 985. Craig had a strong squat with 340, but fell behind Jason with his 220 bench. Coming back with the biggest pull of the day for 425 left him short of the title; but still a great first-time effort! Greg Martin won at 242 with 300(315)effort: Greg Martin won at 242 with 300(315)-275-385 (400)-960 (990). Good solid lifting by Greg as he showed great pulling potential. In

Best Lifters at the Iron House Open (I-r): Ed Teran - BP; Cassidy Helregel-PL. (Photo provided courtesy of Dr. Darrell Latch to PL USA).

the bench press competition Josh Brachmann set a new Illinois state record in the teenage 18-19, 148 class with 200. Josh was only able to get his opener in, missing a big jump to 245 twice. Rick Espinozan got his new record in the master 40-44, 181 class with 255. Rick had missed that same weight on his second at-tempt before coming back on it for his third. Our final bencher was master 45-49, 181 winner Ed Teran. Ed also set a new Illin ner to teran, to also set a new illinois state record with a strong 315 second attempt. Weighing in at 180, Ed was awarded the best lifter trophy for the bench press competition. Thanks again to the lifters, helpers, Gary and Donna Catron for keeping the competition alive. (Thanks to Dr. Darrell Latch for provid-ing these competitions and the statement of the ing these competition results to PL USA).

**Championnat Estrien Ouvert** 2 DEC 00 - Granby, Quebec, CAN

ENCH		Open		
IEN		R. Bou	lay	460
32 lbs.		M (40-	44)	
(16-17)		R. Bou	lav	460
Lussier	170	198 lbs		
pen		T (18-1		
Veillette	215	Y. Brou		320
Veillette	215	Sub		
48 lbs.		R. Lega	-	300
(18-19)		M (50-		500
. McQuillen	235			325
inior	235			323
	-	M (60-		200
Normancin	240	J. Marc		300
65 lbs.			. Junior	
(16-17) Vincent		T. Com	eau	400
Vincent	-	Open		
I. Richer	225	E. Leitr	er	430
. Richer	225	J. Perdi	ikis	-
B1 lbs.		242 lbs	. Open	
(13-15) Mitchell		E. Oue		380
Mitchell	185	275 lb		
(18.19)		Subma		
(18-19) . Faucher	200	A. Bazi		380
nior	100		, Open	300
	275			440
. Fontaine				
OMEN	SQ	BP	DL	TOT
23 lbs. T(16-17				
. Jodoir Ostijvy	140	70	205	415
Ostijvy	110	60	200	370
32 lbs.(18-19)				
. Anglade	125	90	225	440
inior				
. Cocerre	225	140	255	620
48 lbs. (16-17)				
harbonneau	_	_	_	-
EN 132 lbs. T	15.1	7)		
Lussier	(10-1)	,		
	-	-	-	-
. Lepage	-	-	-	-
65 lbs. T (16-17	)			
. Lussier	-	-	-	-
Eshier	250	200	350	800
8-19)				
. Cimon	250	240	385	875
pen				
Dallaire	540	320	615	1475
(40-44)		101- 1	100	0
Dallaire	540	320	615	1475
B1 lbs. Junior	340	520	0.0	
	415	285	475	1175
Lamontagne	415	103	4/5	11/3
ub				

pythongym@aol.com 12-17 NOV 02, IPF World Men's



C. Archambault	275	185	400	860
M (50-54)				
J. Turcotte		280	480	1160
198 lbs. T (18-19	))			
F. Prevost	420	275	470	1165
Junior				
T. Couture	360	-	-	-
Junior				
L. Carrier	340	255	435	1030
Open				
E. Picard	435	260	440	1135
220 lbs. T (18-19	))			
S. Kluke	435	-	-	-
M (45-49)				
G. Marceau	360	275	435	1070
242 lbs. T (13-15	5)			
F. Turcotte	515	325*	475	1315
Open				
	575	350	650	1575
(Thanks to Marc	el St. I	aurent	for the	results).

**USPF Alabama State BP** 

3 Feb 01	- Bi	rmingham, A	L
WOMEN		Whittington, B.	
148 lbs.		308 lbs.	
Amos, D.	150	Savage, C.	400
Teen SHW		Woodlee, D.	385
Gardiner, D.	385	Open 198 lbs.	
Masters		Richardson, D.	375
Shoaf, 158	300	220 lbs.	
Gonnering, T.	390	Harrell, R.	470
Sullivan, T.	465	Geddis, H.	465
Sylvester, B.	370	Taunton, B.	400
Novice 165 lbs.		242 lbs.	
Gibbs, J.	225	Mackey, K.	440
220 lbs.		Burnett, J.	410
Woods, H.	385	275 lbs.	
242 lbs.		Pelt, J.	300
Sullivan T	465		

Sullivan, T. 465 I-Overall trophy (five-foot two-handed broad-sword!). This was a fantastic turnout with re-gard to competitors and spectator numbers. I really want to thank Chris and Katherine Key really want to thank Chris and Katherine Key for the use of their facilities, and Chad Lancaster, Glenn Bright, Trey Beasley, Blake Gettinger, Micheal Lombardo and the great Sandy Ellis for their inexhaustible help during the day's production of the meet. I also want to thank all production of the meet. I also want to thank all our generous sponsors: Bill Cross at Fitness Express/American Bodybuilding Products, Chris Groom /Planet Smoothie, Jason at Total Health/Worldwide Nutrition, Mark Phillips with Inzer Advance Designs for their donations and time for the PKU Foundation. Without our fantastic sponsors, none of this would of been possible. The excitement and enthusiasm from spectator and competitor alike was unmatched at any contest around. The highlight of the whole contest was when Jim Shoaf, our mas-ters winner gave up his master overall trophy whole contest was when Jim Shoaf, our mas-ters winner gave up his master overall trophy to his successor, Thomas Gonnering, for bench-ing twice his bodyweight in the meet. What a magnanimous offer! The meet went off with-out a hitch with all competitors prepared and committed to performing at the highest level cossible Waars easer(vanticing next vear's committed to performing at the highest level possible. We are eagerly anticipating next year's championships. Thanks to *PL USA* for posting the contest and supporting our meet. Thank you for all your support and see ya April 21, '01 in Birmingham for the Alabama State and Southeastern Regional *PL*. (Results by Jeff Green MS, CSCS, CPFT, USPF Alabama St Chairman).



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vailability)	\$10.00

#### VIDEOS



9 Dec 00		k Oper eatony		AR
BENCH		D. Lee-		370
181 lbs. I. Miller-34	90*	A. Keck 198 lbs		300
Teen 165 lbs.		J. Loud		2 350
B. Drain-14 181 lbs.	165	Submas 242 lbs		
J. Biernacki-19 Junior 148 lbs.	245	T. Ward Master		435
J. Chessire-23 165 lbs.	290	165 lbs H. Hage	er-67	170
D. Woodring-20 T. Lindsey-20	275 240	198 lbs T. Lewis	-66	250
198 lbs. K. Disheroon-23	325	Mastern 242 K. Cour	nd a	10
Open 132 lbs. D. Stidham-27	90!	198 Ken Jor		300
148 lbs. D. Bishop-27 181 lbs.	210	And the second second	(40-49	
		E. Finne	11-47	405
WOMEN 132 lbs.	sq	BP	DL	TOT
T. Collins-34	205	105	285*	588
P. Rasmussen-38 Teen 198+ lbs.	90	80	105	275
J. Norton-18 242 lbs.	380	125	350	855
Fitzsimmons-16 181 lbs.	415	0	0	415

	B. Baikosi-17	340	190	335	865	USAPL M	ichi
	165 lbs.					10 Fe	h O
	D. Smith-17 Junior 165 lbs.	320	205	450	975	Teen	SQ
	R. Skelton-21	455	185	405	1045	114 lbs.	
	Open 132 lbs.	455		105	1015	T. Brown	155
	D. Stidham-27	190	90	250	530	M. Pacheco	140
	146 lbs.		~		350	R. Howard	100
	M. Cothern-27	240	270	340	850	123 lbs.	
	148 lbs.			340	0.50	R. Bowman	325
	M. Wilkins-25	185	155	285	6251	P. VanAntwerp	185
	165 lbs.			-05	015.	E. Schuelke	120
	B. Thomas-27	325	240	410	975	132 lbs.	
	A. Perez-32	275	195	310	780	R. Karas	310
	A. Hollinger-26	330	200	390	920	R. Warner	175
	181 lbs.	330	200	390	920	D. Jackson	205
		500	230	450	1180	S. Pacheco	180
	E. Henry-24 220 lbs.	500	230	450	1180	148 lbs.	100
70	S. Griggs-24	395	349	370	1105	K. Ricchio	420
/0	I. Woods-34	235	250	385	8701	M. Steinmetz	380
		235	250	385	8/01	C. Payne	300
00	242 lbs.	550	295			I. Balc k	270
	D. Kenne-44			600	1445	J. Gramnelly	275
50	J. Shoup-20	530	290	560	1380	D. Platz	220
	242 lbs.					C. Palmer	235
	W. Edwards-26	275	260	415	950	M. Travis	215
35	E. Watson-30	580	405	585	1570	J. Kelch	120
	G. Powell-39	405	285	505	1195		120
	318 lbs.			hard	1	165 lbs.	285
70	S. Robbins-27	650	460	600	1710	B. Holtschaw	285
	Submasters 198					S. Riggs	
50	R. Woods-35	410	305	450	1165	C. Schuneman	220
	242 lbs.					R. Deverna	245
	Master (40-49)	1000	Section 1		ACLE	I. Blanco	255
00	D. Kenne-44	550	295	600	1445	D. Lacey	245
	181 lbs.		1			J. Elliot	220
00	G. McManus-44	385	250	405	1040	J. Hartman	215
	(50-59)					R. Lacey	250
	165 lbs.					A. Smith	205
05	J. Kennett-53	430	260	450	1140	J. Williams	370
т	198 lbs.					J. Yeats	340
	K. Jordan-57	250	200	305	755	181 lbs.	
8	242 lbs.					D. Teter	280
5	K. Counts-51	280	300	230	810	J. Mendenhal	250
	275 lbs.					B. Paturaski	250
5	J. Anderson-56		0	0	500	Z. Pegura	235
	*-State Record.					L. Smith	205
5	to Casey Fant for			e resul	ts of this	Junior	1
	meet to Powerlif	ting L	ISA).			J. Welu	390
		add	1-1-4				

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	USAPL M	ichia	na Po	werli	fting	A. Davis
				s, MI		Teen
	Teen	SQ	BP	DL	TOT	198 lbs.
	114 lbs.	2¢	Dr	DL	101	M. Sanchez
5		155	110	200	465	N. Merruick
	T. Brown					D. Cornwell
	M. Pacheco	140	90 65	180	410 345	R. Schuelbe
	R. Howard	100	63	180	345	C. Fleming
	123 lbs.					D. Bates
-	R. Bowman	325	200	375	900	D. Hill
1	P. VanAntwerp	185	110	200	495	M. Winnell
	E. Schuelke	120	90	175	385	Open
	132 lbs.					D. Nelson
	R. Karas	310	160	415	885	Master
	R. Warner	175	160	265	600	K. Mulholland
	D. Jackson	205	125	250	580	Teen
0	S. Pacheco	180	135	245	560	220 lbs.
	148 lbs.	1 chard	1.000	-	in the second	J. Anderson
5	K. Ricchio	420	225	500	1145	242 lbs.
1	M. Steinmetz	380	245	430	1040	B. Geibe
	C. Payne	300	195	290	785	C. Clingenree
5	J. Balc k	270	155	320	745	<b>B. Stevens</b>
0	J. Gramnelly	275	185	280	740	M. Ford
	D. Platz	220	205	315	740	S. Carnady
	C. Palmer	235	190	295	720	Junior
0	M. Travis	215	140	285	640	T. Arterburn
5	J. Kelch	120	75	135	330	J. Alexander
	165 lbs.					Teen
0	B. Holtschaw	285	210	425	920	319 lbs.
	S. Riggs	280	200	335	815	J. Pletcher
5	C. Schuneman	220	205	330	755	T. Buttin
	R. Deverna	245	175	320	740	319+ lbs.
	I. Blanco	255	165	305	725	N. Berger
5	D. Lacey	245	180	285	710	*-All three
-	I. Elliot	220	155	325	700	AWARDS: Be
0	I. Hartman	215	155	290	660	Best Lifter L
	R. Lacey	250	225	135	610	Schuelke, Bes
	A. Smith	205	155	225	585	Erica Schuelk
0	I. Williams	370	310	395	1075	Joleen Kelch, B
-	I. Yeats	340	230	450	1020	and Erica So
	181 lbs.					Arterburn, an
	D. Teter	280	240	400	920	Mike Sanchez
	J. Mendenhal	250	200	365	815	ter Lifter: Da
	B. Paturaski	250	215	340	805	High, 28 pts.
	Z. Pegura	235	205	325	765	Watervliet, 26
ks	L. Smith	205	175	230	610	standing Male
his	Junior	200				ing Female Li
	I. Welu	390	270	500	1160	USAPL for pro

505 350 350 300 300 305 280 240 505 275 255 270 250 235 210 185 315 1325 205 185 830 790 750 715 180 165 160 185 700 675 165 590 515 290 510 1315 375 275 425 1075 315 215 300 830 325 290 235 230 425 980 400 285 300 275 200 220 890 740 250 160 185 735 155 590 580 230 580 350 440 1500 200 780 260 415 425 1100 410 580 680 1670 335 225 440 1000 lifts State records. SPECIAL est Lifter Heavy: Travis Button. ight: Jeremy Welu, and Erica t Lifter Overall: Travis Buttin, and e. Best Squat: Travis Buttin, and est Bench Press: Tony Arterburn, chwelke. Best Deadlift: Tony d Erica Schuelke. Best Teenager: z, and Erica Schuelke. Best Masz, and Erica Schuelke. Best Mas-arryl Nelson, TEAMS: 1st Niles and State States and Sta ng these contest results)

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Best Lifters at the Last One BP/DL Classic (I-r): Doug Petterson (BP); Johnny Hill (DL). (Photograph provided courtesy of Dr. Darrell Latch).

		ne! BP/DL	
31 Dec	c 00 ·	Tuscola, IL	
BENCH		Master (60-69)	
WOMEN		L. Drake	325
Master (50-54)		181 lbs.	
	140	B. Moore	280
Open		198 lbs.	
T. Mayer	125	J. Hill	225
MEN		220 lbs.	
Teen (16-17)		S. Zelmer	365
148 lbs.		K. Waddle	205
. Sage	230*	242 lbs.	
165 lbs.		D. Petterson	425
D. Petterson, Jr.	275*	M. Peterzak	425
181 lbs.		SHW	
. Mayer	205*	C. Lynch	245
198 lbs.		DEADLIFT	
N. Adams	350	Youth	
220 lbs.		A. Munoz	135
V. Munoz	300	Teen (18-19) 18	
Teen (18-19)		M. McKibben	46
181 lbs.		J. Montoya	350
. Montoya	300	242 lbs.	
M. McKibben	270*	J. Hisaw	375
242 lbs.		4th	400
J. Hisaw	300	Master (40-49)	
Submaster		D. Silver	52
P. Minarick	195*	Master (60-69)	
Master (40-49)		L. Drake	33
M. Peterzak		198 lbs.	
M. Wittler	335	J. Hill	52!
D. Silver	290*	220 lbs.	
		S. Zelmer	500
	1	A LIG DENICUL	De

\*-Personal record. Best Lifter BENCH: Doug Peterson. Best Lifter DEADLIFT: Johnny Hill. The Last One! Bench Press/Deadlift Classic was held again at Son Light Power Gym. Even was need again at son Light rower cyni. Even with it being New Year's Eve we had a good turnout with thirty entries. Thanks to my son Joey, Jeff Welker and Linda Middleton for all their help. In the bench press competition Linda Middleton took the master women's 50-Linda Middleton took the master women's 50-54 class with a strong 140, which she got on her second attempt. A final attempt with 150 failed to lockout. Ladie's open winner Tammy Mayer also had a good day, finishing with 125. Lifting in his first competition, John Sage set a per-sonal record with 230, taking the teenage 16-17 age group at 148. Doug Petterson, Jr. won at 165 with a strong pr 275, this being his first competition also. Another first-timer, Joshuah Mayer, won at 181 with a personal best 205. Mayer, won at 181 with a personal best 205. Nate Adams looked strong at 198, winning with an easy 350. Victor Munoz only got his opener of 300, but that was good enough for the win at 220. In the teenage 18-19 division, Jason Montoya won at 181 over Marcus McKibben 300 to 270. Marcus' lift was a per-sonal best for him. Joe Hisaw won at 242 with a strong 300. Patrick Minarick got a personal best 195 for his submaster win. This was Pat's first competition. Mike Peterzak took the mas-ter men's 40-49 class, making just his opener with 425. Mark Wittler was second with 335, just missing a pr 350 on his final attempt. Darryl Silver got two new pr's with his last two attempts, finishing with 290 for third place. Larry Drake had a great day, for his first com-Mayer, won at 181 with a personal best 205. attempts, finishing with 290 for third place. Larry Drake had a great day, for his first competition, finishing with a pr 310 third attempt, followed with a successful 325 fourth for the

win at master 60-69. In the open competition, Brian Moore finished with a pr 280 and the title at 181. Johnny Hill, nursing a shoulder injury, stopped with an easy opener of 225 for the win at 198. Steven Zelmer set a new personal record in his win at 220 with a strong 365 effort. Keith Waddle was second at 220 with a personal best 205. It was a close one at 242, with both Mike Peterzak and Dure Peterson personal best 2005. It was a close one at 24%, with both Mike Peterzak and Doug Peterson finishing with 425. Doug came away the win-ner by weighing six pounds less than Mike. Carl Lynch finally got to use the 100%, as he finished with a pr 245 for the shw title. The best lifter award went to Doug Peterson. In the deadlift competition we had a great little lifter ten years competition we had a great ittle litter ten years of age, Alonzo Munoz. In his first competition this kid litted like a pro, getting all three of his attempts to finish with a personal best 135! Just think what he might be pulling in another

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twenty years! In the teenage 18-19 division Marcus McKibben had a great day with his win at 181, pulling a pr 460 on his final attempt. All this at a bodyweight of only 169! Second place at 181 went to Jason Montoya who got a personal, best 350, also on his final attempt. This was Jason's first competition. Another first timer was Joe Hisaw, winner of the 242 class, who got all four of his attempts, finishing with a pr 400. Darryl Silver also had a great day of lifting, taking the 40-49 master's class with a pr 525, weighing in at 220. Larry Drake took his second master 60-59 tille of the day with a great 335 @ 205 pull. Best lifter honors went to Johnny Hill who won at 198 open, pulling a strong 525 at a 185 bodyweight. It was great to have Johnny competing again. Our final com-petitor was Steven Zelmer, who took the tilte at 220. Steven continues to get stronger with each new competition, finishing here with his first 500 pull! Noticeably absent from the competition was last year's overall team cham-pion, Wally Strosnider. (Wally was the only one on the team!) Missed you Wally and Nancy! (Thanks to Dr. Darrell Latch for provid-ing the results of this competition to *PL USA*). ing the results of this competition to PL USA).

#### **APF/AAPF OK State**

25 MAR	00 -		ulsa,	OK (I	(g)
BENCH WOMEN		15	Kinne 8 lbs.		140
Submaster 165 lbs.		D		e Open	182.5
C. Crossland SHW Master	105	J.			240
M. Clonce MEN	55	M	aster Potts		192.5
165 lbs. Open WOMEN	sq		BP	DL	TOT
148 lbs. K. Demarest				160	
J. Kirin 181 lbs.				122.5	
M. Carey MEN Open 148 J. Stone	Ibs.				
Master		-			

J. Johnson	137.5	80	160	377.5
165 lbs, Open				
C. Wodraska	255	110	230	595
B. Martinez	175	120	215	510
Master				
J. Jenkins	170	102.5	160	432.5
Teen (14-15)				
J. Lear	145	92.5	172.5	410
181 lbs. Open				
N. Digiacomo	237.5		227.5	637.5
S. Baker	265	170	220	655
Master-2				
R. Lynch	240	147.5	262.5	650
198 lbs. Open			1	
T. Keeler	257.5		255	660
R. Richerdson	227.5	125	252.5	605
Master				
D. Steele	227.5	182.5	215	625
Open	10	7		
S. Vineyard	327.5	185	287.5	800
220 lbs. Open	1			
K. Foster	240	177.5	230	647.5
M. Bearden	265	142.5	240	647.5
Master				
C. Caputo	227.5	170.2	255	652.5
Open	1.1.2.00	2.0.1	12.10	
D. Whittle	287.5	225	295	807.5
J. Griggs	292.5	185	282.5	760
242 lbs. Open	1003		1000	160
S. Rodenburg	292.5	182.5	272.5	747.5
S. Mathewson	275	185	230	690
K. Melton	207.5	145	227.5	580
J. Gorrell	350	210	282.5	842.5
J. Cox	272.5	157.5	267.5	697.5
308 lbs. Master	2.00		1	
C. Clonce	280	145	237.5	662.5
SHW Teen				
R. Rose	150	112.5	142.5	427.5
Open				
T. Guiney	265	177.5	282.5	725
Master	-			
B. Smith	255	152.5		627.5
(Thanks to Eddie	Vaugh	n for th	e meet	results)

#### Waymart In House Meet

14 Jar	101-1	Waym	art, P	A
123 lbs.	SQ	BP	DL	TOT
Reeves!	285	180	330	795
Toro	245	190	310	745
132 lbs.				
Semidey	370	230	425	1025
Deckert	325	220	385	930
148 lbs.				
Gomez	500	285	515	1300
Weand	425	240	450	1115
Esgro!	365	245	400	1010
165 lbs.				
Peterson	500	315	520	1335
Vasquez	375	290	450	1115
Mineo!	385	240	420	1045
Tripodi!	315	235	415	965
Hamilton	415	350	475	1240
4th		365		
181 lbs.				
Rivas	475	290	460	1225
Dale	425	315	-	-
198 lbs.				
James	625	370	580	1575
220 lbs.				
Fitten	570	400	600	1570
Thompson	500	355	500	1355
Dixon	500	350	500	1350
Hedglin!	450	270	510	1230
242 lbs.				
Shiffer!	630	430	680	1740
Eisenhour	555	400	575	1530
Pernsley	450	350	550	1350
275 lbs.				
Tennant	650	325	700	1675
Moore	440	295	540	1275
J. WARREN	400	335	540	1275

 J. WAKKEN 400 335 540 12/5
 \*-New Waymart Record. !-Outside Community Lifter. BEST HEAVYWEIGHT LIFTER: Darryl "Hassan" James. BEST LIGHTWEIGHT LIFTER: Victor Gomez, ACTIVITIES MANAGER Jerry Matous and Activities Specialist Robert Pegula would like to thank the following people for their help in making this meet a big success. REFEREES: Mike Welcome, Scott Pentasuglio, Claude Welcome & Dan Soliman. AN-NOUNCER: Wilson Harvey, Jr. SPOTTERS/ LOADERS: Frank "Cheech" Sanfilippo, John Dillabough, Angel Maldanado, Ralph Wil-liams, Charles Broadnax & John J. Hunt. VIDEO Camera: Andres "Andy" Pabon & Jose Cruz, SCORE KEEPER: Hector Maldanado & John Donato, ROAD CREW: Nicholas "Big Victor Gomez, ACTIVITIES MANAGER Jerry John Donato. ROAD CREW: Nicholas "Big Duke" Duca, Mike Irish, Victor "Pop" Ferree. Thanks to all the lifters who participated. (Thanks to Robert Pegula for the meet results)



The AAU Midwest Regional Champions: Very rear: Darin Gilly; Rear row (I-r): Carolee Engel, Dave Fisher, Aaron King, Keven Hamman, Gary Landess; Front row (I-r): Karo Stiglar, Amber Nollen, Shane Olson. (Photograph provided courtesy of Roger Broeg to Powerlifting USA).

AA	<b>U</b> Plan	et Fit	ness	
Mic	west	Regio	nals	
2 SEP				A
WOMEN	SQ	BP	DL	TOT
105 lbs. Raw A	Aaster (5	5-59)		
K. Stigler	-	80*		80*
Open 181 lbs.				
C. Engle	-	180*	305	485
198+ lbs. LM (	40-44)			
K. Samberg	-	135	-	135
114 lbs. LT (16	-17)			
S. Olson	225	120	240	585
132 lbs. Raw M	4(45-49)			
G. Landess	205	165	320	690
Equip. M (45-4	9)			
G. Landess	205	165	320	690
148 lbs. Equip.	LM (40	-44)		
R. Broeg	325	245	365	935
165 lbs. RAW	Open			
D. Gilly	425	280	510	1215
RAW LM (40-4	4)			
K. Hamman	420*	275	510*	1205
181 lbs. Raw L	T (16-17	)		
A. King	320	245	370	935
Raw W Open				
C. Engle	135	180*	305	620
242 lbs. Raw L	Sub M			
D. Fisher	405	135	515	1055
148+ lbs. Raw	LW Ope	n		
A. Nollen		160	300	460
*-American Re	cord. W	hat the	AAU	Midwest
Planet Fitness				
made up in qu				
We had severa				

computer for this meet. My wife Penny who kept track of the cards, Mike Deen, Dick Wyatt, and Doug Edwards who worked so hard as spotter/loaders for this meet. And, of course, Paul Armstrong and Holly Banks of Planet Fitness for sponsoring the event. (Thanks to Roger Broeg for providing these meet results).

**USAPL Maryland State** 2 DEC 00 - Edgemead, MD SQ BP DL TOT 132 lbs. Open 357.5 253 429 1040 J. cooke Guest Lifter 148 lbs. 7 Pinkett 143 390.5 225.5 759 201 462 115 I. cooke T. Pinkett V. Aybar 165 lbs. E. Holmes 407 281 462 1151 600 335.5 677 1612 O. Sing 379.5 280.5 462 1122 4th 286 H. Kramer L. Bermudez 176 236.5 225.5 638 181 lbs. 478.5 346.5 572 1392 I. Russo 
 462
 319
 456
 1237

 401.5
 308
 412.5
 1123

 407
 275
 434.5
 1117
 V. Dil eonardi M. DiLeonardi B. Krawiec J. Moshman 258.5 462 1062 . Reumont 484 368.5 522.5 1276 198 lbs. 198 lb 429 401.5 528 1359 500.5 324.5 500.5 1326 633 418 633 1684 
 600
 341
 649
 4590

 511.5
 374
 561
 1447

 429
 368.5
 500.5
 1299
 With 170 to match the current's lift American L. Desi Record in the RAW Women's open Powerlift-R, Pope ing, and break the current single lift record in 242 lbs, the Women's RAW open bench press, Carolee B. Weston then went on to OWN both of these records D. Cooper 418 313.5 528 1260 677 456 5 627 1777 544.5 379.5 710 1634 then went on to OWN both of these records<br/>with a very strong 180 lbs, press. Carolee<br/>attempted 190 but it was not to be... Carolee<br/>then went on to pull a single lift American<br/>Record 300 lbs, deadlift. Nice going Caroleet<br/>Kevin Hamman lifting in the Lifetime Raw<br/>Masters 40-44 165s did a nice 420 squat, very<br/>there, Kevin went on to finish his day with an<br/>easesome 5 10 pull, which weighed out to be<br/>sing in the Lifetime Women's Open class. Am-<br/>ber went into the 148 lbs, division at a mere<br/>there went with an the full managed an<br/>Record 300 lbs, Amber hadn't had a chance to train<br/>Br. division at a mereD. Cooper<br/>44th544.5<br/>572<br/>372<br/>346.5<br/>600<br/>343.5<br/>359<br/>353<br/>1293<br/>232.5<br/>225.5<br/>366.5<br/>5.70<br/>330<br/>165 lbs. (20-23)<br/>247.5<br/>401.5<br/>937.51634<br/>715<br/>72<br/>323<br/>323<br/>322.5<br/>330<br/>165 lbs. (20-23)<br/>324.5<br/>247.5<br/>401.5<br/>937.5<br/>937.5141 lbs, Amber hadn't had a chance to train<br/>much for this meet, yet she still managed an<br/>R. PanizariD. Cooper<br/>441.5<br/>372<br/>346.5<br/>346.5<br/>359<br/>350<br/>353<br/>353<br/>353<br/>353<br/>353<br/>353<br/>353<br/>353<br/>353<br/>353<br/>353<br/>353<br/>353<br/>353<br/>354.5155.5<br/>160<br/>170161<br/>162161<br/>161<br/>162162<br/>161<br/>162163<br/>163164<br/>163164<br/>164<br/>165165<br/>164165<br/>164165<br/>164165<br/>164166<br/>167167<br/>164167<br/>164166<br/>167167<br/>164167<br/>164165166<br/>167167167168<br/>168168<br/>169<br/>169169<br/>169<br/>169</ 715 572 346.5 600 1519 434.5 319 539 1293 137.5 203.5 225.5 566.5 324.5 247.5 401.5 937.5 429 231 451 1112 much for this meet, yet she still managed an American Record STRONG 160 lbs, bench press, which she followed by giving 180 a good ride, but it was not to be. Amber went on to pull an American Record 300 lbs, in the deadlift, A laworski 3 American Record 100 lbs, in the deadlift, A laworski 3 American Record 100 lbs, in the deadlift, A laworski 100 lbs, (18-19) 319 159 352 831 335.5 231 418 985 308 209 401.5 919 an American Record 300 lbs. in the deadlift.220 lbs. (18-19)Amber then gave 335 a big ride but got out of<br/>position and lost it around the knees. I want to<br/>Lake this time to thank my volunteers. A special<br/>(20-23)1. Desi429368.5500.51299Thank you goes to my daughter Misty Broeg<br/>who drove 6 hours from Topeka just to run the<br/>275 lbs. (20-23)1. Ruszala6334186331684

Power Photos ... we encourage those who take photos at meets to submit them to PL USA (Box 467, Camarillo, CA 93011). We prefer sharply focused black and white shots, but color prints will also reproduce well. We pay for all photos we use in the magazine and, of course, we credit the photographer.

C. Erickson 462 319 517 1299 HWT 633 401.5 561 1596 J. Sampson 633 165 lbs. Master (40-44) 379.5 280.5 462 1123 O. Singh 286 181 lbs. (55-59) 335.5 269.5 423.5 1029 N. Singh 198 lbs. (45-49) 313.5 275 451 1040 W. Simmons 220 lbs. (40-44) R. Pope 242 lbs. (55-59) 418 313.5 528 1260 J. Payne 242 27 WOMEN Open 105.5 lbs. 242 275 418 936 Ramirz-Bernudz 187 82.5 214.5 484 132 lbs. S. Allison 324.5 159.5 363 848 148 lbs. L. Highsmith 181 lbs. 198 88 220 506 M. McLean 253 1221 313.5 687.5 Master (40-44) Master (40-44) M. McLean 253 121 313.5 687.5 Best Lifters: Men Open - Eric Holmes; Women Open - Eve Allison; Junior Men - Thomas Ruszola; Men Master - Oswald Singh; Master Women - Margaret McLean. Team Champs -BILT. Thanks to many, especially Matt Holt, Chris Booke, Marsha Serre, Mike Uhlman, Dave Daniel, Rob Panizari St., Bill Chase, Souixie and Kirk, the great refs, Mogie, Dennis R., Edgemead School, Mr. Van Hoy, My "munchkins", and all who helped, especially my mom and her food suppliers. (from USAPL)

**USAPL** Annapolis Oualifier 10 Feb 01 - Annapolis, MD WOMEN 148 lbs. 165 115 260 540 K. Cartus MEN 165 lbs. 380 295 400 1075 E. Chin 198 lbs. 425 260 460 1145 H. Potts 220 lbs. T. Baumgartner 500 350 510 1360 242 lbs. 455 320 480 1255 S. Hay 455 320 480 1255 (Thanks to John Mogavero, Cat II, for results)

USA Powerlifting<sup>TM</sup> (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

<u>Conditions Of Membership:</u> As a condition of membership to USAPL, I agree to follow and obey all rules, regulations, and drug testing procedures of USAPL. I further agree that the rules, regulations, and drug testing procedures 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 procedures. If I do test positive for a banned substance, I agree that the results of the test are conclusive, and I further agree to accept the consequences of that the results of the test are conclusive, and I further agree to accept the consequences of that the results of the test are conclusive. positive test regarding my membership. As a condition of members

in momentany. It is my sole in the second seco 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 Orympic Committee. It is my sole responsibility to stay current with any USOC banned substance or doping method, including those most recently banned. I further accept sole responsibility for what I take into my body and that should I consume a banned substance unknowingly, and test positive for that banned substance, I shall be solely responsible for the consumption of that banned substance and shall accept the results and consequences of that test. If I am suspended from membership for any reason, including testing positive for a banned substance or doping method. I permit USAPL to publish my name as a suspended member and/or a member who is suspended for testing positive for a banned substance or doping method. I suffer bec. 31 of the following year.) (All memberships expire Dec. 31; Those purchased after Nov. 1, will expire Dec. 31 of the following year.)

SIGNATURE:	a sector of waters	If under 21 yrs., Parent Initial:	Date:	Prior Reg. #
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Address / City / St	ate / Zip Code:			industrial and an an and an and an
Date Of Birth:	Age:	Sex: U.S. Citizen? USAPL Registered C	Club Represented: _	and the second sec
Competing Divisions:	Membership Prices:	USAPL Merchandise:	Method Of Payment:	The second second section of the gran
Open Teen (14-19 yrs.)	Adult - \$40.00	Logo T-Shirt = \$15.00 (Size Qty)     Rulebook = \$25.00	Credit Card: Visa -	Master Card - Discover Exp. Date
unior (20-23 yrs.) Master (40 yrs. & up)	High School - \$30.00	<ul> <li>Polo Shirt w/Logo - (s-xl) = \$35.00 (xxl &amp; up) = \$37.00 (navy - white) (SizeOty)</li> </ul>	•	· · · · · · · · · · · · · · · · · · ·
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Police & Fire	Tax Deductible Donation	<ul> <li>Logo Hats (denim - black - white) = \$15.00</li> <li>Referee Designation Polo w/Logo- (s-xl)=\$30.00 (xxl &amp; up)=\$32.50</li> </ul>	Check / Money Order # _	a finite second and the first second as
Special Olympian	S	Ref. Status (Size Qty. )	Total Pur	chased:

SLP Mason Dixon BP/DL 10 Feb 01 - Paducah, KY Master (50-54) BENCH

WOMEN 148 lbs. G. Paff Master (50-54) 200\* 148 lbs 4th Junior 123 lbs. B. Book 210\* 70\* G. Paff 75\* 260 Open 97 lbs. Open 97 lbs. W. Cross W. Cross MEN 85\* 220\* Police/Fire 198 lbs. MEN Teen (13-15) 370\* 105 lbs R. McDonald B. Guffy 520\* 148 lbs. 08 lbs. 200\* B. McDo Open 198 lb D. Nealy B. Rose J. Barnes 550\* 165 lbs. 335\* 405 B. Guffy 415 Teen (16-17) 375 181 lbs. J. Robertson 330\* 4th K. Garrett 220 lbs. 320\* K. Waddle P. Minarick 242 lbs. 250\* 220 lbs. 235 J. Cornwell Teen (18-19) 300\* S. Jones E. Cross 275 lbs. 385 198 lbs. 340 R. Gourdine 395\* 275 lbs. 435 J. McCann 435\* J. Jesse 308 lbs. Master (40-44) 410\* 148 lbs. P. Ster leen (13-15) H. Lee 4th 335\* 148 lbs. 170\* 198 lbs. K. Adkins . Barnes (16-17) 181 lbs. 4th 235\* Master (45-49) 375\* I. Robertson 220 lbs. 242 lbs. 242 lbs. 205\* J. Thomas (50-54) 275 lbs. 195\* B. Adams 405\* . Cornwel (18-19) 123 lbs. S. Ngo 198 lbs. 440 Open 181 lbs. 350\* J. Sikes 375\* T. William 275 lbs. 198 lbs. 640\* 335\* K. Garrett J. McCann P. Paff 265 I. Greenwell 475 Junior 165 lbs. 220 lbs. 265\* D. Anguish 665\* C. Whitaker 280\* Junior 4th 181 lbs. 181 lbs. 355\* D. Mascoe 425\* D. Mascoe 220 lbs. 315\* J. Gaddis 220 lbs. 430\* I. Velez Master (40-44) Submaste 148 lbs. 148 lbs. 300\* R. Guffy H. Lee 198 lbs. 325\* 335\* 4th K. McDonald 325\* 220 lbs. Master (45-49) D. Anguish 242 lbs. 665 198 lbs. 360\* E. Cross 450\* W. Strosnider (50-54) 275 lbs. B. Adams 275 lbs. R. Richey 410\* Police/Fire 550\*

(50-54) 275 lbs. 275 lbs. R. Richey 550° B. Adams 410° Police/Fire DEADLIFT 308 lbs. WOMEN B. McDonough 600° "-SLR Kentucky State Record. Best Lifter BENCH: Dewayne Nealy. Best Lifter DEAD. LIFT: Kenny Garrett. In the open division Dewayne Nealy set the state record with 550° 198 for the win there. Weighing in at 197, Dewayne came close with a pr 600 third at tempt! Dewayne was awarded the best lifter trophy for the bench competition. Second finished with 405 before coming back on a fourth attempt with a personal best 415. Kenny Garrett was third with 375, a new personal mark for him. Keith Waddle established a new record with his win at 220, finishing with a pr 250. Second place at 220 was Keith's training partner Pat Minarick, who also ended with a pr at 235. Shawn Jones took the open 242 class with an easy 385 over Earl Cross, who finished with 340. Earl looked a little tire, having just competed in the NASA Raw Nationals the stephenon with a new Kentucky state record 10 for the win. In the teenage 13-15 division, Johs Barnes only gothis opener of 170, but was good enough for the win and a new state record at 148. Lifting in the teenage 16-17 division, Justin Robertson got a new record at 181 with 235, Just mosing a pr third attempt, who set arecord at 220 with an easy 205. In the teenage 18-19 division we had four lifters and three new state records! Up first was Son Ngo, winner of the 123 class with 195. Terrance



Gayle Paff locks out PR & SLP Kentucky State record 210 at masters 50-54, 148 at the Mason-Dixon BP/DL. (Photo by Dr. Darrell Latch).

Williams took the 198 class with a strong 350. At 275 it was John McCann, finishing with 335 for the win. Second at 275 was P. J. Paff, who got a new personal record of 265. In the junior men's division Carlton Whitaker won at 165 with a SR 265 third attempt, followed by a strong 280 fourth. Davian Mascoe took the 181 class with another state record of 355, which was also a new pr for him. Our final junior competitor was lesse Velez, who won at which was also a new pr for him. Our final junior competitor was Jesse Velez, who won at 220 with a Kentucky state record 315. At master 40-44 it was Haywood Lee for the win at 148 with a strong 300 for another state record. Kevin McDonald won at 198 with a new SR 325. In the master 45-49 division, 198 winner Wally Strosnider set the record there at 360. Looking strong, Wally! Butch Adams got a new personal best as well as a new Kentucky state record in the master 50-54, 275 class by locking out 410. Butch finally got that elusive 400 bench he had been shooting for the past two years! Congratulations, Butch! In the dead-lift competition Gayle Paff finished her best day of lifting to date as she pulled her first 200 deadlift! But she wasn't done yet. With every-thing she had she went onto lockout a state record 210 fourth attempt to take the master 50-54, 148 class. Beth Book looked strong with her 260 second attempt but failed to lock out with a pr 275 for her third. Beth won the junior women's 123 class where she holds the record at 265. Wendy Cross got another state record

to find out what it would take for best lifter, which I had figured would be 665. Well, my formula was missing so I kind of "guessed", but was wrong: it would have taken 680. Even though I awarded the best lifter trophy to David, it should have been awarded to Kenny Garrett. David was very gracious about it all, as was Kenny and so I corrected the mistake. (Maybe I can blame it on my son Joey, he was there, or better yet my wife Susie. Yea, that'll work, it's not my fault, it's Susie'st There, I feel better.) In the junior men's division Darnion Mascoce got a new SR at 181 with 425. Thanks again to all the lifters and spectators who came to support this sport and especially my son Joey, Carl Lynch, Pat Stephenson and Kevin McDonald for their help loading and spotting. I want to again thank Butch Adams for all the hard work he has done in the past year to promote the sport of powerlifting in the South-ern Illinois- Kentucky area. I want to also commend David Anguish of Showtime's Gym for all the efforts he puts forth with his team; I'm sure they all appreciate it so much. Also to Leon Crowe and the other coaches at the Earle for all the efforts he puts forth with his team; I'm sure they all appreciate it so much. Also to Leon Crowe and the other coaches at the Earle C. Clements Job Center in Morganfield, Ken-tucky for bringing their team and the work they are doing there. Last I would like to mention are doing there. Last I would like to mention the great works Randy Richey and the Omega Force Christian Strength Team are doing for everyone whose lives they touch. You see, powerlifting is much more than just lifting heavy weights. But you all know thatt (Thanks to Dr. Darrell Latch for providing the results).

USAPL 24-25	Feb (	1 - P	A (kg)	
WOMEN	SQ	BP	DL	TOT
97 lbs. Open	Sec.			
R. Snyder	67.5	57.5	85	210
123 lbs. Master				
C. Winkelblech	82.5	37.5	130*	250*
132 lbs. Open				
A. Dean	115	57.5	137.5	310
Collegiate				
J. Kirker		47.5	110*	255*
148 lbs. Collegi	ate			
C. Rezk	82.5	42.5	105	230
Out of State				
M. Lavin	97.5	60	117.5	275

The 2001 USAPL PA State Championships-Feb. 24-25th The Penn State Powerlifting Club sponsored the event right on the campus of Penn State University. It was great 2-day where many records were broke and it also marked the day lifting came back in Pennsylvania.

I would like to thank PSU Powerlifting for providing equipment, the facility and some excellent spotters and loaders. They were amazing!! Other equipment sponsors I would like to thank Al and Brenda Siegel from Siegel Engraving, Claude Welcome coach of Abington Height Powerlifting and Frank Panaro who helped me out with warm-up racks. I would also like to thank the judges who came out to judge this contest Fred Glass, Al Siegel, Joe Nealis and Theresa Nealis, Your support was terrific! I would like to thank the sponsors Crain's Muscle World Ltd., Quest Nutrition, Max Supplements and House of Pain Iron-Wear, I would also like to congratulate and thank all the lifters, who if it weren't for your hard work this contest wouldn't have ever been as successful as it was. Steve Mann

**USAPL PA State Chair** 

198 lbs. Collegia C. Fleming	90	40	102.5	232.5
MEN 123 lbs. O	pen			1.199
S. Snyder 148 lbs. Open T	een	-	-	-
L. Mangino Out of State	-	-	-	-
A. Critelli	-		-	-
165 lbs. Open M. Cagliola	242.5	165	215	622.5
Master	175	147.5	227	549.5
J. Haines Collegiate	a desine			Sec. St.
K. Haley H. Kramer	147.5	120 100	197.5 182.5	465 440
Out of State W. Eichhorn	100	97.5	157.5	355
181 lbs. Open		167.5		652.5
A. Halko Collegiate	220		265*	
N. Piazza Open	227.5	150	240	617.5
T. Wagerle Master	220	152.5	235	607.5
D. Pride	217.5	120	227.5	565
S. Biro Teen	237.5	142.5	182.5	562.5
T. Hess Open	182.5	125	255	562.5
J. Moshman	165	115	227.5	507.5
Collegiate C. Mayorga	117.5	125	152.5	395
198 lbs. Open M. Mastrean	342.5	215	295	852.5
A. Poulich Master/Open	280*	210*	282.5*	772.5*
R. Jenness B. Brown	270 250	190 170	265 245	725 665
Out of State	225 40			
T. Whitton Open	252.5	165	240	657.5
M. Malozi J. Lombardo	250 187.5	145 157.5	227.5 215	622.5 560
Out of State J. Kerr Jr.	195	137.5	212.5	545
Teen	215	125	202.5	542.5
M. Yanocha Open		-		
M. Berger Collegiate	175	140	195	510
B. Krawier Master	190	120	200	510
I. Nealis Teen	25	155	180	215
C. Wargo		-	-	-
220 lbs. Open D. Teets	317.5	192.5	285	795
N. Williams M. Shirey	247.5 277.5	210 160	287.5 287.5	745 725
Collegiate	260	185	260	705
L. Cohen Open	ere e	and the		
D. Bellomo S. Pyle	250 230	197.5 172.5	247.5 282.5	695 685
T. Mankamyer Out of State	277.5	145	252.5	675
P. Hakola	255	160 162.5	250	665
K. Hanson Collegiate	212.5		200	575
M. Mullen Master	200	165	205	557
R. Hudic Collegiate	200	170	182	552
K. Maday Out of State	165	115	210	490
5. Glover Sr.	192.5	122.5	175	490
Open M. Walter	165	125	180	470
242 lbs. Open P. Johnson	320	232.5	282.5	835
. McKenzie F. Skelly	265 227.5	192.5 172.5	277.5 240	735 640
. Gardner	237.5	160	227.5	625
F. Cillo Out of State	207	137.5	237.5	582
5. Jan Jr. 275 lbs. Open	215	125	220	560
W. Droesser	320 297	240 252.5	302.5 272.5	862.5 822
M. Giffin Out of State				
D. Schneider Collegiate	305	182.5	300	787.5
C. Rideout Open	262.5	157.5	292.5	712.5
R. Scandle S. Glover Jr.	250 230	195 160	250 187.5	695 577.5
SHW Open D. Hulslander	327.5*		322.5	905
Out of State				
D. Gratton M. D'Amore	335 265	235 190	265 240	835 695
-Records. (Than	ks to L	SAPL f	or the r	esults).

\*-Records. (Thanks to USAPL for the results).

SLP Maroscher/Carnaghi IL Open 27 Jan 01 - Park Forest, IL BENCH 181 lbs 365

Teen (13-15)		198 lbs.	
165 lbs.		C. Hansen	440
M. Collins	245*	220 lbs.	
Submaster		A. Barnhart	425*
165 lbs.		G. Walsh	315
W. Phillips	390*	R. Pasquini	230
220 lbs.		242 lbs.	
M. Debenedetti	390	P. Thomason	-
308 lbs.		275 lbs.	
G. Presley	385*	R. Martens	515*
Master (40-44)		DEADLIFT	
198 lbs.		MEN	
A. Kennedy	350*	Teen (16-17)	
220 lbs.		165 lbs.	
P. Diercks	365	R. Booker	400*
242 lbs.		220 lbs.	
T. Widner	405*	A. Epps	400*
Master (45-49)		SHW	
220 lbs.		J. Jackson	445*
M. Byrnes	335*		475*
275 lbs.		Submaster	
B. Blackmon	380*	220 lbs.	
Master (50-54)		M. Debenedetti	500
220 lbs.		Master (45-49)	
H. Collins	435*	198 lbs.	
S. Mahalik	225	J. Metzger	530*
Police/Fire		220 lbs.	
198 lbs.		B. Ferro	580*
A. Kennedy	350*	Master (50-54)	
220 lbs.		S. Mahalik	520*
T. Harrison	410*	242 lbs.	
Open 148 lbs.		C. Kuester	500*
O. Anderson	200*	Open 220 lbs.	
165 lbs.		R. Pasquini	380
N. Deluise		275 lbs.	Star In
K. Brown		P. Kletz	545
"-Illinois State R	ecord	. Team champion	s: The



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At the Illinois Open BP/DL, the Best Lifters (I-r) are Bernie Ferro (DL) and Rick Martens (BP). (Photograph provided by Dr. Darrell Latch).

son took the 148 class with 200. "Baby Oil" was a good- hearted competitor who gave me plenty of reasons to pick on him, even when he vasn't lifting. Nick Deluise took the open 165 K. Hamby Class with a strong 340 third attempt. Both Otis and Nick set new state records in their respec-tive classes. Kenneth Brown placed second in the 165 class on the strength of his 275 second attempt. Tommie Gentry only got his opener of 365 in, missing 405 twice, for the win at 181. Craig Hansen looked strong in his win at 180. Graig thansen looked strong in his win at 181. Craig thansen looked strong in his win at 181. Craig thansen looked strong in his win at 180. Class was Aaron Barnhart with a strong 425 showing. This gave Aaron a new state record in his first competition. Second place at 220 went of 315. This was George's first competition To george Walsh who finished with his open of 315. This was George's first competition of 315. This was George's first competition T. Sisson also, Another first-timer, Rick Pasguini, got all C. Stever three of his attempt in to finish with 230 for third place. At 242 Phil Thomason failed to get R. Colson third place. At 242 Phil Thomason failed to get his opener of 450, as well as his final two attempts with 475. I always hate to see a great lifter bomb out, but he'll be back! Our last lifter in the bench competition also had the biggest lift of the meet with a great 515. Rick Martens got his first 500 bench on his second attempt before upping that to a pr 515 for his final attempt. Rick also earned best lifter honors for the competition. Congratulations Rick! In the DEADLIFT competition we had three tough teenagers from Rich East's sister school, Rich Central High School. Up first was the 165 winner Roosevelt Booker who finished with a great 400 pull, At 220 it was sixteen year old winner Koosevell Booker who finished with a great 400 pull. At 220 it was sixteen year old Andre Epps who also pulled 400. Our third teenage competitor was Joe Jackson, who just ripped up a 445 third attempt, followed by a 475 fourth. This kid was big, at least 65°, with a table at 230 kerned by the to fact that weighing in at 339, How'd you like to feed that support over the years. (Thanks to Kim young feller?! All three of these youngsters Brownfield for providing results of this meet).

dent of the Bern	ie Fen	to sound like the ro's fan club. Berni g a new state recor	e won
580 and winnin	g the	best lifter award	in the
process. We ha	d two	more records set	in the
		me at 50-54. First u	
Dr. Steven Mah	alik w	ho captured the 22 20. This fifty-two ye	o title
just started com	petin	g a few months ag	o, pull
lifter to me! (W	Vell, P	ete is a 600 ben	cher!).
Hey, thanks to	all ti	he Maroscher/Ca	maghi
team members	who	helped judge, spo	E and
Police Departm	ent w	mbers of the Park	nks to
my son loey	and t	o Tom Camaghi	, Eric
Maroscher and	to Ric	h East High Schoo	who
allowed us to he	old the	meet there. See	ou all
(Thanks to Dr. [	y tor	the ANPPC World	Cupi
		Powerlifting USA	
icours of uns in		· · · · · · · · · · · · · · · · · · ·	
Dock I	Ind	Cum PD/DI	
		Gym BP/DL	v
	- 00	ouncil Bluff, C	K
BENCH		T. Jackson	260
WOMEN		220 lbs.	
Junior 123 lbs.		J. Jackson 275 lbs.	560
C. McKeefer	100		460
Open 181 lbs.	CAL.	Master (40-46)	
C. Crossland	250	198 lbs.	194
Submaster		B. Bersche	275
181 lbs. T. Frizell	186	220 lbs.	440
MEN	100	B. Whited Master (61-67)	440
Teen (13-15)		275 lbs.	
123 lbs.		J. Schulz	280
C. Pinson	130	Law/Fire	N.A
148 lbs.		Submaster 165	
T. Amason 220 lbs.	155	B. Lee	305
J. Quickle	215	DEADLIFT	
(16-19)		Junior 123 lbs.	
132 lbs.		C. McKeefer	250
J. Forehand	275	Open 123 lbs.	
148 lbs.		C. McKeefer	250
K. Hamby 165 lbs.	230	181 lbs.	240
A. Bongiovanni	300	C. Crossland MEN	340
198 lbs.	500	Teen (13-15)	
M. McLaughlin	325	123 lbs.	
E. Valdovinos		C. Pinson	210
Junior		Teen (16-19)	
165 lbs. J. Carter	350	165 lbs. A. Bonggiovanni	405
M. Bivin	240	198 lbs.	403
181 lbs.	( Children		405
R. McKeefer	355	Junior	
242 lbs.		242 lbs.	1010
R. Myers	500	R. Myers	550
275 lbs. T. Sisson	500	Open 220 lbs. C. Bogart	620
C. Stevenson	255	Submaster	010
SHW	156	148 lbs.	
R. Colson	460	T. Jackson	450
Open 132 lbs.		220 lbs.	
J. Forehand 198 lbs.	275	J. Jackson	560
W. Thacker	405	275 lbs. M. Hamby	550
C. Bogart	440	Master (47-53)	
K. West	450	198 lbs.	
SHW		T. Barth	410
T. Dodd	420	Pre-Teen	
Submaster		70 lbs. W. Jackson-8 of the most enjo	150

were lifting in their first competition with all setting new state records in the process. Tak-ing the Submaster 220 class was Mario

Mario's second title of the day. Jim Metzger

left with a new state record, a new persona

left with a new state record, a new personal record, the title at master 44-49 and no trophy. (I ran short of first place trophies!) Jim got a strong 530 with perfect form for the win. Another of my buddies who I had to steal a trophy from was Bernie Ferro. Bernie is a great guy (well, just so-so) but an even greater bodybuilder and powerlifter. Bernie is an in-spiration to many people (he made me say that or I couldn't use his trophy) with numerous national and world titles to his credit. Enough of that, I'm beginning to sound like the presi-

nedetti with a solid 500 pull. This was

This me compet The camraderie was excellent, Oklahoma now has two new 500 lbs, benchers in Ryan Myers and Todd Sisson. I have always said and still believe our great state has the finest drug-free benchers going today. I would like to thank Richard and Carie McKeefer for their great



At the Holiday Invitational Meet, Mike Hill ... WV Powerlifters Hall of Fame inductee; 1930 total @ 220 lb. class, Elite +. (Photo provided courtesy of Ken Samples).

> Holiday Invitational Bench 16 Dec 00 - Bluefield, WV

275 lbs. Open 165 lbs. C. Hornsby 275 High School 245 242 lbs. S. Knighton 555\* Master (40-49) 360 D. Willi K. Samples 181 lbs. D. Robbins, Jr. C. Helton 275 D. Callahan D. Robbins, Sr. 245 G. Hale Master (60+) 265 165 lbs. 198 lbs. **B.** Bostic K. Samples 370 181 lbs. 255 D. Robbins, Sr. 220 lbs. M. Horton L Gibson 198 lbs. 242 lbs. 450 B. Bostic D. Callahan D. Callahan 450 B. Boste G. Hale 385 220 lbs. S. Knighton 325 J. Gibson Outstanding Lifter OPEN: Donald Robbi of Bluefield, WV, benching triple-bodyy © 1811\*-All-Time WV State Bench Press R Guest Lifters: Chad Miller and Lee Angl © 242. This meet was held at the G Bluefield Community Center. HIGHLIG CONTEST REPORT: The 2000 HOLIDAY TATIONAL BENCH PRESS CHAMPION TATIONAL BENCH PRESS CHAMPIONS was a great success with 14 lifters chose exhibit their talents witnessed by an enth-tic group of spectators within the greate facilitiest The following represents the det recording of the lifting events of toda another chapter in the book of West Vir Bench Press and Powerlifting history. The VIRGINIA POWERLIFTER'S HALL OF F recompized the first inductaes on Sonte Precognized the first inductees on Septe 9th, 2000 © the APF WV POWERLIN CHAMPIONSHIPS held in South Charl WV. The athletes chosen must have acl an Elite Total or an unrivaled feat in the l of West Virginia Powerlifting. (In the DONALD ROBBINS, a triple bodyweight DONALD KOBBINS, a triple bodyweight Press). The CEREMONIES for the First In ees to the WEST VIRGINIA POWERLI HALL OF FAME that immediately follow lifting of today (12/10/00) included the tion of MIKE HILL of Charleston, We ginia. Mike has the highest Total on reco any West Virginian in the 220 lb. class which exceeds ELITE standards by a size

broken here in Bluefield, WV today. KEN SAMPLES of Charleston Benched 245 for a new record © 165 in the 60-64 age group. SHAWN KNIGHTON BP'ed a 325 for a new record @ 242 in the 16-17 age group, DAVID CALLAHAN of Wilcoe BP'd a new WV record CALLAHAN of Wilcoe BP'd a new WV record © 242 in the 45-49 age group with a lift of 450, and DONALD ROBBINS Benched a new PR ● 555 in the 181 lbs. class. What we have in Bluefield is a haven for those who are over 60 and want to stay fit on the Bench. DONALD ROBBINS, SR., at the age of 67, lifted 245 for another first place ● 181 along with 165'er KEN SAMPLES (age 60) also was a winner. Bluefield Virginian BILL BOSTIC (age 62) won the Master's ● 198 with a lift of 265. Finally, 205 pounder IOE GIBSON of Pocahontas. Va. Bluefield Virginian BILL BOSTIC (age 62) won the Master's @ 198 with a lift of 265. Finally, 205 pounder [OE GIBSON of Pocahontas, Va. Benched 255 for a win in the Master's Division @ 220 at the age of 62. A salute to the men over 601 On 12/28/00. 12 days following the meet, 1 received the following letter: Paul, 1 wanted to say thanks for the well organized, well run, professional, quality meet recently in Bluefield. Everyone was very cordial and a lot of good heavy lifting was exhibited. The facility was very professional, clean and organized. 1 en-joyed the family atmosphere as well as the lifters encouraging each other. Here are some photographs and I also included the negatives; Donnie Robbins...what an individual effort, all the spotters, Mike, helping to spot and the judges: fair and also strict in their judgements. Good lifters in all ages from high school to the over 60 Seniors. Thanks Paul, "Keep up the good work". Keep the faith and good lifting Signed: Ken Samples, Charleston, WV. Many thanks to George Simons and the staff of the Greater Bluefield Community Center. We also thank T&N Trophies for their support and sponsorship Special thanks to John Phillips, Chad Miller, and Guy Greene. We look for-ward to seeing all of you back in May at the Mountain Festival event. (Results provided by J. Paul Sutphin, WV Powerlifting Chairman).

181 lbs.	243	S. Knighton	325						165
	555*		323	LICAD		D. I.	. tel.t.		J. Si
D. Robbins, Jr.			450			Beck		E STATE	S/N
C. Helton	275	D. Callahan		BP/I	DL &	Qual	ifier		T. B
D. Robbins, Sr.	245	G. Hale	385	10 Feb				41	M-1
198 lbs.		Master (60+)							
B. Bostic	265	165 lbs.		WOMEN	SQ	BP	DL	Total	E. B
220 lbs.	-	K. Samples	245*	105 lbs. T-2					M-2
M. Horton	370	181 lbs.		J. Kohler	90	75*	185	350	E. C
J. Gibson	255	D. Robbins, Sr.	245	114 lbs. SM					181
242 lbs.		198 lbs.		C. Keenan	-	105*	230*	335	B. C
D. Callahan	450	B. Bostic	265	M-10					Ор
G. Hale	385	220 lbs.		A. Kowalski	-	35*	55	90*	V. A
S. Knighton	325	J. Gibson	255	123 lbs. M-10					M. 1
<b>Outstanding Lift</b>	ter OP	EN: Donald Robb	oins, Jr.	J. Merrell	-	50*	100	150*	S/M
of Bluefield, WN	/, bend	ching triple-body	weight	132 lbs. T-3					F. S
@ 181!*-All-Tim	eWVS	tate Bench Press R	ecord.	F. Gross	-	170*	320	490*	M. I
		iller and Lee Angl		M-1					C. B
		s held at the C		M. Crawford	-	120*	255*	375*	Ope
		Center, HIGHLIG		148 lbs. Open					J. M
		e 2000 HOLIDA		D. Steele	-	175*	300	475*	8. F
		ESS CHAMPION		165 lbs. M-2					IR
		ith 14 lifters cho		D. Cairns	_	65*	135	200*	I.D
				198 lbs. M-6	-	05	135	200	Ope
		inessed by an entl				80*	175	255*	R. R
		s within the grea		A. Collins	-	80-	1/5	255	
		represents the de		123 lbs. T-2					M-1
		ng events of too		S. Swagerty	-	135*	-	-	M. I
		book of West V		MEN					M-6
		lifting history. The		132 lbs. T-1					R. R
		TER'S HALL OF		T. Kibler	270	140	345	755	Ope
recognized the	first in	ductees on Sept	ember	M-1					C. M
9th, 2000 @ th	e APF	WV POWERLI	FTING	G. Rorex	-	-	520*	-	J. Sc
CHAMPIONSHI	<b>IPS he</b>	ld in South Charl	eston,	148 lbs. S/M					D. B
WV. The athlete	s chos	en must have ac	hieved	T. Geyer	-	330*	440	770*	M-1
an Elite Total or a	an unri	ivaled feat in the l	history	165 lbs, T-1					J. Pe
of West Virginia	Powe	erlifting. (In the c	ase of	J. Hoffman	-	220*	335*	555*	D. B
DONALD ROBB	INS, at	triple bodyweight	Bench	148 lbs. T-2					M-1
Press). The CERI	EMÓN	<b>IES for the First I</b>	nduct-	C. Perdaris	-	210	390	600*	J. Pe
ees to the WEST	T VIRC	<b>GINIA POWERLI</b>	FTING	M-9 Open					M-2
HALL OF FAME	that im	mediately follow	ed the	R. Merrell	-	65*	155	220*	S. 5
lifting of today (	12/10	/00) included the	e addi-	M-3					M-3
		Charleston, We		J. Loftus	-	345*		-	T. K
		hest Total on reco		P/F T-3					Ope
		the 220 lb. class		J. Barrett	-	235*	_	_	W. 1
		tandards by a size		165 lbs. Open					D. H
		ongratulations to		D. Pierce	2	315	405	720*	B. W
		that will be ever p		B. Gallagher	-	230	400	630*	M. F
				D. Harrless	-	300*	410	710*	S/M
		that have been a			-	300	410	110	I. H
		ay's liftingDO		T-1				c	
		ent 2 for 3 on the		R. Meninga	410	225	415	640*	M-1
		ttempt of 525, a F		M-2					D. H
		f 555 on the 2nd		S. Bartholomew	-	195	315	510*	M-5
		d and final of 56		M-5		-			R. H
		of inches short!		D. Steele	100	125	270	395*	P/F
		t; 2001 Arnold C		181 lbs. M-7			- Contractor		B. N
far DONALD!	There	is an old saying	g that	B. Creech	-	110	240	350*	T-2
records are made	e to be	broken and there	e were	165 lbs. SM					L. Sa
		Bench Press Re		R. Boogaard	-	-	500*	-	JR
	and the second second								

"The FIRST ever Women's Strength & Fitness Challenge (tm) .... The 24 Hour Fitness (R) Beauty & the Beast 2001 is introducing the first Women's Strength & Fitness Challenge (tm) in addition to the World Strongman Challenge. The Women's Strength & Fitness Challenge (tm) takes the place of the bikini fitness challenge of the past three years. The Women's Strength & Fitness Challenge (tm) will exemplify the beauty of strong and fit women. This challenge will incorporate classic strength athletic events (such as farmers carry, conan wheel and dead lift) and a boot camp type rigorous obstacle course that tests optimal strength, conditioning and agility. The 24 Hour Fitness (R) Beauty & the Beast will be held on June 2 at Andrew's Amphitheater at University of Hawaii Manoa Campus and will feature some of the strongest men in the World, as well. The Women's Strength & Fitness Challenge being a NEW sport, will attract female athletes who will see this challenge as a unique test of their abilities. The competitors will come from various sports and backgrounds including strength athletics (such as powerlifting, bodybuilding and weightlifting), fitness, track & field, and highland games, as well as the average GI Jane who wants a good physical challenge. The overall winner of this challenge will have exhibited not only strength, but a high level of conditioning, speed and agility, and will win cash and prizes totaling in excess of \$3,000.00. The size or cosmetic beauty of the competitors will not have a bearing on the outcome, the obstacle course is the size EQUALIZER. More details will be available at www.samson-power.com" The World Strongman Challenge itself will pit 24 of the strongest men int he world against each other in an eight event battle, and it will be aired in prime time on EuroSport in 52 countries on June 22nd. (POWER HOTLINE 3/15/01)

4929 2209				B. Widdows		290*	420*	710*
Kingley -	-	315*	-	220 lbs. Open		-		
ualifier	BP	DL	TOT	C. Cadotto		445	685	1130'
pen				R. Lipinski		365	545	910*
5 lbs.				J. Gibson		285	485	770*
Smith	315*	-	-	E. Reid		275	440	715*
M Open				IR				
	305*			J. Johnston		335	425	760*
Benton	305	-	-			333	443	100
-1				S/M				
Bargor	340	-	-	T. Miller		360	510	870*
-2				M-1				
Clup	275*	-	-	G. Oshnock		300	525	825*
1 lbs. S/M				M-4				
Daig	305	500	805*	A. King, Jr.		315	600*	915*
				S/M				117
pen	390*					270*	450*	
Mahaffey		-	-	M. King		2/0	450	(Internet)
. Coleman	440*	-	-	Open				
м				E. Moreno		405*		
Storgs	325*	-	-	M-1				
Bergsma	280*	-	-	M. Mellinger		380*		
Brocco	310*	500*	810*	M-3				
	310	300	010			340*		
pen M-1				B. Keller		340-		
Marentelle	375*	605*	980*	M-8		100		
Fabinano	385*	520	905*	L. Coon		200*		
				Open				
Decker	370	605	975*	M. Lawrence		-	565*	
	3/0	005		242 lbs. M-3 PF				
pen						2401		
Rynbrandt	265	400	665*	G. Washington		340*		
1				B. Stearns		450*		
Lindsey	310	435	745*	M-1				
6				R. Strong		330*	600*	930*
Ringewold	215	480	695*	M-5				
pen 198 lbs.		100		M. Maresh		385*		
	345	440	785*	M-1		305		
Marlow								
Soule	430	580	1010*	B. McIntyre		465	600	1065*
Bolton	350	605	955*	M-3				
1				S. Cole		325	510	835*
Perdaris	260	315	575*	Open				
Bolton	350	605	955*	W. Bahna		475	530	1005*
1				J. Wagner		325	520	845*
	200	315	575*			343	310	045
Perdaris	260	315	5/5-	275 lbs. Open				
2				C. Horton		375	600*	975*
Sequin	325	570	895*	S. Shafley		350	535	885*
3				K. Miller		435	620	1055*
Keller	240*	365*	605*	M-1				
Den				B. Martin		525		
	405*			M-5				
Blyly		-	-					
Hankins	380*	-	-	R. Soffredine		275*		
Whatley	305*	-	-	M-2 Open				
Poirier	335*	-	-	T. Knatian		350*		
М				319 lbs. Open		2191		
	305*	2.0014	-	V. DeFonzo		380*		
lemenway	303					300		
1				M-1				
Horen	300*	-	-	B. Edwards		500*		
5				M-3 Open				
Hemenway	315*	-	-	G. Krueger		375*	500*	875*
E		the state of		IR	SQ	BP	DL	TOT
	2201					590	450	1425
Maurer	320*			J. Bainbridge	385	230	450	1425
				M-4	22.2.2			
Sanchez	285*			R. VanEck	250*	275*	525*	670
				(Thanks to USAI				

**Battle of the Benches I** 20 JAN 01 - Elizabeth City, NC A. Brooks (14-15) OVERALL MEN 97 lbs. 115 R. Lang 95 114 lbs. 75 A. Adams 0 148 lbs. 0 M. Franklin 165 lb-114 lbs. K. Holrovd 75 A. Adams 95 R. Lang J. Roldan I. Wallace 160 J. Reeves 123 lbs. M. Smith 165 lbs. C. Ballance 195 70 181 lbs. D. William 100 J. Riddick 132 lbs. 205 200 B. Thomas J. Goodi 148 lbs. 75 220 lbs. 275 L. Pierce M. Franklin 165 lbs. 160 319 lbs. 200 T. Gibson 340\* (16-17) 240 181 lbs. C. Baggett B. Zak 240 181 lbs. 230 J. Lee 195 J. Weeks 319 lbs. 315 W. Riddick 300 J. Pendelton . Moore C. Balance 225 200 181 lbs. L. Lamb 385 M. Thomas 320 295 (18-19) 250 220 lbs. J. Sanders II R. Young J. Lee D. Willia 225 A. Bailey 205 242 lbs. 380 200 T. Bunch 200 A. Williams 175 319 lbs. J. Riddick J. Weeks 340 -A. Felton 198 lbs. J. Ford 380 R. Spencer W. Crawford 355 (20-23) K. Turner H. Williams 350 181 lbs. A. Cabarrus 330 L. Lamb 215 198 lbs. J. Jones 220 lbs. K. Turner 385 Open 380 165 lbs. 380 J. Moore 350 181 lbs. S. Freeman A. Bailey D. Young V. Armstron M. Leibach 305 M. Thomas 75 198 lbs. J. Pierce T. Bell 240 W. Crawford 175 A. Cabarrus S. Young A. Brooks 242 lbs. 165 J. Jones 242 lbs. 242 lbs. A. Proctor K. Mallory T. Bunch K. William W. Bully A. William 275 lbs. C. Elliott J. Myles B. Mitchell 319 lbs 242 lbs. 465 A. Proctor 390 K. Mallory 340 K. Howell 270 275 lbs. 185 J. Myles SHW -M. Dixon 500 Road Block 375 Novice 242 lbs. W. Bully 80 319 lbs. 420 Master (35-39) 385 181 lbs. E. James W. Riddick 380 R. Young 375 220 lbs. . Ford R. Spencer J. Pendelton T. Gibson 320 S. Freeman 200 V. Armstrong 242 lbs. SHW M. Dixon 540\* A. Proctor 405 Master (40-44) 385 165 lbs. Road Block M. Ange WOMEN C. Baggett J. Moore 114 lbs. I. Burkett-45 95\* 198 lbs. 132 lbs. A. Stallings-12 H. Willias 85 220 lbs. S. Glasper-16 148 lbs. 70 D. Young T. Bell L. Bauer-35 J. Zak-24 155\* Master (45-49) 135 220 lbs. Stafolli-12 115 M. Leibacher 165 lbs. 319 lbs. 100 E. James 105 Master (55-59) 90 181 lbs. S. Williams-12 L. Glass-14 D. Luff-12 J. Sanders III 165\* Police/Fire SHW E. Owens-14 RAW MEN 242 lbs. Teen (8-9) A. Proctor J. Reeves (12-13) Special Olympian 60 J. Roland I. Wallace 70 275 lbs. 70 B. Mitchell 114 lbs. K. Holroyd Assisted 125 Open 242 lbs. 123 lbs. M. Smith 132 lbs. B. Thomas J. Goodma A. Felton 70 C. Elliott 319 lbs. 100 M. Dixon 75 M. Ange 175 Master (40-44) 385 220 lbs. 165 175 C. Baggett 340 S. Young

m denotes Meet record. On January 20th sith five lifter descended upon Pasquotank High School to compete in the Battle of the Benches. The always fun arriving at a meet, as we see so may familiar faces that have competed with so for the last four years, and, of course, we always see a lot of new faces, including a tam for fundate to have Ricky Young Jennife Xu, Victor Armstrong, Tom Holroyd, John Our meet director was Paul Bossi who by the light weight classes and bench 240 for second RW 340 bench. "Corky was the May and the light weight class as the would pull from thenty pounds more meets than anyone in NC (BT) fAR), and does a great job of cultivating fresh meet was broken into many age groups and more point and the sameset of space I with thus as kevin "Bam Bam" Holroyd bencher 125 for first and was named best lifter in the tampion ships. In second Att 114 we have seen the norther by a meeter five name to be tast the teen station that is there wan diver has wont the montion the top three class regardles of whin for thirds was the second has the second with 355 was averystrong Kevin Tumer, and he is the man to beat at the teen station would read friend Ricky Young finished in the light weight of the day, and it held 200 has the light weight fines day and it held 200 has the fines day and it meed fines divers from the sound separate the top would weight of the second with 355 was averystrong Kevin Tumer, and he is the man to beat at the teen station data many he biggest of the day, and it held 200 has the filter award Kevin has won this month a due to board division. This was the second has the second Att 116 we have seen the biggest of the day, and it held 200 has the filter and ECSU coach Elvin James and the site man to beat at the teen station by the prevent of the class. Slow and stady and the day day and ended in fourth the day on the the day that the day day is the support of the day and the so do prevent was all he prevent division. This was the second has the happion the second was james thy the suppo



would finish second with 380, and Rash Spen-cer would finish in third with 375. The amazing thing about this class is it's rare to see a teen bench over 350, but William Rashawn and Justin were all three teens and all benched 375 why here are the teen state. would finish second with 380, and Rash Spen cer would finish in third with 375. The amazing thing about this class is it's rare to see a teen bench over 350, but William Rashawan the factor of the title. Every year fully hope we see these guys at the teen state championships for a rematch. In the heavy weight class it was Miguel Dixon's 540 that would be the biggest bench of the day would earn him a meet best lifter heavy and first place over all. In second we had "Road Block" who benched 315, 405, and buried 500 on his third attempt. Except he missed every command on his final attempt. Finishing in third was Mike Ange. If Mike could have locked out his third attempt the would have moved into second. We were pleasantly surprised to have record ten women competing. The top lifter of the day was Lisa Bauer who set a meet record 155 at 148, and was named best lifter. In the 114 class fackie Burkett benched 95, and inters. In the steme trecords. I hope we continue to see rise in the number of women lifters. In the team division we had six teams competing. The college division it was ECSU taking first place. ECSU is tremendously talented, and could have made a serious run at the open trophy had that division. 10-0, three time state

champions, River-Roads Middle school de-feated ECMS 59- 52 for the title. Every year



66

L. McMillian	170	80	210	460
C. Hodges	125	70	180	375
D. Thomas	120	60	155	335
C. Lacombe	-	-		-
105 lbs.				
D. Jackson	220	95	220	535
A. Warren	205	75	235	515
S. Descant	185	85	235	505
S. Littleton	185	100	190	475
M. Roak	155	80	230	465
L. Harris	175	65	180	420
T. Coon	160	75	150	385
T. Knight	145	70	160	375
J. Smith	-	-	-	-
114 lbs.				
C. Grubbs	250	125	225	600
A. Tyler	215	90	255	560
L. Russell	230	95	235	560
R. Thom	165	100	235	500
J. Rambo	205	85	205	495
D. Jones	180	90	210	480
A. Day	175	95	210	470
R. Humphries	135	85	205	425
A. Methvin	135	85	205	425
K. Alleman	135	75	205	415
L. Brown	150	75	175	400
K. Woods	100	50	140	290
B. Walpole	0	0	0	0
B. French	0	0	0	0



Outstanding lifter at the Louisiana Tech Invitational HS Meet: Pam Lewis, 17 years old from Sweeny HS, Texas, did a 795 total at 123 pounds. She is two time Texas State Champion. This is her second year to receive this award. (Photograph provided courtesy of Billy Talton to Powerlifting USA).

123 lbs.		0.20		
P. Lewis	315	120	360	795
A. Matt	250	130	300	680
E. McNair	240	140	260	640
C. Simmons	225	150	245	620
K. Sackman	230	80	285	595
P. Ramirez	215	95 95	255 270	565 565
M. Roark	200 200	100	235	535
H. Dye J. Baker	175	100	200	475
A. Scmitt	160	75	175	410
J. Haynes	135	80	185	400
R. Pullig	115	75	165	355
K. Lindsey	0	0	0	0
H. Peterman	0	o	0	0
132 lbs.		1.0	C Propis	10.08
E. Hodges	280	120	320	720
I. Horne	275	135	270	680
A. Queen	255	130	270	655
H. Wilson	220	105	265	590
L. Terrel	225	115	250	590
A. Hall	215	125	235	575
T. Thames	215	90	250	555
A. Taylor	190	85	275	550
J. Cherry	195	100	240	535
S. Thompson	180	95	230	505
J. Paul	175	90	230	495
K. Roulaine	190	90	210	480
R. Adams	170	105	195	470
S. Jackson	135	90	210	455
M. Carliole	170	85	190	445
N. Bowman	170	90	175	435
C. Reynolds	170	55	220	425
T. Giddens	110	50	150	310
148 lbs.				
J. Smith	265	105	290	655 630
K. Michiels	250 200	120 110	260 245	555
L. Payne I. Green	215	85	225	525
S. Claiborne	180	105	200	420
L. Bruynincky	150	70	200	420
T. Graham	150	80	180	410
M. Andrews	115	75	185	375
C. Moreav	0	0	0	0
165 lbs.	0190	0.00	(included	129. 14
K. Kelly	275	150	360	785
L. Meynard	300	120	285	705
K. Stephens	270	135	260	665
L. Maxwell	250	105	240	595
T. Moody	230	125	225	580
S. Davis	210	85	260	555
D. Nelson	195	95	255	545
C. Bennet	195	105	230	530
B. Betmed	175	85	250	510
R. Tingle	205	110	195	510
J. McClure	155	85	215	455

K. Magoon, K. Pennington J. Vercher C. Bennett	150 190 160 125	85 85 90 80	220 180 180 205	455 455 430 410	J. Paul C. Conn V. Lott V. Mixon	155 0 0	70 0 0 0	230 0 0	455 0 0 0	E. McCall D. Taylor L. Carter J. Johnson	465 450 410 450	280 260 280 245	560 500 490 485	1305 1210 1180 1180	B. Arceneaux J. Scalia L. Lenard I. Martin	485 465 460 440	270 265 265 255	540 510 500 510	1295 1240 1225 1205
K. Hardie	0	0	0	0	148 lbs.			al-gra		J. Roberts	420	245	490	1155	E. Dade	455	265 250	450 500	1170
181 lbs. J. Haynes	330	150	370	850	J. Larkin D. Williams	390 370	260 255	430 455	1080 1080	M. McFarland K. Kashif	405 370	225 275	500 430	1130 1075	G. Corley C. Douglas	420 455	240	475	1170 1170
A. Fondren	295	165	285	745	W. Veal	350	220	480	1050	B. Heath	420 400	215 245	435 425	1070 1070	J. Ross M. Bershell	385 435	270 300	500 405	1155 1140
J. Wilson J. Free	235 215	105 95	255 215	595 525	B. Brooks M. Murrow	375 360	235 245	440 440	1050 1045	P. Robinson J. Brown	400	205	460	1065	M. Mahaffey	425	240	425	1090
T. Fife	185 185	90 80	240 230	515 495	C. Mathews C. Correl	360 370	240 220	430 430	1030 1020	H. Patterson C. Mosely	400 380	245 180	405 415	1050 975	D. Kelly G. Bordelon	385 360	215 255	485 450	1085 1065
S. Smith C. Washington	160	90	235	495	B. Hoosier	385	220	400	1005	M. Dicarlo	340	225	395	960	W. Alexander	340	245	430	1015
M. Bloomfield R. Davenport	110	80 0	155	345	H. Price C. Dewey	355 420	185 200	460 385	1000 985	G. Jefferson T. Bilberry	360 365	165 185	435 400	960 950	J. Hatten J. Ellison	420 380	205 220	385 315	1010 915
A. McConnell	õ	ŏ	õ	õ	A. Crockett	350	210	420	980	H. Carter	305	205	425	935	T. Spencer	350	180	350	880
198 lbs. D. Johnson	330	160	300	790	B. Bums J. Schmitt	360 365	230 205	385 385	975 955	T. Scott J. Mathews	335 325	215 200	360 375	910 900	T. Methvin L. Adams	290 270	240 185	345 405	875 860
L. Lucas	245	145	315	705 695	D. NcNeal I. Dantzer	320 325	210 150	405 390	935 865	T. Banks D. Hemdon	325 310	175 190	400 400	900 900	R. Owens C. Bell	275	180 165	365 350	820 790
B. Sisson M. Frost	265 265	140 140	290 290	695	D. Laborde	330	165	350	845	N. Platt	340	185	345	870	A. Cummings	250	155	340	745
M. Bearden D. Brown	260 205	120 105	285 235	665 545	C. Floresca J. Roberts	300 275	190 200	355 325	845 800	C. King E. Ryland	265 225	205	335 315	805 690	A. Jackson B. Johnson	0	0	0	0
A. Beraud	180	100	235	515	E. Gonzalez	245	175	280	730	J. Bourgies	220	170	295	685	V. Gray	0	0	0	0
K. Dauzat	190 145	105 85	220 175	515 405	F. Jones D. Anders	250 205	135 120	280 180	665 505	F. Baldwin F. White	0	0	0	0	198 lbs. K. Ratliff	515	355	630	1500
220 lbs.			-	820	K. Austin	0	0	0	0	J. Wells A. Stephenson	0	0	0	0	C. Harolson M. Banks	500 535	295 300	625 500	1420 1335
K. Rachow J. Gooden	325 330	145 150	350 340	820	J. McClure 165 lbs.	•		U		181 lbs.					D. Walker	425	300	565	1290
S. Hom C. Branch	305 235	150 135	315 315	770 685	X1 923 1291645	Seale.	(Decel	100	and the second		Les pr	crada is	ipersta	intra-sta	and a state of the second	61 (195)	Nikapi	and any	(quality of
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J. Donley	285 205	110 130	265 250	660 585	1 5		Beyond Cr / Tsatso \$34.9	uline	Beyond Stretch /Tsatsouline \$34.95		On Beo World / Bias \$12	Class iotto	Stretching 23' X 35' \$19.9	Poster Pearl			\$3.00		dt & Biasiotto \$16.95
G. Clark L. Terrell	185	95	190	470			63		SUPE	8	S12	95	-millittan				Dunald Din	-	
H. Guin I. Branch	80 0	65 0	135	280	-	it!	tell.	1 101	ABS	X	A STREET	Ť	-				-	1	C.18
N. Smith	0	0	0	0	1 5	ed	THE R	1.	1	ABSI	10 - 20		1.						
K. Sowell MEN	0	0	0		Colle	99	-			-		-64	ANA STA				-		
114 lbs. R. Nelson	280	135	350	765		ne	Stretc / Ande		Super Abs / Amdt & Biask	Absolutely Abs	Hardco Bodybuild		All Sports Tra	ining Keys	To The Inner erse / Pearl / Robins	Abs II E	Donald Dinni First Sporting	San Might	dow: The ty Monarch
S. Moses	275	135	325	735		1.4	\$16.		\$12.95	\$10.00	Scientific Ap	proach	Manual / Evenson	HI HI	B \$52.95 \$16.95 B \$32.95	S	uperstar / H nnie & Webr \$28.00	B 7	ty Monarch Webster \$12.00
J. Vickery C. Bourgoyne	265 240	155 150	280 305	700 695		ō	ĐC.	3	FACTS AND FALLAC	15 RUPERTRAININ	GOERNER .		MO	RE	MIKE	BRIDG	ES R	eturns	
D. Lewis	215 225	120 115	305 265	640 605		D	ABU	ILD	THEF	2 NEW IS	12	2			Video Librar	of <u>Succe</u> Powerilftin	g Champi	ERLIFTIN In Mike B	e ridges
J. Smith J. Jasper	190	125	260	575		no	Line of	GLE	T A AT	2 9 × 1 3				IALTY	\$39.95		T	HOOSE HESE 6 T	TTLES
E. Mayeaux K. Whitley	185 185	125 115	260 200	570 500	5	x	A and	TUTU	TEN accu	No.	. Prouse Mr.	0000	VID	EOS	POWERLIFTING ST	RENGTH,	- Masi	ering the So ering The D	aut headlinh
B. Deville	190	90	195	475		L	50 Ways Muscle Far	st / Tuttle	Facts and Falla of Fitness / S \$34 95	cies Supertraining / Siff #54.95	Goeme The Mig / Muelle \$20.00	or hty			WITH THE			al Muscle Bridges, "U	lp Close"
T. Roberts C. Dickson	125	70 0	165 0	360		he	\$9.1				\$20.00		11-12-2		TRANSVO		• Begi	nning Weigh	ht Training
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T. Fowler 123 lbs.	1975		-	0.4		et i	STRETCHING			edding Muscle, & Miracles	Stren		THE	0	Your Bench	Over Workout	and H Motivat	ion	
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D. Nora	285	160	375	820 800		ا ب	Streching		wy lron T	he Serge Might,	Anaton		Rick Weil	Speed H	turdle #1-Add	#2 - Ken	#3 - The	Man Str	ongest Man
D. Bosley S. Caraway	270 305	155 140	375 340	785	9	an	Video / Anderson	V	ideo Rei	he Serge Might, sding Story Muscle, & - Video Miracles	Stren Vide	ngth	Bench Press Video		sports 50-75 lbs To	Lain's Over Workout	And H Motival	is line His	In Record story Video /
M. Brazil M. Mollett	305 255	170 160	285 290	760 705	2	ö	\$29.95	\$2	19.95	\$29.95 Video / Hepburn \$29.95	/ Hept \$29		/ Weil \$29.95	/ Kre \$29.1		Video / Lain \$29.95	Video / \$29.9	Lain 1 15	\$39.95
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	465	255	440	1160	J. Reavis	350	240	340	930	M. Statham	335	245	365	945	R. Hill	580	300	440	1
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	405	210	415	985	D. White	275	115	320	710	T. Brown	0	0	0	0	C. Wilson	435	320	450	1
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	0	0	0	0	B. Simmons	520	290	495	1305	R. Niswanger	455	300	530	1285	T. Lowe	0	0	0	
	0	0	0	0	D. Smith		310	470	1300	I. Smith	470	275	505	1250	D. Ellis	0	0	0	
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. Mithcell	545	295	550	1390	D. McClain	405	255	480	1155	I. Archie	365	155	425	945	ducted by the	Louisi	iana Te	ch Por	N
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. Pickens	525	290	550	1365	R. Watkins	465	250	440	1120	M. Melder	295	215	385	895	rector: Billy Ja				
Hamilton	520	290	440	1250	D. Brannan	440	240			E. Jones	310	175	345	830	Meet Date: Fri	iday, Jan	nuary 2	6, 2001	1,
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SION: Conducted by the Louisiana Tech Powerifiting Team and Louisiana Tech Students. Meet Director: Billy Jack Talton, Trey Cunninghwn; Meet Date: Saturday, January 27, 2001, Memorial Gym, LA Tech. Meet Profile: 240 Men Lifters, 4 Platforms. Meet Time: 8 Hours, 10 Minutes. Outstanding Male Lifter; (Wilks Formula) Kenneth Ratliff, Wilks Total 966.23, 198 lbs. Class. 1500 lbs. Total, Natchitoches Central High. 2001 MEN'S DIVI-SION TEAM: 1st 45 pts. Alexandria Senior High; 2nd 35 pts. West Monroe; 3rd 26 pts. Natchitoches Central; 4th 20 pts. Bastrop; 5th 19 pts. Vicksburg; 6th 19 pts. Quitman; 7th 18 pts. Gladwell; 10th 6 pts. Ouchita Christian; 11th 4 pts. White Oak; 12th 3 pts. Pineville; 14th 3 pts. Buckey; 16th 2 pts. St. Mary; 17th 2 pts. Menard; 18th 1 pt. Creekview. I would like to thank the members of the Louisiana tech Powerlift Team, Louisiana Tech students, and friends that helped conduct this huge meet. Former Tech powerlifter David Tamburello operated the computer program that kept the number available at all times. Sey Sanders of West Monroe, Unane Urbina of Alex Senior High School, and Bill Persinger of faithful support of this meet. (Thanks to Billy Jack Talton, Coach, Louisiana Tech Powerlift Team, for providing the results of this meet).

		urel Springs,	460
BENCH		D. Stevenson	
Teen		A. Panetta	385
G. Lonk-202	245	N. Blocker	-
Hutchinson-164	150	L. Bennett	-
MEN Open		G. Lonk	245
165 lbs.		242 lbs.	
W. Bewley-162	305	L. RoDia	430
T. Oelkryg-156	300	A. Lauria	405
181 lbs.		B. Carr	405
E. Dibiase-180	360	275 lbs.	
M. Craig-178	250	I. Robinson	490
S. Trocine-171	225	S. Clifton	425
D. Pora-172	220	SHW	
S. Johnson	-	T. Shaw	475
198 lbs.		Master (40-50)	
I. Sauer	405	H. Horton	370
H. Horton	370	D. Pora	220
L. Foster	385	T.C.	175
M. Manchio	325	Master (50+)	
220 lbs.		M. Cuff	225

ADAU	14+	Fast	Coast	She
10 Feb (	)1 - H	lopato	ong,	
BENCH WOMEN		DEADL		
165 lbs. Open T. Encarnacion		181 lbs. Junior (		
4th MEN		D. Mori 4th	in	525 525.5
198 lbs. Master (45-49)		Teen (1 T. Roma		415
J. Miller-45 J. Fitzpatriek-46	275	4th 198 lbs.		415
220 lbs.	2.8	J. Caren	Sr.	570
Masters (45-49)	100	Masters J. Carer		570
J. Sensale Jr. 275 lbs.		4th J. Miller		571 400
(40-44) F. Vogel-42		220 lbs. Masters		)
Novice M. Avila		T. Weise 275 lbs.		350
319 lbs. Open		B. Birnb Novice	aum	630
S. Berge-41 SHY Law/Fire		M. Avila 30+	1	520
B. Lambert WOMEN	350	P. Cunt	DL	450 TOT
105 lbs.	sQ	in the second	AL m	
A. Scudder-48 4th		110 110.5	305 305.5	590
123 lbs. Open				
G. Litteck Masters (40-44)	120	90	200	410
G. Litteck 181 lbs. Teen	120	90	200	410
(17-18) J. Ogden-17	190	145	265	600
4th 198+ Ibs. Teen (	191		266.5	de state
S. Ogden-17 4th	280 290	175 176.5		820
5th	292.5		300.3	
MEN 97 lbs. Teen (12				~ ~ ~
G. Till-12 114 lbs. Teen (1		60	100	240
J. Schor-13 M. Fullum-12	165 100	105 70	215 160	485 330
Novice M. Fullun	100	70	160	330
148 lbs. Open M. Gogluicci	410	225	435	1070
Teen (12-13) D. DiGiamo-12	130	105	180	415
E. Stoll-12 (14-15)	80	85	130	295
M. Kuhns-15 4th	370 373.5	230	285	885
(18-19) O. Rivas-18	300	170	330	800
Novice	130	100	180	415
165 lbs. Open	-	in white	lokdt o	
Theodorou-50 Teen (14-15)	415	220	530	1165
N. Andelora-15 Masters (40-44)		200	290	755
R. Herbst-42 (50-54)	305	305	440	1050
Theodorou-50 4th	415 417	220	530 530	1165
Novice A. Haas	240	250	185	875
Guest Lifter W. Eichhorn-15		225	350	785
181 lbs. Open A. Biasetti	495	325	585	1405
B. Wollston	450	140	515	1105
Teen (16-17) T. Romano-16	365	220	415	1000
4th Junior (20-23)	430			
K. Zbierski-20 Masters (45-49)	250	145	355	750
D. Banik-47 198 lbs. Open	345	265	525	1135
D. Thierry 4th	525	420	630 633	1575
J. Caren Sr45 P. Sanzio	500 270	340 370	570 270	1410 450
1090 Teen (18-19)		5-1.10	Land a	S.GH
M. Allen-19	450	200	505	1155
Masters (45-49) J. Careri Sr45	500	340	570	1410
4th 220 lbs. Open	503.5		571	
B. Lowery G. Davis	550 480	375 355	575 565	1500 1400
G. Whelan R. Eckhart	425 350	300 340	540 500	265 1190

	T. Petterson	365	275	435	1075	,
	J. Simms	305	245	400	950	
	Junior (20-23)					-
	J. Simms	305	245	400	950	1
	Master (45-49)					4
	T. Weiss Jr45	275	240	350	865	1
	Law/fire					5
.5	B. Lowery	550	375	575	1500	(
	Novice					9
	J. Simms	305	245	400	950	(
	242 lbs. Open					E
	B. Givler	500	390	550	1440	2
	R. DeLaVega	530	340	570	1440	3
	J. Janeiro Jr.	430	350	500	1280	1
	Junior (20-23)					1
	Protomastro-21	600	385	625	1610	(
	4th	615	387	628		E
	5th	619				1
	Masters (45-49)					i
1	M. Bowen-45	460	300	510	1270	
	Novice					
	B. Frenick	180	280	430	1090	1
	275 lbs. Open					
1	B. Birnbuam		490	630	1435	
	C. Tune	405	315	500	1220	t
ų.	Teen (16-17)	12	1. 200	-	24.24	3
	V. Sensale-17	300	285	355	940	1
	Law/Fire	122	202		ALC: N	
	B. Birnbaum	490	315	630	1435	

ovice				
Tune	405	315	500	1220
9 lbs. Master	(60-64)			
	410		445	1090

Class with lifts of 175- 110- 305- 590. Good luck on your new marriage. From PA came the Ogden twins Jennifer - 181 class setting Ameri-can Records of 190-145-265-600 and Sarah in 319 lbs. Master (60-64) A. Siegel-63 410 235 445 1090 dth 412 235.5 446.5 BEST LIFTER FEMALE: 105 Class Abigail Scudder, 123 Georgia Litteck, 181 Jennifer Ogden, 1984- Sarah Ogden, BEST MALE LIFTER 97 Class Grant Till, 114 Jared Schor, 148 Matt Gogluicci, 165 Nick Theodorou, 181 Anthory Biasetti, 198 Dan Thierry, 220 Brian Lower 242 Steve Protomastro, 275 Bill Birnbaum, 319 Pat Cuntera. Frank Bates Sportmanship Award: Richard and Barbara Schmidt, TEAM TROPHY: TWIN CITY PL 52 points, JOE CARINI's BASIC FITNESS 42, JOE'S GYM of ERIE 28, JOE BRACA'S UNDERGROUND PL 17. This years meet featured 64 lifters competing for over 90 trophies. We are the only meet, as far as we know that gives out a best lifter award, per weight Class, regardless of division meet was the good represention of youthy ternage lifters. They are the future of our sport and must be aggressively recruited. In the WOMEN'S lifting, my dear friend Abigail Studder, recently married and now Abigail Scudder, seize four American Master records in the 105



record squat of 265. A friend, Bob Herbst from NY came to win the 40-44 Masters on 305-305-in third in the OPEN on 370-270-450-1090, 440-1050. Veteran Master lifter Nick Theodorou of Edston, PA, set an AMERICAN MASTER RECORD in the squat with 415, a DL of 530 and 1165 Total. Not bad for a 50 year old Teenage age lifter Tony Romano returned Network and the squate of the Class the distinctive Dan Thierry of PA. He squated 525, missing 540, his only miss, bench of 530 and 1165 Total. Not bad for a 50 year which was an OPEN AMERICAN RECORD and the squated 525 missing 540, his only miss, bench of 530 and 1165 Total. Not bad for a 50 year which was an OPEN AMERICAN RECORD and the squated 525 missing 540, his only miss, bench of 530 and 1165 Total. Not bad for a 50 year ASTER RECORD in the squat with 415, a DL of 530 and 1165 Total. Not bad for a 50 year old. Teenage age lifter Tony Romano returned to PL after a shot at OLY Style and won the 181 Class 16-17 age group and set an AMERICAN Single Lift DL of 415. My old buddy from PA, Dave Banik won the Masters 45-49 age group on lifts of 345, missing 365, 265, 525 for a 1135 total. First time lifter Derek Altieri won the Law & Fire on 400-260-445-1105 in his first meet, after driving 3 + hours! Winning the Open and Best Lifter was the impressive Anthony Bias-7585-1405. Nice lifting Tony. Dave Moran set a state single lift DL record of 525. Winning the Jopen and the UNIORS on 305-245-400-950 in his first meet. Tood Petterson took fifth in the OPEN on the JUNIORS on 305-245-400-950 in his first meet. Tood Petterson took fifth in the OPEN on the JUNIORS on 305-245-400-950 in his first meet. Tood Petterson took fifth in the OPEN on the JUNIORS on 305-245-400-950 in his first meet. Tood Petterson took fifth in the OPEN on the JUNIORS on 305-245-400-950 in his first meet. Tood Petterson took fifth in the OPEN on the UNIORS on 305-245-400-950 in his first meet. Tood Petterson took fifth in the OPEN on the JUNIORS on 305-245-400-950 in his first meet. Tood Petterson took fifth in the OPEN on the JUNIORS on 305-245-400-950 in his first meet. Tood Petterson took fifth in the OPEN on the JUNIORS on 305-245-400-950 in his first meet. Tood Petterson took fifth in the OPEN on the JUNIORS on 305-245-400-950 in his first meet. Tood Petterson took fifth went 7 of 9 for second on 480-355-565-1400. The Winner and BEST LIFTER was Brian Lowery of Winher and BEST LIFTER was Brian Lowery of S350-520-1325 followed by Dan Caffrey mak





In the 319 pound class, "Big" Al Siegel, at age 63 did a 410 squat.





win the NOVICE division on 380-280-430-1090. Next time Bill, bring your daughters along, a fan club always helps. Joe Janeiro Jr won third in the OPEN, making 8 of 9 attempts, ending with 430-350- 500-1280. Robert DeLaVega of CT did very well on 8 of 9 at-tempts making 530-340-570-1440 only to lose first on bwt., 239.6 versus 227.3, to Brant Givler of PA. Brant made 500-390-550-1440. The Best Lifter and most impressive of the class The Best Lifter and most impressive of the class was Junior lifter, Steve Protomastro. He set AMERICAN JUNIOR RECORDS on lifts of 600-AMERICAN JUNIOR RECORDS on lifts of 600-385-625-1610. He came down a weight class after football season, which shows good sense as well as good lifting. At 275, TEEN 16-17 age group, Vince Sensale, won on lifts of 300-275-355-940. This was his third meet and he keeps showing improvement. First timer Corey Tune, 22 won the JUNIOR on 405-315-500-1220. He 22 won the JUNIOR on 405-315-500-1220. He is a very impressive thick bodied lifter who needs a coach. Corey come on down. From CT came our Best lifter, Bill Birnbaum, who won on 490-315-630-1435, Bill also won the DL on on 490-313-630-1433, Bill also won the DL on the 630 lift. Fred Vogel won in the MASTERS 40-44 bench on a lift of 280, making all three attempts. Mike Avila won the NOVICE Bench on 390 and the NOVICE Deadlift with 520. At attempts. Mike Avila won the NOVICE Bench on 390 and the NOVICE Deadlift with 520. At 319, we saw the classic battle of Youth versus Experience, Al Siegel won the MASTER 60-64 age 63 he made AMERICAN MASTER RECORDS of 410-235-445-445. Winning the OPEN and getting BEST LIFTER, was Pat Cuntrera, making lifts of 375- 290-450-1115. Steve Berge, won the Bench on lifts of 390-405-415. Bill Lambert of NJ won the SHY Bench with 350. A meet is a success through the efforts of many people, whom I'd like to thank at this time. Tom Vara, AD at Hopatcong HS, who allows us the use of the GYM. Thanks Tom, Senior Class Advisor Tracy Duffy. The admissions and food receipts go to the senior class fund, and the activity is coordinated by Miss Duffy. My Referees, Rich Schmidt, Bob DeRis, Mike Di Battista, Shelly Levy, Russ Bamickle, Joe Orgengia, and Brenda Siegel. These fine officials, all National level or higher, came from as far away as Erie, PA to help and provide the best judging for the lifters. My announcers, the golden tones of Brenda Sie-gel, Rich Schmidt, Bob Zotters Mike Morris of PA, Paul Guzinski Travis Andrews, and Tim the Tiger Ross. To every one who helped, and to anyone I may has missed, Thank YOU. A sincere thank you to all the lifters who made this meet a success, and with out whom, there is no meet. Those of you who read these results and ceel you can do better, take the challenge and come to the ADAU RAW NJ STATE PL CHAMPIONSHIPS, May Sth. There will also be a Bench Meet, Deadlift Meet, and for those and come to the ADAU RAW NJ STATE PL CHAMPIONSHIPS, May 5th. There will also be a Bench Meet, Deadlift Meet, and for those who don't squat, a two lift, Bench / Deadlift for Total Meet. Meanwhile, train smart, train drug free, compete RAW. (Thanks to Jumpin' Jersey Joe for providing the results of this contest).

#### **AAU Planet Fitness Winter Dulldroms Push/Pull**

16 DEC	00 -	Burlin	gton, I	A
BENCH		J. Ten		35
181 lbs. Raw (16-17)		L. Ste	16-17)	24
A. King	245		Open 242	
Raw Open 198			giam	38
J. Tennant	350	DEAD		
Raw Novice		Raw	Open	
J. Tennant	350	181 II	os.	
Equip. Novice		D. Ge		47
J. Tennant	350		er (45-49)	
Equip. Open		D. Ge		47
Push/Pull	BP	DL	TOT	
Raw (16-17) 11		Same?		
S. Olson	145	280	425	
(14-15) 132 lbs.				
A. Stedman	90	240	330	
(16-17) 148 lbs.				
H. Meyer 220 lbs.	85	235	320	
R. Retter 275 lbs.	200	385	585	

J. Langhoff 220 475 695 A number of tremendous lifters braved a nasty blizzard to show up for this event, in particular blizzard to show up for this event, in particular the Mustang Powerlifters who traveled 200 miles to win this event. This group of young people are going places. They have a terrific coach, Randy Biggiam, who is also a terrific lifter. It seems it was a day for teenagers to rule, as 15 year old Shane Olson set an American Record in the deadlift in the 114 lbs, division. Record in the deadlift in the 114 lbs, division. Haley Meyer and Athena Stedman deadlifted their way into American Record fame as well. Congratulations Ladies! The lone Planet Fit-ness Power Warrior Jim Tennant competed shortly after recovering from the flu to push a RAW 350 in the 198. Jake Langhoff showed M. Quite a display of power when he Pulled a strong 475 in the 16 &17 age group. Thanks to all the volunteers that made this meet possible. And especially to Paul Armstrong and Holly Banks of Planet Fitness Gym for sponsoring the event. (Thanks to Roger Broeg for the results).



USAPL LA State/Out-of-State

20 Jan 01 - St. Amant, LA

SQ BP

285 145 365

350 295 380 315 235 430

200

DL

155 270 6



The Mustang Powerlifters at the Winter Dulldroms Meet: front (I-r): Arthena Stedman, Haley Meyer; back (I-r): Ryan Retter, Jake Langhoff, Josh Stedman, Joe Baldridge, Randy Biggiam. (photo courtesy Roger Broeg)

e	D. Hardin	540	330	610	1480
C	J. Baudoin	425	340	500	1265
	B. Luminais	375	-	400	775
т	198 lbs.				1200
25	D. Brewer K. Reynolds	500 450	330 275	560 500	1390 1225
	220 lbs.	430	2/3	500	1225
95	T. Werner	625	380	545	1550
	242 lbs.		500	545	1330
005	M. Chabodaux	420	305	425	1150
30	319 lbs.				
	D. Coody	700	350	570	1620
	Master (40-44) M. Harrison!	570	290	570	1491
7	198 lbs.	3/0	290	3/0	1451
	M. Godawa	405	315	455	1225
	242 lbs.				
	M. Kane	465	305	435	1205
	(50-54) 220				
	L. Scallan	-	325	300	716
	(55-59) 198 lbs. R. Jinkins	385	295	475	1427
	220 lbs.				
	O. Jordan	405	135	525	1304
	242 lbs.				
	C. Lambert	-	310	-	386
1.000	319 lbs.	375		400	1220
2.0	F. Borowski (60-64) 148 lbs.		275	400	1320
	L. Dacey	_	1885	-	268
	181 lbs.				
	B. Callihan	55	235	445	1323
	Open 132 lbs.		1		
	T. Smith 148 lbs.	405	240	425	1070
	G.Luce	450	250	500	1200
110	165 lbs.	450	250	500	1200
	D. Cagnolasti	485	380	445	1310
	184 lbs.	- 216			
	M. Harrison!	570	290	570	1430
	B. Schexnaydre	525 365	310 260	525 455	1360 1080
	B. Geene M. Schnier	440	200	500	940
	198 lbs.				210
	T. Earnest	535	360	550	1445
	S. Lemarie	535	325	560	1420
	220 lbs.			-	
	C. Gahagan! C. Burbank	645 600	425 500	805 650	1875
	J. Reape	650	400	515	1750 1565
	S. Tate	500	380	520	1400
	A. Schroeder	405	405	405	1215
	J. Clay	415	275	425	1115
30	K. Levating	-	410	-	410
1000	275 lbs. D. Quinn	735	455		1005
	B. Lecklar	630	465	735	1925 1695
	319 lbs.				
	P. Fletcher	740	495	710	1945
10	K. Wnuk	735	500	675	1910
	319+ lbs.	100	240		1500
120	K. Jackson	690	340	580	1580
	FEMALE Collegi S. Campanile!	230	120	255	605
	E. Schuwerk	150	85	200	435
	148 lbs.				
	M. Armand	255	135	300	690

D. Tiemann 200 85 240 525 Master (45-49) 114 lbs. C. Jacobs! 185 115 265 628 !=Best Lifter. (Thanks to Pacil Fletcher for oviding the results of this contest to PL USA). Florida Bench Press Championship 27 Jan 01 - Lakeland, FL WOMEN 132 lbs. (16-17) 165 lbs. (16-17) Folsom 80 R. Nusjear 181 lbs. (55-59) W. Mott 135 235 225 165 lbs. (70-74) Master (40-44) 210 W. Sm D. Casias 140 198 lbs. (50-54) Open 198+ lbs. K. Sabin 205 I. Bertalan 275 (65-69) MEN N. Carr 265 Open 165 lbs. T. Lanson (70-74) 315 J. Blackwell 235 220 lbs. M. Nichols 229 lbs. (45-49) 
 220 lbs.
 229 lbs. (45-49)

 M. Nichols
 340 B. Knopp
 335

 242 lbs.
 (70-74)
 36

 G. Boldissar!
 450 B. Remley
 320

 148 lbs.
 242 lbs. (40-44)
 320

 Haster (85-89)
 G. Boldissar
 450

 I-Best Lifter. Team Trophy: All American Gym.
 The 2001 FL State Bench meet had a very small
 Ine 2001 FL State Bench meet had a very small turnout compared to last year (over 60 lifters in 2000). This was primarily due to advertising costs, Gasparilla Festival, and Super Bowl week-end. Lakeland is only about 30 minutes from Tampa. In the Women's division, Lori Folsom benched a nice 80 lbs. in the teen division. Kim Stokes tried a personal best of 100 lbs. and Stokes tried a personal best of 100 lbs, and barely missed it. Debbie Casias benched a nice 140 and Kari Sabin pushed up a personal best of 275 lbs., and narrowly missed 300 lbs.! The Men's open division had three contestants. Todd Lanson benched a nice over double body Todd Lanson benched a nice over double body weight 315 and almost won best lifter of the meet. Mark Nichols did a personal best with his opener of 340 lbs. George Boldissar was the man of the meet. George benched a personal best of 450 lbs. which was over double body weight and earned him the best lifter honors. Weight and earned num the best litter honors. George was 3 for 3 on the day also. The rest of the meet was devoted to the men's master lifters. There were ten of them, and each placed first in their age group and weight class respectively. The oldest of the meet was 87 year old Al Pesce who benched an impressive year old AI Pesce who benched an impressive 135 lbs. There were 3 lifters in the 70-74 age group and Bill Remley pushed up a very im-pressive 320 lbs., weighing only 204 lbs. Bradd Knopp did a fine 335 lbs. bench coming off an injury in the 45-49 age group. George Boldissar who had the highest bench of the meet with 450 lbs. also took top honors in the 40-44 age group. The All American Gym would like to thank the City of Lakeland Parks & Rec. Dept., Marchav Construction (our tabit a sonore) Marcobay Construction (our t-shirt sponsor), all the judges, spotters and loaders. Special thanks to the Junk Yard Dogg, Roy Richardson and Louis Baltz. (Result provided by Ken Snell)

			EARS EARS Anna I Macros	\$\$\$AVE BI	and the second of		
314	248	435	997	K. Westerhold	600	424	710
424	259	462	1146	Open 275 lbs.	314	330	332.3
391	308	462	1162				402 352.5
73	303	551	1327	B. Hutchison	473	336	490.5
				A. Ueunten	518	330	562
275.5	132	347	755	B. Finch	523.5	358	589.5
34/	214	424	900.5				567.5
				Open 242 lbs.		358	606
347	314	363	1025	R. Jones	363	203	363
507	281	457	1245				639 501.5
				B. Radulovich	617	330.5	
352.5	220	457	1030	Open 220 lbs.	conset:		ac h
				T. Kaufman	418	275.5	490.5
181	110	253.5	545.5				429
				L. Hohreiter	440	303	529 429
176	88	253.5	518	R. Sandord	418	292	540
125	181	319.5	121.5		496	374	490.5
					496	396	551
	2			M. Rickett	314	225	374
220	132	264.5	617	T. Rickett	479.5	424	490.5
140	145	233.5	343.3	S. Medler	507	303	551
					507	413	584
			672		281	220	407
SQ	BP	DL	TOT	J. Brumley	374	259	446
						1.61	
			374	Dougher	ty did	exactly	y that
			374		-		
			391				
181	220 lbs.						
			578*				
			226				
1	Messers	chmidt					
			336		-		
			4574				
(	C. Ripp	y	231				
		Sprs,					
	148* 242* 126 181 242* 100 181 242.5 176 181 352.5 507 347 347 275.5 73 391 424	C. Ripp Open Li T. Ricket 148* R. Brool Messen 242* 148 lbs, M. Rod 126 Open H D. Gau 181 220 lbs, J. Lujan 110 198 lbs, N. Bear 275 lbs, 314* B. Johni Master 248 K. Peter J. McPe SQ BP 242.5 143* 148 143 220 132 275.5 143 225 181 176 88 181 110 352.5 220 507 281 347 314 347 214 275.5 132 73 303 391 308 424 259	C. Rippy Open Light T. Rickett 148* R. Brooks Messerschmidt 242* 148 bs. M. Rodriguez 126 Open Heavy Si D. Gaudreau 181 220 lbs. J. Lujan 110 198 lbs. N. Beard 275 lbs. 314* B. Johnson Master 181 lbs 248 K. Peterson J. McPeak 198 90 BP DL 242.5 143* 286.5 148 143 253.5 148 143 253.5 220 132 264.5 275.5 143* 308.5 225 181 319.5 176 88 253.5 181 110 253.5 181 110 253.5 181 110 253.5 181 110 253.5 181 314 363 347 214 424 275.5 132 347 73 303 551 391 308 462	C. Rippy 231 Open Light T. Rickett 457* 148* R. Brooks 336 Messerschmidt 325 242* 148 lbs. M. Rodriguez 236 126 Open Heavy SHW D. Gaudreau 578* 181 220 lbs. J. Lujan 391 10 198 lbs. N. Beard 374 275 lbs. 314* B. Johnson 374 Master 181 lbs. 248 K. Peterson 264 J. McPeak 198 154 SQ BP DL 107 242.5 143* 286.5 672 148 143 253.5 545.5 220 132 264.5 617 242.5 143* 308.5 727.5 181 319.5 727.5 181 319.5 727.5 181 110 253.5 545.5 352.5 220 457 1030 507 281 457 1245 347 314 363 1025 347 214 424 986.5 373 303 551 1327 308 551 1327 391 308 4622 1146 314 248 435 997	C. Rippy Open Light T. Rickett 457* 148* R. Brooks 336 Messerschmidt 325 242* 148 lbs. M. Rodriguez 236 126 Open Heavy SHW D. Gaudreau 578* 181 220 lbs. J. Lujan 391 110 198 lbs. N. Beard 374 275 lbs. 314* B. Johnson 374 Master 181 lbs. 248 K. Peterson 264 J. McPeak 198 154 SQ BP DL TOT 242.5 143* 286.5 672 0 132 264.5 617 148 143 253.5 545.5 220 132 264.5 617 176 88 253.5 518 176 88 253.5 518 176 88 253.5 518 176 88 253.5 518 176 88 253.5 545.5 176 88 253.5 518 171 110 253.5 545.5 176 88 263.5 518 181 110 253.5 545.5 176 88 253.5 518 181 110 253.5 545.5 18. Wangard M. Jimencz N. Beard M. Jimencz 173 303 551 1327 1347 214 424 986.5 1. Graves E. Macias 173 303 551 1327 1347 214 244 986.5 1. Graves E. Macias 173 303 551 1327 1347 214 248 435 997 K. Westerhold	C. Rippy Open Light T. Rickett 457* 148* R. Brooks 336 Messerschmidt 325 242* 148 lbs. M. Rodriguez 236 126 Open Heavy SHW D. Gaudreau 578* j. Lujan 391 110 198 lbs. N. Beard 374 275 lbs. 314* B. Johnson 374 Master 181 lbs. 248 K. Peterson 264 j. McPeak 198 154 SQ BP DL TOT 242.5 143* 286.5 672 220 132 264.5 617 148 143 253.5 545.5 220 132 264.5 617 275.5 143 308.5 727.5 176 88 253.5 518 176 88 253.5 518 176 88 253.5 518 176 88 253.5 545.5 176 88 253.5 545.5 181 319.5 727.5 176 88 253.5 545.5 181 319.5 727.5 177 281 457 1245 181 8. Sandord 418 181 110 253.5 545.5 19. Wangard 451 M. Jimenca 407 17. Kaufman 418 18 466 177 29. Unis 446 173 391 308 462 1162 19. Craves 584 19. Graves 5	C. Rippy Open Light T. Rickett 457* 148* R. Brooks 336 Messerschmidt 325 242* 148 lbs. M. Rodriguez 236 126 Open Heavy SHW D. Gaudreau 578* 181 220 lbs. J. Lujan 391 110 198 lbs. N. Beard 374 275 lbs. 314* B. Johnson 374 Master 181 lbs. 248 K. Peterson 264 J. McPeak 198 154 SQ BP DL TOT 148 143 253.5 545.5 N. Waag 507 413 S, Medler 507 303 220 132 264.5 617 T. Rickett 479.5 424 M. Rickett 314 225 75.5 143 308.5 727.5 Open 198 lbs. 225 181 319.5 727.5 J. Hartinez 496 396 N. Beard 451 374 K. Seard 451 374 Lasson 264.5 617 T. Rickett 479.5 424 M. Rickett 314 225 75.5 143 308.5 727.5 Open 198 lbs. 225 181 319.5 727.5 J. Hartinez 496 396 N. Beard 451 374 76 88 253.5 545.5 R. Waag 451 374 76 88 253.5 545.5 R. Sandord 418 292 L. Hohreiter 440 303 181 110 253.5 545.5 R. Waag 451 374 76 88 253.5 518 R. Sandord 451 374 76 88 253.5 518 R. Sandord 451 374 76 88 253.5 518 R. Sandord 451 374 76 7 281 457 1245 A. Schlegel 407 264.5 507 281 457 1245 A. Schlegel 407 264.5 8. Radulovich 617 330.5 507 281 457 1245 A. Schlegel 407 264.5 9. Unis 446 341.5 347 314 363 1025 R. Jones 363 203 Open 220 lbs. 8. Radulovich 617 330.5 507 281 457 1245 A. Schlegel 407 264.5 9. Unis 446 341.5 347 314 363 1025 R. Jones 363 203 Open 220 lbs. 8. Radulovich 617 330.5 507 281 457 1245 A. Schlegel 407 264.5 9. Unis 446 341.5 347 314 363 1025 R. Jones 363 203 Open 220 lbs. 8. Radulovich 617 330.5 51 1327 B. Hutchison 473 336 51 1327 B. Hutchison 473 336 53 538 54 51 1327 B. Hutchison 473 336 54 24 259 462 1146 Open 275 lbs.

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itical of his coverage of Joe Dougherty ope that if I didn't lavish enough praise on Mr. will forgive me. Your son is a true champion. nendous. He surprised me and a lot of others pest by a large margin and pulling out the win hilles heel lift previously. Joe showed great and focused on his task and who he had to at training partner in Angelo Berardinelli ement. Joe picked his attempts perfectly and uthority. You don't get any better than that. e occasion than on the world's platform. Mr. Salute, Joe!" Herb Glossbrenner

Open 275+ lbs.				
A. Pares-16	501.5	319.5	512*	1333*
I. Clark	358	176	429	963
Master's 181 lb	<b>15.</b>			
R. Erickson	479	292	529	1300
242 lbs.				
R. Birch	501.5	352.5	573	1427
181 lbs.				
M. Cucinella	358	259	440	1057
165 lbs.				
T. Byington	325	253.5	341.5	920
181 lbs.				
S. Harms	308.5	236	380	925.5
198 lbs.				

1080 908

1504

1361

1443 1317

1250 1272

1172

1206 5 1184

1554

1310

5 1289

931

1548

1410

1526

5 1471

1300 1195

1003

1735

914.5

# turnout was exceptional, with over 60 lifters competing in this USAPL sanctioned meet. Most of the competitors were first-time lifters, but some seasoned competitors took the plat-form as well. The Women's Overall Bench Press Champion was Brenda Whitlock (148 lbs, class), with an impressive 242.5 lbs. lift. She set a new Colorado State record for the 148 lbs, weight class in a Bench Press Cham-pion was Dan Gaudreau (SHW class), with a lift of 578.5 lbs. He also set a new state record in the men's open SHW weight class in a Bench Press only meet. The Women's Overall Power-lifting Champion was cadet Ellen Serra (148 lbs, class) with a 727.5 lbs. total. The Men's Overall Powerlifting Champion was veteran lifter Mark Sigala (148 lbs, class) with a total of 1327 lbs. Several other Colorado State records were also smashed this day, especially by nov-ice teen lifters. In the Bench Press Only divi-sions, women's teen lifter Samme Dickinson (148 lbb. tuke Hanfer sions, women's teen lifter Samme Dickinson (148 lbs, class) pushed up 148 lbs, Luke Hanifen (148 lbs, class) lifted 314 lbs and took first (148 lbs, class) lifted 314 lbs and took first place in the teen bench press division. Sea-soned competitor Tim Rickett (181 lbs, class) broke his own state record with a lift of 457 lbs. and took first place in the open lightweight category. State records also fell in the Power-lifting division, exclusively dominated by two teen lifters. Deanne Gertner (148 lbs, class) set 165 lbs. T. Byington 325 253,5 341,5 920 181 lbs. S. Harms 308,5 236 380 925.5 198 lbs. J. Handley 314 159,5 396 870 "-Colorado State Record, WOMEN'S Overall Bench Press Champion: Brenda Whitlock MEN'S Overall Bench Press Champion: Dan Gaudreau. WOMEN'S Overall Powerlifting Champion: Ellen Serra, MEN'S Overall Powerlifting Champion: Ellen Serra, MEN'S Overall Powerlifting Champion: Brenda Whitlock hate final placings within the weight classes in some instances, a lifter may have a higher placing with a lower total. The 2001 Falcon Open, was held at the United States Air Force Academy, took place in the middle of a hefty sized Colorado snowstorm, and on Superbowd Sunday no less. Despite such constraints, the

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Southern Illinois Open BP/DL 24 Feb 01 - Effingham, IL 308 lbs. K. Simburger Open 148 lbs. R. Dye 175\* 181 lbs. RENCH 425\* MEN Teen (13-15) 132 lbs. 250\* I. Tucker 08 lbs. L. Clark 390 400\* 185\* 4th T. Reed (16-17) 220 lbs. 485\* 181 lbs K. Parrish M. Whitwo M. McKibb 270\* 400 220 lbs. 308 lbs. 275\* H. Harbo 415 . Jones DEADLIFT Junior 275 lbs. C. Robin WOMEN 405 Junior 220 lbs. 308 lbs D. Minks 340\* M. Scott 295\* Submaster MEN 181 lbs. Teen (16-17) **B. Stevens** 360 148 lbs. Z. Lane 165 lbs. 395\* 4th 275 lbs. 370 J. King 4th 500\* A. Warner 510\* 4th 350 310 181 lbs. M. Johnson I. Reed 425\* SHW 480\* 198 lbs. 410 A. Pritchard E. Yingst 315 4th Teen (18-19) 181 lbs. 195 M. McKibben Master (40-44) 242 lbs. R. Thomas 470 Master (50-54) 181 lbs. 220 lbs. 375 J. Jones 390\* Junior 400\* 308 lbs. L. Clark 390\* 4th Master (65-69) 165 lbs. D. Sidwell D. Minks Master (40-44) 500\* 195\* 242 lbs. R. Thomas Police/Fire

455\* 242 lbs. M. Guthery 405 \* Son Light Power Illinois State record. Best Lifter BENCH: Keith Parrish. Best Lifter DEAD-Lifter BENCH: Keith Parrish, Best Lifter DEAD-LIFT: Steve Mendel, The Southern Illinois Open Bench Press/Deadlift Championships were held at the Village Square Mall. A great crowd of onlookers and a great group of lifters! Thanks

198 lbs. A. Jones 275 lbs. Open 198 lbs. 425\* S. Mendel

520\*



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Best Lifter (I-r) at the Southern Illinois Open: Keith Parrish - BP 485@ 218; Steve Mendel - DL 540 @198. (Provided by Dr. Darrell Latch).

540\* record there. Matt Whitworth finished second A. Smool-19 490 375 to Keith, but came away with his first official P. Nikolou-19 360 290 400 bench. Matt even went onto get a fourth K. Assont-16 425 255

A. Gerwitz-19 MEN 148 lbs. 505 285 545 1335 Kupperst M. Malone 400 300 400 1100 165 lbs. T. Taylor C. Hurd 515 335 550 1400 280 325 480 460 440 480 430 1240 M. Vail 1215 L. Herna 415 265 1120 181 lbs. L. Greene M. Kelly \*605 385 \*630 \*1620 415 255 500 400 1170 355 D. Streets 250 1005 198 lbs. J. Tavares 535 355 \*630 1520 
 535
 335

 515
 285

 485
 360

 475
 335

 440
 305
 R. Johnson J. Gardner 580 490 520 555 1380 1335 1330 1300 Pettigre F. Juszynski 220 lbs. M. Galante 550 320 \*525 325 425 320 550 1420 475 500 410 R. Moyen K. Stuber 1325 1245 F. Perry 242 lbs. 385 270 1065 weight of 215. To all, thank you for all your help and support, see you all soon. (Thanks to David Roderick for providing the results of the meet).

400



which gave him a 2235 total. (Photo provided by Bill Beekley).

11000 EL 11. CA.4

USPF Florida State							
24 Fel	01 -	Tamp	a, FL				
WOMEN	SO	BP	DL	TOT			
Master (40-44)							
198+ lb.							
A. MeGee	125	105	285	515			
Open 132 lb.							
C. Haley	155	125	215	495			
165 lb.							
T. Williams	245	130	350	725			
Master (40-44)							
220 lb.	221						
P. Ryan	525	270	525	1320			
242 lb.							
R. Chavez	650	335	535	1520			
E. Mullins	375	375	365	1115			
Master (45-49)							
181 lb.							
J. Sansevere	445	305	450	1200			
242 lb.				1200			
M. Brown	505	335	550	1390			
Master (70-74)							
220 lb.		2101	455*	1220*			
B. Remley	455*	310*	435	1220-			
MEN Open 148	10.						
W. Clark	530	350	500	1380			
V. Lysobey 198 lb.	330	330	300	1300			
J. Weisenbaker	585	385	570	1540			
T. Edwards	525	345	520	1390			
I. Howe	455	375	500	1330			
220 lb.	435	3/3	300	1330			
I. Pritchard	515	305	465	1285			
F. Rivers	404	345	500	1250			
242 lb.		545					
R. Chavez	650	335	535	1520			
J. Montgomery	555	405	540	1500			
M. McLaughlin	510	345	500	1355			
SHW				and the			
M. Seymour	700	425	610	1735			
G. Leitsch	420	275	475	1170			
Guest Lifter	1.01	C.C. all					
B. Moore	840	665	730	2235			
Judges: Griselle	Ufret,	Jay Su	therlan	d, Tom			
O'Donnell and T	ony Cor	nyers. S	potters	& Load-			
ers: David Lyle,	Deam \	Whitney	, Steve	Wood,			
Tim Burns and	Rick G	rayes.	Thanks	to Bill			
Beekley for prov							
2.5	10.1						
USPF New	lerse	ev Hig	h Sch	lool			
4 Mar 01							
			DL	TOT			
GIRLS	SQ	BP	245	540			
D. Harris	185	110		425			
D. Sacco	155		180				
K. McDinnell	250	150	295	695			
S. Jack	225	90	270	585			
MEN 114 lbs.	250	175	200	005			
S. Marrero	350	175	380	905			
D. Pfeiffer	190	125	255	570			

190 155 220 565

A. Kesler 123 lb.

Harris	185	110	245	540	Open 181 lbs.				
Keefe	150	140	200	490	D. Hitchcock	340	275	330	945
2 lbs.					198 lbs.				
Мито	280	200	355	835	L. Rose	500	365	600	1465!
Mauro	300	160	365	825	T. Whited	515	345	525	1385
Ross	275	190	350	815	242 lbs.				
8 lbs.					J. Kidd	585	400	600	1585
Hanna	340	215	410	965	I. Bevins	530	400	550	1480
Megariotis	360	190	345	895	J. Lethers	475	330	550	1355
Russo	285	200	385	870	275 lbs.				
5 lbs.					I. Joseph	475	355	475	1305
Nardello	375	260	390	1025	Submasters 19	8 lbs.			
Wister	380	190	430	970	T. Whited	515*	345*	525*	1385*
Viglore	320	210	415	945	220 lbs.				
1 lbs.					W. Jones	430	350	480*	1260
DiPompo	456	245	445	1145	Masters 220 lb	8.			
Ferla	445	230	460	1135	R. Burruss	475	365*	565*	1405
Martin	410	240	470	1120	High School		BP	DL	TOT
8 lbs.					181 lbs.				
Goncalves	455	290	480	1225	B. Rogers		290	315	605
Hargrave, III	445	290	400	1135	L. Adkins		250	255	485
Perez	460	195	450	1105	L. Blackburn		210	255	465
0 lbs.					K. Charles		240	-	-
Crowley	555	380	565	1500	220 lbs.				
Smith	430	225	505	1160	E. Johnson		205	315	520
Lovett	430	280	445	1155	242 lbs.				
2 lbs.					I. Johnson		235	-	-
D'Neill	500	280	495	1275	275 lbs.				
DeFiore	460	260	500	1220	S. Ison		280	315	595
Burke	485	280	450	1215	*-State Record	I. I-Best	Lifter	MEET	HIGH-
5 lbs.					LIGHTS: Teen				
Roesler	520	405	580	1505	this year to do				
Panissidi	400	316	475	1190	impressive ben				
Huth	400	270	485	1155	in the 16-17 age				
W					Ibs. squat looke	ed easy a	nd with	h a little	help in
LaBeur	610	240	500	1350	the deadlift, we	'll see so	me mo	re recor	ds from
Feliciano	400	230	435	1065	this teenager. D				

275 T. I B. P the deadlift, we'll see some more records from this teenager. Dusty Hall lifted even better this year, setting all 4 state records in the 18-19 age group of the 181 lbs. class. Dusty is a quality lifter with good form and control on each lift. The high school division also presented us with a future talent in Barrett Rogers, an outstand-ing running back for Pikeville High, whose lifts were quality with room to spare, especially in the deadlift. OPEN MEN-The best lifter of the day was lance Rose @ 198, competing in his L Labeur 610 240 500 1350 C, Feliciano 400 230 435 1065 TEAM SCORING: 1st St. Joseph, Hammonton, Coach Paul Sacco, 48 points. 2nd St. Joseph Regional, Montvail, Coach Dan Pollio, 37 points. 3rd Monsignor Donovan High, Coach Mark Deppan, 15 points. 4th fgg Harbor Town-ship High, Coach Tony DeRosa, 14 points. (Thanks to Coach Paul Sacco for these results) the deadlift. OPEN MEN - The best lifter of the day was Lance Rose @ 198, competing in his first meet since high school days. With a body-builders physique and a strong deadlift, Lance posted a total just behind the 242 lifters Jamie Kidd and Jason Bevins who battled for the win of the 242's with a 1585 and 1480 total respec-tively. SUBMASTERS - One more slot was filled in the KY router of submasters encore hav Tow in the KY roster of submasters records by Tony in the KY roster of submasters records by Tony M. Phillips 370 308 lbs. Whited who impressed everyone with his gual-ity lifts which were smooth and strong. Tony M. Phillips 370 C. Chandler 430 who is a talented singer and musician with the C. Boyd 370 Master (40-44) Kentucky Opry, has lifted for years and is D. Duncan 315 R. Sewell 405\* finally bringing it to the platform. The Masters division saw Randy Burruss break his own masters records established last year in the 220 class with his PR bench and deadlift-just missing the total as he prepares for an upcom-

USPF 24 Feb		tucky Pikevi		Y
BENCH		A. Ham 220 lbs		350*
Open 181 lbs.		D. And Subma	erson	325*
Master (45-49) P. Sullivan	340*	275 lbs		
Open 198 lbs. MEN	so	B. Pruit BP		325* TOT
Teen 148 lbs. B. Spears	180	175	_	-
181 lbs.				
D. Hall 220 lbs.	485*	365-	515-	1365*
T. Charles	400	370!	350	1120

The second second		(801) 77	6-2300	• FAX (	801) 7	76-460	00	
Last Name		First Name		h	utial	Renew Y I		Current Card # 11t Renews
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Elite Master I II III Current Collegiate	IV IPF Cat 1	Cat 2 Nat 1	State	Y N		Y Today s Da	N	Y N Card Issued By
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Y N								

ing bodybuilding show. The BENCH PRESS division was interesting as Paul Sullivan; a wheelchair athlete/ bodybuilder showed a ripped upper body with a strong 340 bench, just missing 375, as he too is preparing for a bodybuilding. Nationals meet. Several other single lift records were established in the bench press division as well. Well qualified and tested officials, Jeff (Frog) Ford. (Big) Mike Branham and KSP Trooper Eddie Crum, all exceptional lifters and judges carried out the judging. Next year the KY State Meet will be moved up one month to Lanuary and will again be at the year the KY State Meet will be moved up one month to January and will again be at the Pikeville YMCA. For photos of this event, state records, and more information on Kentucky powerlifting and multi-sport events, go to www.multisports.net. (Results by Don Fields).

#### ISA Gold's Gym Bench

18 Nov	00 -	Amarillo, IX	
BENCH		S. Englert	280
WOMEN		Master (40-44)	
148 lbs.		B. Guthrie	305
Open		Master (50-54)	
T. Benda	160*	H. Heald	200*
165 lbs.		Master (55-59)	
lunior		H. Brantley	250*
L. Mason	160*	220 lbs.	
Open		Open	
L. Mason	160*	J. Viner	410
MEN		T. Dennis	370
123 lbs.		Master (40-44)	
Teen		M. Dawson	355*
I. Sanchez	150*	242 lbs.	
B. Blommaert	115	Teen	
148 lbs.		R. Demel	200*
Open		Open	
F. Fernandez	250	M. Stumbo	475
165 lbs.		Submaster	
Open		K. Ray	330
B. Blommaert	370	Master (40-44)	
. Roberts	305	M. Stumbo	475*
B. Blommaert	290	275 lbs.	
P. Mitchell	285	Open	35
Submaster	-	S. Serpan	415
D. Smith	275	K. Briclanan	405
Master (45-49)		Submaster	
. Carranza	235	T. Brown	435
198 lbs.		Master (40-44)	
lunior		S. Cyranoski	435
M. Phillips	370	308 lbs.	
Open		Submaster	
M. Phillips	370	C. Chandler	430
C. Boyd	370	Master (40-44)	
D. Duncan	315	R. Sewell	405*

**WNPF** Ohio Championships 4 Feb 01 - Youngstown, OH BENCH 220 lbs. (40-49) T. Boyer B. Misorski 242 lbs. Lifetime 360! Assisted 123 lbs. 270 Lifetime S. Petrencak 325! S. Cooke 445! 165 lbs. (40-49) M. Atel Lifetime L. Miller\* 185 475! 275 lbs. (50-59) D. Ledford 370! 181 lbs. SHW (40-49) Lifetime . Fiumara 360 I. Tami 225 Sarigianopoulus 340 DEADLIFT (33-39) I. Fumaka 360 165 lbs. (33-39) A. McVaney 385 275 lbs. (33-39) 220 lbs. (40-49) 515 T. Boyer 242 lbs. Lifetime 630 M. Reese B. Karlouie 550 (33-39) M. Reese Youth 60 lbs R. Deamics, Jr. 65 220 lbs. Lifetime 440 SHW Lifetime 370 M. Stas 500 . Wilson (40-49) I. Wilson I. Hill 440 370 (40-49) Raw 165 lbs. B. Misorski 400 Lifetime SQUAT 300 Assisted L. Tyler 181 lbs. (50-59) 165 lbs. (33-39) 300! A. McVaney 5651 E. Freeman WOMEN SQ BP DL TOT Assisted Teen (17-19) 139 lbs. S. Schaffer 230! 135! 260! 625! S. Schaffer MEN 165 lbs. Lifetime A. McVaney 565 315 515 1395 J. Elsberry, Sr. (33-39) 425 335 440 1200 565 315 515 1395 A. McVaney (40-49) 425 335! 440 1200 I. Elsberry, Sr. 181 lbs. Lifetime oulus 415 340 430 1185 Sarigianopou 198 lbs. Lifeti 555 370 570 1495 W. Evans J. Onysko 505 250 435 1190 (40-49) 
 555
 370
 570
 1495

 455
 320
 500
 1275
 W. Evans M. Johnson (50-59) 500 360! 500 1360! I. Phillips 220 lbs. (33-39) 425 340 410 1175 E. Alexnader (40-49) P. Accordino 530 370 530 1430 (50-59) B. Schaffer 430 310 410 1150 275 lbs. Lifetime 645 460 660 1805 D. Coleman\* (33-39) 610 440 630 1680 M. Reese Police/Fire 610 440 630 1680 WOMEN Raw 129 lbs. (14-15) 170! 85! 240! 495!

MEN 132 lbs. (14-16) C. Williams\* 165 lbs. (17-19) I. Shields 181 lbs. (33-39) R. Adams 198 lbs. (17-19) M. Perich 220 lbs. Lifetime D. Taylor E. Boetler I. Hill (40-49) 375 270 400 1045 B. Misorski B. Misorski 242 Ibs, Lifetime B. Hennebert 490 370 610 1410 J. Verrico 500 320 580 1400 555 390 605 1550 D. Pounds (33-35) 555 390 605 1550

(14-16)to win the 181 lb, lifetime and Submasters(14-16)to win the 181 lb, lifetime and Submasters(14-16)at 148, this time getting his first double body-<br/>weight bench with a strong 305. A couple of<br/>the novice lifters looked pretty good too: Steve<br/>Benson was real close with a double body-<br/>weight bench as he made 315, weighing a few<br/>bis, below 165; and Anson Wood hit 3 solid lifts<br/>to finish with a great 410 in the 275 class. It was<br/>great to see him climb back on the horse and<br/>bits and the read bits with freeman<br/>a setting a American record winning the 242 lb. lifetime<br/>and Submasters division and Dick Ledford set<br/>and Submasters division and Dick Ledford set<br/>arts 270at 148, this time getting his first double body-<br/>weight bench with a strong 305. A couple of<br/>the novice lifters looked pretty good too: Steve<br/>Benson was real close with a double body-<br/>weight bench as he made 315, weighing a few<br/>both the structured to the set and submasters division.<br/>In the raw bench press Larry Tyler and Editione divisions<br/>setting a American record steve Cooke set an<br/>and Submasters division and Dick Ledford set<br/>and Submasters division and Dick Ledf one winning the 275 lb. masters division. Fine lifts were also done by Thomas Ramey, Mike Ints were also done by Ihomas Ramey, Mike Ater and Teen Joe Tammaro while winning their divisions. Mike Stas decided only to dead-lift this year winning his division in the deadlift. Ron Jr. did a nice job dead lifting in the youth division and had great support from the lifters and spectators. Thanks goes out to my crew



290 250

275

255 250

270

415\*

390 315

260

450

430 425 365

280

540\* 350

450

385 385

375

The Gym Bench Classic World Natural Powerlifting Federation (WNPF) 24 Feb 01 - Fredericksburg, VA D. Jeter 105 J. Craig 140 165 lbs. **Membership Registration** WOMEN L. Reynolds C. Johnson 80 L. Christop 80 T. Comfort FIRST NAME \_\_\_\_\_ INT. \_\_\_\_\_ LAST NAME J. Beasley T. Comfort A. Chaney M. Aspach MEN STREET ADDRESS 181 lbs. 365 J. Anderson M. Tingler J. Ferrick G. Hall 250 198 lbs. 250 G. Ferrelle CITY, STATE, ZIP B. Watts 160 S. Beasley 155 B. Childs D. Whittaker AREA CODE, TELEPHONE: \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ Submaster I. Eckman E. Blackwell 420 220 lbs. 395 J. Hepner 330 S. Morris D. Pullem AGE \_\_\_\_\_ SEX \_\_\_\_\_ CHECK ONE: LIFETIME DRUGFREE \_\_\_\_\_\_ 5 YRS. MIN. \_\_\_\_ C. Aspach Master (40-49) W. Johnson B. Calhoun W. Johnson 480 J. Ogle 425 242 lbs. **REGISTRATION FEE** FILL OUT ENTIRE APPLICATION AND MAIL WITH FEE TO: \$10.00 SPECIAL OLYMPICS D. Stanley 310 B. Watts WNPF, PO BOX 142347, FAYETTEVILLE, GA 30214 \$15.00 HIGH SCHOOL Master (50+) 275 lbs. (770) 996-3418 T. Calh 425 J. Graube \$30.00 ADULTS . Powell 300 B. Fones 245 SHW C. Chandler . Sams Raw SIGNATURE / PARENTS SIGNATURE IF UNDER 18 \_ 450 B. Zircosta H. Cross J. Bach (memberships expire on 12/31, those purchased after Nov. 1 will expire 12/31 of the following year) DATE 300 C. Thornton 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. 148 lbs. A. Ansari 310 4th S. Zerbe \*-Best Lifter, John Graube also lifted as a Master (40-49). (Results provided by The Gym)

Junior (20-23) C. Shedrick Raw Master (45-49) 75 Assist Open G. Landess B. Avery L. Motta Sr. Raw Open G. Landess 75 242 lbs. 148 lbs. Raw Teen (14-15) A. Worth 100 Raw Master (45-49) J. Murphy Assist Police Master (50-54) H. Puch A. Worth Master (45-49) R. Tinkham 65 **Raw Novice** E. Ho 85 Police Master (60-64) Police Asst. 117.5 J. Embrich Assist Police P. Statuto 165 lbs. J. Conklin D. Walton Master (45-49) J. Haines Assist Police 150 Novice (20-23) R. Festa T. Atme S. Smith 177 5\* Assist Submaster F. Schiofer 130 R. Cameron Police Junior 125 Assist Master (50-54) 145 H. Puch S. Biondo 275 lbs. Raw Master (40-44) Assist 117.5 Master (40-44) F. Callender W. Claypatch 181 lbs. Master (45-49) W. Harvey 142.5 Master (60-64) M. Martins Assist Police D. Herrera Police Assist 190\* N. Casasanta R. Trombetta J. Barbier 167.5 A. Dispasquale 242.5\* 160 Raw 157.5 Master (40-44) T Verron J. Lalamis 140 D. Brennick Assist Police Assist Open R. Cross Master (50-54) Master (45-49) B. Wingate 127.5 R. Cross Junior (20-23) **Raw Open** J. Papienuk Raw Submaster 145 R. Cross 319 lbs. M. MacLaughlin 162.5\* Assist Open D. Egan Novice A. Heller 198 lbs. Assist Master (45-49) 167 G. Shanholtz **Assist Police** L. Arcieri Assist Master (55-59) C. Hiel J. Mitsopoulos 145 Assist Police V. Scillieri 210 D. Catli Raw Submaster W. Smith L. Passono Raw Police 205 SHW Assist Open Master (45-49) J. Alegra R. Cutts 117.5 Police Assist Raw Master (60-64) R. Cutts 152.5 Assist Master (40-44) D. Ballen Aw Open Master (40-44) M. Williams 172.5\* R. Cutts 257.5 \*-Record. Teams OPEN: Police Team A, 114 Pts, 1st; Baystate Team, 105 Pts, 2nd; Police Pts, 1st; Baystate Team, 105 Pts, 2nd; Police Team B, 77 Pts, 3rd. Team Competition PO-LICE: Police Team A, 114 Pts, 1s, Police Team B, 77 Pts, 2nd. This meet was held in the gym at the VA Hospital in Brockton, Mass. I would like to thank the people at the VA very much for their help. The lifting started right on time at 9am and the spirit and energy supplied by the Passaic County Sheriff's Dept. was explosive. This group has great support from their sheriff and union local and was a joy to all. I'd like to and union local and was a joy to all. Po link to thank all the lifters. It's always a joy to run a meet for such a great group. My spotter load-ers Mark Marrocco & Eric Kupperstein, both of whom are NAT refs and world class lifters. How often will you see this. My refs and table help, all of them are great. They make the meet run. Thank you. (These results by Larry Larsen).

AAU World Bench Press (kgs.)

21 Oct 00 - Brockton, MA

97.5

97.5

105

105

47.5

95

75

BENCH

148 lbs.

WOMEN

Raw Open I. Gardella

I. Gardella

**Raw Open** C. Ferreia Raw Submaster

C. Ferreia MEN 114 lbs.

Teen (14-15) H. Claypatch

Master (40-44)

G. Murphy Jr. 132 lbs.

Master (45-49) G. Landess

123 lbs

Raw Sub

181 lbs.

M. Rooney 220 lbs.

Raw Open J. Dfranco

H. Munro Assist Police

Master (45-49) L. Motta Sr. Assist Police

Master (55-59)

J. Bonazzi Assist Police

M. Criscione

L. Motta Sr.

Assist Police

R. Zuber

Assist

Master (55-59)

220 lbs.

Raw Master (40-44)

162.5

175\*

175

172.5

167.5

207.5

172.5

135

145

177.5

172.5

190

210 205

185

220

190

160

185

155

167.5

212.5

245

165

257.5

257.5\*



157.5



152.5 Robert L. Cutts took home Best Lifter and set a World and American record in the SHW Masters 40-44. A lift of 567.5 lbs. took 1st in the 152.5 Open, Police and Fire, and Masters. (Provided by Robert L. Cutts). 152.5

令	<ul> <li>This is a membership appl</li> <li>For information on registra</li> <li>AAU membership provides</li> <li>Membership benefits inclu primary coverage) for all p</li> <li>Specific details on coverage</li> </ul>
ANNUAL	MEMBERSHIP DUES

ANNUAL A Youth Athles Coach Volunteer or Adult Athleter Adult Athleter Adult Athleter Asserting, Fabra Swerming, Tab	<ul> <li>For</li> <li>AA</li> <li>Mee</li> <li>Prir</li> <li>Spi</li> </ul> MEMBI e Official es official could ball is official could ball is official is o	information U members mary covera- ecific details <b>ERSHIP D</b> I E Following teon Twriting Bing Rope, Phys. Rowing, Salet Twriting Bing Rope, Phys. Rowing, Salet Twriting Bing Rope, Phys. Rowing, Salet World Resort	ton régistrat hip provides enefits includ ige) for all pri- s on coverage UES Regu 10 12 Sports 11 Sports 11 wwing Cance C uscal Fitness Phi 8 Field, and Vo	ion and each mile le accide operly size e can be ular Fee 0.00 2.00 2.00 2.00 2.00 2.00 2.00 2.	rm. Complete all are program, call 1-800- ember with an oppor ent insurance (which anchoned AAU even e obtained from your "AB" Fee 12.00 14.00 Not Available 12.00	AAU-4USA tunity to participal is secondary and is and supervised local AAU Associ Adult Athietes i Basebai. Bathlon, Kayak Gymastoc (Decatilo, Pental Sufing, Trampoline Adult Athietes i Field Hockey Flag Rughy Socier Wa Adult Athietes i Chinese Martial At Adult Tale Kwoo Adult Powerlift MEMBERSHIP CATEGORY CHECK ONE:Yout	It One to the address s te in AAU events. It is applicable after any practices of member 1 ation. In the Following Sports Basketball. Broomball. Cycle Modern Pentathion. Multi-E ken). Physique. Softball. Nodern Pentathion. Multi-E ken). Physique. Softball. Nodern Pentathion. Multi-E konder Pentathion. Multi-E softball. Hockey Itce and Re- roball. Hockey Itce and Re- roball. Hockey Itce and Re- no Arthletes CHECK ONE: Athlete h Program Adult Pro- Club Name:	Clubs. Begular Fee 20.00 weists 20.00 terr 20.00 terr Not Available 20.00 30.00 CoachOfficial gram Added Benefit E-Mail	tYesNo
THE A	MATEU	RATHLETIC	UNION OF T	HE UNIT	ED STATES, INC.	ARE YOU ALREADY C	COVERED WITH HEALTH & AC	CIDENT INSURANCE?	Ves No
Date of Birth First	Age	Sex Male Female Middle	Application La		al Security Number	procedures and and the releas membership du	bound by the AAU ( policies, including bul e and indemnity of t es, I certify that I have	t not limited to: bin the AAU. By pay e never been convi	ding arbitration ing my annual cted of any sex
Address	ana/						ony; or, if so, I must an gh the AAU National O		ip (and receive
City					Zip Code	NOTE: Parent/G	Suardian signature requ	ired if member und	er 18 years old.
County			P	hone (With	n Area Code)	Parent/Guardian Signature			

	> For > AA Me	information U members mbership be nary covera	i on registrat hip provides enetits includ ge) for all pr	tion and p each me de accide roperly sa	program, call 1-800- ember with an oppor ent insurance (which anctioned AAU even	eas and return P AAU-4USA. tunity to particip is secondary ar its and supervise	art One to the address ate in AAU events. Id is applicable after a ed practices of membe	ny r clubs.	
ANNUAL M Youth Athle: Coach	EMB		UES Reg	ular Fee 0.00 2.00	AB" Fee 12.00 14.00	Adult Athletes Baseball, Bathlor Kayak, Gymnastii (Decathlon, Penta	ciation. in the Following Spor basketball. Broomball. Cyc Modern Pentathlon, Mutu uthlon), Physique, Sottball. ne & Tumbling, Triathlon, and	ting Events 1 Weightlifting	<u>"AB" Fee</u> 23.50
Volunteer or Adult Athlete Aerobics, Badm Diving, Fencing	inton, Bar Golf, Jur	ton Twirling, Be	1 Sports: 1 wing Canoe ( acal Etness, Ph	2.00 0.00 Cross Coun	Not Available 12.00	Adult Athletes Field Hockey Fla Rugby Soccer W Adult Athletes Chinese Martial A	in the Following Spor g Football, Hockey (Ice and I later Polo and Wrestling in the Following Spor ins, Judo, Juitsu, and Karate	ts: 20.00 Roller) ts: Not Available	
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THE A	MATEU	RATHLETIC	UNION OF T		ED STATES, INC.	ARE YOU ALREADY	COVERED WITH HEALTH & A	CCIDENT INSURANCE?	Ves No
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Address	ma				- Andrewski	approval) throu	ugh the AAU National	Office.	
City			S	State 2	Zip Code	Member's	Guardian signature ree	quired it member und	er to years old.
County			P	hone (With	Area Code)	Parent/Guardian Signature	-	1.11.05	

Gary Shanholtz takes first place with a 369.5 bench in the 198 pound class in the Masters (age 45-49).



Manuel Martins won the Men's Masters 181 with 315 lbs. weighing 175 and at 48 years old. (Photo provided by Manuel Martins).

**USPF New York State** 24.25 Feb 01 - Cheektowaga, NY WOMEN SO BP DL TOT M. Woodard! 82.5 67.5\* 95 245 75 kg. Master (40-44) 110 47.5 120 277.5 I. Funaro 90+ kg. M. O'Donnell! 125 147.5 372.5 100 MEN Teen (13-15) 67.5 kg. 82.5 115 227.5 R. DiMartile 80 Teen (16-17) K. Conklin Jr. 120 100 162.5 382.5 Teen (18-19) 140102.5150392.5137.5105170412.5147.595180422.5 J. Dern I. Wohlfahrt M. Chaffee Junior 75 kg. T. Madison 180 150 200 530 82.5 kg. B. Vanderp 137.5 237.5 590 215 90 kg. R. Putnam 147.5 205 542.5 117.5 160 372.5 T. Mann 95 100 kg. S. Miller 215 160 262.5 637.5 Open 67..5 kg. A. Stisser D'Allessandris 177.5 132.5 215 525 192.5 125.5 212.5 530 M. Macri 260 145 -82.5 kg. J. Galligan! J. Schwiekh 272.5 187.5 245 705 90 kg. D. Newkirk 247.5 165 272.5 702.5 B. Alapa 100 kg. A. Funaro 230 155 227.5 612.5 247.5 205 275 172.5 110 kg. E. Partak! G. Hopkins 305 192.5 295 792.5 257.5 170 270 697.5 G. Perro bmb 82.5 kg. 272.5 137.5 272.5 662.5 A. Yvars 0 kgs

R. Pearo 245 Master (40-44) 75 kg. K. McNeil 240. and took first place 245 137.5 260 642.5 in the process. Little did she know that 240 5\* 172 5\* 210 622 5 after the day's events unfolded, 82.5 kg. S. Blask 192 5 137 5 227 5 675 the would also walk 90 kgs. E. Jekov 250 197.5 227.5 675 away with the away with the women's light-weight Outstanding Lifter trophy. Jackie Funaro took top Master (45-49) G. Beck 255 165 277.5\* 697.5\* D. Jackson 205 155 197.5 557.5 125 kg. D. Crame 182.5 120 197.5 500 honors in honors in the women's 75 kgs. class. Men's open 75 kgs. favorite Mike Macri had a Master (50-54) J. Stellrecht 115 152.5 187.5 455 125 kg. 260\* 157.5 207.5 625 L. Huff, Sr. Master (55-59) J. Hopkins, III V. Peterson 102.5 160 170 455 182.5\*120 227.5\*530\* 147.5 142.5\*237.5\*527.5 125 kg. 157.5 -P. Pierce Master (70-74) 100 kg. M. Huff 157.5 105 170 445 M. Huff 157.5 105 170 445 Law 100 kg. R. Patton 242.5 165 265 672.5 I-Outstanding Lifter. Team: World Gym of Amsterdam 1st Place. Sunny Buffalo, New York served as the backdrop for the 2001 USPF New York State Powerlifting Championships. Lifters from all over the state came to compete at the Holiday Inn in the Buffalo suburb of Cheektowaga. The contest featured the new E-R squat rack/bench apparatus that turned out to be a big hit with the lifters and spotters/ loaders as well. Sculptured Neils Andersen trophies were presented to lifters at the end of each session much to their delight. HIGH-LIGHTS FROM SATURDAY, FEBRUARY 24TH: Fifteen-year-old Rich DiMartile, a 67.5 kilo lifter in his first contest, went7 for 9 for the day. Buffalo Athletic Club's Aaron Stisser took men's open 67.5 kilo class with a nice 525 kg. Law 100 kg. men's open 67.5 kilo class with a nice 525 kg, total. Michelle Woodard of Stockton, New York competed in her first full meet and set a women's submaster 67.5 kg, bench press record

manne Imm Birin **Pat Casey King of Powerlifters** now reveals how he became the first man to:

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tough day and could not complete the deadlift event force ing him out of the contest. Surely. Mike will be back to battle another day Hell's Angel Kyle McNiel made all the ecuted with textecuted with text-book accuracy. John "Hoppy" Hopkins RI showed why he is a member of the A Living New York Legend -"VIP" Vince Peterson with his state record 523 deadlift at the USPF NY State Ironmasters. The fifty-five year old set meet. This is VIP's 5th decade of competition. He masters records in the squat, deadlift, and total setting ex-amples for his team-mates back home in started in 1967 and competed in the 1972 Worlds, and he currently holds 8 state records in different age and wt. categories. (photograph by Mike Wlosinski)

the

at the end of the day. When everything was said and done, Larry still retained his record place in the men's open 90 kg. class. Enzo place in the men's open 90 kg. class. Enzo place in the men's open 90 kg. class. Enzo place in the 45-49 age group. But when the dust finally settled, Gary had to settle for new records in the 45-49 age group. But when the dust finally settled, Gary had to settle for new records in the 45-49 age group. But when the dust finally settled, Gary had to settle for new records in the deadlift and total column. New York State legend Vince "VIP" Peterson of Ontario, New York had a graret day in the women's 90+ kg. weight class and garnered the most sub state tile. Things class. The men's open 110 kg class was going to fad y. Still, Anthony was able to take home first place in the men's open 110 kg class was going to feature a 3-way battle for the state tile. Things came up short when Greg Perron could not gat a squat on ti.a board. Attica C.O. Greg Hopkins came up short when Greg Perron could not get a squat on ti<sub>4</sub> board. Attica C.O. Greg Hopkins went 6 fcr 6 going into subtotal and tried to pull a big 282.5 kilo deadlift that just wouldn't went 6 Tcr 6 going into subtotal and tried to pull a big 282.5 kilo deadlift that just wouldn't Also, we would be remiss if we did not ac-Also, we would be remiss if we did not ac-knowledge all that Jerry Ettaro haz done for us-y day. Twenty-three year old Fric Partak of East Greenbush cruised through all of his attempts putting up a 792.5 kg winning total and earm-ing him the coveted men's heavyweight Out-standing Lifter Trophy. The men's masters 50-54 age group 125 kg weight class was the proverbial Clash of the Titans. Rochester's

mates back home in Rochester. Late entry Joe Galligan needed three attempts to get his opening squat in. After a shaky start, however, Joe went on to win the men's open 82.5 kg weight class and take the men's lightweight Outstanding Lifter tro-phy back home to World's Gym in Amsterdam, New York. HIGHLIGHTS FROM SUNDAY, Stepsel Labert Descharts and take and done, Larry still retained his record at the end of the day. When everything was aid and done, Larry still retained his record at the other structure to the start of the day off with a masters record in the squat. Current state bench press record holder Larry Huff Sr. battled big Frank through three bench attempts to see who would end up on top and hold the record at the end of the day. When everything was aid and done, Larry still retained his record LAW SPORTSWEAR/CUSTOM EMBROIDERY AND SILK SCREENING. Special thanks to JOHN INZER, without whom this contest would not have been the success that it turned out to be

ANCE

		tate Open I Keene, NH	
BENCH		C. West-181	310
MEN		Larose, Jr26	
Open 165 lb.		Submaster (33	-39)
J. Stabile	375 370	J. Flynn-265 E. Paskell-232	565 540
J. Speranza P. Tonks	325	A. Jordan-295	525
P. Soto	315	A. Ramirez-18	
H. Decato 181 lb.	260	J. Stabile-162 M. Moran-258	375
B. Napierath	410	G. Dovas-223	440
A. Ramirez	410	D. Whalen-22	
T. Haniesen C. Brien	400 355	J. Bigeant-220 C. Brien-175	410 355
F. Quirk	330	F. Engel, Jr20	
198 lb.		Master (55-59	
M. Ruiz M. Michael	470! 325	P. Soto-163 T. Whalen-190	315 300
E. Barbagelata	305	B. Matchett-23	
220 lb.	(Ja)	Master (40-44	
S. Decato	480	K. Mattson-20	
K. Mattson J. Vigeant	455 410	R. Brogna-233 R. Quirk-169	420 330
J. Speaks	380	Tramontana-1	
C. Stoey	375	N. Giroux-198	
242 lb. E. Paskell	540	Master (45-49 M. Rodican-25	
G. Dovas	440	J. Speaks-205	380
S. VanBrunt	440	M. Rainey-260	
G. Bonneville	430	A. Colon-160	290
275 lb. J. Flynn	565	D. Jarvis, Sr2 S. Legensky-22	0 240
Jackman	560	Master (50-54	
M. Moran	465	C. Frost-190	335
R. Larose, Jr.	355 305	WOMEN Open 123 lb.	
R. Mejias 308 lb.	303	A. Merchant	110
R. Desmond	675	148 lb.	
A. Jordan	525	S. Trafford	175
SHW B. Keller	435	T. Leonard S. Smiley	170! 135
Teen (13-15) fr		Junior (20-23)	133
W. Faust-155	210	123 lb.	
J. Willette-160 (16-17) frmla	170	A. Merchant Novice 114 lb.	110
K. Fisk-140	205	A. Wilken	60
C. Bleau-165	190	Submaster (33	-39)
(18-19) frmla H. Decato-165	260	148 lb. S. Smiley	135
K. Fisk-181	250	Master	135
J. Kuhnen-310	350	(40-44)	
Junior (20-23)		148 lb. S. Trafford	175
Formula S. Decato-220	480	(50-54) 114 lb	
Bonneville-240		A. Wilken	60
I-Best Lifter. W			
this contest. H James Stabile w			
375 to win the			
right on James's ing 385. John o	heels	with 370 and ju	st miss-
ing 385. John of he will bench w	nly we	ighed 155. At a	full 165
ended up in 3rd	with a	nice 3rd attemp	t of 325.
Stick with it Phil	ip. At 1	81 first and seco	nd both
made 410, but	Brett N	Napierath only w	weighed
175 to Angelo both these men	Ramire	z's 180. Nice li	iting by
strong 400 just			
get that and mo	re nex	t time Thomas.	The 198
class was won			
Mickey Ruiz. Mi the win over	Mick	ev Michael a	nd Ed.
Barbagelata who	o did 3	25 and 305 resp	ectively.
The 220 class w	as wo	n by 23 year ol	Shane
Decato who pu hitting 500 soo	n Ma	ster lifter Ken	Mattson
was second with	h 455 y	veighing only 20	05. Nice
going Ken. This	rd plac	e went to Joe	Vigeant
with a fine 410 -	nice g	oing Joe. The sta	ar of the
242 class was Elv 232 lbs. but go			
Dovas and Scot	t Van B	runt both bench	hed 440
with George tak	ing 2n	d by virtue of the	e lighter
bodyweight. The	2750	lass had two hu	ge men.
		an all	

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Brian Matchett (left) and Jeff Speaks both competed at the 5th Granite State Open.



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John Flynn and Ken "Jackman" Gleason. Both battled it out with John winning with a second attempt of 565 to Jackman's 560. Big Mike Moran was 3rd with 465. The big star of the day and I do mean big, was 295er Ryan Desmond. Ryan missed his opener of 660. Went to 675 on his second and smoked it. A valiant try with 700 was almost there. Of course Ryan was best heavyweight lifter. An-tonio Jordan benched a fine 525 to take sec ond. Brian Keller weighed 309 and didn't look it. Got his opener of 435 to win the supers. In the teenage division 15 year old Will Faust benched 210 weighing 155 for first in the 13 to 15 age in the 13 to 15 age group. In the 16-17 age group, 17 year old Michael Bompane benched 300 and just missed 320 for first

Ite State Open. place. Nice going Mike. In the 18-19 year old class, Heath Decato benched 260 at 155 lbs., to take first place. Heath is the younger brother of Shane Decato. Shane won the junior divi-sion with a state record of 480 lbs. Shane sion with a state record of 480 lbs. Shane weighed 220 lbs. Big Gabe Bonnewille weigh-ing 240 benched an easy third attempt 430 for second in the Junior division. Gabe is only 21 so he certainly has a good future. Good luck Gabe. The men's submaster division was in-credible. With the first 3 men going over 500. Winner John Flynn benched a solid 565 and just missed 580 on his third. John only came in at 265 after being sick for sometime. He has done 595 at a full 275 lbs. Second place by only 2 points was Elwin Paskell. Elwin did 540 on a third attempt. Nice benching Elwin. Third place went to huge Antonio Jordan. He benched an easy 525 on a second attempt and missed 550. John Speranza came in at a lean 155 but still John Speranza came in at a lean 155 but still benched 370 lbs. for 4th place. 5th place went to Angelo Ramirez with a 410 at 180 body-weight. This class was so tough that 162 pound James Stabile did 375 and ended up sixth. ner in the master's (40-44) was likeable Ken Mattsen, Ken came in at 205 and benched a real smooth 455. At 43 Ken has a lot of years a real smooth 455. At 45 ken has a lot of years ahead of him. See you soon, Ken. The 45-49 winner was 45 year old Michael Rodican. Mike won by 1 point in the formula. He benched 410 at 250 lbs. The 50-54 winner was 53 year old Calvin Frost. Calvin benched a nice 335 at 190 Calvin Frost, Calvin benched a nice 335 at 190 lbs, I made a mistake with Calvin's age. I had him in a younger division. I apologize for the Calvin. Hope to see you soon. The masters 55 59 winner was Peter Soto, who got a nice 315 third attempt bench weighed in at 163 lbs. Peter is 55 years old but looks many years younger. In the women's open, April Merchant won the 123 class with 110. She also won the women's junior division. The 148 lb, winner Susan Traggord did a nice 175. But she lost the best lifter honors to Tammy Leonard who did best lifter honors to Tammy Leonard who did 170 for second, Susan weighed 148 to Tammy's 142. Third place at 148 went to Susan Smiley with 135, 53 year old Andrea Wilken won the novice and masters division with 60 lbs. She novice and masters division with 60 los. She weighed in at 112 lbs. The Sixth Annual Gran-ite State Open bench Press will be held August 11th, 2001 in Keene, NH. Hope to see you there. (Results provided by Louie LaPoint).





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10th	New	Castle BP		
		lew Castle, PA	1	the
WOMEN		Brammer-193	315	this
Leymarie-218	115	Steepleton-191	380	not
MEN		S. Beck-196	360	Ullr
Teen (14-16)		R. Dennison-198		
T. Jones-189	65	J. Markus-197	385	
R. Gidaro-181	310	220 lbs.		
R. Engle-164	140	B. Pochiba-220	500	(
J. Shorts-134	175	A. Guzman-205	320	10
T. Ressell-150	210	M. Raseta-208	295	WO
Youngblood-186	210	G. Herris, Jr214	335	114
J. McDaniel-195	285	B. Shannon-210	405	A. (
J. Michaels-176	245	R. Miller-215	510	Ор
N. Pica-138	250	S. Pollard-220	505	<b>B.</b> T
C. Beer-168	300	A. Camilla-216	450	123
McFarland-150	225	R. Woods-220	365	LL
S. Weisor-120	100	242 lbs.	-	Sub
J. Henshaw-136	175	T. Gibson-242	490	LL
B. Wharry-152	315	D. Peterson-240	470	132
D. Tomko-164	240	B. Fratton-242	375	N.C
J. Budrovic-192	310	P. Vargo-242	-	4th
(17-18)		C. Spehar-242	-	148
B. Sherrod-177	225	275 lbs.		M.
B. Baer-158	175	R. Stewart-273	450	4th
R. Chumura-240		L. Allison-250	515	ME
J. Mihaly-222	310	R. Plowman-258		P. K 165
W. Penwell-225	350	G. Plowman-250		
M. Roberts-255	405	C. Darroh-265	470	D. L 4th
J. Camuso-178	335	Moniodes-255		Mas
J. Snyder-293	300	B. Rowland-253	475	C. D
C. Carson-195	335	S. Bugaric-256	345	Mas
P. Prozy-181	300 250	D. Swope-260 SHW	605	G. L
G. Langer-188	280	P. Hilliard-284	410	181
S. Prazy-199 R. Zodrozny-163		M. Blake-280	460	Y.L
148 lbs.	290	Master-35	400	Ope
Venturella-148	300	Venturella-148	300	G. /
B. Abied-143	315	R. Scarnati-181	375	Sub
165 lbs.		F. Hammers-230		R. L
D. Gajda-163	-	Master-40	550	G. A
D. Verdi-161	280	B. Lenzi-253	375	S. H
181 lbs.	-01	D. Mironi-191	305	Mas
R. Scarnat-181	375	Master-45		M. 1
M. Maroni-175	380	Langham-214	-	S.Q
S. Johnson-169	320	Master-50		4th
Shialabba-179	-	V. Cubellis-266	360	(50-
T. Evans-181	330	B. Pochiba-220	500	J. Ta
M. Alverto-173	320	M. Blake-280	460	198
D. Lane-181	380	W. Kolling-198	340	Y. B
198 lbs.		Master-60		220
G. Caroff-195	350	C. Spehar-247	330	J. St
J. Curry-189	350	T. Sikorski-175	265	Sub
M. Lenzi-198	260			J. St.
Summary: A big t	hank	to "all" who assist	ted in	R. O
making this even	t a su	ccess. Special than	iks to	(40-
Chuck Brogan, J	oe Ga	rgasz, Shawn Wy	nn &	G.M
		isted with the spo		(50-
		lited & Steve Cline		J. Le
		ttee table recordin		4th
results, "Great Jo	o Cuy	s!" Dan Swope be	came	242

Best Lifter with a BP of 605. A final thanks is out to all the lifters who participated in BP event. Without you this event would exist. See you next year. (Thanks to Chuck ch, Meet Director, for these meet results).

35					
-	CPA Cana	dian	Cham	pion	ships
00	10 Mar 01	- Sore	I. Ou	ebec.	CAN
95	WOMEN			DL	TOT
35	114 lbs. Teen (1			DL	
)5	A. Charooneau	165*	135*	235*	535*
10	Open				
)5	B. Thibault	170	135	385	590
50	123 lbs. Open				
55	L. Landry	250	180	360	790
	Sub				
90	L. Landry	250	180	360	790
70	132 lbs. Junior				
75	N. Coderre	220	155*	255*	630*
	4th		160*		
	148 lbs. Junior				
	M. Guilbault	215	135	335	685
50	4th		160*		
15	MEN 148 lbs. O				
35	P. Karim	140	275	315	730
)5	165 lbs Teen (13				
0	D. Langlois	255	235	340	820
	4th	265			
5	Master (40-49)				
15	C. Dallaire	520	235	340	820
)5	Master (70+)				
	G. Labresque	145	320*	145	610
0	181 lbs. Junior	1			
0	Y. Lamorragne	425	330	550	1255
	Open				
ю	G. Archambault	315	190	425	930
5	Sub			~ ~ ~	
0	R. Legare	260	305	240	805
	G. Archambault		190	425	930
5	S. Hebert	205	290	450	945
5	Master (40-49)		200	225	070
	M. Theriault	240	390	325	950
	S. Quintal	340	315	450	1105
~	4th	350			
0	(50-59)	385	270	500	1155
0	J. Tarcotte 198 lbs. Teen (1)		2/0	300	1133
0	Y. Brousseau	185	350	450	985
0	220 lbs. Open	185	330	430	985
0	J. St.Pierre	375	485	475	1335
-	Sub	3/3	403	4/3	1333
5	J. St.Pierre	375	485	475	1335
lin	R. Ouellet	350	320	400	1100
to	(40-49)	330	520	400	
&	G.Marceau	410	290	455	1155
ng/	(50-59)		2.50	100	
ere	I. Leblond	320	300	370	980
the	4th		500	380	
				000	

F. Turcotte	520	330*	485	1335
275 lbs. Open				
F. Plamonion	235	380	435	1050
M. Bernier	650	505	640	1795
Sub				
F. Plamonion	235	380	435	1050
(40-49)				
R. Chicoine	565	415	575	1555
SHW (40-49)				
C. Marceau	180	340	400	920
4th		345		
*-World record	ds. Bes	t Lifter	WOM	EN: Li
Landry, Best Lift	er MEN	Light: (	Claude	Dallai
<b>Best Lifter MEN</b>	Heavy:	Mario E	Bernier	(Than
to Marcel St. La				

**Dave Swiniarski Bench Press** 10 Mar 01 - Lynn, MA NCH 117.5

J. Floyd B. Coutu OMEN pen Proux Savoie YuYu Bansfield H. Howard 130 65 J. Morando 77.5 B. Sudbay 112.5 77.5 77.5 B. Sudbay 47.5 Open 132 lbs. 40 M. Coughlin 27.5 148 lbs. T. McNabb 107.5 Barrett 127.5 en Open Dichirico 165 lbs. 105 J. Speranaga! 70 J. Vera 120 P. Soto 172.5 147.5 142.5 aponigr Faust Aorando 112.5 B. Coutu 127.5 Curcio Dowling 181 lbs. 160 T. Haneiser 172.5 142.5 A. Ramirez West Floyd Coutu 145 F. Pappalan 117.5 F. Quirk 127.5 C. West 145 bmaster Condor 198 lbs. 267.5 K. Matson 252.5 B. Jeseroki 172.5 T. Whalen peranza Moran Ramirez Whalen 210 H. Howard 130 172.5 B. Cressenzo 195 220 lbs. aster Soto Matson Beaulieu C. Stoey 142.5 242 lbs 195 197.5 D. Whalen 125 I. Panasop 187.5 Whalen Rodican 147.5 275 lbs. 277.5 195 Jackman 147.5 J. Flynn M. Moran Quirk and Master 252.5 210 75 S. Savoie 205 ice 308 lbs. 187.5 M. Condon era 147.5 C. Wiers appadando Coughlin Dowling 157,5 R. Desmond 107.5 Super 142.5 K. Schofield

A.P.F.JA.A.P.F.

At In



Dave Lee has been a great competitor for over 22 years and came in first in the Masters Top 20 for the 242s in the March 2001 PL USA. He is captain of the Barrett's Bull Pen Bench Press Team and 182.5 one of the most respected bench pressers in New England. While 147.5 training for the Fourth Annual Dave Swiniarski BP Memorial Meet (of 197.5 which he is one of the founders), 165 which he is one of the founders, 147.5 he tore his tricep muscle and needed surgery and, as a result, he may never compete again. Even 172.5 after such a letdown, Dave never missed a practice and somehow kept the team together, never showing his pain, disappointment and discouragement. (Photo provided courtesy of A.C. Colella).

267.5 I-Best Lifter. Best Lifter Light: John Speranaza,
242.5 Best Lifter Heavy: Ken "Jackman" Gleason.
Team: Brickyard. I would like to take this opportunity to thank; The people of Lynn,
192.5 Mass. for their constant support of powerlifting, John Flynn, Dave Lee, Lee Barrett, Desmonds, Barrett's Bull Pen, Brickyard. My table: Lynne Barlow, Chad Curtis, Michelle Curtis, Frica Blanchard, My Judges: Scott Blanchard, Scott Worthing, Steve Smith and all other spotters and loaders. A special thanks to "Bill" for without all his hard work there would be no Dave Swiniarski Bench Press, Remember, Stay hardcore. (Thanks to Russ Barlow for ber: Stay hardcore. (Thanks to Russ Barlow for providing the results of this meet to PL USA).

7th Man Valley Eitness PD/DI

BENCH		Dunlevy, PA B. Godden-39	575
WOMEN			3/3
G. Romano	165	Heavyweight B. Godden-39	395
T. Swanson	120	T. Sevcik	395
242 lbs.	120	Masters	340
Teen		B. Godden	395
B. Fratto	415	DEADLIFT	393
198 lbs.	415	WOMEN	
Amateur		132 lbs.	
f. Godden	475*		235
C. Dworek	450	148 lbs.	233
ro	450	R. Ford	325
A. Wolfley	455	Masters	323
Stoner	360	165 lbs.	
20 lbs.	500	K. Oberst	235
mateur		181 lbs.	200
V. Valentine	305	Amateur	
75 lbs.		B. Posi	450
mateur		198 lbs.	
A. Spirnah	370	Submasters	
leavyweight		A. Sherwood	385
. Godden	395	181 lbs.	
Sevcik	340	Masters	
Masters		R. Antonio	260
Thanks to Mon	n Valley	Fitness Center f	

4th Pottstown Invitation 7 Oct 00 - Lakeport, PA A. Moatz BENCH WOMEN (50-54) Open 111 lbs. T. Falcone 116 lbs. W. Bowman D. Ohler (55-59) 150 S. Parrish 154 lbs. 170 J. Mitsop T. Tullio Open 132 lb B. Shoemake R. Hall 176 lbs. 130 170 148 lbs. D. DeFranco M. Barnhill R. Smith K. Cramer 176+ lbs. 285 R. Carroll 300 4th Lifetime R. Carroll E. Kissinger 285 165 lbs. Raw Lightweight R. Fiore I. Mazza 115 N. Dunnol C. Colondril Heavyweight 130 181 lbs. L. Einfalt R. Hall Master (40-44) 160 B. White Submaster J. Weertz D. DeWalt J. Smith G. Welsh R. Hall 130 Teen (14-15) C. Weish 198 lbs. P. Grohoski M. Hopstette C. Morris 75 N. Dearholt Teen (18-19) E. Yoder 90 MEN Teen (14-15) S. Huntzinger W. Poole S. Lewis C. Bentzoni 220 lbs. 300 205 T. Succarott C. Kalbach D. DeAnte 165 J. Davis (16-17) 120 B. Rundle P. Ream 242 lbs. 280 D. Kratz K. Seidel M. Tullio 290 230 S. Esposito C. Kitchen J. Parrish D. Dolby M. Bealer 285 220 J. Weisman M. Riegel D. Jacob R. DeLong (18-19) P. Curley J. Poole 220 205 275 lbs. 230 C. Covlan C. Coylan A. Pierson P. Walters E. Habecker J. Klohocker 280 275 J. Kerr J. Hicks P. Delvy C. Benner B. Mack 300 315 SHW B. Doughert M. Miller 285 230 K. Hampe M. Moyer J. Weidan -N. Dubro icki Junior (20-22) K. Puls D. Croley DEADLIFT 400 . Shemansik 380 WOMEN Open 111 lbs T. Falcone L. Dalton 215 A. Kernan MEN Raw Light R. Smith B. Barnes T. Falcone 116 lbs. S. Parrish 176 lbs. D. DeFranco 280 280 255 J. Farren S. Kline J. Snell Middle Raw/Light R. Fiore 235 250 Master (40-4 B. White 475 K. Ravenell B. White Teen (16-17) J. Misniewski C. Snyder 375 D. Jones D. Stewart 305 300 325 MEN Teen (14-15) I. Crumb S. Huntzing D. DeAnton P. Felix 320 E. Brady J. Nikode 290 J. Davis (16-17) M. Tullio K. Seidel nski 225 **Raw Heavy** D. Shower J. Andrieux 380 340 M. Riegel A. Heck J. Schmeck D. Croley 315 B. Swiegart P. Schwarze 305 185 Rowe L. Sweigart Submaster (18-19) P. Curley Submaster S. Esposito 460 J. Schwambach 350 E. Miller 380 D. Croley 315 Law/Fire 4th P. Delvy J. Kerr C. Benner 405 Juniors K. Puls L. Dalton I. Mazza M. Miller R. Collins 470 300 Raw Light M. Barnhill D. Croley 315

D. Croley Master (40-44) J. Doherty M. Butle T. Kichline M. Gerchens

B. Weidaw R. Haves

(45-49) B. Brinton

465 B. Barnes 410 J. Farren

310 305 315

280

500 380

B. Barnes J. Farren R. Smith Middle R. Collins B. Turner E. Brady P. Felix

D. Ste

nal		D. Jones	425			ger215	
A	-	J. Nikodemski C. Snyder	400 275	K. Cra		375	
	280	Heavy P. Schwarze	335	R. Smi 165 lb	100 m	350	
	410 315	Submaster		C. Co	ondrill	o 510	
		J. Wagner R. Tower	610 540	181 lb J. Smit		600	
DS	380 175	M. Diezel	405	L. Einf D. De		540 500	
s.		Law/Fire R. Collins	520	M. Ch	ristoph		
r	310	Master (40-44) M. DelSignore	600	198 lb	s. pstette	r 650	
	290 280	B. Weidaw	475	D. Bra	iy	630	
	240	P. Schwarze (45-49)	335	J. Rick 220 lb	s.	600	
	235	B. Hill B. Klenk	550 460	T. Suc B. Rur	carotte	690 525	
	405	A. Moatz	460	242 lt	os.		
0	330 280	(50-54) W. Bowman	565	M. Sh J. Parr		705 575	
	375	J. Wilmont	425	275 lk		610	
	330	(55-59) T. Tullio	295	J. Wag SHW	çner		
	325 320	(80+) (Thanks to Eugen	e Rychi	M. M.		725 t results).	
	310	(		Leonald		fache	
	455	5th AA	MUM	issour	i Stat	P	
er	425 420			Unior			
	375	BENCH WOMEN		R. Fure Bill Cla		305	
	350	Raw 123 lbs.	112.28	WOME	N		
	510 500	E. Bradley MEN	125	Euipper		135	
	275	Raw 181 lbs.				TOT	
	-	WOMEN 97 lbs. Raw You	SQ	BP	DL	TOT	
	460 425	L. DeForest 148 lbs. Open	85	50	145	280	
	400	L. Sutter	205	135	245	585	
	375	MEN Raw 165 D. Shipman	400	280	425	1105	
	485 435	198 lbs. R. Kemper	345	245	445	1035	
	410	220 lbs.					
	400 300	B. Hosford 242 lbs.	505	315	454	1365	
		B. Moore	550	340	570	1460	
Y	550 470	Equipped S. Killingsworth		220	410	990	
	450 430	Bill Clark Classi Raw 165 lbs.	ic Pow	er			
	335	D. Shipman	400	280	425	1105	
	315	Equipped 181 I C. Moore	bs. 500	300	640!	1440	
s.		The 5th Annua Championships	AAU	Mo. St	ate - B	Fitness	
	335	in Union, MO.	Unfo	rtunatel	y, there	were a	
	330	number of cance Kansas and not	rthern	MO. In	the Yo	uth divi-	
	330	sion, 10 year old	d Linds	ey DeFo	rest too	k part in	
		an impressive 2	280 lbs	at 96	bs. bod	weight.	
14)	24	Former Nationa Sutter resumed	her p	Norld le owerlift	vel ben	cher Lisa eer after	
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several years. She won the 148 lbs. division with a 585 total. For the men, Drew Shipman totaled 1105 in the 165 raw division despite having to lose 2.5 lbs. in 1 hour. Russel Kempen won the 198 raw division with a 1035 total. Russell makes seats for Chryster mini vans and easily powered up his 445 deadlift. In the 198 equipped Stacy Killingsworth of Springfield, MO totaled 990. Brinn Hosford squatted strong 505 in the 220 raw, had more power but had depth problems after that. Brian's training partner Ben Moore was in the raw 242s and

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Duane Burlingame first 800 pound squat at the Northern Illinois Open (tested) in the 220 lb. masters & open class bodyweight 214 (Photograph provided courtesy of Duane Burlingame to Powerlifting USA).

		nois Ope		
4 Ma	r 01 - F	reeport, l	L	
BENCH		R. Hastings	275	
Teen		165 lb.		
165 lb.		B. Hastings	460	
B. Hastings		MEN		Course of the second
198 lb.		Open 148 lb		
A. Lentz MEN	-	C. Gillentine 181 lb.	400	
Open 181 lb.		R. Guy	405	
R. Guy		220 lb.	405	
275 lb.		D. Burlingan	ne 650	Style A \$89.99 S
D. Barta		Master		3 Color Suede
DEADLIFT		40-49)		Double Thickness
Teen 148 lb.		20 lb.	LA DECR.	
	1	). Burlingan	ne 650	Protection of the second se
MEN	SQ	BP DL	TOT	
Open 220 lb.	110 9		15 × 200 × 2	101112
D. Burlingame	800	365 650	1815	
242 lb.			der antiger and the	
J. Glasch		330 450	1255	Style F \$31.00 S
Master (40-49)			Same and	4" Leather
D. Burlingame		365 650	1815	Single Thickness
This contest was				and the second se
was a tested eve				
bench only, dea The meet was a				
wonderful spon	sore! A h	ig thank you	to Inzer	
Advance Desig	ne Hous	e of Pain L	to mzer	
Advance Desig Safe USA, Powe	rlifting U	SA, the Pow	er Store	ATO 00
Tital Support S	vstems.	Powermag.	and the	Style L \$79.99 S
MYO Store. The	lifters had	d a crowd of	about 40	Lever Action Belt
people to suppo	ort them.	After the me	eet some	1,2,3 Color Suede Lever only \$18.00
people that wat	ched spo	ke with me	and plan	partners live March was a lite raw 24
to compete in				100% American Prime Hide / Suede
press competitio				Aircraft Type Rivets
165 lb. teenage	e class w	ith a lift of	225 lb.	Stainless Steel
getting the win i	n the 198	Ib. teenage	class was	/Seamless Roller Buckle
Andy Lentz com	peting in	his first me	et. Andy	Maximum Legal Thickness
put up a persor				"reading the second states of
coached by a gro				
had planned or o				
the flu a week p				antainal and mainmiling t
men's open class Rich will be blas				
Barta competing	in his e	acond meet	had the	CRA
ig bench of the				
men's open class				
in the deadlift R				Muscle We
second meet too				
age class with a li				THE ONLY COL
has what it takes				THE ONLY SOU
Brandon won th	e 165 lb.	teenage clas	ss with a	EVER DESIGNED FO
strong 460 lb.				
ifting in his seco	nd meet s	et a persona	record.	BY A WORLD CLAS
Chris won the 14	48 lb. me	n's open clas	ss with a	Contraction of the Design of the second
ift of 400 lbs. R	lichard G	uy won the	181 lb.	• Wedge Heel • 2 Velcro S
nen's open class				Cowhide Outer For Stiffness • P
both the master Burlingame took	s 220 an	d open 220	Duane	• Sizes 03-15 • Ma
Surlingame took	the win v	with his seco	nd lift of	11 200 00 10 10
50 lbs., passing	on his thi	ru. we only	had two	
ifters in the full n				Po
Duane Burlingan				Dea
naster and open	220 Class	and said h	outnis	Sli
ew Inzer lifting	s snoes	and said he	would	¢1
ever squat witho with 740, then to	ok 765	le was going	topened	\$12
on his third but w				Size: Call fo
				Call fo
fter a few friendly	V DOWerlin	ting gestures	Duane	

the bench Duane had to settle for his opener of 365. Finished the full meet with a 650 lb, deadlift on his second attempt for a total of 1815 lbs, which was a personal record, Jason Glasch competing in his first meet did very	bert, Powerliftin directors and c sport. (Results p	ompani	ies that	help o	our great
well. Jason competed in the squat and dead-	USPF B	arhee	Clas	sic (k	7)
lifted without a lifting suit. Jason put up a strong 475 lb. squat, in the bench only getting					
his opener of 330 lb., Jason pulled a strong 450	5 Aug 00				
to total 1215 taking the win in the 242 lb, men's	MEN	SQ	BP	DL	TOT
open class. Get in some gear Jason and you will	123 lb.				
be moving that total up fast. I met a lot of nice	P. Dattner	-	-	-	-
people at our meet and was very proud of all	148 lb.				
the lifters. Everyone was very polite, helped on	J. Vasquez 181 lb.	215	145	200	560
another, and are looking forward to our next	M. McCracken	215	185	250	650
meet. That's what it's all about, isn't it? Again a	198 lb.				
special thank you to our sponsors that made	V. Barrera	230	175	232.5	637.5
this meet a success for our lifters and specta-	220 lb.				
tors. Thank you Inzer Advance Designs, House	C. Mathews	252.5	167.5	265	685
of Pain Ironwear, Safe USA, the Power Store,	C. Garcia	317.5	110	250	677.5
Powerlifting USA, the MYO store, Titan Sup-	J. Magendie	237.5	160	272.5	670
port Systems, and Powermag. Thanks to our	J. Guera	230	182.5	192.5	605
judges, spotters, and loaders. Steve Eisen, Brad	Submaster				
Saunders, George Griffin, Andra Taylor, Dave	181 lb.				
Barta, Rich Guy and the Hosting Brothers.	T. May	232.5	127.5	230	590
Thank you all the lifters and Dave Barta's kids	T. Botting	202.5	130	205	537.5
for helping pick up after the meet. Till next time	198 lb.				
train hard, heavy, and drug free. Set a good	B. Hurt	240	165	250	655
example for our sport and support Mike Lam-	220 lb.				

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R. Hardy	10-10-10	_	100	1
242 lb.				
J. Heussner	230	162.5	227.5	620
Teen				
114 lb.				
T. Brocato	102.5	42.5	87.5	232.5
123 lb.				
P. Daltner	-	-	-	-
148 lb.				
M. Gillett	150	70	172.5	392.
N. Castened	140		145	
N. Brocato	110	60	102.5	272.
165 lb.				
. Munoz	210	125	242.5	577.
P. Chaney			190	
I. Chapa			190	
D. Cogbill	122.5		160	
R. Patek	115	85	157.5	357.
181 lb.				
C. Lund	210	142	205	557
A. Putnam	172.5	100	170	442.
220 lb.				
K. Vela	240		260	
T. Aguilar	215	142.5	227.5	585
242 lb.				
C. Morse			245	
A. Hall			245	
B. Gamble				
(Thanks to Chr	is Garcia	for thes	e meet	result





The Mid-South Lady Bench Pressers, (bottom) Miranda Ballance; Top (I-r) Alisha Doucet, Melonie Lewis, Mary Rogers, Joyce Watkins, Leanne Warren, Donna Williams. (Photo provided by Daniel Singleton).

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		a a'	000
BENCH		R. Rice	380
WOMEN		275 lb.	
(13-16) 105 lb.		L. Jordan	405
M. Ballance	*90	319 lb.	
M. Dallance	30		400
(17-19) 97 lb.		J. Daniel K. Shinn	430
A. Doucet	*95	K. Shinn	430
Open 148 lb.		(40-49) 165 lb.	
M. Rogers	*160	K. Cleveland	*275
	100		
198+ lb.		B. Burton	225
M. Lewis	*175	198 lb.	
(30-39) 132 lb.		R. Mace	270
L. Warren	*125	242 lb.	
	143		200
148 lb.		C. Lee	380
M. Rogers	*160	R. Hodge	300
198+ lb.		R. Hathcock	250
	*175	(50-59) 148 lb.	
M. Lewis D. Williams		D Cimpleter	*245
D. Williams	150	D. Singleton	245
(40-49) 132 lb.		220 lb.	
P. Medlock	*90	L. McLean	*325
(60-69)		B. Hillis	200
	*75	242 lb.	
J. Watkins	15		****
MEN		K. Counts	*305
(13-16) 132 lb.		A. Harris	285
C. Stroder	145	J. Hathcock	250
148 lb.		(60-69) 198 lb.	100
			+0.40
A. Ballance	200	T. Lewis	*240
J. Haak	190	(70-79)	
B. Norwood	185	R. Boyles	315
L. Mace	150	DEADLIFT	
C. Thereas			
S. Thomas	135	MEN	
165 lb.		(13-16) 132 lb.	
T. Garner	190	C. Stroder	225
181 lb.		148 lb.	
	195		*385
B. Branson	132	J. Haak	
198 lb.	al no	L. Mace S. Thomas	225
J. Plyler	*275	S. Thomas	225
220 lb.		181 lb.	
	*230	B. Branson	*315
B. Riggan	230		515
242 lb.		198 lb.	
E. Forte	*275	J. Plyler	*465
J. Hathcock	160	220 lbs.	
D. Dickerson	125	B. Riggan	*480
		242 lbs.	
(17-419) 114 lb.	****		****
J. Furneaux	*170	E. Forte	*475
165 lb.		(17-19) 114 lb.	
K. Paul	*300	J. Furneaux	*205
	265	198 lb.	- THE C
B. Hogate	205		100
198 lb.	-	B. Goodman	400
B. Goodman	235	319 lb.	
242 lb.		B. Johnson	*460
M. Hart	*300	Open 165 lb.	L. Y. S.
	500		*515
319 lb.		K. Cleveland	515
B. Johnson	*300	198 lb.	
319+ lb.		R. Poole	*375
R. Toatley	*435	(40-49) 165 lb.	
(ac and) state lb	433	K Clausland	*515
(20-23) 148 lb.		K. Cleveland	515
J. Chesshire	*290	319 lb.	
P. Brewer	245	G. Linville	*410
220 lb.	2012	(50-59) 165 lb.	
	*380	G. Williams	300
C. Newsome	380		300
Open 198 lb.		198 lb.	Part I
R. Poole	*330	B. Watts	*350
242 lb.		K. Jordan	335
	*350	220 lb.	
G. Hathcock	350		+
(30-39) 220 lb.	Long and	B. Hillis	*330
J. Hathcock	290	(70-79) 198 lb.	
242 lb.		R. Boyles	*315
*-Meet Record	56 14	ters. 43 Meet Re	
meet Record.	OU LI	to meet he	I. Y

**Mid-South Raw Powerlifting** 17 Feb 01 - Arkadelphia, AR

(Thanks to Dan Singleton for the meet results).

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TOP 1	<b>OO</b> For stand	ard 275 lb/ 125 kg. U	
SQUAT	BENCH PRESS	rom Mar/2000 through	TOTAL
1 964 Coan, E. 6/25/00 2 953 Nichols, B. 6/11/00 3 950 Bailey, D. 6/17/00 4 925 Goggins, S. 5/20/00 5 900 Green, J. 11/19/00 6 900 Oimo, M. 2/10/01 7 865 Lavario, N. 6/11/00 8 859 Smith, S. 6/25/00 9 850 Burton, D. 11/19/00 10 850 Kroczaleski, M. 12/3/00	750 Crawford, B2/10/01 705 Zemmin, J1/20/01 700 Torenzo, J4/2/00 656 Meeker, T11/19/00 650 Blakley, J.M4/16/00 633 Smith, S6/25/00 628 Stewart, J11/19/00 625 Mendelson, S10/7/00 625 Mendelson, S10/7/00 617 Taylor, C6/11/00	865 Coan, E6/25/00 815 Mills, M6/17/00 810 McGettigan, P4/9/00 810 Andrews, P11/19/00 804 Goggins, S5/20/00 771 Nichols, B5/21/00 771 Nichols, B5/21/00 760 Sargent, H8/13/00 760 Kinsey, M12/2/00 755 Vessels, B11/19/00	2402 Coan, E6/25/00 2237 Smith, S6/25/00 2231 Goggins, S5/20/00 2204 Nichols, B6/11/00 2130 Mills, M6/17/00 2105 Robbins, S6/11/00 2070 Revess, J3/19/00 2066 Story, P12/2/00 2066 Story, P12/2/00 2066 Green, J11/19/00
11         848 Robbins, S6/11/00           12         843 Thomason, H4/8/00           13         815 Croner, W3/12/00           14         810 Higa, G4/15/00           15         810 Mount, S9/9/00           16         805 Dimiduk, M9/3/00           17         805 Dimiduk, M9/3/00           18         804 Mills, M3/11/00           19         804 Bentley, T5/21/00           20         800 Reeves, J3/19/00	615 Pagtakhan, S11/19/00 610 Auman, W3/11/00 610 Nelson, G4/15/00 605 Couch, M1/13/01 605 Swope, D2/10/01 605 Hicks, A2/10/01 600 Inoke, M4/29/00 600 Gleason, K5/6/00 600 Shortland, C8/5/00 600 Nichols, D.D10/14/00	750 Resves, J3/19/00 750 Heimer, B3/25/00 750 Diorto, M3/26/00 750 Lever, B11/4/00 749 Camin, M11/19/00 745 Manno, M5/20/00 744 Smith, S6/25/00 744 Story, P12/2/00 740 Rogers, D7/23/00 735 Wesolowski, A5/7/00	2055 Kroczaleski, M.:12/3/00 2044 Croner, W.:3/12/00 2039 McGettigan, P.:11/19/00 2020 Olmo, M.:2/10/01 2015 Kyle, B.:11/19/00 2015 Kyle, B.:11/19/00 2010 Thompson, D.:11/19/00 1995 Bailey, D.:6/17/00 1985 Rhyne, J.:3/25/00
21 800 Helmer, B3/25/00 22 800 Thompson, D11/19/00 23 799 Florio, J5/21/00 24 788 Story, P12/2/00 25 782 Hayes, K10/8/00 26 782 McGettigan, P11/19/00 27 780 Klest, A11/19/00 28 777 Harris, L.6/17/00 29 775 Rhyne, J3/25/00 30 775 Kyle, B11/19/00	600 Wakakuwa, F11/19/00 600 Jacobs, J1/13/01 580 Peshek, J12/2/00 578 McShane, S6/10/00 578 Kletz, P3/26/00 573 Coan, E6/25/00 570 Coatter, M10/21/00 565 Flynn, J8/26/00 565 Don, D11/4/00 565 Ritchie, J11/19/00	735 Quinn, D1/20/01 733 Payne, G11/4/00 733 Westerhold, K11/4/00 730 Fletcher, P10/28/00 727 Croner, W3/12/00 725 Thompson, D11/19/00 720 Brooks11/19/00 720 Ferrell11/19/00 720 Ferrell12/2/00 716 Jurkowski, G12/2/00	1978 Cardella, T9/17/00 1965 Bentley, T5/21/00 1965 Higa, G4/15/00 1955 Sargent, H8/13/00 1950 Grosser II, J10/21/00 1945 Mount, S9/9/00 1940 Stewart, K4/15/00 1940 Taylor, C6/11/00 1935 Lewis, C.8/6/00 1934 Meek, B4/16/00
31         770 Carrol5/20/00           32         770 Youngs, B11/19/00           33         766 Robinson, J79/00           34         765 Grosser III, J10/21/00           35         760 Cardella, T9/17/00           36         755 Bruner, T6/25/00           37         755 Dipper, C11/19/00           38         750 Ritchie, J11/19/00           39         745 Isabella, T3/19/00           40         740 Griffith, A2/10/01	562 Fernandez, J6/10/00 562 Robbins, S6/11/00 562 Leitz, B2/17/01 560 Kinger, B8/13/00 556 Thompson, A6/10/00 556 Walden, K9/23/00 556 Giffin, M2/25/01 555 Wren, J4/15/00 555 Beckwith, S7/22/00	715 Madvig, B4/29/00 715 Pagtakhan, S5/7/00 712 Dunlap, T8/13/00 710 Dimkluk, M4/2/00 710 White, R4/30/00 710 Auser, R10/28/00 710 Kyte, B11/19/00 705 Cardella, T4/16/00 705 Meak, B4/16/00 705 Hanna, W5/7/00	1925 Quinn, D1/20/01 1920 Carrol. 5/20/00 1915 Dimiduk, M4/2/00 1915 Lade, S10/28/00 1918 Phomason, H5/13/00 1910 Fitcher, P10/28/00 1901 Bruner, T6/25/00 1900 Posseek, W2/25/01 1900 Peshek, J5/21/00 1900 Coulter, M10/21/00
41 740 Wesolowski, A. 5/7/00 42 740 Rogers, D. 7/23/00 43 740 Lade, S. 10/28/00 44 738 Kautz, M. 4/9/00 45 738 Wilson, B. 8/13/00 46 735 Sargent, H. 8/13/00 47 735 Quinn, D. 1/20/01 48 730 Beversdorf, D. 9/9/00 49 727 Frizzell, M. 4/30/00 50 727 Bryant, J. 11/12/00	550 Kyle, B3/25/00 550 McDonough, B5/13/00 550 Cummings, D11/18/00 550 Karlovic, B2/4/01 545 Likens, W3/25/00 545 Likens, W3/25/00 545 Miller, D2/11/01 545 Killer, D2/11/01 545 Killer, M4/30/00 540 Burke, R8/26/00	705 Foreman, B5/13/00 705 Burget, M6/3/00 705 Jacobs, J8/26/00 705 Kroczaleski, M12/3/00 705 Barron, C.12/00 705 Hollis, D2/24/01 702 Gisondi, P5/6/00 700 Bentley, T3/26/00 700 Stewart, K.4/15/00 700 Josza, J5/13/00	1900 Youngs, B11/19/00 1885 Rogers, D7/23/00 1879 Kautz, M7/9/00 1879 Robinson, J7/9/00 1873 Kinsey, M12/2/00 1870 Wesolowski, A5/7/00 1865 Madvig, B4/29/00 1862 Horio, J5/21/00 1862 Harris, L6/17/00
51 727 Lanier, M12/2/00 52 725 Stewart, K4/15/00 53 722 Fouler, J12/3/00 54 722 Fouler, J12/3/00 55 720 Lewis, C8/6/00 56 710 Anderson, M7/9/00 57 710 Fletcher, P7/9/00 58 710 Sharkey, D8/10/00 59 710 Fereill11/19/00 60 710 Beale, T12/2/00	540 Allen, H. 12/16/00 540 Graube, J. 2/24/01 535 Cropp, P. 4/1/00 535 Lewise, C. 8/6/00 535 Deutsch, L. 11/19/00 534 Dipasquale, A. 10/21/00 534 Story, P. 12/2/00 530 Wolcott, M. 4/30/00 530 Zupko, M. 5/21/00 530 Johnson, K. 8/13/00	700 Greens, J. 6/10/00 700 Koehler. 6/11/00 700 Shortland, C. 8/5/00 700 Gones, G. 8/10/00 700 Brooks, S. 9/9/00 700 Goodman. 11/19/00 700 Stott, G. 12/10/00 700 Tennant. 1/14/01 699 Weeks, T. 5/7/00 694 Robbins, S. 6/11/00	1850 Isabella, T3/19/00 1850 Goodman11/19/00 1845 Garris, D11/4/00 1840 Phillips, B6/3/00 1835 Bryant, J6/11/00 1835 Garriser, M12/2/00 1830 Sellers, K11/19/00 1830 Clanas, J12/3/00 1830 Cangelosi, B12/10/00 1829 Frizzell, M4/30/00
<ol> <li>710 Phillips, B12/3/00</li> <li>705 Messinger, J3/25/00</li> <li>705 Boyle, B4/1/00</li> <li>705 Obyle, R4/30/00</li> <li>705 Clark, M5/13/00</li> <li>705 Deshek, J5/21/00</li> <li>705 Drosser, W7/9/00</li> <li>705 Dresser, W1/1/1/00</li> <li>705 Dareh, M11/11/00</li> <li>705 Jurkowski, G12/2/00</li> </ol>	530 Beech, A9/9/00 530 Reid, S11/7/00 530 Seilers, K11/19/00 530 Disantostefano11/19/00 529 Dooley, B3/26/00 529 Wolder, R5/21/00 529 Hood, R11/19/00 529 Hood, R11/19/00 529 Hood, R11/19/00 529 Droseer, W2/25/01	694 Kastz, M7/9/00 694 Lanier, M12/2/00 694 Singleton, N12/3/00 690 Higa, G4/15/00 688 Rokinson, J7/9/00 688 Fernandez, J8/6/00 685 Fortwisen.7/30/00 685 Potevisen.7/30/00 683 Anderson, M7/9/00	1824 Dippre, C3/12/00 1820 Beech, A9/9/00 1818 Weeka, T5/7/00 1813 Clark, M5/13/00 1813 Anderson, M7/9/00 1813 Fowler, J12/3/00 1813 Giffin, M2/25/01 1810 Hudak, Z6/17/00 1805 Coleman, D2/4/01
71         705 Planas, J.: 12/3/00           72         705 Stuchiner, M.: 2/10/01           73         700 Soper, S.: 3/25/00           74         700 Joyce, J.: 4/22/00           75         700 Madvig, B.: 4/29/00           76         700 Goodman.: 4/29/00           77         700 Hudak, Z.: 6/17/00           78         700 Hudak, Z.: 6/17/00           79         700 Coulter, M.: 10/21/00           80         700 Sellers, K.: 11/19/00	525 Bentley, T5/21/00 525 Shumaker, D6/3/00 525 Hoskinson, J8/5/00 525 Eliot, C10/7/00 525 Green, J10/14/00 525 Disenzo, V2/10/01 525 Martin, B2/10/01 524 Moon, C11/19/00 523 Swank, M4/16/00	680 Lewis, C8/6/00 680 Green, J11/19/00 677 Fohilips, B6/3/00 677 Fowler, J12/3/00 675 Beatty, J3/5/00 675 Isabella, T3/19/00 675 Gaydos, R3/26/00 675 Carrol5/2/00 675 Anderson7/30/00	1802 Sparks, P5/21/00 1800 Cornick, S12/9/00 1796 Swank, M4/16/00 1796 Emmelhainz, S6/4/00 1795 Anderson7/30/00 1791 White, R11/10/00 1785 Gleason, K3/18/00 1785 Burgett, m6/3/00
81 699 Sparks, P5/21/00 82 699 Surell, E6/3/00 83 699 Harrier, T11/11/00 84 685 Hunt, K3/25/00 85 683 King, J3/11/00 86 683 Emmelhainz, S6/4/00 87 680 Weyrough, K4/8/00 88 680 Kristoff, T5/21/00 89 680 Wagner, J2/18/01 90 677 Weeks, T5/7/00	523 Counts, T5/13/00 523 Garris, D11/4/00 523 Andrews, P11/4/00 523 Menchaca, D.2/17/01 520 Brooks, S.3/25/00 520 Din, F.4/15/00 520 Mills, M.6/17/00 520 Les. 7/8/00 520 Wood, K7/22/00	675 Troxel, J1/20/01 672 Pritchett, J6/4/00 672 Morgan10/14/00 670 McGeorge, B7/1/00 670 Thiessen, J8/27/00 670 Cangelosi, B12/10/00 666 Kruszynski, J4/8/00 666 Thomason, H4/30/00 666 Thomason, H4/30/00 666 Hart, J2/17/01	1785 Brooks11/19/00 1785 Singleton, N12/3/00 1780 Hanna, W5/7/00 1780 Ferrell11/19/00 1775 Beversdorf, D9/9/00 1775 Rawlinson, M2/10/01 1773 Messinger, J3/25/00 1770 Zupko, M5/21/00 1765 Benty, J3/5/00 1763 Hayes, K10/8/00
91         677 Sorto, E11/4/00           92         675 Moyera3/12/00           93         675 Tarro, M3/19/00           94         675 Thompson, J8/20/00           95         675 Anderson, J8/20/00           96         675 Salderson, J8/20/00           97         672 Babcock, T3/18/00           98         672 Pektol, S4/9/00           99         672 Swank, M4/16/00           100         672 Curtis, S5/7/00	520 Van Boxel, M11/4/00 518 Lacey, S12/2/00 515 Heimer, B3/25/00 515 Stewart, K4/15/00 515 Guinn, B8/26/00 515 Inabinett, M11/11/00 515 Allison, L2/10/01 513 Frosland Jr., D11/19/00 512 Kelly, C.6/25/00 512 Bryant, J8/5/00	666 Norris, R. 2/17/01 666 Droesser, W. 2/25/01 665 Johnson, J. 3/25/00 665 Barnett, J.J. 3/25/00 661 Jensen, W. 3/19/00 661 Kraft, D. 3/19/00 661 Bruner, T. 6/25/00 661 Riley, R. 12/00 661 Stull, D. 2/25/01 660 Stull, D. 3/18/00	1760 Weyrough, K. 4/8/00 1757 Frazier, B. 3/11/00 1753 Buxton, D. 3/11/00 1750 Richard, A. 3/19/00 1750 Coines, G. 8/10/00 1750 Dague, D. 9/9/00 1750 Burton, D. 11/19/00 1750 Stott, G. 12/10/00 1747 Williams, T. 5/6/00

#### PL USA Top 100 Achievement Awards



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#### NEXT MONTH ... TOP SHWs

Corrections...Scott Lavman indicates that his best lifts for the previous TOP 100 for the 148s should have included a 567 squat and 1460 total. Christopher Bogart's total at the APF/AAPF Power Station meet was incorrectly reported as 1600, but should have been 1700 and should have been included in the TOP 100 rankings for the 220 lb. class. Janet Arel's bench press reported in the results of a 3/ 18/00 meet and reflected in the Women's TOP 20 123 lb. list was actually 140 rather than 240. The R. Schwab on the TOP 100 165 lb. class list was actually B. Schwab. In the TOP 20 ranking list for Women in the March 2001 issue of PL USA, the entry in the 132 lb. class, listed as Pritzi, is actually Ms. Pritzl. Karen Phillips' 335 squat on 12/9/ 2000 was not included on the recent Women's TOP 20 list for the 181 lb. class. Abigail Scudder, who formerly competed as Abigail Stine - prior to her recent marriage, was not credited on the Women's TOP 20 for deadlifts of 300 on 3/25/00 and 303 on 5/7/00 in the 105 lb. class.. We apologize for any errors that our readers find, and we encourage you to please send any corrections to "PL USA ERRORS". Box 467, Camarillo, CA 93011. (Sometimes, it takes a while to verify the correction before it is published.)

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