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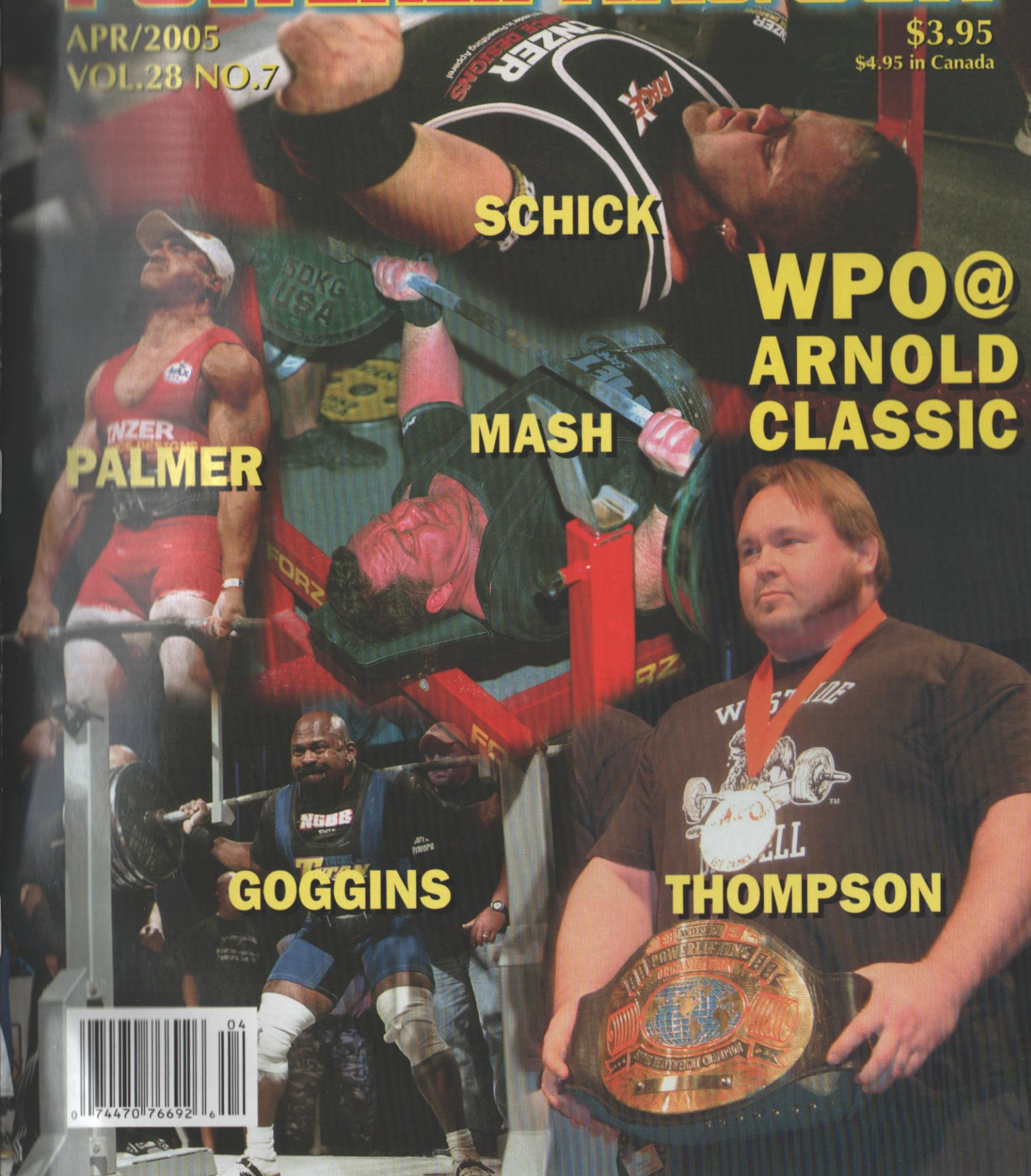
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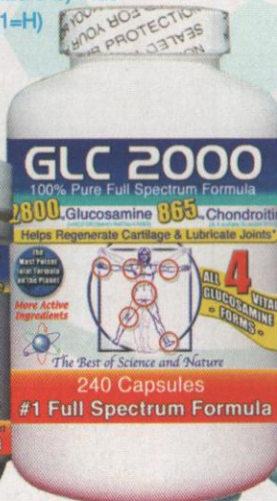
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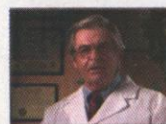
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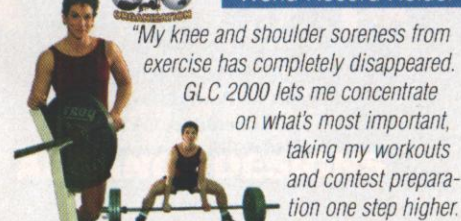
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## Powerlifting USA

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ON THE COVER - Champions from WPO events held at the Arnold Classic in Columbus, OH, include Markus Schick, Ron Palmer, Travis Mash, Steve Goggins, and Donnie Thompson

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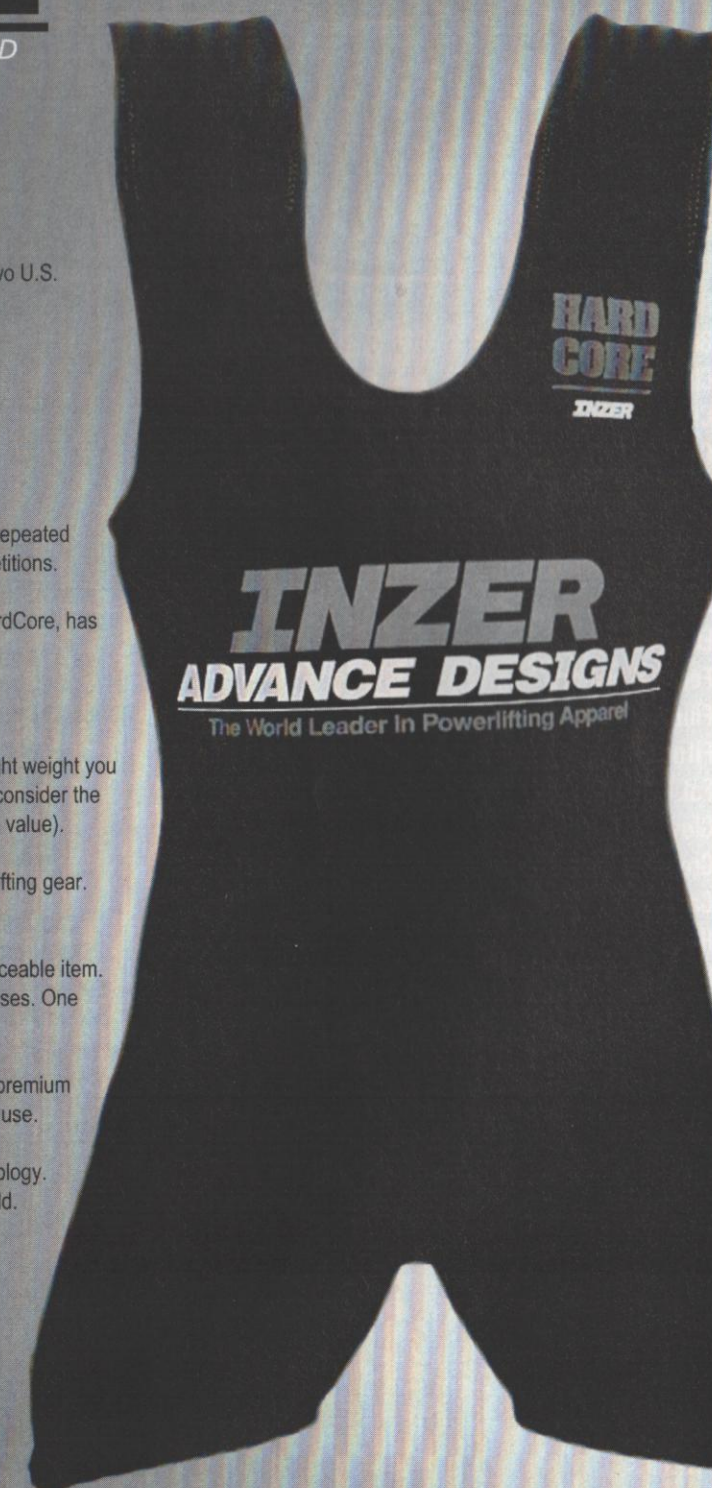
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The main expo hall again crowded to capacity for the WPO World Record Bench Bash at 2PM on March 5th. In 2004 the WPO Powerlifting event ceased following everyone's bench presses, while the Bench Bash took place, but that was delayed 3 hours by the strongman competition and then the speech by Arnold. This year's Bench Bash took place while the Powerlift event continued without interruption. The officials for the Bench event were Russ Barlow, side judge, Gordon Santee, head referee, and Wayne Pullum, side official. They, along with Pam Clayton, WPO Secretary (in charge of the score table) left right after the WPO powerlifters finished squatting at 1 PM to get set up. This left Lisa Dennison, Bob Sweeney and Ken Wheeler to officiate the PL with APF/WPC Secretary Amy Jackson from Frantz Fitness Sports to run the score table. Everything ran smoothly onstage. Phil Harrington was there as expediter. Pam kept the scoretable running. I helped her keep the cards in proper sequence, and I helped Kieran Kidder get an instant conversion of kilos to lbs., and still managed to dash up to get a clear view of key lifts.

**THE LADIES** - Kara Bohigian, a true Georgia peach who turns

## WPO BENCH BASH as told to PL USA by Herb Glossbrenner



**Middleweight Bench Bash Winners:** (left to right) Scott Rabine, Vitaliy Ponomarenko, WPO Prez Kieran Kidder, and Brad Hein.

30 this year, hoped to hit the big 402 BP she'd been training for. This wasn't her day. Unlike the WPO Powerlifters who were

allowed all the three attempts in each of their individual lifts this year, the benchers still were held to the "miss twice - yer outta here"

rule. Kara's shirt had given up it's ghost and didn't work; she missed twice with 363.8 and was finished. Becca Swanson, 31, who'd experienced severe back cramps and had to postpone her day in the powerlifting event, benched here to test herself. She made 462.9 on a first lift. That's more than any other female on planet earth has ever done. She stalled on tries w/ 479.5 and 490.5. She will eventually surpass her incredible 501.6 lift she performed in the WPO P/L arena last year. Tarja Rantanen, 47, from Finland is pretty amazing herself. She's a WPC WR holder (40-44) w/ 352.7 BP, 468.4 DL and 1212.5 TOT! Now she specializes in the BP. When push comes to shove nobody can match the Rantanen family (her son Tomi, 24, has done 749.6 @ 308!) Mama proved she still has it, hitting 352.7, then 380.3, with a close miss w/ 391.3. Becca scored 146.149 GWF (Glossbrenner Women's Formula) pts. today. Rantanen, with the McCullough age correct factor figured in, scored an amazing 140.982! The fact that she can play in the same ballpark with the World's Strongest Woman speaks for how good she is!

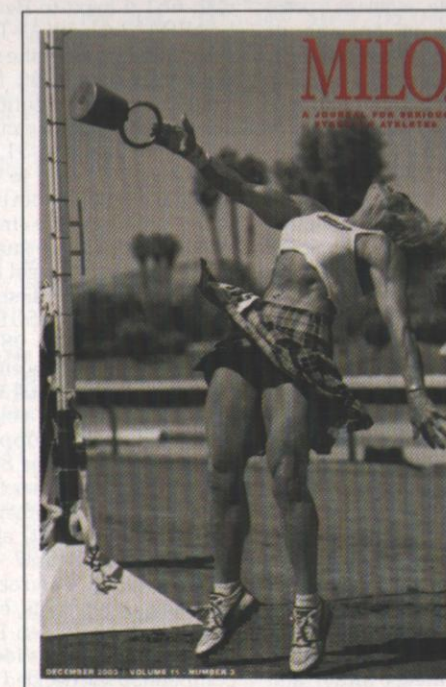
(article continued on page 90)

## Remember when the strongest kid in your school was a girl?!

We've been lucky enough to know Shannon "Wonder Woman" Hartnett for years, and given some of her recent accomplishments (Highland Games world champion, World's Strongest Woman competitor, 2002 U.S. Olympic bobsled team hopeful), we weren't surprised to learn that she was the strongest kid in her grade school.

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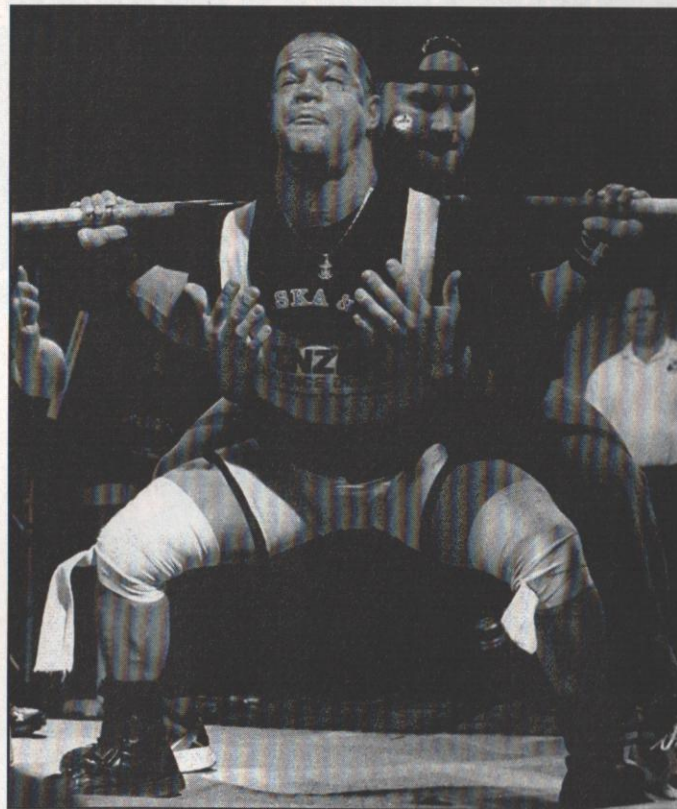
# 2005 WPO SUPER OPEN CHAMPIONSHIPS

## as told to Powerlifting USA by Herb Glossbrenner

MARCH MADNESS not only describes the hysteria about basketball which takes place this time of year, but also another spectacle of human prowess, this being the 3rd year that POWERLIFTING has rocked the foundation of the gigantic Convention Center in Columbus, OH. The Arnold Schwarzenegger Expo Fitness Weekend took place on March 4-6. A multitude of sports were featured, but make no mistake about it the WPO Super Open Powerlifting Championships had the big exhibition hall crammed to capacity both days. Kieran Kidder's dream of putting powerlifting on the map has become a full-fledged reality. The WPO (World Powerlifting Organization) has grown to monstrous popularity. The circus-like atmosphere, blaring music, pyrotechnic lighting, gorgeous card girls waltzing across the catwalk; gigantic screen views of the lifter performing, (this year a smoke machine was added for visual effect) all combine to stimulate the lifter to bring forth their best. Cash prizes for the champions went up to \$6500 this year - \$3000 for 2nd, \$1500 for 3rd, and \$750 for 4th. Why else would star performers like Ron Palmer of Indiana put themselves through the torturous ordeal of making drastic bodyweight drops and then re-hydrating themselves in a carefully contrived plan to be at maximum capacity for this one great moment. Kidder has unselfishly put his whole life into this pet project, including untold dollars from his own bank account for his dream to succeed and it has paid great dividends - elevating the unheralded sport of



**A Target?** ... Liz Willet heard she was dropped from the World Games team after the WPO meet.



**788 at 148!!** ... Nick Hatch is still a TEENAGER!!! (Lambert photo)

powerlifting into an attraction that captivates the World. For this we owe a debt of undying gratitude. We are seeing lifts performed routinely today that no one in their right mind would have dreamed humanly possible, as little as 5 years ago. We are in an age of technological advancement. Evolution is running rampant. The face of change is upon us and there is no turning back. Enuff monologue - let's get on with it!

Three of the best female phenoms in PL today showcased themselves in exhibition, as they draw closer to their imminent destiny of cash awards just like the men. Rockin' girls to shock the world! Amy Weisberger, a hometown girl, is 40, but looks a decade younger. Within scant lbs. of becoming the only woman in history to total 10 times her own bodyweight, Amy had milked all she could at 132. She's 148 now - for good - with great expectations: she made a 518 SQ opener here, with effort, but two tries @ 562, though deep enough, kept her down! She benched a big 325.2 PR, but missed 352.7 twice, a big increase! DL of 473.9 came right up - 496 wouldn't budge. 1400+ is just a few meets away, and perhaps a wake up call for Kara Bohigian. A newcomer to the WPO was Liz Willet, 32, jolly - by golly -

to be here weighing a robust 338 lbs. of power packed mass. Liz was a former WR holder at 198+ in the IPF arena. She owned a huge 1521.2 TOT as well as the No. 2 biggest Women's Hwt. SQ All-Time with 661.4 (next to Becca). Her best BP 413.4 is 4th All-Time best. All great lifts done in the single ply gear and super strict forum of USAPL/IPF competition. Liz struck up a warm camaraderie with Becca Swanson, 31, who was rehabbed and ready to return to action after tearing both biceps last year, in separate incidents. Swanson made a stupendous impression at this meet last year: 760 SQ, 501.5 BP (first and only woman over 500), 650 DL, and a nine lift TOT of 1895.98. Becca'd done a tune up meet recently testing herself @ 220 bwt. (804.6, 462.9, 567.7, 1835.2), but a big cramp-like pain in her upper back readying for her huge 804.6 SQ opener here made her forgo the effort, and drop out rather than risk further injury. Willet, all smiles, started SQ w/ 606.27. She also negotiated 672.4 and also 705.4 on following attempts, both a tad high. She took a token 137.8 BP to save her shoulders for the WL competition she decided to try the next day. (Editor's Note: she snatched 110 and clean and jerked 154). She cut loose on the DL: her

opener at 451.9 was a mere toy, followed by 501.6 to equal her PR. She topped it off with an her best ever pull of 512.6, and clapped her hands with glee afterwards.

**MEN'S LIGHTWEIGHTS** (This division included men in the 132, 148 and 165 lb. class bodyweight divisions.)

7th: RICH HAWTHORNE, only 21, is one of the youngest APF/WPC/WPO super-talents skyrocketing to his place among the PL Elite. In APR last year, in his quiet and unassuming manner, he posted a 1455.1 TOT @ 123 - 3rd highest of All-Time that class. Equipped with tendons as strong as steel cables, he opened huge w/ 650.3 SQ - cut depth - repeated good! Shooting the moon with 673.5, going for a thousand bucks in WPO World Record money, he got pinned. Improved in the BP, he popped a PR 314 to pave his way for his magnificent deadlifting talent. First 512.6, then 562.1 (which garnered him 215.181 GMF (Glossbrenner Men's Formula) pts. the best of anyone in the whole meet at any bwt.) This prepared him for a shot at 600.7. It only cleared the deck, which caused Richard to scowl in self-disdain. TOT - 1526.7. The All-Time best TOT of 1631.42 by the Russian Ravil Kazakov (IPF) will eventually be overtaken by Richard.

6th: BRIAN STRICKLAND, 35, @ 164.9 from Lakeland, FL, made his 650.3 SQ opener look EZ - 3W. He looked strong w/ 694.4 also - but 716.5 stopped him. Three good BPs to 424.4. DL 573.2, an initial effort, for a TOT 1692.04! Two pulls w/ 611.78 were too heavy today.

5th: DAN PETRILLO, 25, of Whippany, NJ, drops from almost 190# (ala Palmer) to make the 165s (but less drastically). His 661.4 SQ start was perfect! Up to 705.4 - good depth - but no recovery - twice! Dan's shining talent lies in his BP. He tuned up w/ a 457.4 - SMOKE JOB - to 507.1. Bang! He does it, breaking his own WPO 165 class WR of 503 - worth \$1000. This makes the sacrifices in dieting well worth it - SWEET! He hoped to push the record higher, but 518 stalled halfway up! He pulled 529.1, then 573.2, for a P/R 1741.65 TOT. Big jump to 622.8 - his 3rd - just too heavy!

4th: NICK HATCH, 19, weighed @ the limit - 148.81, from Big Iron Gym in Omaha, NE. If wily coach RICK HUSSEY can be considered as BATMAN, then Hatch is truly his boy wonder - ROBIN! The big match up between reigning 148 WPO kingpin Brian Schwab, 30, never materialized. Schwab owns WPO WRs in BP (503.75) and TOT 1765.9, 4th on the All-Time World list. First 655.8 pinned Brian twice, followed by a 661.4 last ditch effort. Last



The Magnificent Physique of **Arnold C.** moved all time weights

Oct. Nicky SQ 735.2, an all-time World best and WPO WR. Then Jaroslaw Olech, POL, bumped the ceiling up to 749.6 at the IPF Worlds a month later. Nick came out w/ 750.67 on the bar to start. Whoops - 2R for depth. I was worried that maybe he'd bitten off more than he could chew. "Not to worry," coach Rick told me when Nick went up to an insane 788.1 for his 2nd "he" s doubled 800 in practice!" I thought Hussey's leg swelling had traveled up to his brain. Nick came out, hit good depth, and ground it up. GOOD lift! Holy smoke - Batman! Kidder had the crowd worked into a frenzy beforehand, but I seriously doubt if more than a dozen people in the whole place realized the magnitude of what just happened. It broke the All time World best lift by 38.5 lbs., rated 267.553 GMF points - the best of the WHOLE MEET squatwise, and was also the 6th greatest SQ in the whole History of PL by anyone of any bodyweight. He wasn't done yet. Nicky stormed the big one - 804.6. He took it down and back up, but was ruled too shallow. Still a TEENAGER until this coming Oct. 19, Hatch will become - next time out - the lightest person in history to SQ over 800. In BP Nicky is almost as amazing - 462.9, 479.5 both good, but 490 stalled. Nick broke Schwab's WPO WR TOT twice; w/ 507.0 opener (1774.12), then 518.1 (1785.74), and earned \$750 for his 4th place LIGHTWEIGHT CLASS finish,

plus another \$2000 for his WR SQ & TOT. Talk about an EXTREME TEEN!

A three way battle ensued for 1st: ANGELO BERARDINELLI, 39, Painesville, OH; RON PALMER 32, of Indianapolis, IN; and the defending WPO Lightweight champion of the World - the "old man" of the group, TONY CONYERS, 46, from Tampa, FL. What a tussle this promised to be. Two years ago, Palmer dropped 25 lbs. in 10 days, rehydrated in the 48 hour WPO weigh-in time period, and hit an unbelievable 1951.09 TOT via 788, 474, 688, to win over Conyer's 1879 and Berardinelli's 1873! Nobody in their right mind would try this drastic weight reduction again, right? True, but remember we're talking about Mr. "Push the Envelope" Palmer. Last year it was the same terrific trio going at it tooth & nail. Conyers was "red hot" with an 810 3rd SQ and an All-Time 832 4th attempt that put him 28 ahead. Anthony's 683 final deadlift pushed his TOT to an astronomical 1978. Palmer was 2nd w/ 1934 and Angelo again 3rd at 1840. These same three ultrastars went head to head for the 3rd time. Tony trailed both men after the SQ (782 2nd round). Palmer got all 3: 705.4, 766 and finally a gut busting 799.1 PR. Berardinelli's 804.6 2nd attempt was the TOP SQ. He and Conyers both tried to beat the WPO WR with 833.3 - too much this year for either man. In the BP

Conyers made fast work of 451.9, on his 2nd, but stonewalled w/ 479.5. Palmer paced perfectly: 451.9, 473.9 and then 490.5. Berardinelli assaulted WR tries with 508.2 and 523.6 after a 462.9 opener that "flew Up". No lift - both times. Palmer wanted a potshot at the BP record took 508.3 on a 4th to eclipse Petrillo's newly created mark, but couldn't get it. Into the DL, Palmer led Angelo by 22, and Conyers trailed by 55. Angelo's sumo style was crisp and strong: 600.7, and 644.8 a personal best w/ power to spare. His 655.8 was slightly misgrooved - didn't go. Final TOT 1912.5 - his best ever! Conyers ached 600.7, a birdweight; next yanked up 672.4 and a clean looking 683.4 for 1918.02 which secured second. Palmer looked unbeatable! He pulled 628.4, 661.4 and 672.4 for 1962.11. But why the conservative 3rd attempt? Seems there was a misunderstanding. Palmer believed he could take a 694.4 lift on a 4th to beat the WPO TOT mark Conyers had made last year to get 900 kg. (1984.16). Frayed Knot! 4th attempts are allowed for tries at records in the individual lifts only. To break the TOT mark Palmer would've had to take 694.4 on his 3rd attempt. No matter, he'd taken back the WPO Lightweight Championships belt. The real man to thank is Palmer's behind the scenes platform coach who picked all his lifts absolutely perfectly. That would be Phil Harrington of Toccoa,

GA (birthplace of Paul Anderson). Phil has relocated from South Carolina and trains at the North Georgia Barbell Club in Atlanta. He exemplifies what I call "Smart strength". Phil is always there to lend a helping hand. Speaking of Phil, two weeks following this event at the APF Georgia State meet Phil (@ 181) broke the All-Time SQ record he already owns (855) not once but twice - first 865, then a smoked 900 - 3W, the lightest man in history to achieve the "big Niner" WOW! Phil also got 495 BP (reverse grip) and 620 DL for 2010 TOT.

**MEN'S MIDDLEWEIGHT (181, 198, 220 classes)**

7th: ARNOLD COLEMAN, 40, Blacklick, OH (a Columbus suburb). Arnold's placing was only due to the fact that he was going against men as much as 40 lbs. heavier. It was his day to shine. It couldn't have happened to a nicer guy. He might very well be the most selfless, soft spoken, polite, kindest gentleman I've ever known. He has it all, 181.22 lbs. of the most massively muscled, rock hard, physique I've ever seen on a powerlifter. He rivals the greatest bodybuilders in history of his size and frame. His strength is even more phenomenal! He came out the starting blocks a man on a mission: SQ 771.6, 821.2 low and EZ, then 844.37 a new WPO WR executed in magnificent style! BP - a laughable 523.6 was triceped up. Next came another WPO WR - 551.1 - surpassing the

547.84 lift by Solovyev done last Oct. at the WPO finals. Coleman put his horseshoe triceps, grapefruit delts and armor plated pecs to full output and muscled up 573.2, another fantastic WR. He dared to try 600.7 on a 4th and almost got it: He opened w/ 310.5 (684.53) which gave him a new WPO WR TOT of 2102.1. He went to a 699.94 2nd attempt and boosted his TOT to 960.5 (2117.54) to shatter the 17 year old ALL-TIME mark of 2110.9 held by the great Gene Bell from Gus Rethwisch's famous WR Breaker meet in Honolulu. How can you top that? Well, you can't. Satisfied with a perfect 8-8 day that yielded 5 WRs, Arnold waived his 3rd pull, having earned 3 grand for the SQ, BP and TOT WRs he'd smashed.

6th: BRANDON CASS, 30, Oakgrove, MO, 218.7, a top lifter in other federations who made the transition to WPO last year, seemed to be out of sync. It took him all 3 to secure his 848.7 SQ opener. BP: he did 529.1 easily, then 551.1 His 578.7 tilted for no lift. Brandon pulled

(article continued on page 92)

### WPO SUPER OPEN/4-5 MAR 05/Columbus, OH (kg)

CLASS	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	TOT
<b>LIGHTWEIGHTS</b>										
R. Palmer	320	347.5	362.5	205	215	222.5	285	300	305	890.0
<b>4TH-BP-230</b>										
T. Conyers	310	355	378	187.5	205	247.5	272.5	305	310	870.0
Berardinelli	340	365	378	210	230	237.5	272.5	292.5	297.5	867.5
N. Hatch	340	357.5	365	210	217.5	222.5	230	235	240	810.0
D. Petrillo	300	320	320	207.5	230	235	240	260	282.5	790.0
B. Strickland	295	315	325	182.5	190	192.5	260	277.5	277.5	767.5
R. Hawthorne	295	295	305	130	142.5	150	232.5	255	272.5	692.5
Weisberger	235	255	255	147.5	160	160	200	215	225	597.5
L. Willet	275	305	320	62.5	—	—	205	227.5	232.5	570.0
<b>MIDDLEWEIGHTS</b>										
T. Mash	420	440	455	275	300	320	335	365	365	1095.0
<b>4th</b>										
D. Blue	410	455	455	227.5	272.5	282.5	295	310	320	1002.5
M. Cartinian	365	392.5	413	265	282.5	297.5	275	300	307.5	995.0
K. Patterson	365	392.5	392.5	300	325	340	272.5	287.5	297.5	978.0
H. Selsam	380	425	455	230	230	255	305	322.5	327.5	977.5
B. Cass	385	385	385	240	250	262.5	330	340	347.5	965.0
A. Coleman	350	372.5	383	237.5	250	260	310	317.5	—	960.5
<b>4th</b>										
<b>HEAVYWEIGHT</b>										
S. Goggins	473	473	474	250	260	272.5	65	372.5	375	1121.5
M. Bartley	460	470	480	340	317.5	327.5	320	320	320	1117.5
J. Stafford	395	412.5	425	302	320	327.5	340	365	375	1105.0
A. Solovyov	400	400	410	290	300	310	320	300	300	1020.0
<b>4TH-BP-320</b>										
C. Castile	395	417.5	417.5	255	267.5	275	305	330	335	992.5
<b>SUPER HEAVYWEIGHTS</b>										
D. Thompson	465	465	490	327.5	345	365	347.5	372.5	375	1182.5
M. Smith	455	477.5	487.5	300	320	327.5	342.5	365	372.5	1180.0
P. Childress	467.5	495	—	300	330	335	335	365	377.5	1160.0
A. Bolton	455	482.5	510	260	260	295	355	390	412.5	1182.5
<b>OUT</b>										
B. Swanson	—	—	—	—	—	—	—	—	—	—
B. Schwab	297.5	297.5	300	—	—	—	—	—	—	—
T. Avola	375	375	375	230	230	230	—	—	—	—
C. Vogel	452.5	452.5	452.5	—	—	—	—	—	—	—
P. Urchick	417.5	417.5	417.5	—	—	—	—	—	—	—
G. Frank	480	480	—	—	—	—	—	—	—	—
B. Moore	442.5	475	487.5	320	320	320	—	—	—	—
<b>4th-SQ-510</b>										



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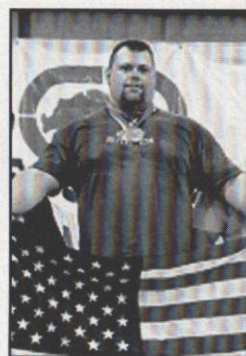
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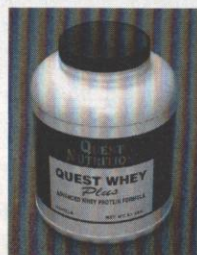
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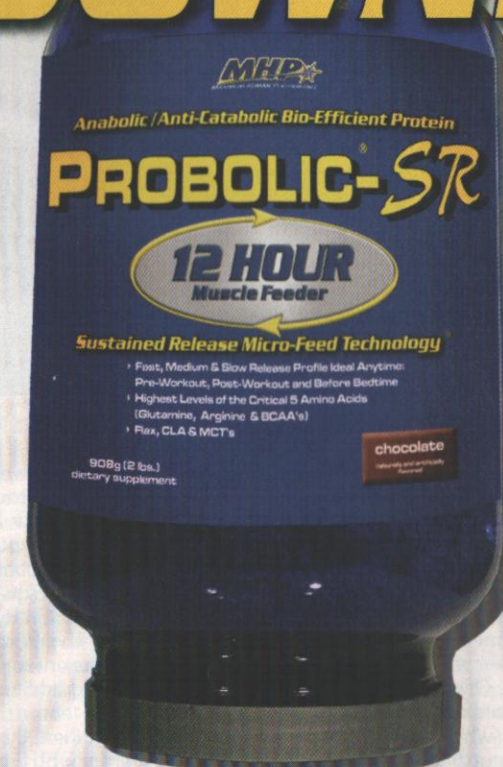
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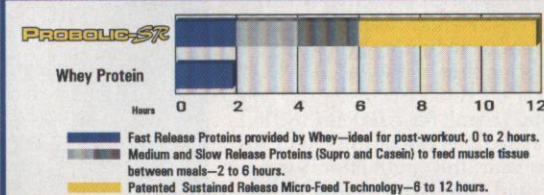
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## 2005 USAPL Women's Nationals as told to Powerlifting U.S.A. by Disa Hatfield



**Kendra Miller** - a "youth" who could have lifted open. (Hatfield)

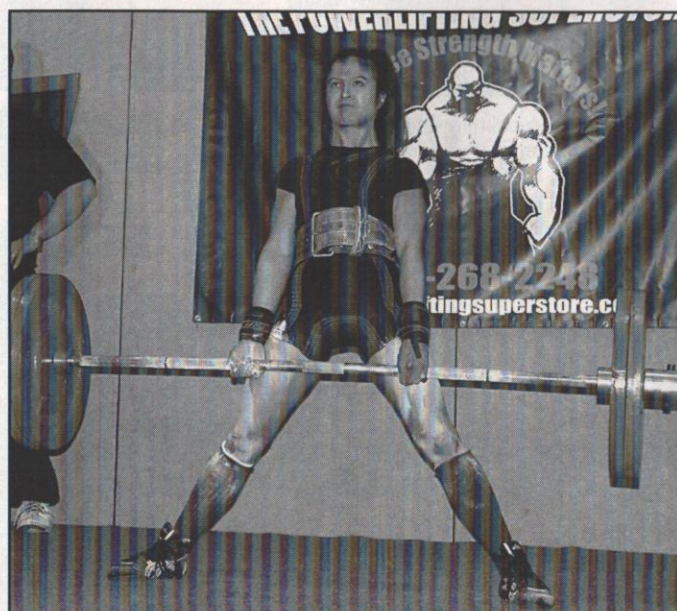
Relatively warm weather and the annual Mardi Gras celebration greeted the 158 women that came to St. Louis for the 2005 U.S.A.P.L. Women's National Championships. Dawn and Harold Gaines hosted this meticulously planned meet, and more than went out of their way to provide for the athletes. Of note were the custom made medals designed by Rick Fowler, who was also spotted throughout the weekend as well as running the platform, loading, and passing out chocolate chip cheesecakes.

This year featured 5 youth lifters competing in various weight classes. Lifting in with just wraps and a belt, these young ladies exhibited composure, form, and - of course - strength that belied their age. The youngest lifter of the meet, Beth Block, put up a very nice 331 lb total. The other 4 young competitors lifted in the 12-13 year age group and were led by the 88 lb Kendra Miller whose 590 lb total would qualify her for the 97 lb Open class. She was followed in total by Katie Swanson (397 lb total), Sarah Faye Biddle (380 lb), and Marlena Daniel (331 lb.) Like last year, the youth lifters were a crowd favorite and their exuberance and love for the sport were noted by the older competitors.

The 97 lb class was a close race (subtotals for the top 3 were 396, 396, 402!) At the finish, the top 3 were only separated by 16 lbs. Going 8/9, Cheryl Anderson led the group with 3 white light squats and a strong 3<sup>rd</sup> attempt deadlift of 297 lb to stay ahead of second place winner Barbara Seips by only 6 lbs. Junior World Team member Erin Dickey rounded out the top 3 with a 677 total and also walked away with the Jr. class gold

medal and an American Jr. bench record. Cathy Solan took 4<sup>th</sup> with a 655 total and New England's Donna Aliminosa kept her cool after falling back and timing out of her second attempt squat to finish with a 562 total. Cathy was also entered as a 45-49 competitor and Donna was entered as a 50-54, both strong additions to our Masters World team. The Open ladies were joined by T1 lifter Melissa Werner who finished with a 396 total and T2 Jackie Miller (418.)

With Jenn Maile moving up to the 114s, one would think the 105s would be anyone's guess. However, 14 year old Caitlyn Miller swept in, took over, and claimed her spot in her first Open Nationals



**Cheryl Anderson** atop the 97s in just a few years (www.ftvideo.com)

appearance, snagging an American T1 Deadlift record of 336 lbs and wowing the crowd with her 799 total. At this young age, Caitlyn is already a powerlifting role model, with an 8/9 performance and picture perfect technique to back that statement up. She was followed by Jonna Ocampo, who turned in another fine performance and a 650 lb. total. M3 competitor Ann Leverett struggled a bit, only going 3/9, but still turning in a 716 lb. total. Ann actually attempted several M3 records, but just didn't have her best day. In the Master's 60-64 division, Judy Gedney proved she can still grind those pulls out and ended a fine day of lifting with a 270 lb. deadlift and a 644 total. Judy was inducted into the USAPL Women's Hall of Fame last year, and her devotion to the sport as a lifter and a judge serves as an inspiration to many rookies. T2 and T3 lifters Miranda Mueller and Lauren Guidry won their respective age groups.

The 114s were pretty much the topic of most pre-meet debate chatter. 2003 World Champion Sioux-x Hartwig came back this year from a neck injury and deadlift phenom Jenn Maile was there to greet her. The two began their battle in the squat, both only getting one lift in. Moving on to the bench, Jenn went 3/3 ending with an easy looking American Open record of 220 lbs. With Jenn 22 lbs ahead at subtotal, Sioux-z just wasn't able to keep up with Jenn's tremendous 400+ lb deads. Sioux-x ended up pulling her hamstring (which she tells me is much better now) and passed on her third. Jenn went on to equal her best pull of 402 lbs. to round out her 964 total. Both of them have spots on the

Open World team, and we can expect a great rematch in May. Taking 3<sup>rd</sup> and 4<sup>th</sup> were teenage sisters Leah and Lora Marietta. Leah also edged out Jamie Beebe in T3 division with a nice 799 total. Younger sis Lora looks like she might be catching up to her though, and with a 727 total beat out the hair-goddess Stevie Cross, Sara Beebe, and Megan Hampton to take the T3 class. Rounding out the Open were Maura Shuttleworth and Deb Hairston (who also won the 50-54 class and benched an American Mater's bench record of 154 lbs.) Also competing were 55-59 class lifters Sally Bowers (who pulled an American Master's record 309 lbs.) and Joann Clough, who unfortunately didn't total due to a bad day in the squat, 40-44 class winner Linda King (446), T1 Kelly Sullwold (584 lbs) and Jr. Ashley Matherne (793.)

The 123s was convincingly won by Junior World Team member and last year's Open 114 winner Ashley Awalt. Ashley took a shot at her own Jr. World bench record on her third attempt, but missed. Despite a few missed lifts, "Peanut" still put some poundage on her squat and won by 176 lbs. She was followed by Janel Brown, Kristen Yukness, Leigh Heaines, and Patricia Tidmarsh. This year, we were again honored to have a few members of the British squad guest lift, and their first appearance in the meet was represented by Heather Hampson, who put up a 799 lb. total. Natalie Wood took second in the Jr division. This weight class also saw several promising teen lifters compete, with notable performances by Kim Douglas in the 14-15 class, who put up a 727 total. She was followed by Ashley Taylor and Linsey Probst. Katie Van Dusen won the 16-17 class, followed by Kristen Thernes and Courtney Langhoff. Katie had a few missed lifts, but her 755 lb. total shows great promise. Jessica Stewart and Heidi Gregory battled until the last deadlift in the 18-19 class, with Heidi missing her final deadlift to give Jessica the win. The 123 class is also home to several veteran Masters World Team members. Diane Siveny kept her crown and beat out Leigh Haines and Shawn Warren in the 40-44 class, while Kate Dingle-Craig came out on top of her own Master's World team assistant coach Lannette Lopez in the 45-49 class. Against every cardinal powerlifting rule there is, Kate competed in a half-marathon only a few months before the meet! The ever-outrageous Ellen Stein came back after a year off and took her place in the 50-54 class.

Noticeably absent from competition was Bettina Altizer. However, Bettina was our 2005 Women's Hall of Fame inductee,



Larry Maile, **Bettina Altizer**, & Judy Gedney

and was there for the ceremony and to help judge and keep the rest of us in line. Bettina's long time commitment as an official, executive committee member, and world-caliber athlete is truly inspiring. With Bettina taking a year off, previous 123 lb. Open winner Carly Nogle stepped up. The 18 year old Carly only missed her second squat, and finished the day with a tremendous Open American record deadlift of 435 lbs. Carly is a product of Tod Miller's Plainwell, MI team (along with fellow Open winner Caitlyn Miller) and you get the feeling there is far more to come from this young champion. Carly was followed by bench press specialist Jennifer Thompson. Jennifer had a bad day in her signature lift, needing 3 attempts to get her 286 lb. opener in. She tried a world record on a 4<sup>th</sup> attempt, but didn't have it in her. Still, her total was high enough to earn her second. Jennifer Rey returned from a year off to take 3<sup>rd</sup> with an 8/9 day. She was followed by open competitors Rachel Churchward, Christina Henesian, Veronica Aguilera, Megan Jovanovich and Darla Merrival. Christina won the Jr. class, getting only one squat and bench in. However, she was able to pull a 374 lb. American Jr record on her second attempt. Coming in behind Christine was Texan Shay Stone and Rebecca Rich. Kami Schroer came in first in the 14-15 class over Katie Kneifl, Kylie Borer, and Elizabeth Houle. The T2 class was deep, hosting 5 lifters, and only had an 88 lb. difference in totals between 1<sup>st</sup> and 4<sup>th</sup> place! Amanda Baum came out on top with a bodyweight win over Katherine Gregory. Rachel Probst, Bridgett Jones, and Richelle Sorensen followed. Carly Nogle led an equally deep T3 group. Jenna Farel took second and Megan Jovanovich took third. They were followed by Ciji LeBlanc, Aviance McLaruen, and Brooke Nellor. Veteran Angela Simmons won the 40-44 class, while Gina Stapleton won the 45-49 class. Barb Zintsmaster placed first in the 50-54 class, followed by Jill Sellers. Everyone's favorite retired WA state Supreme Court

Judge Faith Ireland had a bad day in the bench and was unable to total. Faith is a multi-time Masters World team member and she will be back next year. Plus, no one looks better in leather pants than Faith.

The 148s were again dominated by the 2004 World Champion Priscilla Ribic. Priscilla continues to

improve, putting up PRs in the squat, bench, and total, upping her own American records in the squat and bench. She narrowly missed the World Record total, but looks to be in shape to recapture her World title this May in Finland. Priscilla is an example of the unbeatable combination of dedication, smart training, and good coaching - a combination that has put over 400 lbs. on her total since her first appearance at USAPL Nationals in 2001. However, Priscilla's dominance in this class did nothing to sway others from coming to compete. Her WA state-mate Paula Houston came in 2<sup>nd</sup> with a 9/9 day and 4 M1 American records! She was followed by the Jr. class winner Alyssa Hitchcock, who squatted her way to a Jr. American record. Erin Waltermann came in 4<sup>th</sup>, and was followed by veteran lifter and 45-49 class winner Ruth Welding and Jane Larsen-Welborn. Rita Carlson and Sasha Meshkov also competed, but both were unable to total. Bev Salerno won the 55-59 class. Paula Houston took home a gold medal in the 40-44 class to go with her Open silver medal. She was followed by Donna Marts and Caryn Daniel. Terry Lee took the M3 class, and an M3 American bench record of 181 lbs. Ashley Millet earned silver in the Jr. class, while T1 Kasa Schoer matched her twin sister Kami's 132 T1 gold. In the T2 class, Molly Dennany's 427.5 total was a convincing victory over Hallie Hetzler, Kristin Van Meter, and Chelsi Mundy. Molly took home 3 T2 American Records and an IPF Sub-Jr bench press record of 233 lbs on a 4<sup>th</sup> attempt. Angelle Matt came out on top in the T3 class, followed by Rachel Pidcock, Megan Hogmire, and Lisa Gory.

A tough class last year, the 165s looked to be shaping up for some great competition again. Lynne Nelson came out on top in the open, compliments of her tremendous 462 lb. deadlift. She was followed by last year's 181 class winner Katie Ford, Laura Stryland, Gilly Martinez, and Holly Geersen. Open lifters Taryn Cowan and our second British guest lifter Marian Gibson weren't able



**Priscilla Ribic** in position to defend her IPF World Title (P. Ribic)

to get squats in for a total, but did finish the meet thanks to the new IPF rule. Katie Ford took the Jr. class in her last year as Junior. She was followed by Dekeshia Anderson and Dana Mauriello. In the T2 class, the bench phenom Devan Doan proved she could also squat and pull, putting up 363 lb. squat and 352 lb. deadlift on her way to a T2 American record total. Devan is coming off of hip surgery, after which she was told she might never squat again, which makes her numbers even more impressive. Oh, by the way, she also had an IPF Sub-JR. World record bench of 2867 lbs. to go with those lifts.

Also competing in the T2 class were Jenna Barrett and Samantha Hood. Jenae Jindra took the win in the T3 class. MI lifters Rhonda Clark and Laura Stryland provided some competition for each other, with Rhonda coming out on top compliments of a big deadlift. Open winner Lynne Nelson also competed in the Masters 45-49 class, beating out Teresa Merrick. To go with two shiny gold medals, Lynne now also has all 4 M2 American records in her name. Masters World Team Members Marsha Serre (55-59 class) and everyone's favorite southern bell Regina "The

Inzer Lady" Hackney (65-69 class) reclaimed their titles, while Leah Smith took the 50-54 class. Sonja McKinlay outlifted Dana Backiel to win the 60-64 class with an impressive M5 American total record of 739 lbs.

181er Liane Blyn made a come-back appearance after a few years off from powerlifting. She spent her time well, though, competing in and placing 5<sup>th</sup> in the World's Strongest Women competition. She was up against Disa Hatfield (who was working on her 3<sup>rd</sup> weight class in as many years,) and Malinda Baum. Disa

(continued on page 86)



**Devon Doan** has three lift promise (P. Ribic)



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# INTERVIEW

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

## JIM KILTS

interviewed by Greg Jurkowski

Speaking with Jim Kilts, one of the strongest, pound for pound, bench pressers in the world. Jim benched 617 at 181 last September, and recently hit the all time best at 181 with 665. Rumor has it that he completed 680 in the gym also. Congratulations on those great numbers, Jim. Let me ask you a bit about your personal background first.

**Greg:** How old are you?

**Jim:** 33.

**Greg:** Can you tell me a little about your family?

**Jim:** I have a wife, Robin, and a stepson Brandon.

**Greg:** Where were you born and raised?

**Jim:** I was born and raised in Utica, NY. I live in Whitesborough now, which is not far from Utica, about 5 miles.

**Greg:** I know for a fact that your wife gives you great support in your lifting. Can you tell me about that?

**Jim:** She's always supported me; making sure I eat right, always there when I bench, coaching me, tells me what I'm doing right or wrong. She goes to every meet with me.

**Greg:** And, she's an aerobic instructor now?

**Jim:** Yes, she teaches aerobics.

**Greg:** And, she's competed in the past in a bench contest herself?

**Jim:** Yes, she's done 180 at a bodyweight of about 121, about two years ago.

**Greg:** Let's go back to your younger years. What was your sport of choice as a young man?

**Jim:** I would say wrestling, in high school. Before that, baseball and football.

**Greg:** Seems like a lot of wrestlers turn into powerlifters later in life.

**Jim:** Maybe because it's a similar sport. Wrestling and powerlifting are not really team sports. They are more individual. They both take a lot of dedication. You always try to keep a certain bodyweight. You've got to be strong to do both of them. To do the wrestling you gotta have strength, same with benching. You gotta have good technique for wrestling and good technique on the bench. They're kind of similar.

**Greg:** I think your early wrestling coach had a good influence on you. Is that true?

**Jim:** Yes.

**Greg:** What's this I hear about the "three Ds"?

**Jim:** He always told me you gotta have Desire, Dedication, and Discipline. I always try to go by that.

**Greg:** Did wrestling lead you to weightlifting?

**Jim:** Actually I weightlifted before wrestling. When I was 11 or 12, I fooled around a little bit with weights. When I was about 13 I got my first real set of weights, with a bench and dumbbells and all that.

**Greg:** Were any of these the plastic weights filled with cement?

**Jim:** When I was 11 and 12 they were plastic with cement. When I was 13 I got the steel weights. They were a little bit better.

**Greg:** When did you first compete?

**Jim:** I was 16.

**Greg:** Do you remember how much you benched?

**Jim:** Yes, I did 250 and I weighed about 125.

**Greg:** That's a great start.

**Jim:** Yeah, there were no bench shirts around then.

**Greg:** Back to the bench press for now. What type of shirt do you use?

**Jim:** Karen's Shirts.

**Greg:** Denim or poly?

**Jim:** Denim.

**Greg:** Double denim?

**Jim:** Yes.

**Greg:** They've got a good reputation for making some fine equipment.

**Jim:** Yes, I like her shirt a lot. It works good. I've been wearing that one for a couple years now. I like it.

**Greg:** Do you have a special diet you follow?

**Jim:** I try to eat a lot of protein, a lot of carbs. I try to keep my fats down a little bit. I'm not a big junk food eater. I try to get a lot of protein, and a lot of carbs. I try to eat at least seven times a day with my protein shakes and all.

**Greg:** How about supplements?

**Jim:** Yes. I get them

from Gearman Nutrition. The protein mix tastes great, shakes up really easy. You don't need a blender. It's a lot more convenient. Put it in a shaker, shake it right up, and it's good to go. I take the shakers to work with me all the time, in the lunch pail.

**Greg:** Do you need a lot of sleep for your body to heal?

**Jim:** Yes, that's probably one of the most important things. You've gotta get enough sleep. I try to get at least eight hours a night. I like 8 to 9, sometimes 7. Anything under that it and it catches up with you, like if you go a few nights only getting six hours sleep. You may not really feel tired, but you are tired and your strength's down.

**Greg:** What is the length of your training cycle?

**Jim:** Usually I like to keep it around 8-12 weeks. I try not to do more than two in a row. Sometimes you have to, though. If I have one on a certain date, I'll start training at least 10 weeks out. Then you have to give your body a break. I'll take a good 2-3 months off from benching. Not from training, just from benching. I'll do everything else, more dumbbells, more machines. It gives your body a little break, especially your joints, because when you're benching for three months at a time your joints need a break. Sometimes I'll just do some lighter stuff on the machines.

**Greg:** That's a good training philosophy.

**Jim:** That's how I've been doing it. In the past I didn't do it like that. I used to just come back and go heavy. That kind of hurts you. You got to give it a break, a little bit, you know?

**Greg:** What type of form do you use when you bench?

**Jim:** I take a wide grip on the bar. I get a big arch. I put my feet back underneath me. I keep my feet flat. I'm not one to bench on my toes. I try to drive with my hips, from low on my chest. I try to drive with everything: my legs, shoulders, tris, pecs. I try to use my legs a lot.

**Greg:** I notice you're a lifter that doesn't raise his head as the bar descends. A lot of lifters are doing that these days.

**Jim:** Yes, a lot of people do that. I will only do it if I really have to. I try to get the bar down without doing it. If you have a bigger stomach, you can raise your head, bring it to your belly, and try to drive it straight back towards the rack. If I lift my head, my arch kind of slants out a little bit. I don't have that belly there to try and hit, so I try to go that much further with the bar. For some people it's good, some people like it. If I get stuck and the bar won't go down, I'll lift my head a little bit and try to get it to touch. Other than that, I keep my head flat.

**Greg:** How about a little bit on your routine? Do you use any bands or chains or anything?

**Jim:** No, I've never tried that. I don't know a whole lot about them. I've heard that people use them. I can't say it would help me because I never really tried it.

**Greg:** How many weeks do you wear the shirt before the meet?

**Jim:** I used to bench raw for six weeks, then bench with a shirt for 4-6 weeks. Now, I start wearing it a lot to try and get used to it. If I'm training ten weeks out, I'll wear it for like ten weeks.

**Greg:** Do you just do singles in the shirt?

**Jim:** Yes. I used to do some doubles and triples, but I got out of that. I've just been doing singles. On bench night I'll do 315, and once I get to 405 I'll put it on, then I'll go up to 500 or more, then I use one board. When I get up to around 635 or 650, then I'll take one board away and do a couple heavy singles with that. I try and concentrate more on that one rep. The only rep that

really counts is that first one. If you think about doing two or three reps then you're not focusing on that first rep, so I just try to focus on one rep. Even if it's not the best rep, I'll rest and take a few minutes break, and come back and try and do the weight again, rather than try and do another rep right then.

**Greg:** Do you do a down set after the singles?

**Jim:** No, not usually. If I hit the number that I want to hit with my shirt on, I'll take my shirt off and move onto something else like dumbbells or one of the Hammer strength machines. I'll do 6 to 10 reps, 4 sets, just to get some reps in without the shirt.

**Greg:** So, maybe, one exercise of an accessory bench press movement, 8 rep range?

**Jim:** Yes, when I'm training for a meet that's usually how I'll do it. I'll just bench, and I'll do another exercise for chest, and that's it.

**Greg:** Do you have any advice for the beginning lifter?

**Jim:** If you want to be a great powerlifter you've got to have the 3 Ds: Desire, Dedication, Discipline. I think that's great advice for a lifter. Desire - you've got to want to do it. If you're trying to be a powerlifter and you don't really want it, you're probably not going to be that great. You can't really make yourself do it.

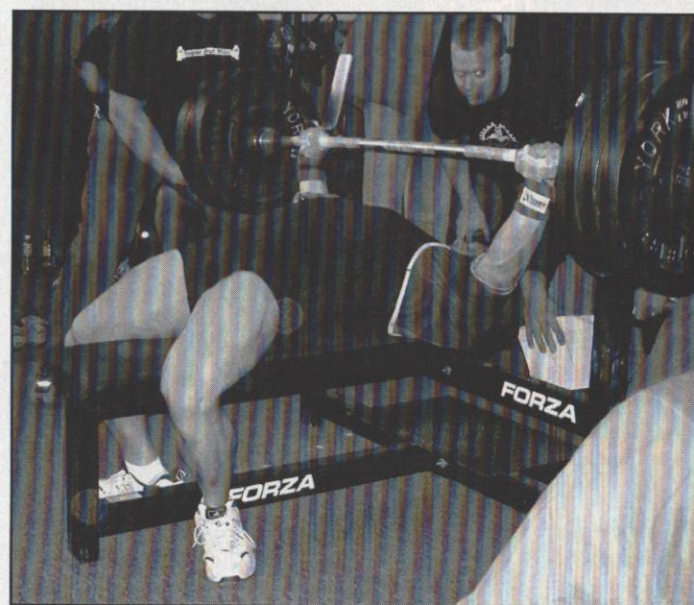
You've got to want to do it. Dedication - you've just got to devote a lot of your time to training. Some guys don't want to put the time in at the gym, they just want it to come easy. You got to devote a lot of time. Discipline - you got to give it all you got every time you're in the gym. You can't go in when you're a little tired and just take it easy. You've got to be disciplined and give it your all every time you train. 100%.

**Greg:** Is there anyone you'd like to thank?

**Jim:** I got to thank my wife. She's always there for me and helps me out. I got to thank my training partners, Sean and John, they're always there with me in the gym. I got some great spotters, and you need them when you're benching heavy: Chris, Rich and Kevin. My Chiropractor, Dr. Dave Kingwater's done a great job on me. When my joints get sore, my shoulders, elbows, my back, he does a lot of muscle work on me and helps me out a lot. Gary Klein gives me great bench shirts and wrist wraps. Greg from Gearman has great supplements, especially the protein shake I talked about earlier. Tastes great and mixes up easy. I have to thank my stepson Brandon. A lot of times he comes to the gym and helps out. Sometimes he likes to watch and film me. He's the camera man.

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Jim Kilts with the 665 bench he made at 181, a new all time record.

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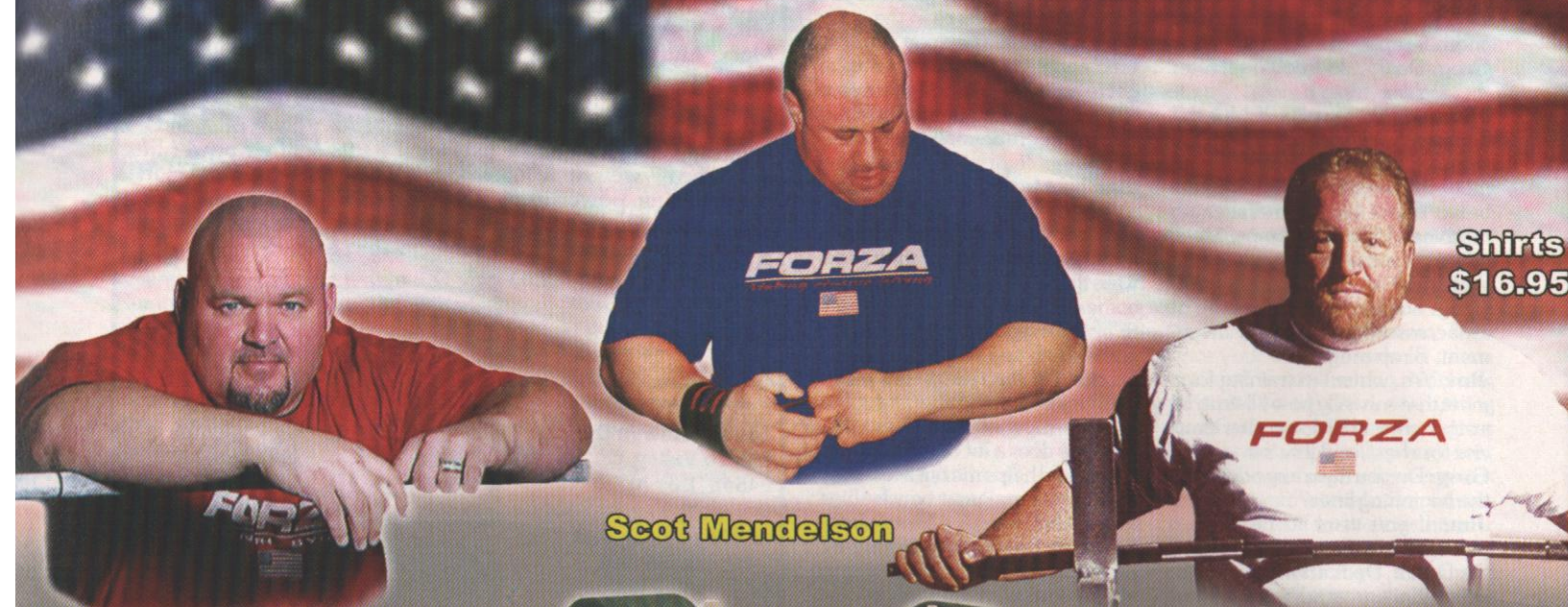
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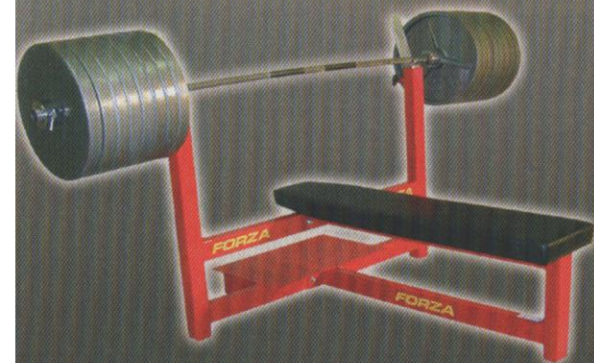


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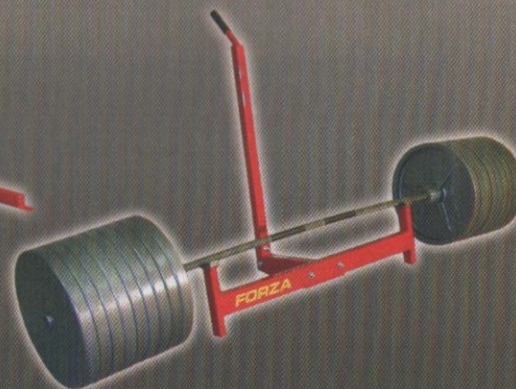
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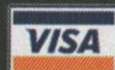


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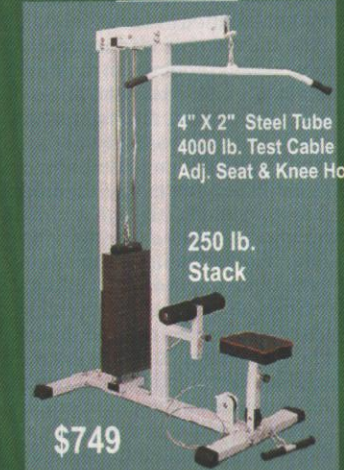
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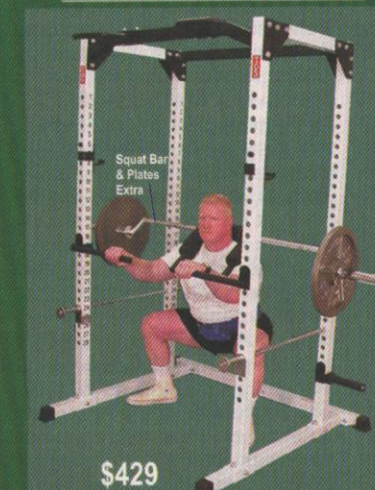


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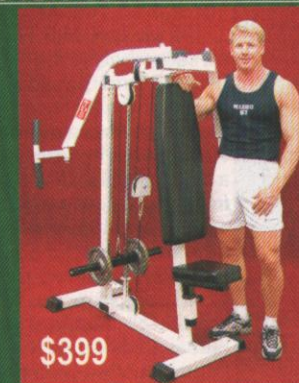
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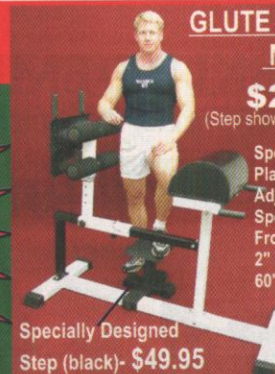
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# KARWOSKI RE-EMERGES

as told to Powerlifting USA by Marty Gallagher



Captain Kirk Karwoski goes deep at the AAU World Championships

I've seen my share of great lifters and great lifting over the past forty years ... I watched Paul Anderson squat 900 pounds for reps wearing a bathing suit, no lifting belt and, oddly, black socks without shoes. This was at the Silver Spring Boys Club in 1966. He then put on his combat boots without bothering to tie the laces and worked up to a clean and press (sloppy power clean, lightning fast press) with 420, this when Yuri Vlasov's world record stood at 418. At Gonzaga High School in Washington, DC in spring of 1968 I saw a tall and unbelievably athletic-looking Ernie Pickett press a world record 446. Minutes later I saw Bob Bednarski exceed that with his first world record, a press of 451. In June of that same year I saw the Bob (the Woonsocket Wonder) press 456 for a world press record, snatch 340 as a token lift and then clean & jerk 486 for a second world record. This was the most weight anyone had lifted overhead at the time. This took place at the 1968 National Championships. Thousands of people crammed into the York auditorium on Saturday and as John Fair wrote in his superb book, "that night Bednarski turned in a performance that bordered on miraculous. His final lift could not have been more dramatic. 'Just as I took a breath...' [and was about to throw the jerk overhead]

Bednarski recalled, 'there was a big flash of lightning and a thunderclap that shook the building.' The pure drama threw us strength aficionados in the audience into pure rapture. The cheering went on and on as they weighed the barbell on stage.

That same day I had the honor of watching Bill March and Russ Knipp lift. Fred Lowe looked massive and had the physique we all wanted. 17 year old Jack Hill put on a quick lift workshop. Holbrook, Hise, Hirtz, Rawluk and Dube all saw action ... it was a heady weekend and we had seats right up front ... I saw Bill "Peanuts" West ignominiously bomb-out at the 1969 powerlifting championships in York. A triumphant George Frenn later lifted and won at 242. During the trophy presentation Frenn grabbed the microphone from MC Morris Weisbrott and proceeded to call forth a massively embarrassed Peanut from backstage. Frenn then launched into a fifteen minute "Ode to Peanut" soliloquy that no one in attendance will ever forget. I witnessed Mark Chaillet deadlift 880 weighing 270 when he and I were training alone at his ultimate power gym located over an auto parts store one gray overcast Thursday in Temple Hills in the mid-eighties. One massively muscled man, one huge barbell, one perfect rep with 880-pounds,

smooth as glass, just he and I and three or four disinterested gym rats as witnesses.

I stood twenty feet from Lee Moran when he squatted 1003 at a Pacifico competition in Dayton. This was when powerlifting had only one national and world championship and the competitions meant something. Lee had a disastrous previous attempt when he came within an inch of being blasted in the kneecaps by five hundred pounds. A collar had not been tightened in the rush to get the weight ready for the world record attempt and as Lee stepped back and set up his side-to-side movement caused the loose collar to break away and the weights slid off one side before anyone could do jack about it. The heavy left side, suddenly without counterweight, whipped downward around Lee's neck, a stumpy 22-inch fulcrum. The net effect was pure chaos and I had the perfect vantage point. After the 25 pound plate fell to the ground with the collar, four gold hundred-pound plates fired off the spinning bar. The whirling barbell slung gold plates slingshot style over Lee's head. In rapid succession plates were catapulted in the general direction of the audience. You have never seen people scatter so fast. By the time the 1st hundred pound plate landed there wasn't a human being within thirty feet. The 330 pound Hell's Angel leapt backward with the agility of Mikhail Baryshnikov executing a leaping twirl during the Nutcracker. He had to or he would have been slammed in the knees with the still secured 500 pounds. The 45 pound bar whizzed around his neck and grazed a spotter's head. After the pandemonium had died down, MC Tony Carpino, in classic powerlifting style, said to the packed auditorium, "WHAT THE F\*&K JUST HAPPENED!" Lee composed himself and came back and made the lift on his subsequent attempt.

I worked with Doug Furnas on successive occasions when he became the 1st man to total 2400 twice. At the first competition we basked on Maui and at the second we froze in Minnesota. Doug was a lifting machine. I worked with the incomparable Coan for a decade and assisted him in whatever way he deemed appropriate. We worked together at national and world competitions. You 'assist', you don't 'coach' men like Coan, Furnas, Chaillet, Karwoski, Jacoby, Lamar or Mike Hall. I assisted Ed when he posted the highest total ever (at the time) regardless of bodyweight. Ed was the greatest lifter I have ever seen with the possible exception of Anderson. I have assisted all-time great lifters

like Lamar Gant, Dan Wohleber, Dan Austin, Joe Ladnier, Mike Hall, Dave Jacoby, Phil Hile, John Black and Bob Bridges during national and international competition. The point is - I've been around. I'm jaded and tough to impress, and thought my time was over insofar as bearing witness to truly amazing strength occurrences. I was wrong. Through a weird combination of chance and circumstance I bore witness to yet another absolutely incredible, all-time strength feat. It was an amazing display of pure freaking hellacious strength.

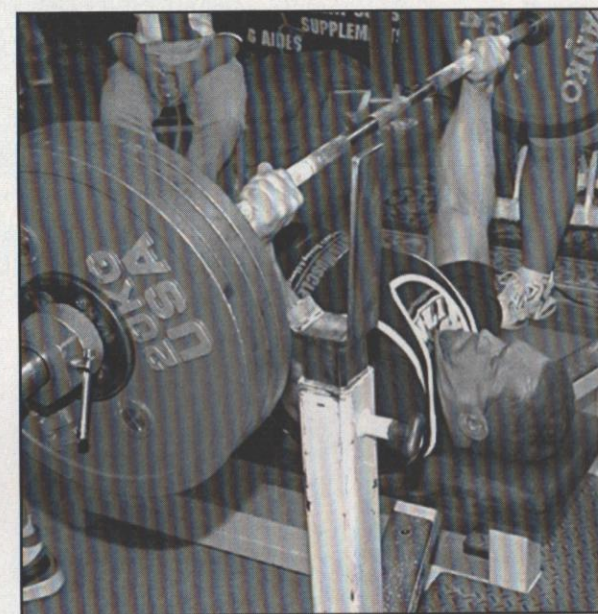
On December 9th, 2004 I assisted Kirk Karwoski when he totaled 2066 in the three power lifts wearing nothing but a lifting belt. It was a retro-throwback powerlift festival starring Captain Kirk Karwoski in his first public lifting appearance in eight years. Physically he has never looked better: he lifted in the 242 pound class and was shredded and ripped. Through a combination of muscle maturity and low bodyfat, his arms and legs rippled and roiled with every step. Like a lifting Ulysses, Kirk had been away from powerlifting for nearly a decade and everything changed in the interim. At this competition, the AAU World Championship held in Laughlin, Nevada, Kirk went backwards in time and rather than 'gear up' decided to 'gear down.' He made eight out of nine lifts and started things off with a squat exhibition. In staggering succession he made 749, 804 and finally an explosive 826 pound effort. He wore a loose tee shirt and a wrestling singlet. Kirk experienced a severe thigh pull on his final squat with 826. On the previous 804 he barely averted a total wipeout. He lost concentration and tension on the descent for a split second and his lapse caused him to be pushed downward past his normal turnaround point. He caught himself and through sheer willpower and guts pushed 804 to completion. His post-lift analysis was that he had 'set up' with his feet slightly narrow. This gut-buster lift took a lot out of him and the selection of 826 pounds was conservative. Had the 804 gone the way it should, 840 would have been the realistic 3rd attempt. The 826 actually went a whole lot better than 804. As Chuck Deluxe would say, using another of his endless football analogies, "Kirk 'jus needed to get the snot knocked out of him to clear his head."

Karwoski took the 826 down quickly and exploded it upward from 3 inches below parallel to 3/4's erect when his vastus internus on his right thigh tore. He actually heard a noise. He recalled that, "I heard it [the thigh muscle] go 'pop' - but I was through the sticking

point and I was not going to lose this weight after getting past the hard part."

This lift was a thing of beauty; pure athletic poetry in motion, 8-and-a-quarter squatted deep and explosive by a guy weighing 240 and wearing a lifting belt and nothing else. This was as fine a lift as I'd ever witnessed by anyone anywhere. In the bench press Kirk made an explosive 446 opener and a fine 462 second before experiencing his only miss of the entire competition: a 479 3rd attempt bench press. He had trained hurt. "I had been nursing a torn rotator cuff for the last ten weeks. It was a work-related injury, nothing to do with training and before injuring it I had bench pressed 500 with a pause without a shirt." Kirk said. "I had hoped for a double bodyweight 480-pound bench press." This was not to be. The deadlift would be touch and go on account of the thigh injury. He decided to dramatically curtail the number of deadlift warm-ups. Julie Scanlon and myself, his handlers, applied ice to the injury, but it would be anyone's guess if he would be able to deadlift effectively. He felt confident of being able to pull 705 regardless how bad the leg hurt. The competition was dragging on and on and fatigue was becoming a real factor. His opening 705 deadlift "felt better" than his final warm-up. His second attempt with 749 felt better than 705. The thigh injury would not be a factor but fatigue might be his undoing. Kirk took his first squat at 10am and pulled his final successful deadlift, 771 pounds, at 7pm, a full nine hours later.

I remember way back when Kirk was campaigning as a 242 pound lifter, going against Hall of Fame guys like Dave Jacoby, Willie Bell and Thor Kritsky. Kirk was a young man trying to break into the ranks of the true champions and we were in shock-and-awe over the poundage these men were lifting. Clean legal lifts wearing single ply squat suits, standard length knee wraps and single-ply bench shirts. That was twelve years ago. Kirk is now matching those awesome lifts made by those awesome men - but without wearing any supportive gear. At age 38, Karwoski's lifting was truly transcendental. I first met Kirk Karwoski when he and I trained at



Kirk had to do his bench press around a rehabilitating injury

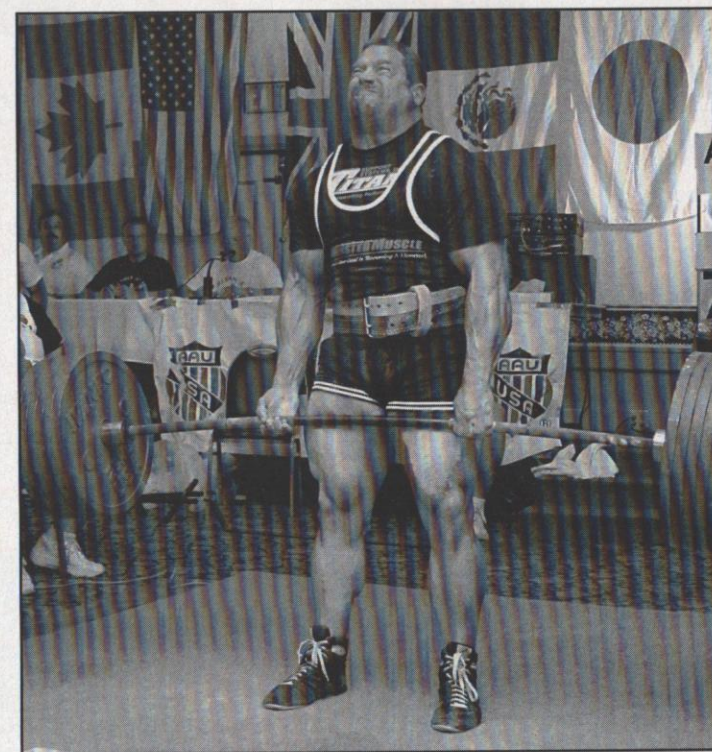
Joe Polvinale's basement gym in rural Maryland in the early 1980's. Kirk was a college football player who'd decided he was too short for ball and wanted to get serious about powerlifting. Gradually and systematically, he worked his way up the powerlifting feeding chain. It was not an easy path. In his first USPF national championships Kirk bombed out in the squat. In his second national championships he was red-lighted on his first two attempts. His third attempt lift was passed by two judges and flunked by the third. That poundage was 804, a junior world record. Power impresario Mike Lambert called this attempt, "the hardest lift I have ever witnessed." Karwoski told me prior to this competition that if he bombed out again, he would quit the sport altogether. We came within one red light of losing this future hall of fame lifter.

The following year he let his bodyweight increase and weighed a full 275 pounds. When superheavyweight champion Mike Hall unexpectedly dropped out of the national championships at the last minute, Kirk and I thought our chances would be better in the supers instead of lifting against Calvin Smith, the national champ at 275. Karwoski captured his first national championship as a superheavyweight. At the 1990 IPF world championships, Smith and Karwoski switched classes and Kirk lifted against The Fearsome Finn, three-time world champion, Kyosti Vilmi. Karwoski electrified the crowd and US team coach Sean Scully called it 'one of the most exciting lifting performances I've ever witnessed.' Vilmi pulled his final

deadlift to beat Kirk by a scant 5 pounds. I kicked myself in the ass for passing on the trip; I felt my presence would have been good for 5 pounds and vowed to make the trip the following year. In Orebro, Sweden the very next year, I was present as a US team coach when Karwoski easily captured the first of six straight IPF world titles, including one at 242. The other five were as a 275-pound lifter. Kirk won seven straight national titles, including one at 242 and one as a super heavyweight.

I was his coach at every national championship, including his final when he squatted 1003 and totaled 2303. Both were world records. After winning his sixth straight world title, circumstance and boredom caused him to retire from powerlifting. He went into business with his parents. He had worked a union job for nine years and leapt into the private sector and the 60 hour workweeks that go with it. I remember long-time training partner Bob Myers and myself trying to talk Kirk into going for his seventh world title. We tried every enticement and inducement we could think of. The title was his for the taking. He was

literally untouchable by anyone in the world at that juncture. We were babbling on when Karwoski silenced us with a wave of the hand, "Why in the hell do I want to put myself through all that aggravation for? So I can do this?" He wet his left index finger and drew an imaginary seventh line on an imaginary chalkboard. End of conversation. In the subsequent years he contented himself by training and coaching. He made several trips abroad with the US female powerlifting team. I saw him about six months ago and thought he looked really good at his reduced bodyweight and suggested that he consider posting a 'raw' total. The idea of lifting raw intrigued him, but he did not want to compete. "I have zero interest in competing against others or winning titles or trophies. I would like an opportunity to lift in front of strict judging without wearing power gear of any type." Martin Drake, the meet organizer for the AAU World Championships thought a Karwoski raw exhibition would be a splendid idea and the table was set. Per usual, Karwoski came through. Future plans? "I have nothing on the horizon." Let us hope that we haven't seen the last of Karwoski's exploits. I think he has room for improvement. On a good day after an injury free training cycle I could see him hitting an 850 squat, a 500-pound bench press and 800 in the deadlift. All without supportive gear and weighing 242 pounds - that'd be one hell of an accomplishment, I think you'd have to agree.



A Muscular 242 lb. Kirk Karwoski deadlifted 771 (CSS Design photos)





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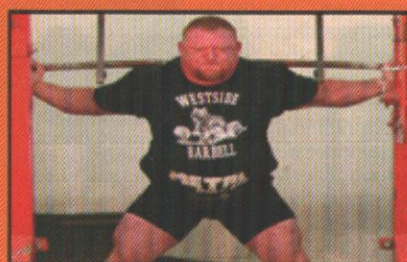
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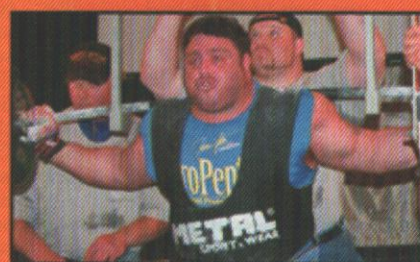
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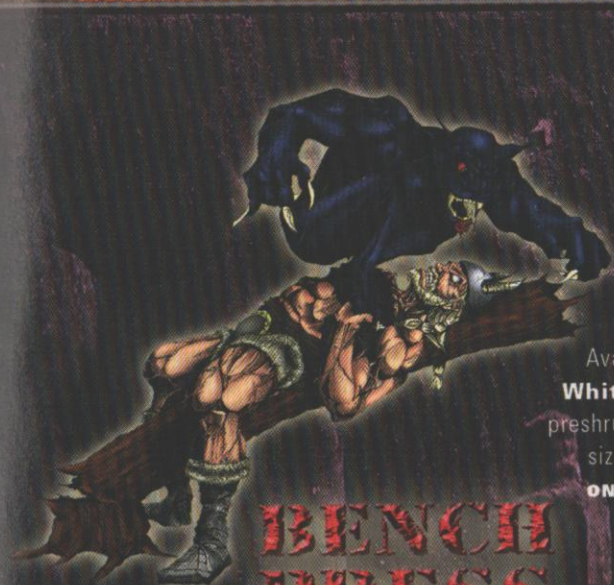


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# POWER - RESEARCH

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Much research has been conducted related to training for muscular hypertrophy and maximal relative strength development, including repetition ranges, rest period durations, and repetition cadence. If two hypothetical athletes have identical muscular development and muscle fiber composition, how does one exceed the other if they have equal training experience and technique? The fastest method can be found in the scientific improvement of muscle fiber recruitment, implemented over as brief a period of time as one day. Lift progress is both faster and more substantial when one increases the number of muscle fibers used in a given movement vs. simply their individual size or firing speed.

There are no direct connections between nerves and skeletal muscle fibers. There is a microscopic gap, a space, between motor neurons and the muscles they contract, referred to as the Neuromuscular Junction (NMJ) or synaptic cleft. This is, for strength athletes, the essential "power gap" that must be bridged for strength development beyond muscular hypertrophy and training effect.

To properly maximize the electrochemical nature of muscular contraction, it is important to understand the series of discrete events that leads to all physical movement, in this example, the arm extension in the bench press:

1) Based on the intended movement, a signal from the spinal cord causes an electrical current, referred to as the action potential, to travel down the motor neuron towards its associated group of muscle fibers in the triceps. This motor neuron and its group of muscle fibers are, combined, referred to as a single "motor unit".

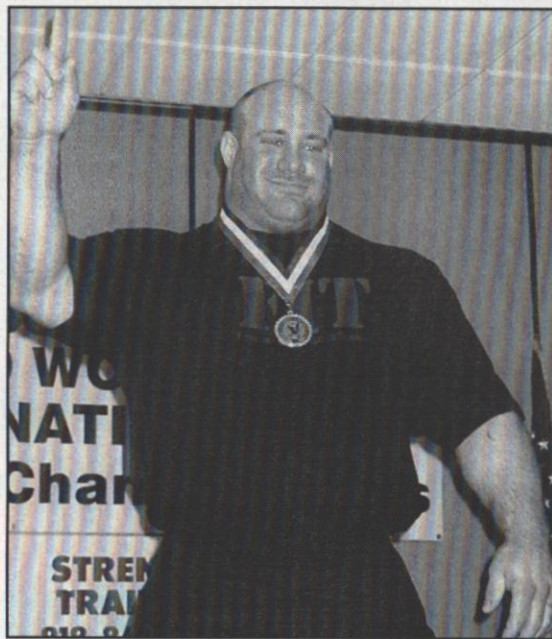
2) When the electrical impulse reaches the end of the motor neuron, the neurotransmitter acetylcholine is released and travels across the gap to the surface of the muscle membrane.

3) Acetylcholine binds to receptor sites on the muscle, recreating the electric action potential.

4) The electric current causes the release of calcium (Ca++) from the sarcoplasmic reticulum in the muscle.

5) The calcium contacts the contractile machinery of the muscle (actin and myosin), and muscular contraction

## ACETYLCHOLINE: 10 World Records in 12 Months and the Future of Strength Development as told to PL USA by Timothy Ferris, ACSM



Scot Mendelson is a big endorser of BodyQUICK

occurs; the fibers in the triceps head slide over themselves in a ratcheting movement, shortening and extending the arms.

Without chemical stimulation from a motor neuron, muscular contraction cannot occur. Without optimal chemical stimulation, maximal strength output cannot be generated.

To facilitate and optimize the above process for strength gains, one can increase area-specific calcium release, increase the number of motor units activated by a given motor neuron, or increase acetylcholine production at the Neuromuscular Junction. Two vehicles can be used to further these goals: training and supplementation.

As a sample of the former, researchers and scientists at the University of Connecticut have demonstrated that high-intensity training, defined as resistance training at a minimum of 90% Maximum Heart Rate (MHR), can increase the number of branches that extend from the end of a given motor neuron. In this manner, broader connectivity increases the number of motor units reachable by multiple motor neurons, resulting in greater muscle fiber recruitment and strength output.

This is of particular value within larger

and most easily fatigued muscle groups, where each neuron must service larger numbers of muscle fibers (i.e. white type II-b fibers in the thighs, back, and other major groups critical to maximum lifts in strength sports).

Training, however, is for another article, and the above physical adaptation does not increase neurotransmitter production or the number of receptor sites for them: the two missing links, so to speak. Within the context of this brief article, we shall focus on the most neglected vehicle for maximal strength development via supplementation: acetylcholine.

Thomas Incledon, president of Human Performance Specialists, a sports pharmaceutical

consulting firm, cites acetylcholine and associated neural co-factors as the next generation of ergogenics: "Increasing acetylcholine and neurotransmitter enhancers will be one of the next phases. When you increase acetylcholine, you are able to activate more muscle fiber, which, in turn, lowers the relative intensity of a workout [by increasing the amount of weight that can be lifted]."

By actively providing the precursors and conversion agents necessary for optimization of nerve conduction, strength is increased through the power of multiplication: using more muscle fiber in a given movement, which equals greater gains and hypertrophy in a shorter period of time.

The quantifiable real-world improvements athletes are demonstrating with neural accelerators, now that they are appearing in the competitive circuits, is more impressive than physiological theory or hypothetical speculation.

Scot Mendelson, who has increased his world-record bench-press from 786.2 lbs. to 875.2 lbs., now has 9 world records to his credit and states: "BodyQUICK [the only acetylcholine-based neural accelerator currently on

the market] helps everything fire faster. The power and speed it generates is like nothing I've ever tried."

Peter Primeau, IPA World Champion, states: "Last year I was able to squat 565 [lbs.] in a competition. By using [neural acceleration] earlier this year I achieved a 705 squat in competition. My bench went from 440 to 550 in the same cycle. My deadlift improved from 625 to 645. Today I squatted 715 deep for a double."

It is understood that world-class athletes progress based on multiple factors and training is no small component; a supplement cannot replace these prerequisites as it is intended only to amplify and multiply the training effect. That said, if acetylcholine production is impaired or suboptimal, no type or volume of scientific training will produce the highest-possible performance gains, as all contraction is limited by its supply. Using blood analysis testing, it has been demonstrated that plasma levels of choline (a precursor to acetylcholine) are decreased by 25-40% in runners after completion of the Boston Marathon. Randomized placebo-controlled crossover testing has also concluded that increased acetylcholine levels directly correlate to faster running and swimming times in competitive athletic subjects. It is important to note that, as critical as acetylcholine is to strength output, it is equally important to extended muscular performance and sports endurance.

How does one simultaneously increase motor unit recruitment, increase muscle fiber stimulation, and decrease muscle fiber fatigue? Understanding the role and optimization of acetylcholine is the key to bridging the "power gap" and actualizing true genetic strength potential.

Consumption of acetylcholine precursors and necessary conversion agents improves muscle-fiber recruitment and introduces a new basis for the development of maximal strength within shorter time frames than ever before possible with training and supplementation focused on hypertrophy, whether sarcoplasmic or sarcomeric.

Acetylcholine (ACh), unstable when ingested directly, is ideally produced by consuming constituent precursors, conversion agents, and extension agents that increase the intersynaptic half-life once acetylcholine is produced internally.

At the time of this writing, there is only one patent-pending and tested neural accelerator on the market that contains these above three necessary components, sold in New Zealand, Japan, and now the USA as BodyQUICK

(www.getbodyquick.com). Featured on FOX Sports and CBS' "Science of Fitness", BodyQUICK has quickly entered the world of professional sports and immediately demonstrated the power of acetylcholine, setting nearly 10 world records in competitive powerlifting alone within the last 12 months. BodyQUICK is ASDA-approved and contains no banned substances listed by the International Olympic Committee (IOC) or NCAA. To affect the calcium component of neural transmission and muscular contraction, this product also includes methylxanthines which increase Ca++ release.

Analogous to insulin as a so-called "master hormone" in its ability to regulate testosterone and Human Growth Hormone (HGH) production, the nervous system is the parent biosystem that determines the output and limits of the muscular and cardiovascular systems, as they both depend on electric impulses and action potentials. For this reason, the biochemicals that support neural transmission and help recruit the maximal number of motor units must be optimized to realize the true upper limits of muscular power output.

With an excellent record of clinical safety, acetylcholine-based neural accelerators may present a safer alternative to the more harmful anabolics and androgens so prevalent and so often misused in competitive strength sports today.

Timothy Ferriss, ACSM, has been featured by media worldwide, including Maxim Magazine, The Philadelphia Inquirer, Amazing World News (Japan), and MTV. For more information on acetylcholine-based strength development and athlete case studies, visit [www.adaptagenix.com](http://www.adaptagenix.com) or [www.getbodyquick.com](http://www.getbodyquick.com)

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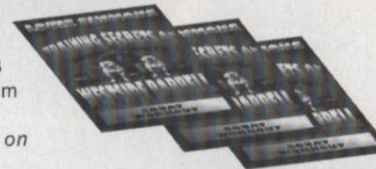
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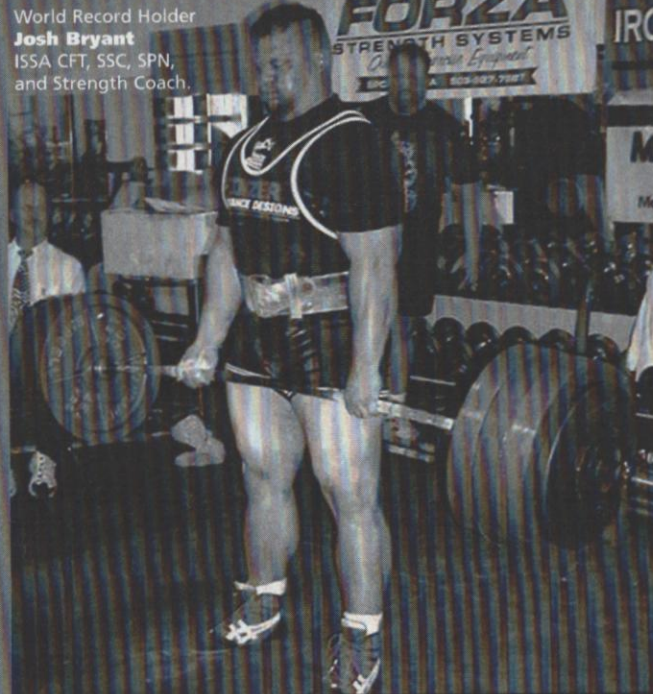


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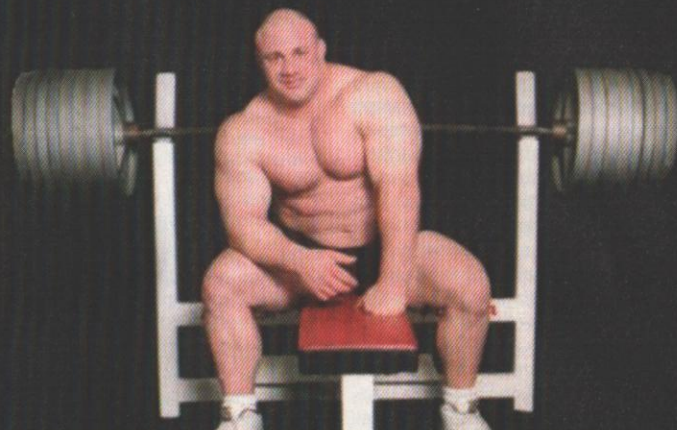
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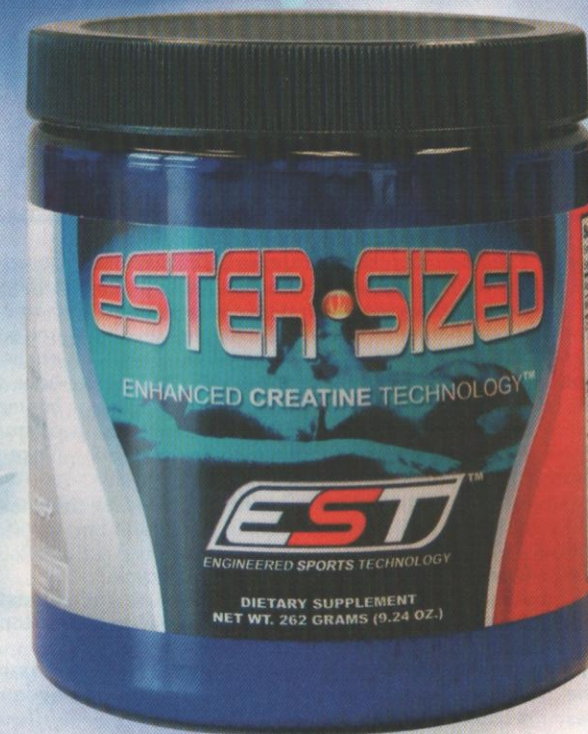
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We get thousands of questions each month on our Q/A, over the phone and our personal e-mails regarding some very simple but important questions. Here are answers to the frequently asked questions regarding dynamic effort squatting.

# FORCE TRAINING

by Jim Wendler and  
Elite Fitness Systems

**Question:** What kind of stance is used on dynamic squat day?

**Answer:** Usually a stance that is wider than shoulder width. Most will go slightly wider than their competition stance. This does not mean that you should be doing the splits, though.

**Question:** What is a basic squat cycle that I can do with just straight weight?

**Answer:** When using straight weight (no chains or bands) the following cycle can be used:

Week 1: 8x2 @ 55%  
Week 2: 8x2 @ 60%  
Week 3: 8x2 @ 65%

Once you are done with week 3, repeat the cycle starting with week 1. The percentages are based on your best 1 rep max at a meet (free squat).

**Question:** What is the basic squat cycle that I can do with chains and how many chains do I need?

**Answer:** When using chains, the percentages and sets remain the same as when you are using straight weight. The percentages are based on your best 1 rep max at a meet (free squat).

Week 1: 8x2 @ 55%  
Week 2: 8x2 @ 60%  
Week 3: 8x2 @ 65%

The amount of chains can be varied throughout the training cycle, but is not necessary. For example, during the first three week phase, three chains can be used. During the second three week phase, four chains are used. During the third cycle, five chains are used. Another variation is to start with three chains per side and add a set of chains after every two sets. A lot of people ask how many chains are used for a beginner or average lifter. The answer to this is that most people will use 2-3 chains per side.

**Question:** What is a basic band squat cycle?

**Answer:** Listed below is an 11 week band squat cycle. Notice how the bands increase every fourth week. Weeks 10 and 11 are deload weeks and are designed to help you recover. The percentages are based on your best free squat. You do not add in the additional band tension as part of your bar weight.

1. 8x2 @ 47% + Average Band
2. 8x2 @ 50% + Average Band
3. 8x2 @ 53% + Average Band
4. 8x2 @ 47% + Strong Band
5. 8x2 @ 50% + Strong Band
6. 8x2 @ 53% + Strong Band
7. 6x2 @ 47% + Strong/Light Band
8. 6x2 @ 50% + Strong/Light Band
9. 6x2 @ 53% + Strong/Light Band
10. 6x2 @ 50% + Strong Band
11. 6x2 @ 47% + Average Band
12. Test Day

The bands that are used are always Jump Stretch bands. There have been some attempts to copy Jump Stretch bands and pass them off as an iron clad copy. Would you expect anything less from someone who has to copy an idea?

**Question:** Are the percentages that are listed set in stone?

**Answer:** No. The percentages that are given are guidelines that are

based on experience of working with athletes with different training backgrounds. Remember to use these as a reference point and adjust accordingly. If you understand the purpose and goal of this day, then you will have a better understanding of what kind of bar weight to use. If you are new to this kind of training, stick to the given percentages. Once you have become more experienced, you will have a better understanding of what to do and what works best for you. It does take some time so be patient and listen to your body.

**Question:** How much tension is at the top and bottom of the squat when using bands?

**Answer:** This is almost impossible to answer because everyone sets up the bands differently and the height of the lifter will vary the tension of the bands. But here are the approximate numbers for a 5'10" lifter that has choked the bands under the legs of a Monolift. This is approximately a 4x4 base.

Band	Top	Bottom
Strong	235	185
Average	190	135
Light	115	95

Remember that these numbers are approximate. In fact, if you understand the how and why of dynamic squatting, the tension becomes inconsequential.

**Question:** If I squat 400 with a choked strong band, how much will I squat?

**Answer:** There is no way of answering this question. There is not a direct correlation. In order to find out how much you can squat, either test it or go to a meet.

**Question:** What do you mean by "choking" a band?

**Answer:** To choke the bands, place the bands around the base and pull one end of the band through the other. Take the free end and put it around the sleeve of the bar. This is how we set up the bands for squatting.

**Question:** I don't have a Monolift. How can I use bands when I squat?

**Answer:** Necessity breeds invention. For many years, I did not have access to a Monolift and had to use a power rack to perform all of my squats. There are several ways to set up the bands when using a power rack. The easiest way is to have a power rack with band pegs built into the rack. These are the kinds of racks that we build at Elite Fitness Systems; we were the first company to introduce band pegs on power racks and it seems to have caught on, though most companies seem to have done an extremely poor job. Our racks have 8 band holes per side and allow for a variety of different settings and band tensions. This allows for an easy way to set up bands. Another way to do it is to place two heavy dumbbells on each side of the power

rack. The bands are choked around the handles of the dumbbells and placed on the sleeve of the barbell. You will have to wedge some lighter weight plates around the dumbbells to prevent them from rolling around. The last way to set up the bands is to build a platform under your power rack and attach two metal hooks (they look similar to suitcase handles) per side to the platform. Be sure that they are very secure as the added band tension will put an amazing amount of stress on the handles.

When using bands, walking out the bar can be very difficult. To combat this, we came up with a way to "Monolift" the bar out of the rack. Set up the bar in the j-hooks so that the bar is at about chest height. Set up the bands so they are slightly behind the lifter. If looking at the rack from the side, the floor and the bands (when attached to the bar) will form an obtuse angle. Place your feet exactly where you want to squat, position the bar on your back and arch the weight out. The bands will pull you back slightly and put you in perfect position. There will be little distance between you and the j-hooks, but do not worry about hitting them. Once you are finished with your set, simply fall forward into the j-hooks. Obviously this is going to take some time to get used to and to find the perfect set-up.

**Question:** What kind of powerlifting equipment is used when performing dynamic squats?

**Answer:** Most will wear a pair of squat briefs or a suit with the straps down. If you are going to squat with a wide stance, it is recommended that you wear some kind of support for your hips. A belt is also used on this day. We all wear some kind of flat soled shoe, similar to a Converse Chuck Taylor. Also, many people will wear wrist wraps and elbow sleeves to prevent wrist and elbow pain.

**Question:** I have a hard time getting off of the box, but my speed is good throughout the rest of the lift. What should I do?

**Answer:** The cause of this problem is almost always a technique flaw. This could be several different things including; bar placement on the back, elbow positioning in relation to the bar, if your abs are pushed out, arch in the lower back, head positioning and if you are staying tight throughout the lift. Too many times people will look to a muscle group as being a problem when usually it is a breakdown in their form. Also, you may want to take some bar weight off or raise the box a 1/2 inch. This will ensure that you are fulfilling the purpose of this day.

**Question:** How often do you work up and attempt a heavier weight on this day?

**Answer:** This is usually done 1 or 2 times per month. This is done to check your form with heavy weights. This is very important because it will show if you can maintain proper technique with a heavier weight. This should be done with approximately 90% of your best box squat, but this number is (again) a guideline. You can also try to break your best box squat

on this day if you are feeling good. Remember to slowly work up to the 90% to avoid injury. While the lighter weights will help reinforce good technique we all know that it is easy to squat 60% of our max with correct form then it is to squat 90%.

If you are looking for a more definitive answer, I would schedule to work up to a heavier weight every other week.

**Question:** I don't compete in powerlifting and don't wear any powerlifting gear. What changes should be made?

**Answer:** If you are not wearing any equipment, be sure to use a narrower stance. Without the support of squat briefs or a squat suit, a wide stance would be a nightmare for your hips. You can also adjust the percentages by adding 5-10%. This is because you are not getting the carry over from the equipment.

**Question:** I have a hard time understanding what "releasing the hip flexors" means when box squatting. What does this mean and how do I do it?

**Answer:** This is a hard question


to answer through writing. Whenever people ask this question I always advise them to simply sit on the box for 2 seconds before coming up. To understand what "releasing the hip flexors" means and how it looks, I suggest getting the Westside Squat Workout Tape and watch some live footage of box squat workouts. These tapes are sold on our website.

I hope this answers many of your questions regarding dynamic effort for the squat. If you have any questions regarding form and technique, I highly recommend getting the EliteFTS Squat and Deadlift Exercise Index DVD. This DVD is over 110 minutes long and goes into great detail over every single lift we could think of. Not only are the lifts shown, but they are fully explained. If you have any questions regarding the form on your squat, I highly recommend that you get this video.

For more information regarding training, the most hardcore racks and equipment, apparel, Metal powerlifting gear, Force Training seminars and over 10,000 archived questions and answers visit [www.EliteFTS.com](http://www.EliteFTS.com).

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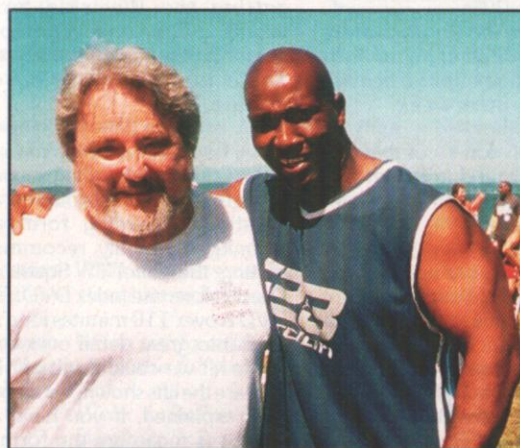


John Stafford utilizes many of the Force Training principles in his preparation for events like the WPO Super Finals.



# GREAT MASTER BENCHERS OF WABDL

as told to Powerlifting USA by Gus Rethwisch, WABDL President



**Robert O. Smith...** of Vancouver, Canada (seen with Bull Stewart) was the first man in any federation to bench 500 at age 60 or older. He is 62 now and benched over 500 12 times in 2004 at the ages of 61 and 62. In Tacoma, Washington, on June 19 he benched 501 and 507 in the 308# class. In Seattle on July 17 as a Super he benched 500, 510 and 514.7. In a USA Powerlifting meet in Seattle on July 25 he benched 500 and 505. At the WABDL Nationals in Portland on August 6, 7 he benched 501 and 512 at 308. In Reno at the WABDL World's on November 11 he benched 501 and 507 and four days later in Chilliwack, British Columbia at an IPF meet he benched 501.

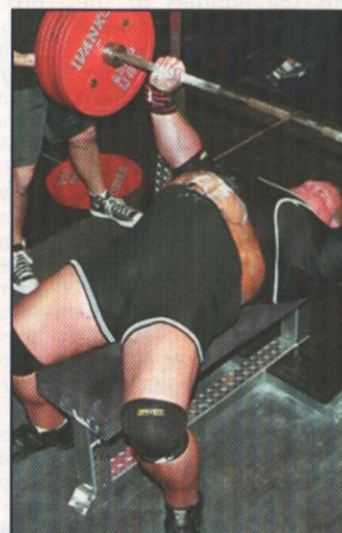
His first contest was in 1961 when the powerlifts were called the odd lifts and at the age of 16 in China Beach, California, he squatted 390 and deadlifted 570 at 198. He also was an Olympic lifter and at age 15 in 1960, he

clean and jerked 325. He retired in 1963 at age 18 and didn't compete again until 1983. Since then he has competed in 164 contests and in 1998 he did 16 contests.

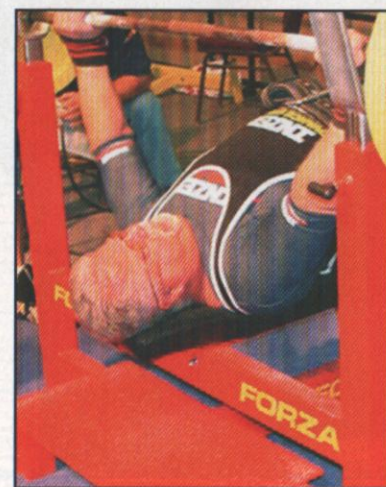
Robert O. has been a member of the Screen Actors Guild since 1974. He has appeared in speaking roles on Wonder Woman. He has done numerous voices for cartoons and is the voice for the Amazing Superbuddies, a cartoon that's getting worldwide distribution. He's been the voice of Quizno Subs and also Street Fighter cartoon on USA cable.

He was the voice of Grunt in the G.I. Joe cartoon, and he just landed the voice role of Gravity Man in the Megaman NT Warriors, a WB network animation. He's been married and has a 33 year old daughter in Phoenix and a 19 year old son in Seattle.

The most amazing aspect of all six of these great Master lifters is that as they get older, they get better. First Ron Hood at age 58 did his best bench of 551. Sean Finnegan at age 54 did his best bench at 617. Randy Patterson at age 57 did his best bench of 672. Sonny Ronolo a year ago at age 80 did 370 weighing 170 in the gym. His best in a contest is 325 weighing 160 at age 79. George Nelson did 610 at age 57 and locked out 601 one year ago at age 60, but it was turned down because his butt was off the bench and Robert O. Smith never benched 500 in his life and finally at age 61-62 in 2004 he benched it 12 times. As I've always said, keep lifting weights and you will be young forever.

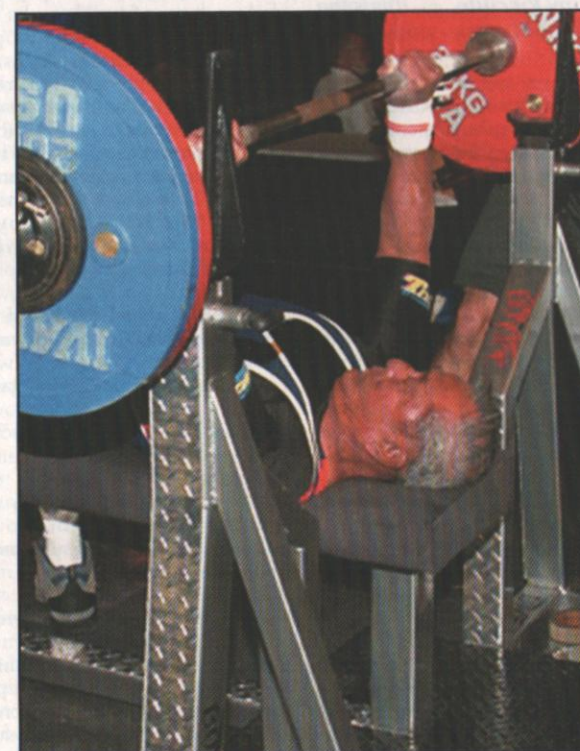
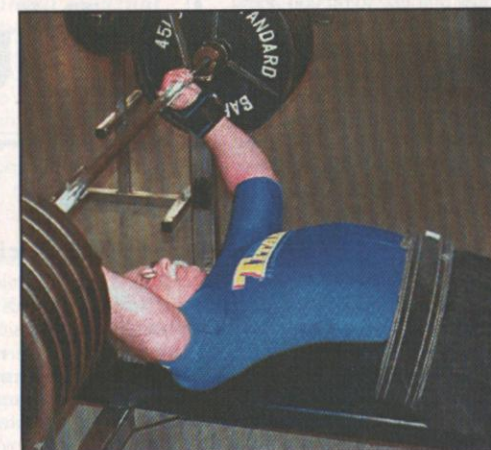


**Randy Patterson...** of Salem, Oregon is 57 and was a competitive powerlifter from 1981-1991. He weighs 343. Now he just competes in bench and deadlift due to knee and hip injuries from squatting. His lifts as a Superheavy powerlifter were 914 squat in a single ply squat suit, 584 bench with a blast shirt, and 749 deadlift. At the WABDL World's in Reno November 12, 2004, Randy benched 672 and just missed 700 at age 57 - a World Record in a single ply shirt. His deadlift was also a World Record 633.7. He will probably be the first man in the world to bench 700 at age 60! That is huge if he was 30. At 60 it is mind boggling. Randy works as a correctional officer in Salem where he is a Sergeant at the Oregon State Prison. He has a 23 year old son and a 17 year old daughter. Randy has competed in a total of 88 different contests.

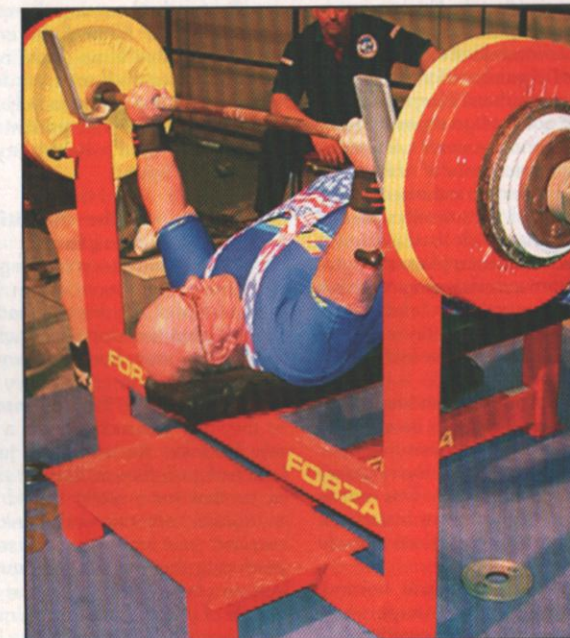


**George Nelson...** of Salem, Oregon is 60. He's married and has a 1 1/2 year old boy and two other children, a daughter 34 and a son 31. He started his own logging company at age 24 and was in the logging business until age 54. He's opened a couple of gyms since then and manufactures weightlifting equipment under a company called N-Shape. He loves hunting and has been known to go on two and three week elk hunts and also hunts pheasants and ducks. He didn't start competing until 1993 at age 49. In his first meet in April of 1993 he benched 310 in the 220# class. Since then he has competed in more WABDL meets than anybody - 66. He has competed in 78 meets all told. It took him three years to bench 400, 5 years to bench 500 and 8 years to bench 600. His best bench in a non-sanctioned meet was 615 weighing 258 and 610 weighing 261 in a sanctioned meet. He also benched 600 in two other meets. He had a solo cover on Powerlifting USA once. He has set 21 World Records. Sean Finnegan has broken two of them and Joe Harms has broken one. George still holds the 47-53 242 with 562 and the 54-60 275# with 610. George also competed in the Arnold Classic when the winner was determined by co-efficient and finished 2nd and 4th and 5th on two other occasions. George has been dealing with a bicep shoulder injury for about a year. He thinks he will be back shortly and look for him to bench 540-560 at age 60 and at the World's in November he will be in a new class 61-67. I really believe George will bench 500 at age 70. George has bench pressed 500 lbs. or better in 38 contests.

**Sean Finnegan...** of Dallas, Texas is 54. He began lifting in late 1969 and put up a 405 at 165 which was right around world record poundage. He trained with the legendary Ronnie Ray at that time. He quit lifting in 1996 and then Ken Anderson convinced him to resume competition in 1998 and he benched 403 weighing 217. Lately he has been on a tear and broke George Nelson's World Record in Master Men 54-60 at 242 with 567 in Dallas on July 24. Then he moved up to 259 where Nelson's record was 573. Sean did a staggering 617 to blow it away at the World Championships in Reno on November 11. The only Master lifter over 50 to bench more than Sean is 345# Randy Patterson who did 672. Sean passed his drug test and is now shooting for George Nelson's record of 610 at 275. Sean is the co-owner of a business that provides security systems for airports, universities and hospitals. It is a multi-million dollar volume business. He logs 50,000 travel miles a year, which I'm sure takes a toll on Sean's lifting. He credits training partners Ken Anderson, Tom Ekenberg, Jamey Mauldin and Jim Snodgrass with spurring him on to lifting greatness. Sean is married and has 4 children aged 19-35 - 3 daughters, one son. He has 2 grandchildren. Sean will probably bench press 650 pounds by age 56.



**Sonny Ronolo...** of Kailua, Hawaii is 81 years old and benched 370 one year ago at age 80 with a single ply shirt weighing 168. A week later he had open heart surgery! His best ever in a meet is 325 at age 79 weighing 165. At the Reno WABDL World Championships in November 2004 he benched 270 weighing 160 at age 81. Sonny is the most amazing lifter I have ever seen. He is very courageous and tough. He lost a daughter, wife and son to diabetes. His daughter, Jocelyn, is very devoted to Sonny and she also is very helpful at the last four WABDL World Championships. Sonny didn't start competing until he was 69. He used to help load thousands of pounds of weights for the Hawaii World Record Breakers. I saw him in the hospital the day after open heart surgery and he was already walking around as if nothing had happened. Sonny is a good friend. He wants to lift at the 2005 WABDL World's and bench 320 at 165# at age 82



**Ron Hood...** of Muskogee, Oklahoma is 59. He did a 551 bench at the World Championships in Las Vegas in December of 2003 at age 58 weighing 261 in a single ply shirt. He didn't start competing until 1983 at age 39. In his first meet at the Oklahoma State Fair he benched 400 weighing 210. He benched 500 for the first time in the 220# class at age 48. He has benched 500 or more in every meet he has been in since 1991 (24 meets). He has been in a total of 70 meets and doesn't compete as often anymore to prevent injuries. His goal is to bench 600 at age 60. For the present, the highest bench at age 60 is Robert O. Smith of Canada who has done 514.7 and was the first to do 500 at age 60. Ron is a correctional officer with the rank of Sergeant. He works at the Jess Dunn Prison facility which houses 1,000 inmates. The prison was named after a warden who was killed in a prison uprising. Ron deals with danger every day, but he is very laid back and in control of his environment. When I interviewed him, Ron indicated that he, on numerous occasions, is in a prison cafeteria with 230 inmates all by himself.



### What's the Deal On Creatine?

**Q:** I would first like to let you know that I really like your column. I am very happy that you are part of the writing staff at PL USA because your articles are a huge contribution not only to the magazine but the entire powerlifting community as well. You are no doubt the "Power Nutrition Guru" and I really trust your advice. Your Garry Frank series was one of the best articles that I have read in a long time. It really had me on the edge of my seat and I couldn't wait until the next issue would come in the mail to find out more about this powerlifting superhero. Anyway enough babbling from me, I do have a question to ask you. What is your take on creatine? I have never heard you say much except for in your articles on Garry. You obviously recommend it since Garry was using it in his program, but I was wondering if you could give us a little more info on it. Sincerely, Pete Japtrio

**A:** Hey Pete, it's good to hear from you. I am glad that you liked my article series on the undisputed strongest man that ever walked this earth! Now in regards to your question on creatine, yes, I do recommend it for my athletes. I am not going to go super in depth here as I do have a series on creatine and its performance enhancing benefits coming up in the near future so I will save all the scientific info and studies for that article. I will just touch the surface on this supplement to give you a better understanding of what it does. To give you just a brief sample of the benefits that creatine can have on the powerlifter I have laid out the table below.

- Creatine can increase lean tissue (muscle) growth due to its ability to increase protein synthesis.
- Creatine can help in the recovery phase of your training. This means that it will help you heal up faster from the intense training sessions that you are doing.
- Creatine will help you become stronger. This is of great importance since the main goal of powerlifters is to continually lift heavier and heavier weights.
- Creatine will help you increase your strength endurance. You will be able to do more repetitions with a particular weight. This will allow you to increase your volume workload which you most likely know will increase your strength.
- Creatine will also help you to recover faster in between your sets. This is due to the fact that it will help you replenish your ATP stores faster.
- Creatine is also a very potent cell volumizer. What this means is that creatine will help increase the amount of water, amino acids, glucose into your muscle cell. This will lead to increased muscle pumps as well as in increased rate of protein synthesis.
- Another benefit that I have found with creatine with my athletes is that they suffer from less joint pain while on it. It may be due to the fact that there could be more water around the joint providing more comfort.

# NUTRITION

## POWER NUTRITION Q & A

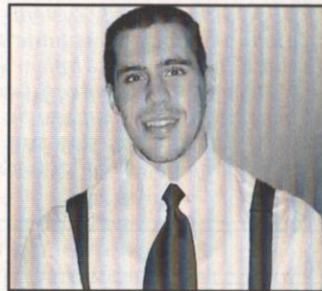
by Anthony Ricciuto, B.Phed. C.F.T. S.P.N. S.W.M. F.T.

Now here are just a few of the benefits of creatine and why I recommend it for my athletes. Creatine is a very complex topic no doubt and many areas of study concerning it. Different areas including proper cycling techniques, loading parameters, insulin mediation and mimickers, quality of creatines, different types and forms of creatine and much more. I just gave you a quick look at this nutrient as I plan on doing a series on this very important natural supplement that has taken the sports world by storm. All in all this is one supplement that is no doubt not a waste of money. I will go very in depth in the upcoming series to help you better understand this nutrient and how it can be used to help take your total to new heights.

### The 411 on the Nutrition XP3 Program

**Q:** Hey Anthony, keep up the good work man, I love your column. The way you told of "Mr. Furball" had me dying in laughter. I don't know where these idiots come from, but they are no doubt as ignorant as they are uneducated. Brush these morons off as they give true powerlifters a bad rap. You see, we are all not just a bunch of malleheads, there are a lot of us that have really turned our nutritional habits around thanks to you and your innovative and result producing theories. I have kept my eye on your athletes over the last couple of years and they have made some huge, huge results in their lifts. I mean a lot of your guys have put some massive numbers up after working with you and they have steadily increased them contest after contest. This is even happening with the guys that are at the top of their game. This is unheard of before because if you at most elite lifters their total goes up little by little, especially when they are totaling in the range of 2400. But your athletes seem to continually get stronger and stronger contest after contest. I will be honest I am not into the science thing, but favor real world results and you have no doubt proven yourself time and time again. I would like to become one of your clients and would like to know exactly what comes with your Nutrition XP3 program. I know that you can only take a limited number of clients, but I would be honored to work with you. I am no Garry Frank or Gene Rychlak but please consider taking me on. Sincerely, Mike Husenberg

**A:** Mike, I am happy to hear that you



Anthony Ricciuto ..... this is the Man Behind x-tremepower.com

have turned your nutritional habits around because of my writing. I like to know that I may be responsible not only for increasing powerlifter's performance, but even more importantly known for improving their health and helping them live longer. At the present time I do have a few openings in my schedule so if you are serious then I can take you on as one of my private clients for program design and consultation. I get a lot of e-mails wondering what the Nutrition XP3 program offers, so I have laid out what it consists of. You will notice it is no generic system or book trying to get the whole strength world on one single nutritional dietary theory. Since I work so closely with each athlete, monitoring them constantly, revamping their program, and consulting with them, this is the reason why I cannot take on tons of people at the same time. This is, of course, a lot more time consuming for me and guarantees me a ton more amount of footwork; but it is what I have chosen to do because this is how phenomenal results are made. Even though my work days are 12 hours or more, I still only have so many hours to take care of the entire strength sport community. Below is a brief description of what the Nutrition XP3 program offers in its basic 12 week introductory program.

The Nutrition XP3 Customized Nutrition Package contains the following items:

### Nutritional Analysis

This analysis will take a look at what nutrition mistakes you are making. Your background history, Training program, Health and Medical conditions, Nutrition History, Physiology of your current Nutrition situation, Efficiency Rating and Nutritional Prescription. This will also include a comprehensive review of your medical blood work and how it

will play a role in the construction of your plan. This is a very important part of everyone's nutrition plan since everyone's body and personal physiology is different. This is a major difference that differentiates a customized nutrition plan and just a cookie cutter type of plan that is thrown at everyone no matter your personal needs.

### Natural Supplementation Analysis

This analysis will take a look into your current supplementation program, and supplement history information so that your program can be designed to best suit your needs. This too is very important in the design of your plan to make sure that it works synergistically with your nutrition plan.

### Customized Nutritional Programs

This will consist of a 12 week customized Nutritional Plan based around your background info and will be geared towards helping you accomplish your performance and health goals. This will not just be one detailed plan throughout the 12 weeks. Instead there will be 3-4 phases in which after the first phase is completed a reanalysis is then again performed. From these observations and your results from the last phase a new program is designed. This will optimize your results because from the progress of your first phase will be used to develop your next part of the plan.

### Customized Natural Supplementation Programs

This will consist of your 12 week customized natural supplementation program to focus in on improving your health and performance through the use of many different natural supplements. Again this will compliment your nutrition plan and will also be broken down into 3-4 different phases to make sure you get maximum results.

### Contest Day Nutritional Plan

This will consist of a customized nutrition and supplementation plan for the biggest day of the year- Contest Day. It will include what to eat before, during and after the competition. It will include what supplements to take to maximize your performance. This is no doubt one of the most important parts of the program since contest day is the day of reckoning so everything has to be dead on.

### Contest Cutting Weight Protocols

Cutting weight for your contest day can be one of the most frustrating times of your life. The fact that you left it to the last minute to try and get into your proper weight class is something that can cause a major decrement in your strength. Doing this by just going in the sauna, spitting in a cup, or using diuretics can prove not only to be a disaster for your performance, but it is also a health hazard just waiting to happen. With the nutrition XP3

System you will receive different ways to help you cut weight and get into your desired weight class without having to resort to dangerous tactics that will leave you dehydrated and cramped up while on the platform. Many lifters cause major decrements in their strength by not understanding the science to making weight. No longer will this be a mystery and with the Nutrition XP3 Program you will be well ahead of the game. You will not have to try crazy and drastic measures to get into your weight class only to find out that it zapped your strength like no other or lead to a muscle tear which is common place in our sport due to the electrolyte imbalance you caused by your foolish contest prep. This set of protocols alone could save you from disaster come contest day and we all know how important this really is.

### Contest Rehydrating Protocols

Now that you have made weight and have qualified for your particular class it is now the time to put the weight back on plus more. By optimizing your Rehydrating Program you will notice a huge difference in your strength and power when its time to step on the platform. Don't go up for your first squat feeling flat and defeated before you even unrack the weight. With the Nutrition XP3 Rehydrating Protocols you will be fuller, stronger, and more energetic when you step up to do battle. No longer will you have to wonder what you should eat and drink to regain back valuable weight. This will make sure that you are primed and ready to set that PR you came to conquer.

### Post Workout Nutrition Plan

Post workout nutrition is a major factor in optimizing your results. If you are overlooking this valuable variable in your nutrition program then you are leaving pounds in the gym. It will play a major role in your increased strength, recovery from your training session, prevent catabolism, and help induce protein synthesis, create an anabolic environment and much more. If you have just finished your workout and don't have a game plan to maximize your post training hormonal environment then you my friend have just thrown the results of that workout right out the window. Post Workout Nutrition is a key variable in your success so you should make sure that you take advantage of this critical time period.

### Post Workout "Secret" Formula

This formula is the "Secret" that has been written about in the pages of Powerlifting USA magazine over and over. It is what has fueled the power beasts like Garry Frank, Dave Tate, Gene Rychlak, Phil Harrington, Steve Goggins, John Stafford, Travis Mash and numerous other Nutrition XP3 Elite athletes. This special formula will be given to you so that you can

optimize your post workout hormonal cascade and make sure that you get the most out of the blood, sweat, and tears that you just shed in the gym. This secret formula will help you build more muscle, drop fat, increase protein synthesis and help you recover from your training by up to an extra day in advance. This extensive formula was only available for Anthony's Elite Champions, but it is now available to you so that you can see the difference it will make in as little as 7 days.

### Holistic Health Protocols

Are you plagued by high cholesterol? Are your triglyceride levels out of control? Do you suffer from Type II Diabetes? Do you suffer from elevated liver enzymes because of your "Pharmaceutical Enhancement" program? If you do have any of the above problems or a cascade of other ailments then you can benefit from the Holistic Health Protocols that will be designed for you according to what conditions that you suffer from. You can help control and reverse many different ailments from specific nutrition and supplement protocols. This is why the Nutrition XP3 System has included this very valuable opportunity for its clients. Many lifters suffer from a slew of different conditions due to their horrible nutrition and lifestyle choices. The Nutrition XP3 System can help manage some of the problems that you suffer from. Remember you are only as strong as your weakest link and if your health is that weak link then it will come and take you down when you least expect it. The Nutrition XP3 System is not only concerned about getting you in the best shape of your life but also to make sure that you are the healthiest as well.

### Insulin Sensitivity Analysis

This will be a set of protocols to follow after the nutrition and supplementation analysis to further help customize the right macronutrient ratios for your customized nutrition plan so that you will get maximum results. This is another very instrumental part of your plan as this will allow me to understand your personal physiology make up and how efficient your hormonal balance is.

### Phone Consultations

Here you will be able to consult with me one on one to go over your plan, ask questions and to provide valuable feedback necessary to get the results that you deserve. Here you can cover all you need to make sure that everything is on the mark as I guide you through your plan and ultimately to your new results.

### E-mail Support

Got a quick question about something you didn't understand? Send over an e-mail in regards to your inquiry and get a personalized answer from me within 48 hours. This way you won't have to use up your phone consultation time for just a few quick questions that may have arisen along your journey

for a bigger total.

### Nutritional Journal

Here you will be able to log down your daily nutrition and supplementation diary to make sure you stay on the ball. This will also be used by me as a reference when designing future plans. This will be completed on a daily basis and then will be sent to me during each phase so it can be used in the construction of your next phase.

### Training Journal

To full compliment your Nutritional Journal the Nutrition XP3 Kit has included a 12 week Training Journal as well to make sure that you are keeping an accurate record of your training progress along with your nutrition plan.

### Nutrition XP3 Power Manual

This manual is over 100 pages of very valuable power packed nutritional info. It is filled with tips and tricks that have been proven on National and World powerlifting stages. Here you will learn some more about my theories and nutritional methods used by the strongest men and women. It covers a wide array of applicable knowledge that will be understood by even the beginner Power Nutrition enthusiast.

### Nutrition XP3 Transformation Booklet

Here you will be able to log all your progress with sections for before and after photos, measurements, fat percentage changes, health benefits and your individualized stats. This way the results will be plain to see.

### Nutrition XP3 Tools of the Trade

This part of the kit will contain valuable tools to monitor your progress. This includes a fat caliper to measure your current body fat percentage. A measuring tape to take accurate measurements to monitor your progress throughout the duration of the plan

### Supplement Scam Watchdog

**Q:** I have e-mailed a few times before and you have given me some really good advice on some of my questions. I have been a powerlifter for the past 11 years and I will admit that my nutrition plan has not been what it should be. I have cleaned up my act taking your great ideas from your articles and have applied to my new clean eating lifestyle. My question is about supplements. I don't know what is good and what is just a waste of money. I know there are a lot of scam supplements out there but you have mentioned that there are a lot of good ones as well. Can you give us the 411 on different supplements that we can apply to our programs and at the same time give us the lookout on which ones are just snake oils trying to rip us off?

**A:** I have gotten numerous emails from powerlifters just like you. One of the things that I will be including in my

Power Nutrition Q&A column is more info on supplements. The natural supplement scene is very big and not just with bodybuilders. Athletes of all sports have turned to supplements to give them a natural edge in competing and to increase their performance. Just as I have watched out for the powerlifter, helping you to increase your performance through nutritional protocols and have stuck my head out there answering questions on how to improve your health even in relation to chemical enhancement. I will now give you the honest 411 on natural supplements so that you won't get ripped off when you go down to the local health food store. I will include real world results, scientific information on the particular ingredient in question, reference to scientific studies when available, as well as recommend different companies that have reputable products. This will no doubt put me in the good books of some companies that do produce quality products, and in the black books of others that produce knock off scam supplements looking to squeeze your hard earned dollars from your pocketbook. I will be the "Powerlifting Supplement Watchdog". I will also give those products that I feel worthy of true benefit to the powerlifter my personal, "Power Nutrition Seal of Approval". When you see this symbol in my column or near a specific products picture, this will let you know this is one of the products that I recommend. Just to let you know this will not be supplements from just one company. I will cover numerous different companies and tons of different products. Since I have used numerous different products from dozens of different companies I will let you know just because a specific company makes one great product, it doesn't mean that their next formula is also awesome. So if I like an antioxidant formula from XXX brand, it doesn't necessarily mean that I will recommend their joint support formula. With the supplements that I will give my seal of approval to you can be sure that they are ones that produce results. One last thing to remember on supplements is that even if there is a very effective supplement like creatine monohydrate for example, that has been proven by countless scientific studies and real world results with tens of thousands of athletes it still doesn't mean that it will give you results. The reason behind this is that some individuals will be known as non-responders. This has been found with creatine as well as pharmaceutical drugs as well. One very popular drug that comes to mind is the erectile dysfunction drug Viagra. Now I got everyone's attention eh? Even with Viagra it will only work on about 80% of those who try it. The other 20% will not respond. This is just to let you know and understand how very individual each person's body chemistry is. This section of my column will not only educate you but will make sure your Benjamin's are not being wasted on snake oil supplements.



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## WORKOUT OF THE MONTH

### George Herring's 800 Lb. Deadlift Routine

Despite the recent evolution in powerlifting apparel, the deadlift has remained virtually unaffected. Certain advances, however, both in training techniques and gear will be discussed in this article.

In my 25 years of deadlifting, I have heard just about all of the info out there. At Auburn University, I trained with the greatest deadlifter - Lamar Gant - and one of the greatest coaches Terry Todd, and the Man Mountain - Kaz! The most important thing I have learned is everyone is a little different. My philosophy has been the take all of the info I have amassed and formulate it into my own training regimen.

My best pulls have come of late. I attribute these gains to advances in deadlift suits - mainly the Metal v-type squat suit built for sumo lifters and the Inzer DL max suit. These suits allow me to sink my hips and rock back before I explode off the ground and the second factor would be training variations. To begin with, I have opted for a very wide stance leg press almost one inch beyond my normal DL stance to strengthen the bottom of the lift. All heavy wide stance work is done with a training suit on to protect the abs and abductors. On all of my movements I really concentrate on explosion.

My next deviation (on the advice of Sherman Ledford - USA coach) was to change my rack work to band work. In training for my drug free 800 DL, I was hitting about 830 for 3 reps just below the knees in the rack, however, starting in the rack just wasn't the same position as coming up from the floor. Besides that, it was really taxing on my body. In the power rack I hooked up bands from about 4 feet up and to the bar on the floor. Now that same 830 X 3 reps was done from the floor in natural position throughout. This technique also induces speed off the floor as well as a natural position during the second half of the lift.

The last significant change was



George Herring with a new WABDL Open and Masters World Record Deadlift of 800 lbs. in the 220 lb. class. (photograph courtesy of Herring)

in the rotation of my lifts. As many before me have alluded, overtraining the deadlift will EAT YOU UP, so I elongated my training period to 1 DL workout every 5 days, as described below. Note the various movements that rotate every 5 days. My actual floor DL may not occur but once every 15 days. On day 50 and beyond, I add a training suit with straps down. On day 65 and beyond I add the straps.

As we all know, the DL is a mental lift. Constant taping, visualization, reviewing the tape, etc. etc. Many times, we do not mentally grasp the movement when it is time to perform. When I lifted at the IPF Worlds years ago, I went 26 for 26 in my attempts because I took the time to practice my mental training - internal and external visualization - and psyche trying to reach beyond myself in that moment of truth. If you ever get to see Mike Bridges or the "Skinny Man" (Tee Meyers) lift they are great at getting

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 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 the 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 1.2 (600 divided by 500).

- 3 sets of 10 reps with 1000 lbs. Light Rack Work (Hole 3)  
- 2 sets of 5 reps with 650. Floor DL - 2 sets of 5 reps with 600. Leg Curls - 3 sets of 12 reps with 150. Block DLs (Off 2" Blocks) - 3 sets of 5 reps with 450. Leg Ext. - 3 sets of 12 reps with 250. D Bar Traps - 3 sets of 12 reps with 225

**Day 20:** Leg Press (Wide Stance) - 3 sets of 10 reps with 1100 lbs. Med. Rack Work - 2 sets of 5 reps with 700. Floor DL - 2 sets of 4 reps with 630. Leg Curls - 2 sets of 12 reps with 150. Block DLs (Off 2" Blocks) - 3 sets of 4 reps with 475. Leg Ext - 3 sets of 12 reps with 260. D Bar Traps - 3 sets of 12 reps with 235.

**Day 35:** Band DLs - 3 sets of 4 reps with 730. Med. Leg Press (Reg. Stance) - 3 sets of 10 reps with 900. Floor DLs - 2 sets of 3 reps with 660. Leg Curls - 3 sets of 12 reps with 170. Block DLs (Off 2" Blocks) - 3 sets of 3 reps with 495. Leg Ext. - 3 sets of 12 reps at 270. D Bar Traps - 3 sets of 12 reps with 245.

**Day 50:** Band DLs - 3 sets of 3 reps at 760. Med. Leg Press (Out Stance) - 3 sets of 8 reps with 1000. Floor DLs - 1 set of 1 rep with 750 and 2 sets of 3 reps with 680. Leg Curls - 3 sets of 12 reps with 180. Block DLs (Off 2" Blocks) - 3 sets of 2 reps with 530. Leg Ext. - 3 sets of 12 reps with 280. D Bar Traps - 3 sets of 12 reps with 265.

**Day 65:** Some Assistance Work Dropped. Band DLs - 2 sets of 2 reps with 800 and 1 set of 1 rep with 850. Leg Press - 3 sets of 5 reps with 1200. D Bar Traps - 3 sets of 12 reps with 275. Floor DL w/suit - 1 set of 1 rep with 770 and 2 sets of 2-3 reps with 700. Leg Curls - 3 sets of 12 reps with 200.

**Day 80:** Med. Leg Press - 3 sets of 6 reps with 1000. Band DLs - 700x1, 800x1, 900x1, 800x3. No other lifting

**Day 87:** Wednesday Before Meet. Last Single DL with Suit - 135x3, 315x1, 495x1, 620x1, 710x1, 770x1, 820x1

**Day 97:** Compete. Open - 705; 2nd - 755 WR; 3rd - 800.1 WR; 4th - 840.2 Close.

in the ZONE. This can be achieved with constant practice by setting finite numbers and exact measured progress. If you win each little battle in the gym you will win the war at the meet. Great training partners are a must and I have the best.

I got a lot of mental training techniques from the great Dr. Judd. He taught me self-hypnosis and how to project oneself outside of oneself for the ultimate visualization (did you follow that?). Enough for now. Best of Luck!

The program below is my personal schedule for my drug-free 800 lbs. DL. If you are juicing, or are a younger lifter, you may want to reduce your rotation to a 4 days versus 5 days. You may want to add a set or rep or 2 per session, but be careful not to overtrain. If you are a little older or doing the squat and bench too, you may want to extend your DL rotation days.

**Week 1:** start with your 5-Day Rotation. Leg Press (Wide Stance)



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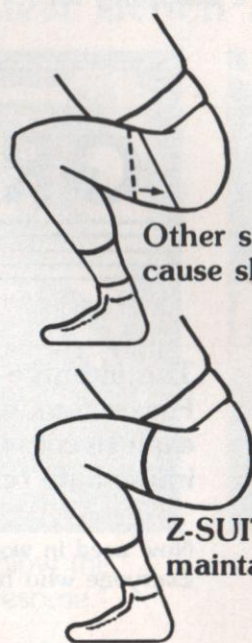
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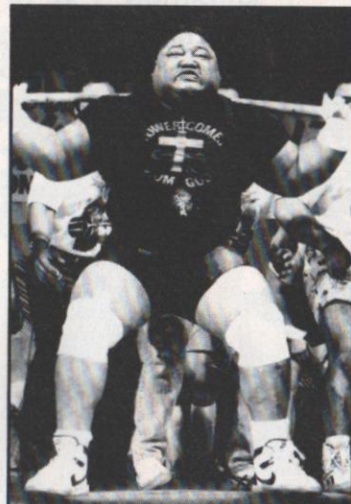


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## ASK THE DOCTOR

This column will answer questions about drugs used by athletes and detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response to your question send \$15 to cover office and secretarial expenses. Please, no questions about how and when to use anabolic steroids. Send questions to: Mauro Di Pasquale MD, 2RR#4 Cobourg, Ontario, Canada K9A 4J7 (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 DR. PASQUALE:** I do not know if you remember me, but I was the one who had the pectoral rupture last summer. It is doing well and getting stronger, still taking it easy. However, I had a MRI on my right shoulder and it was discovered that I have a labral tear, the shoulder was in pain for 2 weeks, but I have not felt any pain since then, I have been pain free for about 3 weeks. The doctor (Peter Simonian) recommended that if I feel that is not bothering me, then I should not have the surgery, but if it is, then have the surgery. For a labral tear do you think it is necessary? Will it get worse being a competitive powerlifter? I am only 28yrs old and another surgery to my right side seems like a little much for my age. Thank-you for any feedback. God Bless. **Matthew.**

**Hi Matt:** A labral tear can be a problem at times and not a problem at other times. Keep in mind that the labrum is basically just a cuff of cartilage that deepens the socket that the arm bone (humerus) moves within and makes the shoulder joint much more stable. I've copied a picture below (from <http://www.orthogate.com/index.php?module=subjects&func=viewpage&pageid=50>) of the inside view of the shoulder joint with the humerus removed so you can see inside the joint. As you can see a labral tear only affects a small portion of the and doesn't have problem. Usually unless the tear is be treated and will heal. getting shoulder normal is helped substantially by the rotator cuff muscles that shoulder joint. having any pain tear is not that substantial and should be allowed to heal on its own and the shoulder rehabilitated. As far as surgical treatments, your doctors is right and I'd try and stay away from them unless things deteriorate markedly and/or the shoulder becomes unstable, and even then it's a point of contention right now as to how much and what kind of surgery is best. You can get more basic info on labral tears and about the MRI and the surgical end from <http://www.orthogate.com/index.php?module=subjects&func=viewpage&pageid=50>, <http://uconnsportsmed.uchc.edu/patientinfo/whathurts/shoulder/>, <http://www.hopkinsmedicine.org/orthopedicsurgery/labrumtear.html>, and [http://www.med.umich.edu/1libr/sma/sma\\_labtear\\_sma.htm](http://www.med.umich.edu/1libr/sma/sma_labtear_sma.htm). You might also want to get a copy of one of the papers that cover this subject. I've copied a few citations and abstracts below that might be of interest to you.

The way I deal with labral tears, unless they're major tears secondary to violent dislocations of the shoulder, etc., is to first of all deal with any pain and inflammation and then to treat it conservatively, building up the muscles I mentioned above. After a few weeks of rest I gradually start the process of strengthening all the muscles in and around the shoulder, starting off at first with simple movements, usually under a therapist, and building up over a few months to using some substantial weights in exercises that work and develop the muscles of the rotator cuff and upper back.

Even after things are back to normal, as a preventative measure I have lifters devote part of one workout each week to the various shoulder and upper back muscles, using exercises such as bent over rowing,

specific rotator cuff exercises, lateral raises, high incline bench presses etc. I have them keep away from any movements behind the neck, including lat pulldowns behind the neck and presses behind the neck. These exercises are too stressful on the shoulder joint, and neck areas.

On the nutritional end, to help things get back to normal faster and improve shoulder functioning, I usually put athletes on 10 tablets a day of my Joint Support for a minimum of 3 months while the shoulder is healing. For more information on Joint Support have a look at <http://www.mdplusstore.com/pdfs/jointsup.pdf>. As you can see from the heavily referenced information piece, I formulated Joint Support to maximize all the various pathways that lead to enhanced healing, protection and strengthening of musculoskeletal tissues. It doesn't take a rocket scientist to see by the ingredients that it's head and shoulders above all of the other "joint support" products on the market today. Because of it's effectiveness for helping to treat and prevent injuries, it's widely used by the more competent and knowledgeable sports medicine doctors, therapists, chiropractors, coaches and athletes. I hope that this info helps. And let me know how the shoulder comes along. Best regards, **Mauro**

**CLIN SPORTS MED. 2004 JUL;23(3):321-34, vii.**

Return to play for rotator cuff injuries and superior labrum anterior posterior (SLAP) lesions.

Park HB, Lin SK, Yokota A, McFarland EG.

**DIVISION OF SPORTS MEDICINE AND SHOULDER SURGERY, DEPARTMENT OF ORTHOPAEDIC SURGERY, THE JOHNS HOPKINS UNIVERSITY, 10753 FALLS ROAD, SUITE 215, LUTHERVILLE, MD 21093, USA.**

The shoulder is a frequently injured joint in athletes, and the most common injuries in active patients include instability, rotator cuff injuries, and superior labrum lesions. These three types of injuries often involve different mechanisms of injury, variable methods of surgical repair, and different considerations in rehabilitation and return to play. This article focuses upon rotator cuff injuries and superior labrum lesions, treated nonoperatively and operatively. Return to play with these injuries depends upon many factors including upon the age of the patient, the severity of the pathology, the type of treatment rendered, and the expectations of the patient.

**AM J SPORTS MED. 2003 SEP-OCT;31(5):798-810.**

The diagnosis and treatment of superior labrum, anterior and posterior (SLAP) lesions.

Nam EK, Snyder SJ.

**SOUTHERN CALIFORNIA ORTHOPAEDIC INSTITUTE, VAN NUYS, CALIFORNIA 91405, USA.**

The advent of shoulder arthroscopy, as well as our improved understanding of shoulder anatomy and biomechanics, has led to the identification of previously undiagnosed lesions involving the superior labrum and biceps tendon anchor. Although the history and physical examination, as well as improved imaging modalities such as magnetic resonance arthrography, are extremely important in understanding the abnormalities, the definitive diagnosis of superior labrum, anterior and posterior lesions is best made through diagnostic arthroscopy. Treatment of these lesions is directed according to its type. In general, type I and III lesions are debrided, whereas type II and many type IV lesions are repaired. The purpose of this article is to review the anatomy, biomechanics, classification, diagnosis, and current treatment recommendations for these lesions, as well as to review the literature.

**CLIN ORTHOP. 2002 JUL;(400):77-87.**

Disorders of the superior labrum: review and treatment guidelines. Parentis MA, Mohr KJ, ElAttrache NS.

**KNEE CENTER OF WESTERN NEW YORK, BUFFALO, NY, USA.**

Advancements in shoulder arthroscopy have led to a better understanding of the anatomy and disorders of the superior labrum biceps tendon anchor complex and the role that lesions of the superior labrum anterior and posterior lesions play in pain and instability of the shoulder. Various injury mechanisms have been suggested and studied and it is likely that different mechanisms produce different types and areas of damage to the superior labrum. Classification systems have been proposed to describe the specific pathoanatomy of lesions of the superior labrum anterior and posterior lesions and to guide treatment. Presenting symptoms often are nonspecific and physical examination maneuvers have varying degrees of sensitivity and specificity making diagnosis challenging. Diagnostic ability is enhanced by the ultimate diagnostic test, arthroscopy. A clear appreciation for the various lesions and the potential resulting joint dysfunction is necessary to determine the appropriate treatment of this complex region of the shoulder. The current authors review the anatomy, classification, presentation, evaluation and treatment results of superior labrum anterior and posterior lesions, and includes novel evaluation methods and treatment guidelines useful in treating these lesions.

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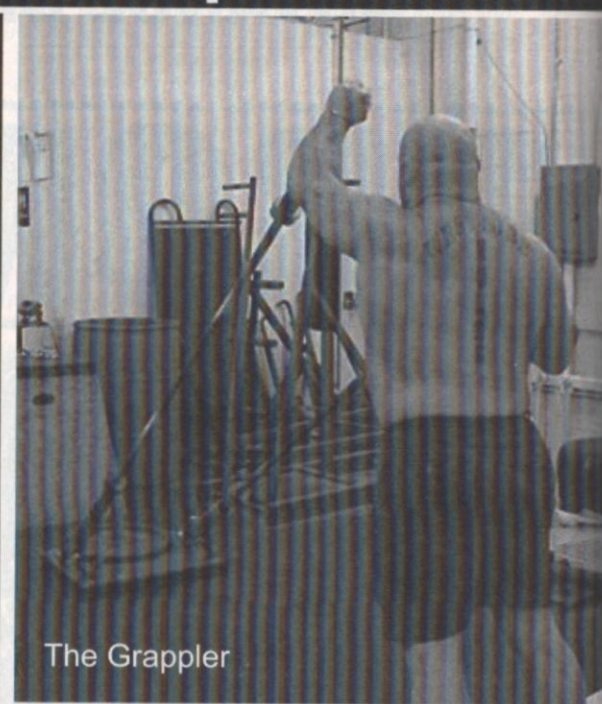
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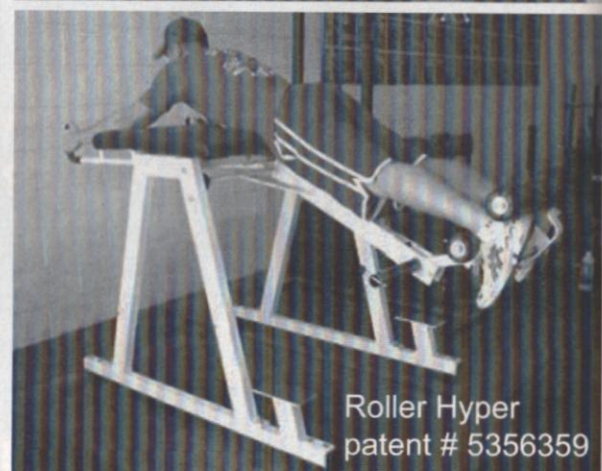
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Set and rep selection are the cornerstone of every lifter's training. Every lifter's goal should be to train in the most effective and efficient manner, getting the best workout possible. In order to achieve that, all aspects of your training - from exercise selection and performance, nutrition, to sets and reps should be constantly evaluated for their effectiveness. One aspect I think that deserves another look is your choice of set and rep schemes. I believe a majority of the set/rep schemes used by lifters are not efficiently and logically designed to produce the highest level of results. You may not be getting back as much from your training as you desire.

To demonstrate my point, I'd like to analyze a few of the most popular set/rep schemes like the 5 sets of 5 reps and the 'add weight while you cut reps'. I will analyze each method and propose ways that these schemes can be made more efficient and hopefully, more result producing.

Let's start with the '5 sets of 5 reps' scheme. One way of doing a '5 x 5' routine is to use the same weight for all sets (warm-up not included):

225 x 5, 225 x 5, 225 x 5,  
225 x 5, 225 x 5

Another "5x5" variation is to increase the weight on each succeeding set, peaking out on the final or fifth set:

185 x 5, 200 x 5, 215 x 5,  
230 x 5, 245 x 5

I'm the first to agree that if you work hard and increase the weights used when you are able, you will progress. So what's wrong with that? I say by logically analyzing these two progressions and applying my suggestions, we can easily increase results.

In the first example, if you got that fifth set with 225 pounds, what good were the first four? Likewise, in the second example, the last and heaviest set was the most heaviest and most beneficial. The four previous sets only tired the lifter out and lowered the amount he would be capable of for the fifth set. These two methods are simply a waste of time and energy. Luckily the solution is unbelievably simple.

A better, more efficient way of doing a '5 x 5' scheme that would result in a much higher level of intensity and results could look like this:

200 x 5, 225 x 5, 255 x 5,  
240 x 5, 225 x 5

With this more efficient scheme, you would peak out weight-wise on the third set with 255 pounds and then as you tire and

## STARTIN' OUT A special section dedicated to the beginning lifter

### ANOTHER LOOK AT SETS AND REPS as told to Powerlifting USA by Doug Daniels

your strength decreases; drop the weight a bit on each of the succeeding sets while maintaining a high level of intensity. This new 5 set workout now becomes a much more intense, result-producing workout. More weight is also lifted during this efficient scenario over the original, inefficient one.

Proper warm-up is still important and my examples provide necessary warm-up for most weight trainees without expending valuable strength and energy needed later on work sets. Of course, some lifters may require an additional set or two of increasing sets. Don't waste time and energy performing unnecessary low intensity, marginally effective sets. Save your strength and energy for the work sets. These are the sets that result in size and strength gains.

Now let's look a typical add weight/cut rep each set scheme:

185 x 12, 205 x 10, 225 x 8,  
245 x 6, 265 x 3, 285 x 2,  
305 x 1

Here, my same basic principle applies. Too many light warm-up and intermediate sets and reps result in the lifter being able to lift less on the critical top set.

A better add weight/cut rep scheme for the same lifter would look like this:

185 x 12, 225 x 6, 255 x 2,  
285 x 1, 315 x 1, 295 x 3,  
265 x 5

As you can see, this results in a substantially higher amount of weight used over the workout while also providing adequate warm-up. The down sets in my example, as in my '5 x 5' scheme; allow the lifter to maintain intensity as his strength and energy level decreases. In addition, the lifter would now be capable of a 2-5% higher top set! That may not sound like much, but over the medium and long term, this really adds up. A good rule of thumb is to drop the weight 5% on each succeeding set after the top set. This may require some adjustment for each individual, but

this is a good number to start with.

Another benefit is potentially better exercise performance. Usually, as a lifter becomes tired or fatigued, exercise performance suffers. Increasing the weights used while fatigued greatly increases chances for injury. By performing the heavier sets sooner and then decreasing the weights as fatigue sets in,

intensity can be kept high and proper exercise performance can be better maintained. This is a win-win scenario.

This principle can apply toward other set/rep schemes like the 3 x 10, 4 x 8, 6 x 6, etc. The weights you can use on the system may not be exactly in proportion to my examples and may require a little modification and experimentation on your part.

I am very confident that if you compare your current practices to my suggestions, you can immediately make all your workouts safer, more efficient and result producing without requiring any changes to the selection of exercises or any other training methods you currently employ. That's the beauty behind this simple principle. You may wonder why you have not tried this before. As I wrote earlier, your choice of set/rep schemes are cornerstones of your training and critical to your progress. Take another look at your sets and reps and better results will follow.



**Sets and Reps Do Matter!** ... especially if you expect to be carrying 1125 lbs. on your back, like Beau Moore, did in the WPO Super Finals at the Arnold Classic. We hope to have an interview with Beau, a Gearman Nutrition athlete, including information on his sets & reps, in an upcoming issue of PL USA.

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# DR. JUDD

## DON'T WORRY ... BE HAPPY!

as told to *Powerlifting USA* by Judd Biasiotto Ph. D.



*One of the Most Positive Minds in Powerlifting ... Ausby Alexander showed his attitude after setting a new IPF 165 lb. World Record in the squat at the '89 Seniors. Ausby would conduct hilarious conversations with the likes of Sly Anderson throughout otherwise very serious training sessions as well.*

When I was young my father took me to York, Pennsylvania to listen to the great Paul Anderson speak. I sat at his feet totally captivated. I didn't understand a word he said, but I loved every minute of it. It was magical. Approximately two months later my father took me to Philadelphia, Pennsylvania to attend a talk presented by Arnold Schwarzenegger. I really didn't understand a thing he said either, but I loved that, too. What I did understand was that these two men were not only great lifters, but also very special human beings. Even a small child knows greatness when he sees it. I also grasped something else. Both of these men possessed a charming sense of humor. They weren't just informative; they were entertaining. They would poke fun at the audience and themselves, and at times would literally crack up with laughter themselves. It was obvious that they enjoyed what they were doing and that everyone there loved them.

As time went on and I became an adolescent, I learned that both Anderson and Schwarzenegger used the same humorous approach in their weight training. They were serious about what they were trying to accomplish, but they always had a moment for a smile or little joke. Having fun was a big part of their training. In fact, Schwarzenegger credits his sense of humor for driving him through the rough grind of training. "I believe," relates Schwarzenegger, "that the ability to laugh and have fun in training is every bit as important as training intensity. If you don't have a positive up-beat attitude in the gym, you're not going to get maximum benefits from your training. Humor can help you cope psychologically with the rigors of training."

Interestingly, many members of the weightlifting establishment are coming around to that same type of thinking. "Joking around and laughing a lot can significantly enhance your training," says Ausby Alexander - National and World Powerlifting Champion. "It just makes sense that when you are happy, you are going to perform better. Humor can be the difference between a good workout and a great workout." Look at the guys in the gym who are really successful; they're the guys who are really enjoying what they are doing. A positive attitude brings positive results. Like Alexander, four-time world champion Curtis Leslie is sold on the benefits of humor. Says Leslie, "Laughter can help an athlete become more successful in both his personal and professional life."

Humor is a mood elevator that can create a feeling of confidence and power. Humor should definitely be an important part of your life. If you're not happy in life, you'll never reach your zenith. The same is true in the gym. If you are not happy, if you are not experiencing the true joy of

your labors, you will never become all that you can become. Laughter is a tool for achievement. Reality isn't always motivating. We need a few good laughs now and then to keep attacking our goals - particularly in an activity like weightlifting, where a high level of stress is part of the game. In the gym, there are losers and winners. The winners are nearly always the athletes who have a positive attitude and a cheerful disposition. Happiness produces winning spirit and a winning spirit produces success.

Besides the use of humor to cope with the psychological rigors of training and competition, a good laugh may actually enhance your health. In fact, laughter may be the best medicine, and certainly the cheapest. Although the actual connection between laughter and healing is still rather sketchy, a growing amount of evidence indicates beneficial effects from laughing. Doctors studying links between laughter and health are finding new evidence that laughter helps ward off sickness.

Recent studies at the National Institute of Health indicate that laughter helps the brain produce higher levels of chemicals called neuropeptides, which increase the number of macrophages, the disease-fighting cells of the body. It's also hypothesized that laughter may cause the brain to block the manufacture of cortisone, a common immune system suppressant. In fact, it may be entirely possible that laughter speeds up the production of endorphins, an immune enhancer. Of course, the stronger your immune system, the less your chance of contracting an illness and the greater chance of recovering from illness.

Aside from the theoretical effects on the immune system, laughter produces some effects

that can be measured unequivocally. According to William Fry, a Stanford University researcher who has studied the beneficial effects of laughter for over 40 years, "Laughing 100 to 200 times a day is equal to about 10 minutes of rowing. It speeds up heart rate, elevates blood pressure, accelerates breathing, and increases oxygen consumption. A hearty laugh gives the muscles of the face, shoulders, diaphragm and abdomen a vigorous workout. With convulsive or sidesplitting laughter, the legs and arms even get involved." It's what Fry calls "internal jogging." After you've had a good laugh, muscle relaxation and a drop in the aforementioned levels occur. Fry feels that, like exercise, laughter may reduce the risk of heart disease, depression, and other stress-related conditions.

Interestingly, many corporate businesses are conducting workshops to help their employees find their funny bone in an effort to reduce stress and enhance health. Alan Linn, a corporate journalist, says that "humor consultants are proving that humor in the workplace, once thought to be the antithesis of the American work ethic, can help companies run smoother, cut medical costs, increase sales and production, keep employees, and even polish the company's public image." Obviously, humor and laughter can foster a positive attitude, which will make us less likely to give way to depression and stress. Humor can give us a sense of control in our life: it gives us a feeling of confidence and power. When we are able to laugh at what troubles us, we empower ourselves to cope with the stresses of life. Like Linn says, "Humor is power — it's good medicine."

Whatever the physiological reasons for laughter's benefits, laughter can free you of anxiety, fear, embarrassment, hostility and anger — according to Vera Robinson, head of nursing at California State, Fullerton. She goes on to say that laughter gives a person a different perspective on life. "We've found that when you reduce an individual's anxiety and fear, they recuperate better and faster. It's simply the mind-body connection." Of course, it doesn't take Sherlock Holmes to figure out how such benefits apply to lifting. We know that the real growth of muscle occurs not during the workout at the gym, but rather during the healing, resting, and recuperative period between workouts. And there is no debate that injuries and disease can obstruct an athlete's progress. Consequently, anything that promotes healing is worthy of the athlete's consideration. Also if stress and negative emotions can cause decrements in performance, why can't laughter and feelings of hope and well-being enhance performance, even promote physical development?

The question arises, how can we get more laughter into our lives? Here are a few suggestions.

Surround yourself with happy, positive people. It's a well-known fact in social psychology that as human beings, we tend to adopt the same personality characteristics as the people with whom we interact. If you surround yourself with negative, depressed people, you'll tend to become negative and depressed. Conversely, if you surround yourself with positive and happy individuals, you'll tend to be positive and happy. In fact, even if you're somewhat negative and

**"Humor is mankind's greatest blessing."**

**Mark Twain**

have a hard time laughing, by associating with happy people, you can learn to laugh and enjoy your life. In an attempt to bring "laugh-minded" people together, several humor clubs have been organized throughout the United States. Members of these clubs attend comedy presentations, read humorous books, and tell funny jokes and stories. Some clubs even bring in laugh experts to teach them how to laugh.

Three-time World Strongest Man Magnus Ver Magnusson has actually made humor a training tool. "The pressure of international competition is so great," he says, "that I realized early in my career that if I wasn't enjoying what I was doing I was going to burn out quickly. Consequently, I decided to make a conscious effort to incorporate humor and laughter into my training sessions."

Magnusson started out by wearing humorous shirts and shorts to the gym. When that initiated laughs he started wearing funny outfits to train in. He also started putting playful notes and cartoons in his training partner's gym bag, on the gym mirrors and on the locker room doors. The rest of the people in the gym picked up on Magnusson's antics and before long everyone was joking around. Like comedian Victor Borge has said, "laughter is the shortest distance between two people." Magnusson's course of action created a more cheerful and relaxed atmosphere for the gym and everyone in it. "There is no doubt in my mind," states Magnusson "that humor helps me train more successfully. It's changed my whole outlook on training and life." It can do the same for you, too.

Develop a humor file. It's not always easy to access our lighter side, especially in today's dynamic, fast paced world. Many times we are so immersed in the problems of the day that we forget all about comic relief. There is also the problem of getting a good laugh when we need it. This is particularly true for those of us who are humor impaired or who suffer from terminal seriousness. Developing a humor file can help eliminate such problems. Start a collection of materials that will tickle your funny bone ... humorous stories, jokes, videotapes, and anything else that will make you laugh. Then when things get a little difficult, escape to your humor collection to cheer yourself up. Such a collection may take some time and work, but in the long run it will be well worth the effort.

Smile as much as possible. Make a conscious effort to smile even if you don't feel like it. Researchers have found that when people smile, even when they are not happy, their brains secrete an assortment of chemicals that not only boost

their immune system, but also gives them a physiological lift ... a mind elevator, if you will. Even more amazing is the fact that people who are instructed to just smile get the same physiological benefits. In other words, just by pretending to be happy, you can make yourself healthier and happier. Annette Goodheart, a Santa Barbara, California psychotherapist, explains it this way. "Laughter triggers the diaphragm. It's like putting a key in a car ignition," she explains. "The engine catches and turns over. Much the same thing happens with a fake laugh. Your diaphragm interprets this as a real laugh, and your body responds appropriately."

Incorporate humor and laughter into every day of your life. Arnold Schwarzenegger once told Joe Weider that although he was the greatest entrepreneur he had ever met, he never wanted to be like him because Weider was too serious. Arnold said, "I can't do anything unless I'm having fun doing it." Years later, do you know what Weider said? "I taught Arnold a little bit about business, and he taught me a lot about laughing." Isn't that great? Laughter is an aptitude we all can acquire, because it comes naturally. But it's also a skill that has to be developed and nurtured. Do whatever you can to ensure that you get a daily dose of humor in your life. Seek out happy people, listen to spirited music, watch exhilarating movies,

and experience gala times. As pop singer Bobby McFerrin says, "Don't worry, be happy." If possible, set one or two hours aside just for having fun. As mentioned, you are a product of your environment. If you surround yourself with happy people, pleasant surroundings, and merriment, you will eventually be consumed by such euphoria. In short, the more humor you have in your life, the better off your going to be.

Laugh when things get tough. Comedian Bill Cosby has said that "Once you find laughter, no matter how painful your situation might be, you can survive it. Through humor, you can soften some of the worst blows that life delivers." At last year's Georgia Ironman Championships, Willie Coleman attempted a 500 pound bench, weighing a meager 198 pounds. Halfway through the lift, his right arm snapped in half, and the weight crashed down on his face. Everyone in the auditorium was in shock. When I reached him, he was a bloody mess. "Are you OK?" I asked. "I don't know," he responded in obvious pain. "Was the lift good?" Everyone in the place cracked up. By seeing the humor in his own unfortunate plight, Willie made the situation easier for the rest of us. Through humor, he made a terrible situation more bearable.

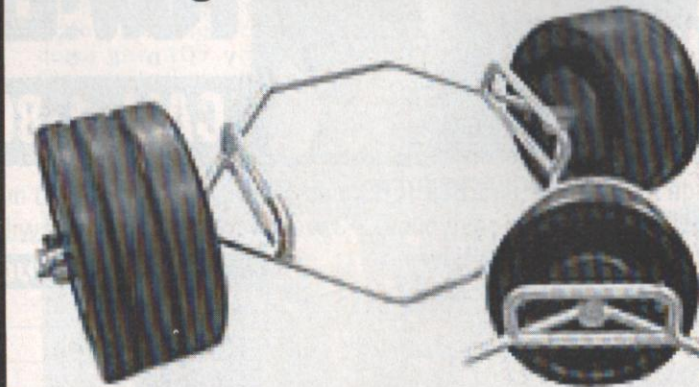
Humor can even help when it comes to death. A couple of years ago, I went to visit my grandmother,

who was on her deathbed. I was really upset. When I sat next to her bed I started crying. She looked over at me and said, "What are you crying about?" "I don't want to lose you," I replied. She reached out and gently squeezed my hand. Then she looked into my eyes and said, "Judd, I'm 96 years old and do you know something, when I die I won't have an enemy in this world. After all these years, there's not a single person who can say anything bad about me. When I'm dead and buried, you won't find a single person who hates me or who will slander my name." I was astonished by her announcement so I said, "That's incredible, Granny. How did you accomplish that?" In a soft voice she replied, "I outlived everyone of those SOB's. that's how." When she said that, I literally fell on the floor laughing. I couldn't help but laugh. In that one moment she changed my whole outlook on death. She demonstrated to me that everything was going to be all right. Through humor my grandmother made her death easier for me. Again humor can ease tension and make even the worst situations bearable.

Obviously, it pays to laugh. The mere act of smiling can yield powerful results that can set you on the road to health, happiness and success. Humor is critical to our well-being. It is one of God's greatest gifts ... don't miss it. Oh Yeah! One more thing, "He who laughs ... lasts."

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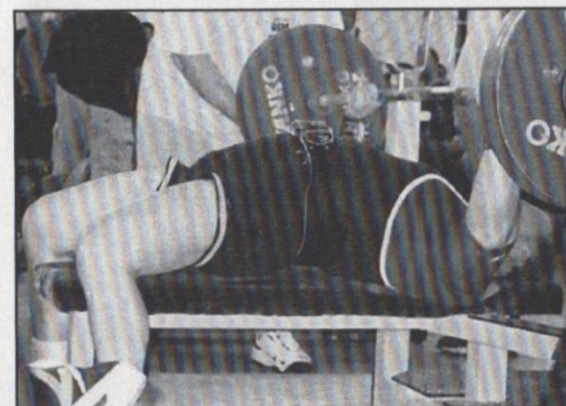
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# POW!ER SCENE



Bob Evans has been doing quality lifting in his age group



Mari Asp is going from strength to strength, barely a 165



Big Gary Garcia (photographs provided by courtesy of Ned Low)

2005 USPF PL & BP Championships. Hosted by Steve Denison, the meet saw lots of great lifting, and we snapped pictures of some of the lifters we so often see at Southern California meets. Big Gary Garcia hit a 606 SQ, 578 BP, and 710 DL. Bob Evans, in his late 50s, squatted 490, benched 385, and dead lifted 341. Daniel Smith III popped a 363 bench. Lisa Denison hit a 363 squat. Mari Asp, after 3 good benches, stepped up for a fourth attempt, and hit a 330, a new PR for her, and an American record (USPF) in the 165 lb. class, and Mari was way under the 165 limit.

www.powerliftingca.com has a list of lots of upcoming USPF meets in California and Arizona, including the USPF Nationals, June 18-19, in Los Alamitos, plus lots of other info, including records, meet results, the California Powerlifting Hall of Fame, and more. Check it out.

As for Mari, she'll be aiming for even higher BP numbers. Mari does her training at Gold's Gym/Venice, the flagship gym of the famous worldwide gym chain. Gold's has been a supporter of POW!ER SCENE for many years, and many top PLers have been featured in POW!ER SCENE and/or POW!ERLIFTER VIDEO doing PL training at Gold's. Anthony Clark, Ted Arcidi, Chris Confessore, Garry Frank, and Glen Chabot (and Mari Asp) are just some of the great lifters we've shot and interviewed at Gold's.

This year is the 40th anniversary for Gold's, and we wish them a very Happy Birthday! If you're interested in visiting Gold's/Venice, or any of the hundreds of Gold's all over the world, check out their website, goldsgym.com

Finally, even though POW!ER SCENE did not make its usual trip to the Arnold Classic, we want to congratulate Steve Goggins, Ryan Kennelly, Markus Schick, and all the other Arnold and WPO champions. (We also heard great things about the this year's triple-width Inzer booth, which featured bench press demos and powerlifting stars Kara Bohigian and Ielja Strik.)



Lisa Denison is always smiling.



Daniel Smith III prepares to BP Strik.)

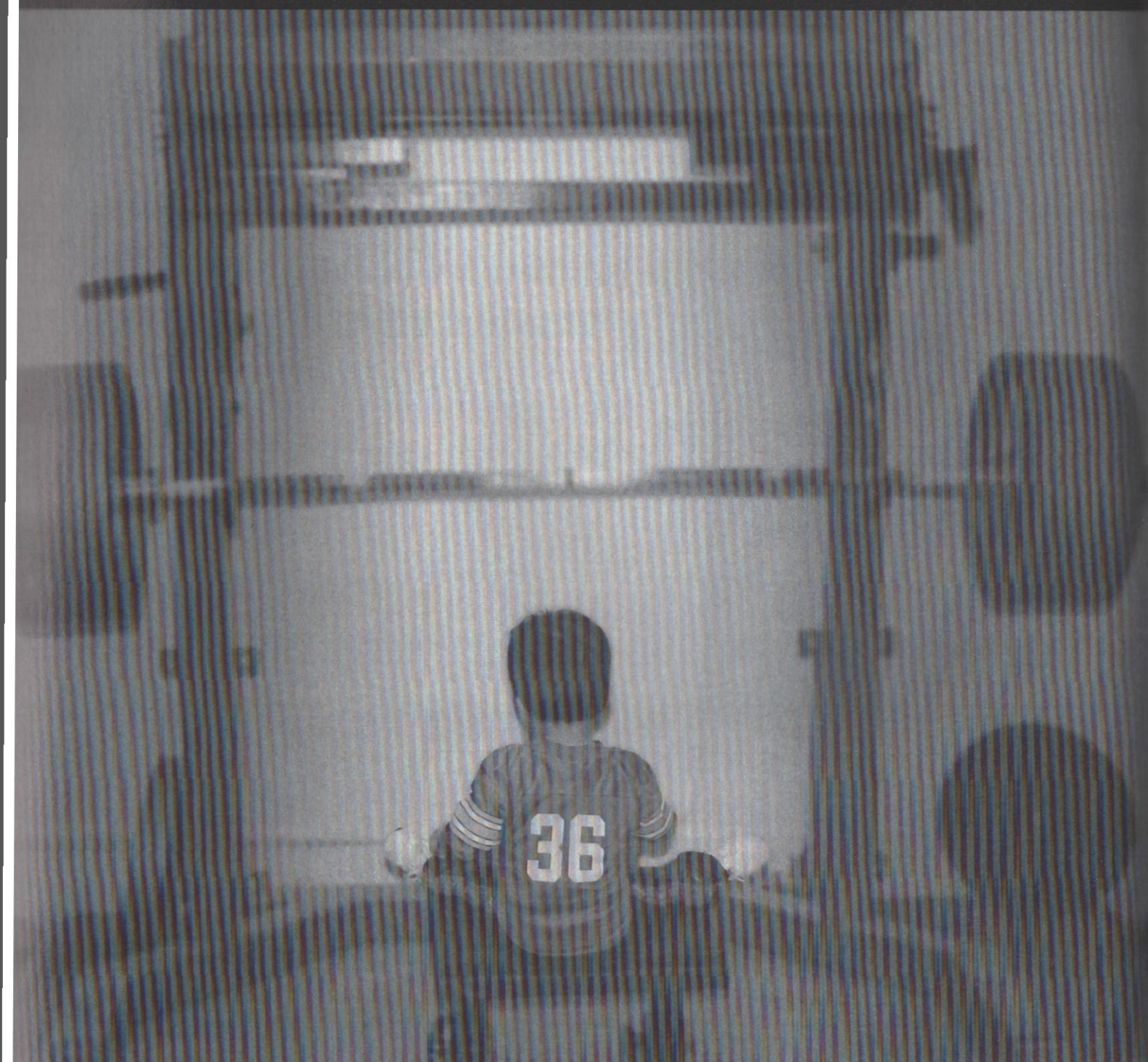
Hoping all your lifting is fun. Stay strong and healthy.  
Ned Low



**2005 California Powerlifting Hall of Fame Inductees** included (left to right) Bob Burke - LAPD PL administrator/lifter, Tom Harris - LA Sheriff's Office Mr. Powerlifter, Mike Musto - CA's premier PL Firefighter, Paul Love - Power/Bodybuilder, Robert Doqui - actor/invocation, Louie Hernandez - Pomona PD Powerman, Denny Thompson - PLer Extraordinaire, Rudy Lozano - 5 decades of lifting, Willie Kindred - "Dr. Squat", Tom Overholtzer - '04 Inductee, Len Ingro - "Top Middleweight", Bill Witting - "60s Record Setter", Jack Hughes - lifter/referee, Jim Waters - "Pyramid Power" 6 of the 1968 National Champion Zuver's Gym Team were present (5 of them in uniform!): Overholtzer, Witting, Ingro, Kindred, Waters, and Lozano. (Mike Lambert photograph)



# Someday I will...



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Last month, we looked at Wild Hogs, and Hawg's Barbell Club. Thanks for all of the comments and e-mails. It's great to have a humorous moment every day. For example, here is an actual e-mail received in response to our 1 Rep max Calculator on the houseofpain.com website. (The calculator is designed to give lifters an easy way to get their current max, even if they only have their top double or triple to work with - as might be the case if you train alone for a while.) The actual email:

Your web site says that if I can lift 10,000 lbs. in three reps at age twelve that I should be lifting 1,119,999,999. Is this true cause I do not want to hurt myself?

Actual response: If you can lift 10,000 pounds for 3 reps at age 12, you have a promising career as a powerlifter - or a human crane. I can't teach you anything. Keep up the good work, and try to enter a few of the powerlifting meets listed in PL USA - the world is waiting.

But some of the e-mails are serious. Like this one from Ironworks, or Flexhouse, or The Gym in Wisconsin:

The place that I train at is simply named, "The Gym" and it has evolved a lot over the past two and a half decades! It is in La Crosse, Wisconsin and has only been open for a little over a year. It's in a warehouse building at a location that used to have the Flexhouse Gym that I helped open and was owned by a 181 Masters World Record Holder in the squat - Bill Becker. The Flexhouse has been closed for about 4 year now and for a while the powerlifters kinda went into hibernation. Prior the Flexhouse, Bill had a gym called the Ironworks Gym for years with a couple of other guys. This gym is where Bill turned out several PL wins in the USPF and APF and the Ironworks/Flexhouse also turned out 7 Mr. Wisconsin Bodybuilding Class Winners.

Kevin, that sounds great to me. Do you know anyone else that you want to mention?

Lot's of muscleheads 'round here, like former Arena Football Pro Lineman Rick Schaaf playing with a broken neck or just recently squatting with 700 pounds the day before having double hernia surgery, yes, his insides were popping out at the time!

When I was in Corpus I mainly trained with Paul Barbee at the Corpus Christi Athletic Club where he worked and I was doing my Internship for my Exercise Science Degree, but I did get in a few workouts over at Gold's Gym which was down the road. Saw Gaugler tear both hamstrings pulling deads just before the '91 USPF Seniors! Rick and Milo (Mills) taught me a lot about technique. They probably wouldn't remember me since this was 1991 and I was just a little 23 year old 215

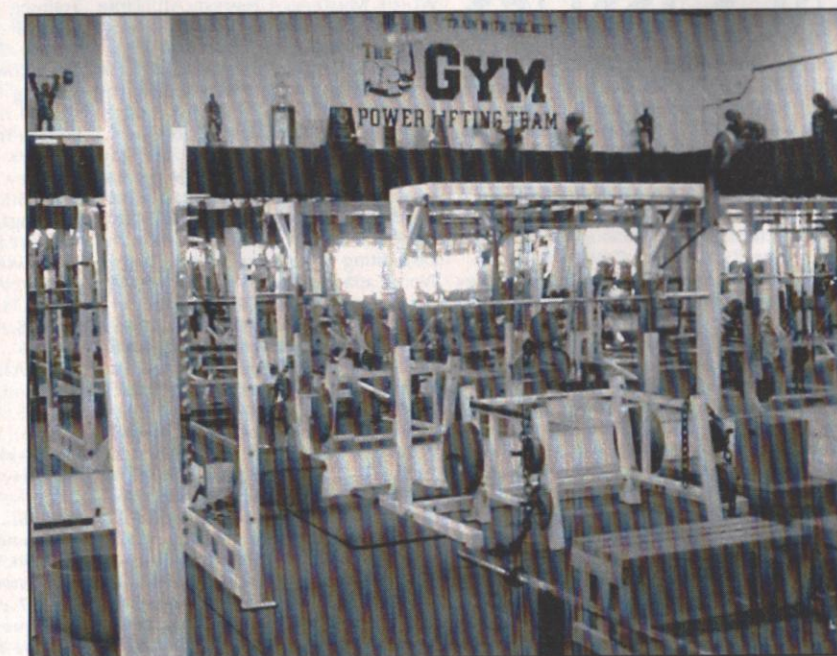
## HARD CORE GYM #40 WHAT'S IN A NAME?

TWO HARDCORE GYMS - WITH THE SAME NAME  
as told to Powerlifting USA by Rick Brewer, House of Pain



Kevin Knueppel, who trains at The Gym in Lacrosse, Wisconsin, pulling an SLP State and National record 720 deadlift in the 308s.

lb. wannabe, but I still keep in touch with Paul! Milo might remember me though, we were kind a after the same girl down there and



The Gym in Plymouth, MN is loaded with quality, hard core equipment and lifters.

he actually passed out on his third attempt 760# (if I remember that weight right) deadlift that stalled out about 2 inches from lockout that he held there until he collapsed, at the 1st Barbee Classic meet that Paul, myself and Allison put on as part of our Internship at CCAC.

Sounds like they're doing a great job at the Gym. But doesn't that generic name (The Gym) confuse people? For example, here is another email from a different state (MN):

I'd like you to consider featuring The Gym in Plymouth, Minnesota for your HARD CORE GYMS article in PL USA Magazine. But first, I'd like to tell you what features make a "hard core gym" for ultimate training facility for powerlifters in our area. You won't see chalk flying, (is chalk allowed?) and you're going to see families training here for fitness, but you will find a lot of serious powerlifters that have been training here for years, and national champions that mentor beginners. There's a group of guys yelling at each other and training with chains and bands. This is the one training center that's produced more champions than any other gym in the state of Minnesota - in powerlifting and bodybuilding (and all the champion bodybuilders who originally trained here were on powerlifting routines). Rick, I wish you could visit this place - the names of powerlifting champions are all over the walls.

You might want to check www.thegymusa.com for some info. Visit this site! The Gym has over 35 members who have benched 500 or more - some who benched over 600.

It has 9 benches (2 competition Forzas), 8 squats (2 competition hydraulics), 2 deadlift platforms, 4 complete sets of dumbbells (2 sets go up to 150 lbs.) Meets have been held here, and powerlifting clinics are starting (with some support from PL USA) at The Gym. There is an emphasis on getting new faces into the sport.

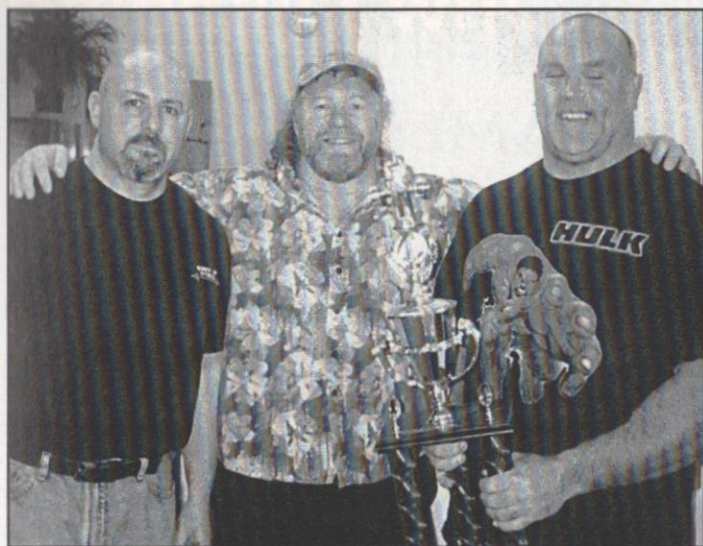
The owners are Jim Yungner, a former state powerlifting champion, and Joe Laurinaitas and Mike Hegstrand - professional wrestlers Animal and Hawk of the Road Warriors (aka Legion of Doom). Joe was also a state powerlifting champion. Jim is a member of the 500 bench press club, Joe's a member of the 600.

The Gym enabled me to break a national bench press record and two state BP records in a 6 month period of time - after years of not lifting.

Thanks, Cheryl, everyone loves a pat on the back. Even if it comes from a gym with a generic name! Seriously, we love The Gym! Next month, we'll look at a totally different type of name conflict. Until then; lift big, sleep big - and repeat often.

Comments?  
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PO Box 333  
Fate, TX 75132





275 with 350. This was Merl's first bench press competition. Richard Carlson took the 55-59/181 class with 290, just missing his final two attempts with 305. Dave Bragg, warming up for the National Senior Olympics later this month in Tuscon, Arizona, won at 70-74/220, setting a new state record there with 210. John Andris, state record-holder at police & fire 60-64/220, broke his own state record there with 290, then a fourth with 295. Best lifter Mike Geiger won at police & fire/275 with an easy 505, though 525 was close, getting just a little out of the groove. Training partner Blaine Woods got a new personal best with 385 and the win at 242 open. In the deadlift competition Eric Powers won his second title of day at junior 275, finishing with a personal best 530. Ever consistent Mike Raya, won at 45-49/198 with 550. Richard Carlson won his second title at 55-59/181 with a solid 420 pull. Dave Bragg set his second state record of the day at 70-74/220 with 360 while best lifter Mike Geiger won at police & fire/275 again with his 700 opener. Mike probably had 740 in him but had some problems gripping the thinner bar we used. Then at 242 open was Blaine Woods with 535. Thanks again to Joe and best of luck with Route 29 Fitness and to our trophy girl, Treacie Powers (Eric's wife). And last, to my son Joey for all he does for me and the sport of powerlifting. See you all again this fall! (Meet results courtesy of Dr. Darrell Latch)

SLP Central Illinois Winter 15 JAN 05 - Athens, IL			D. Bragg	360!	M. Geiger	700
BENCH		220 lbs.	Police/Fire		Open	
MEN		J. Andris	290!	Open	242 lbs.	
Teen (18-19)		4th-295!		275 lbs.	B. Woods	535
275 lbs.		Police/Fire		! = Son Light Power Illinois state record		
J. Hassinger	340	Open		Best Lifter Bench: Mike Geiger. Best Lifter		
Junior		275 lbs.		Deadlift: Mike Geiger. The first annual		
275 lbs.		M. Geiger	505	Son Light Power Central Illinois Winter		
E. Powers	350	Open		Bench Press Deadlift Championship was		
Submaster		242 lbs.		held at Route 29 Fitness in Athens, Illinois		
275 lbs.		B. Woods	385	on January 15, 2005. Thanks to owner Joe		
R. Schuecking	275	DEADLIFT		Tabit for hosting this event and to Richard		
4th-315		MEN		Carlson for all his help promoting this		
Master (45-49)		Junior		competition. In the bench press event first		
275 lbs.		275 lbs.		time competitor Joe Hassinger did well		
M. Lawless	350	E. Powers	530	taking the 18-19/275 class with a solid 340		
Master (55-59)		Master (45-49)		just missing his final attempt with 375. In		
181 lbs.		198 lbs.		the junior division Eric Powers had some		
R. Carlson	290	M. Raya	550	problems with his shirt, taking the 275		
Master (70-74)		Master (55-59)		class with just his 350 opener. Another new		
220 lbs.		181 lbs.		lifter, Ron Schuecking, won at submaster		
D. Bragg	210!	R. Carlson	420	275 with 275 before coming back with a		
Police/Fire		Master (70-74)		successful fourth of 315. Merl Lawless		
(60-64)		220 lbs.		who finished third in last year's World		
				Scottish Highland Games, won at 45-49.		

APF Texas Cup			
6 Nov 04 - Plano, TX			
BENCH			198 lbs.
Open			J. Hendrix
165 lbs.			220 lbs.
R. High	308		T. Tremper
198 lbs.			275 lbs.
J. Hendrix	396		M. Delaval
275 lbs.			308 lbs.
M. Delaval	633		C. Bryant
M. Espinoza	512		SHW
308 lbs.			R. Oxner
B. Houston	—		275 lbs.
T. Meeker	—		D. Brooks
220 lbs.			181 lbs.
D. Blackmon	479		A. Ellis

	220 lbs.		R. Oxner	518
	D. Blackmon	479	WOMEN	
	SHW		Open	
396	T. Trip	601	181 lbs.	
—	165 lbs.		D. Weatherly	314
	R. High	545	SHW	
	198 lbs.		K. Pins	347
633	J. Jackson	501	DEADLIFT	
	220 lbs.		Open	
429	W. Koval	473	V. Pierce	407
	242 lbs.		165 lbs.	
418	C. Elliot	622	D. Desandre	331
	D. Eikenburg	413	SQUAT	
352	275 lbs.		MEN	
	M. Allen	402	220 lbs.	
391	SHW		W. Koval	374

## PL USA BACK ISSUES

**Aug/93...** USPF Seniors, USPF Masters, NASA Masters, Legends of PL, World Record Breakers, Rack Training, TOP 100 SHWs, ADFPA TOP 20 181s

**Sep/93...** ADFPA Men's Natls., NASA Grand Nationals, Female Confessions, O.K.G., Craig Tokarski Seminar, TOP 100 114s, ADFPA TOP 20 198s

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

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

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

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

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

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

**May/94...** USPF/ADFFA Collegiates USPF Jr. Natls., IPF World Bench Press, Budweiser Record Breakers, Fluids, TOP 100 242s, ADFPA TOP 20 148s

**Jun/94...** NASA Natural Natls, WPA Worlds, DASH Record Breakers, Bil Nichols Profile, Sticking Points , TOP 100 275s, ADFPA TOP 165s

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

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

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

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

**Dec/94...** Jon Cole, Asian Championships, Conjugate Training, USPF BP Nationals, Euro Jrs/Women's United We Stand, TOP 100 165s.

**Jan/95...** WPC Worlds, IPF Worlds, IPF World Masters, Greatest All Time Squatter, Karl Saliger of Austria, Meet Performance Review, TOP 100 181s.  
**Feb/95...** World's Strongest Man, Jesse Kellum Squat Workout, Willie Williams 705 Bench Press, Video/Computer Technology, TOP 100 198 lbs.  
**Mar/95...** Women's TOP 20, Don Reinholdt, Ethics of Ergogenics, Karwoski Squats, Tamara Rainwater-Grimwood BP Routine, TOP 100 220s.  
**Apr/95...** NASA Natural Nationals, Deadlifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm, L.M.W. Compounds, TOP 100 242s.  
**May/95...** Mike Bridges, Jamie Harris' 740 Bench, James Henderson, USPF Jr.s, Changing Weight Classes, Joe McAuliffe SQ Workout, TOP 100 275s.  
**Jun/95...** Antonio Krastev, USPF Collegiates/Bench Nats, Overtraining or Adaptation?, Greg Warr Interview, Curt Leslie BP Workout, TOP 100 SHW.  
**Jul/95...** IPF Women's Worlds, Nick Lavitola Deadlift Workout, Pec Teat Nightmare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights.  
**Sept/95...** Triple SENIORS ISSUE ADPP/APF/USPF, How to Use Creatine, Chris Confessore Interview, Women & the Success Syndrome, TOP 100 132s.  
**Oct/95...** Jamie Harris Interview, Successful Deadlift Strategies, Elite Lev

Supplements, AAU Jr. Olympics, New Training Devices, TOP 100 148s.  
**Dec/95...** Walter Thomas Interview, IPF World Bench Press, Trainers of Tomorrow, Leo Stern Profile, 6 Weeks Peaking Routine, TOP 100 181s  
**Jan/96...** IPF/WPC/WDPF Worlds, Percent Training Pt. II, IPF World Masters, World's Strongest Man, Hank Hill Interview, TOP 100 198s  
**Mar/96...** TOP 20 Women/Masters/Teen Rankings, Chromium, Plant Extracts, Multi-Year Training System, First Seniors, Framework for the Novice.  
**Jul/96...** AAU Men's, USPF JRs., DHEA, '65 vs. '95 Top Ten, "Chain Reactis" by Louie S., Rob Wagner, TOP 100 114s  
**Aug/96...** ADFFA Men's, APF Sr. Natls, "Ban All Equipment", Rest Pause Revisited, Specializing in the DL by Louie S., FIBO Show, TOP 100 123s.  
**Oct/96...** WDPF Worlds, Ed Coan/Kirk Karwoski Interview, Anthony Clark Interview, Herb G. "Responses to the Response", TOP 100 148s  
**Nov/96...** APF Can-AM, Clark benches 780, James Henderson says "Face Me", Tribroxin, Wade Hooper Squat Workout, Paul Wrenn, TOP 100 165s  
**Feb/97...** Power of Compelling Outcomes, WPC Worlds, IPA Natls, Formula for Success, Making Weight, USPF Biography, TOP 100 220s  
**Apr/97...** Clark Benches 800 - Waterma-

MEN Open	SQ	BP	DL	TOT
198 lbs.				
A. Markham	181	170	3003	654
181 lbs.				
J. May	606	407	457	1470
J. Hamilton	512	352	540	1404
C. Golden	396	319	435	1150
198 lbs.				
K. Kirkland	617	446	651	1714
D. Madere	573	380	529	1482
J. Jackson	—	—	—	—
242 lbs.				
J. Weatherly	738	523	683	1944
220 lbs.				
P. Roberts	644	407	633	1684
G. Bradshaw	606	363	529	1498
242 lbs.				
P. Wylie	710	485	705	1900
S. Donegan	722	501	633	1856
G. Tillingshast	699	451	633	1780
C. Billings	651	429	611	1691
275 lbs.				
M. Griffin	1003	601	799	2403
M. Espinoza Junior (13-15)	705	512	562	1779
143 lbs.				
L. Dunlap Junior (16-17)	165	110	221	496
114 lbs.				
L. Soto	369	181	341	891
123 lbs.				
C. Martinez	325	192	331	848
132 lbs.				
A. Davila	336	236	369	941
D. Ryan	275	198	297	770
165 lbs.				
T. Johnson	314	192	363	869
A. Castleman	214	192	347	753
198 lbs.				
S. Martin	385	225	413	1023
242 lbs.				
J. Garcia Junior (18-19)	424	297	402	1123
148 lbs.				
J. Marshall	468	286	473	1227
181 lbs.				
L. Howard	347	192	391	934
N. Sultemeier	347	203	347	897
242 lbs.				
D. Rogers	639	457	584	1680
275 lbs.				
M. Hilliard Junior (20-23)	473	325	518	1316
123 lbs.				
J. Scruggs	402	259	501	1162
181 lbs.				
J. Gonzales	424	275	501	1200
198 lbs.				
W. Streck	501	352	551	1404

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220 lbs.					D. Eikenberg — — — —
J. Allen 628	358	606	1592	Masters (55-59)	
275 lbs.				275 lbs.	
M. Holate 644	501	705	1850	D. Brooks 622	352 529 150
Submaster (33-39)				Below Class-1	
220 lbs.				165 lbs.	
F. Richards 485	275	551	1311	R. High — — — —	
275 lbs.				181 lbs.	
B. Moon 601	396	601	1598	C. Hill 411	352 407 117
Masters (40-44)				T. Dorn 418	275 407 110
198 lbs.				198 lbs.	
D. Madae 573	380	529	1482	D. Summers 540	374 501 141
220 lbs.				220 lbs.	
S. Hambright 672	363	633	1668	G. Bradshaw 606	363 529 149
R. Nesuda 633	369	589	1591	275 lbs.	
308 lbs.				D. Ortiz 584	358 551 149
C. Bryant 651	429	601	1681	R. Gonzales 358	331 473 116
Masters (45-49)				WOMEN	
198 lbs.				Open	
J. Casey 451	619	507	1577	198 lbs.	
220 lbs.				V. Johnson 225	143 281 649
P. Roberts 644	407	633	1684	Junior (13-15)	
G. Bradshaw 606	363	529	1498	97 lbs.	
Masters (50-54)				I. Campos 121	60 126 307
181 lbs.				105 lbs.	
J. Tyree 523	336	540	1399	K. Edmonds 143	94 187 424
198 lbs.				123 lbs.	
B. McKelfresh 457	253	507	1217	B. Kestier 159	93 221 473
242 lbs.				132 lbs.	

J. Rogers	154	71	148	373
148 lbs.				
S. Gutierrez	159	77	192	428
165 lbs.				
K. Burnell	221	105	264	590
181 lbs.				
B. Murrieta	159	82	176	417
SHW				
J. Reyes	225	132	221	578
Junior (16-17)				
105 lbs.				
B. Vallejo	198	110	236	544
V. Robledo	203	99	203	505
V. Perez	99	71	159	329
132 lbs.				
C. Bustos	176	115	198	489
148 lbs.				
M. Smith	209	99	225	533
165 lbs.				
M. Govea	253	110	259	621
V. Fuentes	221	115	236	572
A. Villegas	203	115	209	527
181 lbs.				
S. Villegas	253	99	281	633
N. Cavazos	203	110	231	544
S. Galindo	192	88	231	511
198 lbs.				
S. Perez	281	137	303	721
Masters (40-44)				
105 lbs.				
Maekelfresh	99	66	159	314
198 lbs.				
L. Yeager	341	176	331	848
Masters (65-69)				
123 lbs.				
S. Clark	143	88	187	418
148 lbs.				
S. Clark	148	99	248	495
Below Class-1				
105 lbs.				
K. LaCour	203	110	231	544
132 lbs.				
L. Hill	176	126	209	511
165 lbs.				
D. DeSandre	—	—	—	—
Best Lifter Men: Michael Griffin Open A				
275, Best Bench Men: Mike Delaval Open A				
Bench 275, Best Squat Men: Michael C				
fin Open Men 275, Best Deadlift: Jer				
Scruggs Junior Men 123, Best Lifter Jun				
Men: Jeremy Scruggs Junior Men 123, B				
Lifter Masters Men: John Tyree Mast				
Men 181, Best Lifter Women: Kelly Lac				
Below-1 105, Best Bench Women: Di				
Weatherly Open Bench 181, Best Sc				
Women: Lisa Yeager Masters Women 1				
Best Deadlift Women: Valerie Pierce O				
Deadlift 132, Best Lifter Junior Women				
Barbara Vallejo Junior Women 105. (Tha				
to Seguin Fitness for providing the res				

600 @ 181, Powerlifting Crisis, World's Strongest Man, USA PL Decline, John Ford Pt. 2, TOP 100 242s.

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

**Jun/97...** J.M. Blakley, Dream Team Pt. 2, ADFPA Nationals Chronology, IPF TOP 25, Good Mornings, Scott Smith BP Workout, TOP 5HW

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

**Aug/97...** Power of Color, How to Build 500 Easy by Louie S., ADFPA TOP 25 All Time, APF Seniors Chronology, Mark Pasillo, TOP 100 123s

**Sep/97...** USAPL/USPF/APF Triple Seniors, IPF Women's Worlds, World's Strongest Team, NEW Mineral Orotates Progressive Overload, TOP 100 132s.

**Oct/97...** Brad Gillingham Profile Resistance Training by Louie Simmons Ken Enrich, Power Biceps Training Larry Miller interview, TOP 100 147s

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

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

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

**Feb/98...** WABDL Worlds, IPF BP Worlds, World's Strongest Man, WPF Worlds, Bench Primer Pt. 1, IPF Seniors., Speed Strength, Top 100 220s

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

**Apr/98...** Bull Stewart Speaks, USAPL Women's, APF All Time TOPWomen, Westside Invitational, Foundational Training by Louie, TOP 242s.

**Jun/98...** Mark Henry, Ernie Milian, Olympic Cycle, Louie on "Researching Resistance", 10 Keys to Success, AAPC/WDFPF Split, TOP 100 SHWs.

**Jul/98...** Kirk Karwoski, Angelo Berardinelli, World's Strongest Man, Jouko Ahola, Jon Arenberg, IPF Women's Worlds, TOP 100 Flywts.

**Aug/98...** USAPL Men's, Platform Deadlifts, ADFFA 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

**Nov/98...** A Worlds to Remember, Japan Nationals, PL Weapons, Pat Beaumaster, Joe Dube, Jackie Davis, TOP 100

Middleweights., Isoflavones.  
**Dec/98** ... IPF Masters-Juniors - Mens/  
 WPC/WDFPF/AAU/AAFP/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,  
 Anthony Harris Interview, Ken Snell DL  
 Workout, TOP 100 220s  
**Apr/99** ... The ED COAN Book, Why  
 Whey?, Gordon Santee, 3x3 Training  
 Pt. 5, Training Methodologies by Louie  
 Simmons, TOP 100 242s.  
**May/99** ... LA Tech Program, "Str  
 Guggulot", Arnold Classic, Westside  
 Invitational, USAPL Women's Nationals,  
 Russian Stretches, TOP100 275s.  
**Jun/99** ... Powerlifters as Bodybuilders,  
 1st Women's Worlds, USAPL  
 Collegiates, Louie S. on Pre-Meet  
 Training, "Choking", TOP 100 SHWs  
**Aug/99** ... the Rubber Band Man, the  
 "Musclestown USA" book, Beauty & the  
 Beast, IGF-1, Overcoming Plateaus Part  
 2 by Louie Simmons, TOP 100 123s  
**Sep/99** ... USAPL Men's, APF SRs. Pt. 1,  
 Mike Bridges Workout, Special Olympics  
 World Games, Zenith = Triac, York  
 Spectacular, TOP 100 132s  
**Oct/99** ... USPF Seniors, APF Seniors Pt  
 2, Ribose, Backstage with Ed Coan

Horace Lane Interview, Circa Maximal  
Phase by Louie Simmons, TOP 148s  
**Nov/99** ... Muscle Beach Lives, East  
German Breakthrough, DL Details, Walk  
Away From Death, Dynamic Duo by  
Louie S., TOP 100 165s.  
**Dec/99** ... IPF World Masters/Juniors,  
USAPL/AAU BP Natls, 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,  
Strongman II, TOP 100 198s  
**Feb/00** ... WPC Worlds Pt. I, Battle of the  
Giants, The Real Triac, IPF World BP,  
IPA Natls, Best Lifters of the Century, Big  
BPs by Louie S, TOP 100 220s  
**Mar/00** ... USAPL Women's , 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, Leonard McCormick  
Interview, PL USA Cover Chronology,  
Methoxivone, TOP 100 242s  
**May/00** ... Dennis Cieri,J.M. Press?  
Knee Wraps, 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, BP by Larry Miller  
Fred Peterson, TOP 100 SHWs.  
**Jul/00** ... WPO Pro Championships



# SLP Lock out at the Lock up 16 JAN 05 - Taylorville, IL

BENCH	(45-49)	
MEN	275 lbs.	
Teen (16-17)	R. Ryan	515
198 lbs.	Open	
E. Minter	295	220 lbs.
220 lbs.	W. Prose	455
C. Adams	295	275 lbs.
Teen (18-19)	B. Rogers	425
275 lbs.	DEADLIFT	
D. McCoy	425	Master (40-44)
4th-435	132 lbs.	
Junior	L. Ashley	225
SHW	515	MEN
L. Mateer	220 lbs.	Master (45-49)
Submaster	242 lbs.	
220 lbs.	A. Ashley	505
M. Smothers	455	Police/Fire

The Son Light Power Lock Out at the Lock Up Bench Press/Deadlift Championship was held January 16, 2005 at the Lock Out Gym in Taylorville, Illinois. Thanks to



**Roger Ryan with an SLP state record 515 BP in the P&F/45-49/275 lb. class at the Lock Out at the Lockup meet. (photos Dr. D. Latch)**

managers Bill Dively and Wayne Prose for their efforts in promoting this event. In the bench press competition, Emmanuel Minter broke his own personal best with his 295 final attempt, taking the 16-17/198 class. First-time competitor Clark Adams also finished with 295 and the win at 220. David McCoy showed plenty of potential with his win at 18-19/275, making 425 on his final attempt before coming back with a personal best 435 fourth. Lee Mateer, state record holder at junior 308, moved up to the shw class, finishing there with another state record of 515. Making just his opener, Lee actually locked out 600 but failed to touch his chest. Mike Smothers came close with a pr 500 on his final attempt, finishing with a strong 455 and the title at submaster 220. Roger Ryan broke his own state record for the police & fire master men 45-49/275 class with his 515 opener, but failed with his final three attempts. Finishing with a solid lock out of 635, Roger was unable to get the bar to touch his chest. In the open division Wayne Prose won at 220 with 455 while Brandon Rogers took the 275 class

## Immaculate Heart of Mary 2004 18 DEC 04 - Youngstown, OH

BENCH	A. Reno	315!
Equipped	Open	
148 lbs.	A. Reno	315
Open	181 lbs.	
C. Venturella	355!	(14-16)
(40-49)	J. Burke	300!
C. Venturella	355!	(40-49)
165 lbs.	J. Fiumara	360
(17-19)	198 lbs.	

**Loretta Ashley with a state record 225 DL in the 40-44/132 lb. class at the Lock Out in Taylorville, IL.**

The 900 Lb. Squat Club, Beyond Diminishing Returns, Louie on Squatting in the 800s and 900s, TOP 100 114s  
**Aug/00** ... USAPL Men's, APF Srs. Pt. 1, AAPF/APF Natls., IPF Women's Worlds, Wade Hooper Interview, Joe Onosai, TOP 100 123s  
**Sep/00** ... USPF Srs, IPA Worlds, WABDL BP/DL, Pre-Meet Checklist, Do the SQ - by Louie, Ernie Frantz Insights, Rick Weil BP, TOP 100 132s  
**Oct/00** ... Positive Illusions, Tako not Taco, Powerlifting's Salvation?, Beauty & the Beast, Women's 300 Bench Press Club, TOP 100 148s  
**Nov/00** ... Best Bench of All Time, final More from Ken Leistner, Drug Free BZ! Guide, Advanced Squat Cycle by Louie Simmons, TOP 100 165s  
**Dec/00** ... Tao of Competition Pt. I, IPF Jr. + Masters Worlds, More World Record Benches by Louie Simmons, the Bench Press Shirt, TOP 100 181s  
**Jan/01** ... IPF Men's Worlds, WABDL Worlds, AWPC Worlds, Roy Fokken BP Workout, Eccentric & Concentric Training by Louis S., TOP 100 198s  
**Feb/01** ... Garry Frank Goes 2500, WPC

Worlds PT.1, IPA Nationals, How Brad Gillingham Won, Louie on Special Strengths, TOP 100 220s  
**Mar/01** ... TOP 20 Women - Teen - Masters Rankings, Hooking Up the Bands, USAPL Women's Natls, Westside Deadlifting, WPC Worlds Pt. II/BP  
**Apr/01** ... Arnold Classic, Frank Goes 2535, Bill Crawford BPs 750, Daisuke Midote, Jeremy Arias, Extra Workouts by Louie, TOP 100 242s  
**May/01** ... Ed Coan Interview, Russian BP Training, Russian Nationals, Rob Fusner's Program, Why Can't I Gain Weight by J.M. Blakley, TOP 100 275s  
**Jun/01** ... Siouz-Z Hartwig, Russian Squat Cycle, Big Boys Menu Plan by J.M., Victor Naleikin Interview, Diane Siveny Interview, TOP 100 SHWs  
**Jul/01** ... IPF Women's Worlds, Bill Crawford, APF Nationals,, Shane Hamman, Leslie Look SQ Workout, Fixing Lockout, TOP 100 114s  
**Aug/01** ... Garry Frank Goes 2601 - APF Seniors, USAPL Men's, FIBO, Stretching With Bands, Box Squats by Louie S., Warrior Spirit, TOP 100 123s  
**Sep/01** ... WPO Semis, "No Deadlift"

Routine, Ray Benemerito, Knee Pain & MSM, Louie on Exercises for the Triceps, Chalk & Powder, TOP 100 132s  
**Oct/01** ... World Games, TomManno, Jamie Harris Interview, John Corsello Jr. Interview 700 BP Club, Speed Cycling by Louie S., TOP 100 148s  
**Nov/01** ... Nance Avigliano, USAPL BP Nationals, IPF Jr. Worlds, T.J. Hoemer Squat Workout, "Analyzing Your Squat" by Louie S., TOP 100 165s  
**Dec/01** ... IPF World Masters, WPC Can Ams, Halbert Video, WPO BP for Cash, Westside Success, Jill Mills, Rich Salvagni, TOP 181s  
**Jan/02** ... IPF Men's Worlds, WABDL BP Worlds, Garry Frank goes 2606, IPA Nationals, Carmen Perrotta Interview, Training the Lockout, TOP 100 198s  
**Feb/02** ... WABDL DL Worlds, IPF BP Worlds, WNPf Worlds, WPC Worlds, Halbert on Lockout, Blakley on Shoulders, All Time SQs, TOP 100 220s  
**Mar/02** ... USAPL Women's Natls, TOP 20 Teen/Women/Masters, Russ Barlow, Becca Swanson, 850 DLs, Louie on "the Repetition Method"  
**Apr/02** ... WPO Finals/Qualifier/Arnold

132 lbs.	J. Smith	425!
(14-15)	220 lbs.	
L. Winas	230	(14-16)
MALE	M. Roth	300!
165 lbs.	Police/Fire	
(14-16)	S. Deardowski	405!
E. Shaffer	290!	
198 lbs.		
Open	BP	DL
IRONMAN		TOT
Equipped		
FEMALE		
(20-23)		
S. Schaffer	140	260
148 lbs.		400!
Open		
C. Venturella	355	375
165 lbs.		730!
Open		
A. McVane	355	525
198 lbs.		880!
(50-59)		
J. Phillips	405	510
220 lbs.		915!
(50-59)		
R. Verdi	405	410
B. Schaffer	290	450
Police/Fire		740!
R. Verdi	405	410
242 lbs.		815!
(35-39)		
B. Bagnall	475	625
275 lbs.		1090!
(40-49)		
M. Reese	400	600
SHW		1000!
(40-49)		
B. Lenzi	510	585
R. Luklan	490	600
Police/Fire		1095!
C. Cline	420	605
B. Mackey	330	480
IRONMAN		810
Raw		
148 lbs.		
(14-16)		
R. Luklan Jr	180	275
165 lbs.		455!
(14-16)		
Q. Kale	175	285
198 lbs.		460!
(14-16)		
T. Lucidni	160	300
220 lbs.		460!
Open		
W. Allison	425	615
Police/Fire		1040!
S. Deardowski	300	405
!Meet records. This year with the opening		705!
of the new parish center we were able to		
bring back the deadlift and ironman divi-		
sions to The annual Immaculate Heart of		
Mary Holiday Bench Press which increased		
the number of lifters in this years event.		
Also, this year we added raw divisions in		
each event. In the bench equipped events,		
Chuck Venturella set new records in both		
the open and masters divisions of the 148		

lbs. class as well as winning the open division in the ironman. 165 lbs. teenager Antonio Reno set a new record in the teen division and also won the open division. In the 181 lbs. classes teenager John Burke set a new meet record and master Joe Fiumara did a strong lift winning ids division again this year 198 lbs. lifter Zac Perez took the open division and 220 lbs. submaster Mark Geyser set a new meet record winning the 220 lbs. class. In the 220 lbs. Masters division, Bill Kolling edged out Father Steve Popovich for the win. Strong lifts were put up by teen Matt Madjar and master William Valentine winning in the 242 lbs. classes. The 275 lbs. class proved to be a competitive division this year with teen Dan Wenzel and submaster Terry Gibson winning their divisions with Gibson setting a new meet record. Open lifter Paul Subeto put up a strong lift in the open division and Jeff Begue set a new meet record winning the police and fire division. In the SHW classes Jeff Peshek put up the heaviest lift of the day setting a new meet record and winning the masters division. Chane Cline and Brian Mackey battled against each other all day in the police and fire divisions, with Cline setting a new meet record, in the bench, deadlift, and ironman divisions. In the raw divisions Bill and Sarah Schaffer brought a fine group of teenagers to the meet with all doing a great job in their first meet. In the 132 lbs. class teen, Lauren Winas put up a strong lift setting a new meet records in born the bench and deadlift divisions as did Frank Costello in the teen 165 lbs. class, followed closely by Elliot Shaffer who set a record in the deadlift only and Bryan Adams. Teen lifters Ben Gibson and Matt Roth also set records winning their weight classes as did open lifter Jason Smith, who also set a meet record in the deadlift. 220 lbs. lifter Steve Deardowski set a new record in the Police/Fire division. And 242 lbs. lifter John Vega set a new record edging out Ron Villani in the masters division. Dave Hardic went home with three new records in the SHW division. In the ironman equipped all lifts were new meet records with female Sarah Schaffer setting the pace for future females in the 148 lbs. class with a strong total. 165 lb. male Allen McVane turned in a strong total winning the open division, also setting a meet record in the deadlift only division. John Phillips took the 198 lbs. masters division and Ron Verdi edged out Bill Schaffer in the 220 lbs. masters division. Ron Also won the police/fire division. 242 lb. lifters Brian Bagnall put together a strong total winning the submaster division as did Mark Reese in the 275 lb. class masters division. Mark also set a meet record in the deadlift. In the SHW division a close battle occurred between Bill Lenzi and Rich Luklan with Lenzi

edging out the win. Rich's son Rich Luklan Jr. did a strong total, winning in the teen raw division at 148 lb. Teens Quintan Kale and Tim Luchini did strong lifts winning their divisions as did 220 lb. lifters will Allison and Steve Deardowski. A special thanks to all the lifters, my crew and father Popovich who makes this meet a success every year. (These results by Ron Deamicis)

## SPF Southern BP/DL 29 JAN 05 - Bristol, VA

BENCH	S. Sexton	200
RAW	Masters (60-64)	
Teen	220 lbs.	
165 lbs.	C. Wooten	355
J. Hayden	245	Masters (65-69)
181 lbs.		242 lbs.
M. Stowers	205	C. Weichold
198 lbs.		265
J. Whitt	225	Masters (75-79)
220 lbs.		242 lbs.
B. Ratheal	135	E. Jones
B. Martin	95	310
242 lbs.		Best Lifter
D. Sessor	215	M. Porter
Juniors		330
181 lbs.		Open
L. Neese	265	123 lbs.
220 lbs.		G. Duty
C. Jordan	305	130
148 lbs.		181 lbs.
M. Porter	330	B. Barr
165 lbs.		115
L. Dyles	325	198 lbs.
198 lbs.		H. Arnold
T. Broyles	315	145
220 lbs.		MEN
L. Ridenbough	435	198 lbs.
308 lbs.		D. Lowe
T. Cunningham	275	530
Police/Fire		A. Campbell
220 lbs.		310
S. Sexton	200	220 lbs.
242 lbs.		A. Brown
J. Dishman	390	350
A. Penn	350	259 lbs.
308 lbs.		D. Asher
T. Cunningham	275	535
Submasters		Police/Fire
198 lbs.		242 lbs.
A. Hunt	200	G. Taylor
Masters (40-44)		450
242 lbs.		A. Penn
A. Hayden	355	405
275 lbs.		Submasters
J. Dishman	300	259 lbs.
Masters (50-54)		D. Asher
220 lbs.		535
T. Baroody	335	Masters (40-44)
242 lbs.		181 lbs.
W. Sexton	255	T. Hincney
Masters (55-59)		315
220 lbs.		Best Lifter
		D. LOWE
		530

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Masters (50-54) B. Morgan 500 308 lbs.  
The SPF Southern Bench Press and Deadlift was held at the Holiday Inn. Kenny Burkett, owner of the Bristol Barbell Gym, was the meet Director and a special thanks goes out to him for a terrific job well done. He was also the announcer at the meet. Also thanks goes out to Rick Posey, (Head Judge), from Chattanooga, TN, Nicky Peppers (Side Judge) from Chickamauga, GA, and Paul Waters (Side Judge) from Ringgold, GA, and Victoria Rodgers (my wife and records keeper). Everyone done a great

job. The SPF would like to say thank you to Kenny Burkett and Team Gladiators for presenting the SPF and Jesse Rodgers (President of the SPF and Promoter) with an Excellence Award. which was an extremely nice award and greatly appreciated by all the staff of the SPF. The SPF would also like to thank everyone who came out to the event, in spite of the ice storm that covered the city. A lot of people couldn't make it to the event this year because of the ice, but we will try to pick a better date next year. (Thanks to SPF President, Jesse Rodgers, for the results)

Bash for Cash, WPC Worlds, IPF Subjr. Worlds, Fred Hatfield, Louie on Explosive Strength, TOP 100 181  
**Jan/03** ... IPF Men's Worlds, WABDL BP Worlds, IPF Masters Worlds, Becca Swanson Squats 705, Intensity Zone Loading Pt. 1 by Louie, TOP 100 198s.  
**Feb/03** ... IPF BP Worlds, WABDL DL Worlds, Steve Goggins Interview, "Lessons Learned", All Time 308 & SHW rankings, Ken Patera, TOP 100 220s.  
**Mar/03** ... Brad Gillingham Comeback, Men's 300 kg & Women's 300 lb. BP lists, Controlled Chaos BP, The Tendo Unit, TOP 20 Women/Master/Teen lists  
**Apr/03** ... WPO Finals & Bench Bash for Cash, Crawford Benches 785, Jamie Harris Pt. 1, Equipment, Never Looking Back by Louie, TOP 100 242s.  
**May/03** ... Bill Crawford's Road Back, Odd Haugen, Virtual Force by Louie, Bill Kazmaier Profile Pt. 1, Women's 500 lb. SQs & DLs, TOP 100 275s.  
**Aug/03** ... Mendelson Benches 804, 821, 825, 832, 875 ... APF Seniors, Mikesell Squats 1107, Louie on The Bench Press Shirt, Vince Anello Deadlift Workout, Team PL, TOP 100 SHWs

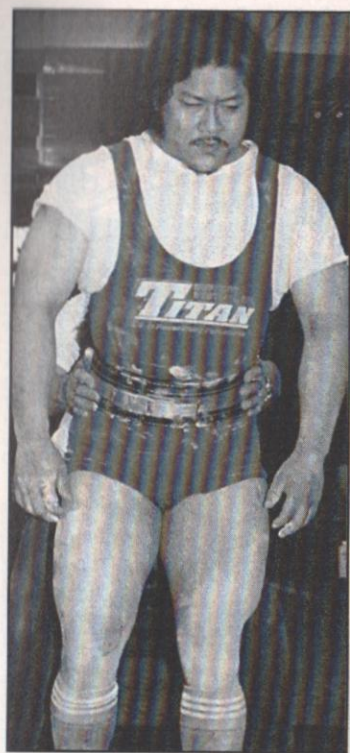
**SEP/03** ... USAPL Men's Natls, Bench America, Keeping Iron in the Blood, 1000 lb. Squat Club, What You Need in Your Gym, TOP 100 114s  
**Oct/03** ... Gene Bell, John Ware Workout, Sioux-z Hartwig, A.R.T. Techniques, 50 Best SQs/BPs, Louie S. on Training the Back, TOP 100 132s.  
**Nov/03** ... Bench Bash for Cash-Rychlak, Lattimer, Schick Interviews, WPC North Ams, IPF Jr. Worlds, Mastering Technique by Louie, TOP 148s  
**Dec/03** ... WPO Finals, Rychlak BPs 900, IPF World Masters, Ausby Alexander, "Story of Arthur Jones", Speed Day Pt. 1 by Louie S., TOP 100 165s  
**Jan/04** ... IPF Worlds, WPC Worlds, IPA Seniors, Acetylcholine, Wade Hooper SQ, Atlantis Foundation, Louie on Max Effort Day, Mabel Rader, TOP 165s  
**Feb/04** ... IPF World BP, WABDL Worlds, Hyperhydration, Coan Update, Low Back Pain, Becca Benches 465, All Time Best BPs, TOP 100 198s  
**Mar/04** ... USAPL Women's Natls., Becca benches 501, Water Technology Pt. 2, Brent Mikesell Interview, IPF President's Message, TOP 100 220s

**Apr/04** ... Frank Goes 2706/2805!, Arnold Classic, Power Nutrition Recipes, Louie on "The Staggered Load", California Hall of Fame, TOP 100 242s  
**Jun/04** ... TOP 20 Women, Teen, Masters, Greatest Men's & Women's Ratings, 15 Min. Injury Solution, Delayed Transformation by Louie S.  
**Jul/04** ... APF Seniors, Bench America II, APF Nationals, Louie Simmons on his "Virtual Force Swing", Digit Ratios and Strength, TOP 100 275s  
**Aug/04** ... IPF Women's Worlds, USAPL Men's Nationals, World Powers by Louie Simmons, Luke Iams, Women's All Tim SQ/TOT, TOP 100 SHWs  
**Sep/04** ... IPA Worlds, Mountaineer Cup, Becca Swanson, Shrugs for a Big BP, Advanced System for Beginners by Louie Simmons, TOP 100 114s  
**Oct/04** ... WPO Finals, Recuperative Modalities, Optimal Eccentrics by Louie S., Shrugs, Never Quit!, Cognitive Control, All Time Squats, TOP 123s  
**Nov/04** ... WPC World PL/BP, BA Worlds, Louie S. on Speed Work, Travis Mash & Tony Conyers Interview, Jon Smoker Squat Workout, TOP 100 132s.

**Dec/04** ... Rychlak BPs 1005, IPF Worlds, Siders Interview, Louie on DL Training, Women's/Men's All Time BPs, Scott Lade BP Workout, TOP 100 148s  
**Jan/05** ... WABDL Worlds, IPF World Masters, General Physical Preparedness by Louie, Jo Walker DL Workout, All Time Squats/Totals, TOP 100 165s  
**Feb/05** ... Mike Miller's 1200 lb. Squat, IPF BP Worlds, Louie on "Prepare to Bench", IPA Sr. Nationals, 400 Kilo DL Club, All Time DLers, TOP 100 165s  
**Mar/05** ... Mendelson BP Classic, Louie S. on Accommodation, Mikesell SQ Workout, 1st Hawaii Record Breakers, All Time BP/DL lists, TOP 100 198s

LIST THE ISSUES YOU WOULD LIKE (AND ALTERNATES), MAKE OUT A CHECK (\$5 PER ISSUE, INCLUDING S&H), SEND TO POWERLIFTING USA, BACK ISSUES, BOX 467, CAMARILLO, CA 93011. (SPECIAL PRICE ON MULTIPLE QUANTITIES: 2-3 BACK ISSUES - \$4.50 EACH, 4-9 BACK ISSUES - \$4 EACH, 10-24 BACK ISSUES - \$3.50 EACH, 25+ BACK ISSUES - WE NEGOTIATE A BETTER PRICE)





Steve Pena is a blind athlete who competes quite successfully in APA full power meets. Here he prepares for a 480 deadlift at the APA North California Open. (photo by courtesy of Scott Taylor)

#### APA Northeast United States 19 FEB 05 - Keene, NH

BENCH	Open		
MEN			
148 lbs.	N. Moretto 420		
Drug Tested	275 lbs.		
A. Haase 245	Open		
Master II	E. Martinez 450		
A. Haase 245	Drug Tested		
181 lbs.	B. Tucker 480		
Junior	Master I		
Kielczewski 320	B. Tucker 480		
Drug Tested	Master II		
VanVranken 435	V. Klein 335		
M. Ioannov 380	DEADLIFT		
Open	MEN		
M. Ioannov 380	181 lbs.		
Master I	Submaster		
M. Ioannov 380	J. Badure 515		
198 lbs.	Open		
Teen (18-19)	J. Badure 515		
W. Eichhorn 465	Drug Tested		
Drug Tested	J. Badure 515		
R. Marrama 475	198 lbs.		
J. Matta 420	Master I		
4th-440	J. Sanders 400		
T. Stuke	220 lbs.		
Junior	Open		
R. Marrama 475	C. Grant 525		
Submaster	Drug Tested		
T. Stuke	W. Hayner 550		
Master I	242 lbs.		
S. Lee 445	Master I		
220 lbs.	S. Bowen 385		
Submaster	Open		
N. Hughes 375	K. Harrington 600		
242 lbs.	Submaster		
Junior	K. Harrington 600		
N. Moretto 420	308 lbs.		
Submaster	Open		
P. Herrick 345	M. Swatling 755		
BP	DL	TOT	
WOMEN			
148 lbs.			
(40-49)			
S. Keddy 175	365	540	
MEN			
148 lbs.			
Teen (16-17)			

R. Miller 185	300	485
Master II		
J. O'Connell 235	420	655
Junior		
B. Cram 225	365	590
198 lbs.		
Drug Tested		
R. Liatres 440	620	1060
420	460	880
4th-BP-440		
J. Matta 225	385	610
P. Bennett		
Open		
J. Sadano 305	500	805
Teen (16-17)		
D. Anneser 365	315	680
Master III		
P. Bennett 225	385	610
Junior		
J. Getz 335	500	835
242 lbs.		
Open		
M. Ahern 425	620	1045
Submaster		
M. Ahern 425	620	1045
275 lbs.		
Drug Tested		
T. Wright 350	605	955
F. Veilleau 475	135	610
Deadlift Best Lifter: Mark Swatling.		
Deadlift Drug Tested Best Lifter: John		
Badurek. Push-Pull Overall & Drug Tested		
Best Lifter: Russell Liatres. Bench Press		
Overall & Drug Tested Best Lifter: Rick		
Marrama. This turned out to be a very		
successful event with an audience of very		
enthusiastic spectators to cheer the lifters		
on. Lifters from Florida, New Jersey, New		
York, Rhode Island, New Hampshire, Mas-		
sachusetts, Connecticut, Vermont and		
Canada showed up to compete. The grand		
finale of the day was when Mark Swatling		
attempted to deadlift a huge 805 after		
already pulling a monster 755 deadlift.		
Lifting quality was fantastic. Special thanks		
to the spotters and loaders who put in a long		
hard day, Ken Mattson and Norm MacKay		
for officiating all day and conducting		
weigh-ins, the staff of Gold's Gym for all		

their help, and James Ruggiero owner of Gold's Gym of Keene, New Hampshire, for providing a great meet site, staff, and spotting for the lifters the entire day. The APA is running several meets in all the New England states so there will be plenty more to report on in New England. (Thanks to Scott Taylor, AP A President, for results)

#### SCI Graterford BP/DL 4 DEC 04 - Graterford, PA

BENCH	N. Glover 1280
Thomas-229 550	Revels 845
Glover-239 520	Draper 1085
Brookins-199 465	S. Thomas 1100
Revels-147 345	Cartair 1030
Sivera-258 440	Perry 1035
Ulkowski-262 440	Moss 1005
Draper-220 410	Melson 940
Delong-221 405	Brown 870
Perry-239 410	Morningwake 595
Cartair-221 390	M. Briggs 650
Adams-200 350	Mayer 905
Briggs-147 275	Wheeler 660
Mayer-353 405	Garris 545
Brown-180 295	
Melson-203 315	
Morning-122 205	
Moss-108 290	
Garris-145 220	
Wheeler-173 235	
BENCH/DEADLIFT	
Overall	Brookins 1245
! = Master lifters. 1. Graterford Muscleboyz	
Record 2. Outside Guest. Lightweight	
Bench Press Winners: M. Revels 345, M.	
Briggs 275, R. Brown 295; Overall Total:	
M. Revels 500-845, R. Brown 575-870,	
Morningwake 390-595. Heavyweight	
Bench Press Winners: S. Thomas 550, N.	
Glover 520, J. Brookins 465; Overall	
Total: J. Brookins 780-1245, N. Glover	
760-1280, M. Draper 675-1085. The com-	
petition was officiated and scored based	
upon the Schwartz Formula, which as-	
signs a coefficient to every body weight.	

**MEET DIRECTORS ... a listing here is a FREE service to publicize your contest to thousands of potential entrants. Send details, preferably at least 3 months prior 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 your meet.**

**30 APR (revised date), USAPL Illinois State/Great Rivers Open PL & BP, Mark & Susan Molsinger, 201 N. Gum St., Harrisburg, IL 62946, 618-252-0881**  
**30 APR, APF Ohio Cash or Crushed Bench for Cash (Middletown, OH) Tom Hypes, 513-464-8363, hyper242@sbcglobal.net, ohioapf.com**  
**30 APR, Virginia Strongman Bench Press Championship (Norfolk, VA) www.moneymikereproductions.com**  
**30 APR, USAPL Zumbro Valley Open, Steve Johnson, 405 4th St. NW, Kasson, MN 55944, 507-634-4730**  
**30 APR, USAPL No Frills, Karen Miller, 73 Pine Rd., Plainwell, MI 49080, 269-664-4814**  
**30 APR, USAPL FL State BP & DL/State Collegiate BP/State H.S. PL, (Nova Southeastern University, Ft. Lauderdale, FL) Robert Keller, 4262 Vineyard Circle, Weston, FL 33332, 954-384-4472, rhk@verizon.net, www.geocities.com/floridastapl**  
**30 APR, WABDL House of Pain World Cup (Sheraton Dallas Brookhollow, Dallas, TX) Gus Rethwisch, 503-901-1622 or 763-545-8654**  
**30 APR, SLP NATIONAL BP/DL CHAMPIONSHIP (Tuscola, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com**  
**30 APR, APA Maine State PL/BP, Al Stork, 71 Goshen Rd., Winterport, ME 04496, ajstork@earthlink.net**  
**30 APR, APA Southeast Open PL, BP, DL, PP, Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 413-828-6102, scott@apa-wpa.com**  
**30 APR, 100% Raw North American BP, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@adelphia.net, www.virginiausapl.com**  
**30 APR, 26th Annual Raw A.D.A.U. "Power Day Classic" Separate Bench Press and Deadlift Contests Open division and all age group divisions for both men and women. The oldest continually run meet of its kind in the world. Meet held in Bigler PA, Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitu.com**  
**30 APR, NASA Colorado State, PL'ing, BP, Push/Pull & Power Sports, Loveland, CO. Rich Peters, Phone - 405-527-8513, E-mail SBPDL@aol.com, P.O. Box 735, Noble, OK. 73068**  
**30 APR, AAU 1st annual Harford Open (Edge Fitness Center, Forest Hill, MD) Brian Washington, Brian@usfbf.net, 410-265-8264**  
**30 APR, AAU PA State Push/Pull (youth and adult) Zeke Wilson**  
**30 APR, NASA West Virginia State PL'ing, BP, Push/Pull & Power Sports, Greg & Susan Van Hoose, Route 1 Box 166, Ravenswood, WV 26164. Call: (304) 273-2283 or e-mail qvhl@wirefire.com**  
**30 APR, 1 MAY, WABDL Southeastern USA (teen, open, women, submaster, class I, master, law&fire, disabled - all divisions - over 200 lifters - Atlanta, GA) George Herring, 770-963-6738**  
**APR, WNPF Maryland PL, Lester Fields, 770-842-2137 or lesterfields@aol.com**  
**6-8 MAY, USAPL Men's Nationals, Johnny Graham, 1706 Shoemaker Dr., Killeen, TX 76543, 254-526-0779**  
**1 MAY, Iron Mike's BP/DL (touch 'n go - Clarion Hotel, 3536 Secor Rd., Toledo, OH - men, women, master, teen) 419-841-4653**

**1 MAY, SLP STEVE "MAD DOG" HOUSTON MEMORIAL IOWA REGIONAL BP/DL CHAMPIONSHIP (Clinton, Ia.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com**

**7 MAY (NEW DATE), WNPF Raw Nationals, Powerfest 2K5 & Police/Fire/Military World Games (Bordentown, NJ) WNPF, BOX 142347, Fayetteville, GA 30214, 770-997-0589 or wnfp@aol.com**

**7 MAY, SLP CROSS COUNTY PULL BP/DL CHAMPIONSHIP (Mattoon, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com**

**7 MAY, NASA N. Carolina St. (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com**

**7 MAY, APF/AAPF NYC Coliseum Impact Push-Pull for Charity, PL, SQ, BP, DL, Raw and Assisted, Coliseum Gym, 750971st Ave, Middle Village, NY 11379, 718-326-2496 7-10pm as for Teddy or Stacy, www.coliseumgym.com**

**7 MAY, USAPL Rocky Mtn States PL/Big Cat BP (Bill Davis, 1800 Garrett Way #19, Pocatello, ID 83201, 208-233-8035**

**7 MAY, World Gym of Cape May BP, World Gym, 3845 Bayshore Rd. N., Cape May, NJ 08204, 856-3800**

**7 MAY, (New Date) APF World Gym Bench Press Challenge, Columbus OH, Ken Patterson/PES, 386-734-3128, worldpowerlifting.org**

**7 MAY (NEW DATE), Bartlesville Classic BP, DL, PS, Gilkey's Gym, 5701 SE Adams Blvd., Bartlesville, OK 75006, 918-333-0245, JimDuree, 913-626-1141 or 626-1142, jduree7086@aol.com**

**7 MAY, APF California State PL & BP, Los Angeles, CA, Scot Mendelson**

**7 MAY, NASA New Mexico State (Rio Rancho, NM) Mike Adelman, powerlifter@surfbest.net, 505-453-6637**

**7 MAY, APA Summer Bash, Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049, Tom McCullough, txpowerscene@earthlink.net**

**7 MAY, W.N.P.F. National Bench Press, Lansing, MI, Jeff Buchin, (517) 622-3890**

**7 MAY, W.N.P.F. CAN-AM Championships, Lansing, MI, Jeff Buchin (517) 622-3890**

**7 MAY, W.N.P.F. National Deadlift, Lansing, MI, Jeff Buchin (517) 622-3890**

**7 MAY, 1st annual Reece Jones Memorial Test of Strength Push - Pull (raw and equipped, all ages & classes, men & women - all proceeds to Children's Miracle Network, Children's Hospital of Greenville - held in Kinston, NC, Kinston Livestock Arena, 252-560-1887**

**7,8 MAY, WPA World Championships (Opryland Hotel, Nashville, TN) Scott Taylor, 941-697-7962, apapresident@apa-wpa.com, or Wade Johnson, 615-782-4036, supersquat800@yahoo.com**

**14 MAY, 6th annual USAPL Nation's Capital Cup PL/BP, Steve DeBenedictis, 8000 Towers Crescent Dr., Suite A-145, Vienna, VA 22182, 703-761-6094, towerfitness@erols.com**

**14 MAY, APF Gulf Coast BP(BP for Cash Qualifier - Tampa, FL) Rick Lawrence, 727-376-1707, Bart 727-847-6852**

**14 MAY, APA West Coast PL, PP, DL, BP (Kennewick, WA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 413-828-6102, scott@apa-wpa.com**

**14 MAY, AAU Clarion, Venango, Westmoreland, Butler, Mercer, Lawrence & Forest Counties Youth PL (Clarion H.S., PA) Zeke Wilson**

**14 MAY, ADAU Bench Press Meet (Pep's Gym, Leominster, MA) Chris Melanson, 978-466-5888**

**14 MAY, NASA KY State PL, BP, PS & Push/Pull Championships (Winchester,**

## COMING EVENTS

**KY) Greg Van Hoose RR 1 Box 166 Ravenswood, WV 26164, (304) 273-2283, gvh@wirefire.com, www.vhpower.com**

**14 MAY, Super Bench (men, women, teen, jr., submaster, novice, master all ages) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590**

**14 MAY, Super Bench Rep Competition - Bodyweight for Reps (men, women, jr., master) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590**

**14 MAY, Money Mike's East Coast National Strongman Bench Press Championship (Charlotte, NC) www.moneymikereproductions.com**

**14 MAY, UAPC 3rd annual Quad Cities Push-Pull (Davenport, IA - Holiday Inn) Ed Angstrom, 563-370-3685 (cell), angstrom6@aol.com**

**14 MAY, Bench Blast for Cash (Harrisburg, PA) Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823, www.rychlakpowerstems.com**

**14 MAY, NASA Oklahoma State (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com**

**14 MAY (New Date), APC Excalibur Classic PL & BP (open, novice, master, teen, women) Jeff Green, Andrews Sport & Fitness, 700 Montgomery Hwy. #100, Birmingham, AL 35216, 205-817-6811/823-4745 (g)**

**14 MAY, Open BP & DL (sponsored by Erie C.C. Football - Buffalo, NY - men, women, teen, master) Dennis Green 716-851-1898**

**14 MAY, LIFETIME NATURAL POWERLIFTING SOCIETY NATIONALS (Tuscola, IL) Son Light Power, 122 W. Sale, Tuscola, IL**

**61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com**

**14.15 MAY (NEW DATE), WNPF Pan-American PL (Orlando, FL) WNPF, BOX 142347, Fayetteville, GA. 30214 770-997-0589 or wnfp@aol.com**

**14.15 MAY, APF Master, Junior, Teenage Nationals, Austin TX. Gary Pendergrass, 386-734-3128, worldpowerlifting.org**

**15 MAY, SLP Muscle & More Classic BP/DL Championship (Kennett, MO) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com**

**20-22 MAY 05, USAPL Men's Masters Nationals (Riviera Resort, Palm Springs, CA) www.usapl-ca.org, Lance Slaughter, 310-995-0047, lanceslaughter@yahoo.com**

**21 MAY, Chickahominy YMCA BP Classic, Phillip Battle or Nancy Bumet, 5401 Whiteside Rd., Sandston, VA 804-737-9622**

**21 MAY, NASA West Texas State (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com**

**21 MAY, SLP GOLD'S GYM OKLAHOMA OPEN BP/DL CLASSIC (Tulsa, Ok.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com**

**21 MAY, USAPL Pennsylvania State BP/DL (Freedom H.S., Bethlehem, PA) Terri Kunsman, 610-662-8336, tkunsman@rcn.com**

**21 MAY, WABDL Arkansas State BP/DL (Ft. Smith, AR) William Winkley, 479-**

### APF/AAPF/WPO Schedule (through 6-25-05)

May 7th: APF World Gym Bench Press Challenge, Columbus OH. Ken Patterson/PES.

May 7th: APF California State PL + BP, Los Angeles, CA, Scot Mendelson

May 14th+15th: APF Master, Junior, Teenage Nationals, Austin TX. Gary Pendergrass.

May 14th, APF Gulf Coast BP, Tampa, FL, Rick Lawrence

June 4th: APF South Texas PL+BP, Seguin TX. Gary Pendergrass.

June 4th-5th: APF Senior Nationals PL+BP(WPOQualifier), Detroit MI. Jim Hince.

June 11th: AAPF Florida State PL + BP, F1. Lauderdale Fla. Kieran Kidder.

June 25th: APF Florida State PL+BP, F1. Lauderdale Fla. Kieran Kidder.

June 25th: APF Metal Militia Powerlifting Wars, Bill Crawford. Glens Fall NY.

June 25th, APF Central California

Dates subject to change Call 386-734-3128 for info. (worldpowerlifting.org) (worldpowerliftingcongress)

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**21 MAY**, 8th annual Newman BP (open men, open women, high school, master), Newman High School, 1101 St. Mary's Rd., Sterling, IL 61081, John Ybarra, 815-625-0185, rybarra@natman.com

**21 MAY**, USAPL Midwest Open PL Championships, Jim Hart, 4418NW50th, Lincoln, NE 68524, 402-470-3672.

**21-22 MAY**, USAPL New England States Open PL Championships, Greg Kostas, PO Box 113, Whitman, MA 781-447-6714.

**21, 22 MAY**, USAPL New York State PL & Northern BP Challenge, Tim Sexton, 29 Lafayette St., Tupper Lake, NY 12986, 518-359-3760, tjsexton@westelcom.com

**21, 22 MAY**, IPA Strength Spectacular @ Four Seasons Fitness, W. Paterson, NJ, www.nazbar.com, deb@nazbar.com, 610-438-2902

**21, 22 MAY**, USAPL New York State, Tim Sexton, 29 Lafayette St., Tupper Lake, NY 12986, 518-359-3760

**22 MAY**, 2nd annual Atlantis New England BP Classic (Paladium, Worcester, MA - trophies, cash prizes, cash bonus plan, hosted by 12 time World Champion Ed Coan) 508-885-3686

**22 MAY**, SLP SOUTHEAST MISSOURI BP/DL CHAMPIONSHIP (Springfield, Mo.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**28 MAY**, NASA East Texas State (PL, BP, PP, PS - Longview, TX) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@aol.com

**28 MAY**, WABDL Midwest Regional BP/DL (Holiday Inn West Minneapolis (St. Louis Park), MN, Gus Rethwisch, 503-901-1622 or 763-545-8654

**28 MAY**, AAU Crawford, Erie, Warren Counties Youth PL (PA) Zeke Wilson

**28 MAY**, APF/AAPF Back Bay Bench Bash (Biloxi, MS) Joe Ladtner, 1185C

Gorenflo Rd., D'Iberville, MS 39540, 228-669-4240, www.joeladnir.com

**28, 29 MAY**, WDFPF European Single Lift Championships (Pompeii, Italy) jm-gedney@wiu.edu

**29 MAY**, Gold's Gym Herrin Fest BP/DL (Herrin, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**MAY**, NHSP BP Championship, Jamie Fellows, NUTRITION 101, 865 Second St., Manchester, NH 03102, AmericanPowerlifting.com, NHBodybuilding@yahoo.com

**MAY**, NASA Kentucky State PL ing, BP, Push/Pull & Power Sports, Greg & Susan Van Hoose, Route 1 Box 166, Ravenswood, WV 26164, Call: (304) 273-2283 or email gvh@wirefire.com

**4 JUN**, WABDL Great Northern BP/DL (Tacoma Inn, Tacoma, WA) Gus Rethwisch, 503-901-1622 or 763-545-8654

**4 JUN**, APF South Texas (Seguin - men & women - open, below 1, masters (5yr. age groups), submaster, junior (2yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

**4 JUN**, SCLS Athletic Booster BP (S. Charleston H.S., S. Charleston, W. Va) John Messinger, 304-766-0352 (school), 304-744-2475 (home)

**4 JUN**, SLP MISSOURI OPEN BP/DL CHAMPIONSHIP (Festus, Mo.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**4 JUN**, YMCA Maple City Classic BP (open, women, teen, submaster, master) Hans Schnell, YMCA, 12 Center St., Homell, NY 14843, 607-324-5520

**4 JUN**, West YMCA Open PL, BP, DL, PP, 7502 Maple, Omaha, NE, Roger or Machia 402-393-3700

**4 JUN**, SRPA Georgia Ironman (Tucker, GA) Mark Fain 770-935-4998,

## UPCOMING WNPf MEETS DRUG FREE POWERLIFTING Website - members.aol.com/wnpf

May 7 - Bench & Deadlift Nationals, Can-Am Powerlifting  
Nationals - Jeff Buchin - Lansing, MI - 517-622-3890

May 7 - Raw Nationals, Powerfest 2K5, Police/Fire/Military  
Games, Bordentown, NJ, Troy Ford, 770-997-0589,  
wnpf@aol.com

May 14-15, Pan-Am PL, BP, DL, SQ, PC - Orlando, FL - Troy  
Ford, 770-997-0589, wnpf@aol.com

June 12 - North American Championships (PL, BP, DL PC)  
Ephrata, PA - Troy Ford, 770-997-0589, wnpf@aol.com

Jun 25-26 - Drug Free Nationals, (PL, BP, DL, PC) Young-  
stown, OH, Ron Deamicis, 330-792-6670

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**4 JUN**, Capital City Challenge Strongman, Ford's Gym, 2509 E. Washington Ave., Madison, WI 53704, Ford Sheridan, 608-249-4227

**4 JUN**, SPF Natl. PL & Open BP (Glenstone Lodge, Gatlinburg, TN) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8410, www.southernpowerlifting.com

**4 JUN**, AAU Military Nationals (Little Rock AFB, Jacksonville, AR) Larry Kye, LKYE@NETSCAPE.NET, 501-982-7668

**4 JUN**, Pete Lanzi Memorial Push/Pull, (Cleveland, OH) Gary Kanaga, 440-717-9624, gary.kanaga@nordontiaschools.org

**4, 5 JUN**, NAPA Masters & Submasters PL & PS (OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@aol.com

**4, 5 JUN**, Raw A.D.A.U. National Powerlifting Championships Men and Women of any age, in all weight classes Meet held in Bigler PA, Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikilup.com

**4, 5 JUN**, APF Senior Nationals PL & BP (WPO Qualifier), Detroit MI, Jim Hinz, 386-734-3128, worldpowerlifting.org

**5 JUN**, Big Bench at the French BP/DL/C Class II (Memphis, TN) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**10-12 JUN**, USAPL Teen/Jr. Nationals, Johnny Graham, 1706 Shoemaker Dr., Killeen, TX 76543, 254-526-0779

**11 JUN**, SLP SUPERMAN CLASSIC BP/DL CHAMPIONSHIP (Metropolis, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**11 JUN**, AAU Jefferson, Armstrong, Indiana Counties Youth PL (PA) Zeke Wilson

**11 JUN**, 12th Miller's Ironhouse All Natural BP (open, women, high school, raw, teen subs, masters, grand masters) Allegany High School, Cumberland, MD, 301-777-0644, millersiron@hereintown.net

**11 JUN**, USAPL Minnesota Push/Pull, Fran Huston, 2801 Flag Ave. #319, New Hope, MN 55427, 763-591-0067

**11 JUN**, AAPF Florida State PL & BP, Ft. Lauderdale Fla. Kieran Kidder, 386-734-3128, worldpowerlifting.org

**11 JUN (REVISED NEW DATE)**, USPF West Coast BP/DL (Venice, CA - 2 single lift

meets, not total) Steve Denison, pwriftrs@msn.com, www.powerliftingca.com, 661-333-9800

**11 JUN**, Summer Push Pull, Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 574-674-6603

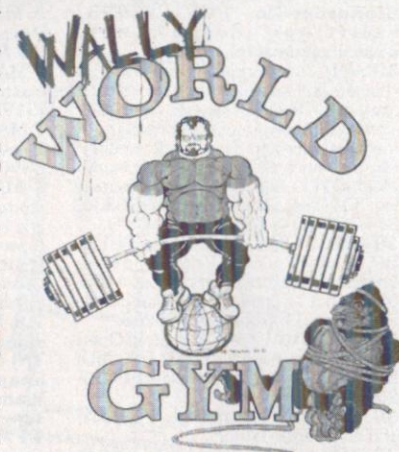
**11 JUN**, WABDL Sonny's 5th annual Push-Pull (Kaneohe, HI) Sonny Ronolo, 808-261-4518

**11 JUN (NEW DATE)**, 15th AAPF/APF Snake River Meet (PL, BP, DL, Youth - Apple Athletic Club, Idaho Falls, ID) 208-521-3434/520-8773, snakeriver@yahoo.com

**11 JUN (revised date)**, IHM Festival BP, DL, Ironman, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

**11 JUN**, WABDL Capitol City Classic BP/DL (Marriott Hotel, Rancho Cordova (Sacramento), CA) Gus Rethwisch, 503-901-1622 or 763-545-8654

**11 JUN**, APA Gulf Coast Record Breakers PL, BP, DL, PP (Ft. Myers, FL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 413-828-6102, scott@apa-wpa.com



The Friends of Wally Strosnider present The Second Annual Wally World Bench Press Championship. This will be a Drug Free "Raw" Bench Meet. Sunday, June 26th at Forest Park Community College, 5600 Oakland, St. Louis, MO 63110. Weigh in from 9:00 a.m. thorough 11:00. Lifting begins at 12:00 noon. TEENS, OPEN, WOMEN, MASTERS AND POLICE & FIRE. Bench shirts optional for masters, Wrist Wraps & Belts are acceptable for all. There will be a Savings Bond awarded for the best TEENAGE lifter - Girl & Boy! Proceeds to be donated to the American Diabetes Association. Entry forms will be available on the web at: www.wallyworldpower.com, www.usaplnationals.com, www.sonlightpower.com. For more information e-mail or call: wallywld@nothbut.net Nancy at 314-832-6465, popeyedld@aol.com Jim Bell at 314-894-1532, sonlight@netcare-il.com Darrell Latch at 217-253-5429

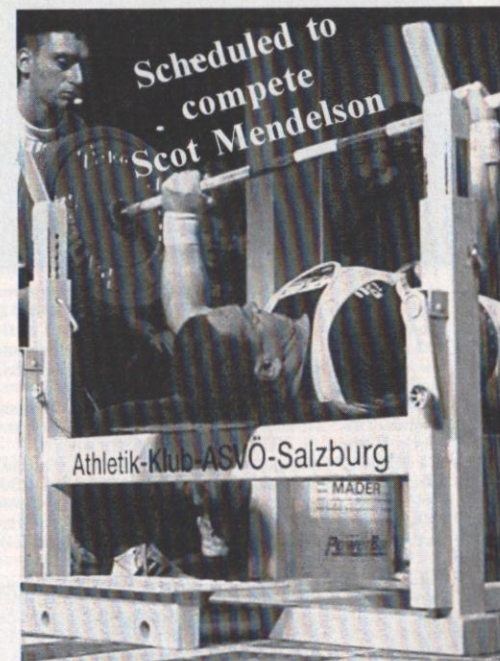
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\* \* \* \* \*

**11-12 JUN**, AAPF Police & Fire Nationals (Frantz Gym, Aurora, IL) Ernie Frantz & Amy Jackson, amyjackson@aol.com

**12 JUN (NEW DATE)**, USA 'RAW' BENCH PRESS FEDERATION SUMMER NATIONALS (Mattoon, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**12 JUN**, WNPf North Americans & Elite Nationals (Ephrata, PA) WNPf, BOX 142347, Fayetteville, GA 30214, 770-997-0589 or wnpf@aol.com

**17-19 JUN**, (new website) 3rd IPF/NAEPF North American Regional and USAPL International Open PL (18th) (J.L. Knight Center, Miami, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.ipfworlds.com/naf

**18 JUN**, 6th annual New England's

Strongest Man (5 events) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

**18 JUN**, NASA U.S.A. Nationals (PL, BP, PS - Springfield, OH) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@aol.com

**18 JUN**, WABDL Emerald Coast Classic BP/DL (Destin, FL) Rick Hagedorn, 256-545-8654

**18 JUN**, SLP Wisconsin's Strongest BP/DL (Waupaca, WI) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**18 JUN**, USAPL Great West PL/BP, Nicole Craig, 4716 Trail Dr., Rapid City, SD 57703, 605-718-9622

**18 JUN**, USAPL Kansas State Open, Wayne David Herl, 3503-A Chaumont, Hays, KS 67601, 785-625-1761

**18-19 JUN**, AAU Raw National PL and AAU North American Bench, Deadlift and Push Pull (San Diego,

CA) Martin Drake, P.O. Box 108, Nuevo, CA 92567, 951-928-4797, MARTIN.J.DRAKE@BOEING.COM

**18, 19 JUN**, USPF Nationals Men & Womens Open, Jrs., Submasters, Masters (Los Alamitos, CA) Steve Denison, pwriftrs@msn.com, www.powerliftingca.com, 661-333-9800

**18, 19 JUN**, WDFPF European PL Championships (Grangemouth, Scotland) jm-gedney@wiu.edu

**20 JUN**, Samson Sportsflex Competition (San Juan, PR) William Rosario, 787-668-6336, FAX 787-757-8812

**24-26 JUN**, Prairie State Games (BP), Fenton High School, Bensenville, IL, Eric Stone - Sport Commissioner, thestone@chicagopowerlifting.com, www.chicagopowerlifting.com

**25 JUN**, AAU Potter, Steuben, Allegany Counties Youth PL (PA) Zeke Wilson

**25 JUN**, 100% Raw PLF National BP/PL Championships (Sanford, NC)

www.rawpowerlifting.com, rawlifting@aol.com

**25 JUN**, AAU-USPF Sooner State Games, 405-275-3689, rrain@charter.net

**25 JUN**, APF Florida State PL+BP, F1, Lauderdale Fla. Kieran Kidder, 386-734-3128, worldpowerlifting.org

**25 JUN**, WABDL Rocky Mountain Regional BP/DL (Salt Lake City, UT) Randy Marchant, 801-465-2349

**25 JUN**, APF Metal Militia Powerlifting Wars, Bill Crawford, Glens Fall NY, 386-734-3128, worldpowerlifting.org

**25 JUN**, APC Central California Open/Novice, (APC qualifier to go to GPC Worlds) Bob Packer, 559-658-5437, 559-322-6805, www.calapc.net

**25 JUN**, Mountaineer Cup VII Strength & Sports Expo Powerlifting, Mountaineer Race Track & Gaming Resort, Rt. 2 South, Chester, WV, 304-387-8185, 387-8174, mlollini@mtgaming.com

**25 JUN (DATE CHANGE)**, ADAU 1st Annual RAW "Sports Connection" Challenge (SQ, BP, DL) Drug Free & 100% RAW (Hagerstown, MD) Kevin Prosser (Meet Director) 301-573-7853 or Alan Siegel: www.pikilup.com

**25 JUN**, SLP Men/Women Teenage & Open Women's National BP/DL, SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**25 JUN**, APF Central California

**25 JUN**, NASA Missouri Grand (PL, BP, PP, PS - Joplin, MO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@aol.com

**25, 26 JUN**, WNPf Drug Free Nationals PL & Single Lift, Ron DeAmicis, 6531 New Road, Youngstown, OH 44515, 330-792-6670

**26 JUN**, Wally World Bench Press (drug free raw, St. Louis, MO), www.wallyworldpower.com, www.usaplnationals.com, www.sonlightpower.com, wallywld@nothbut.net, Nancy, 314-832-6465, popeyedld@aol.com, Jim Bell 314-894-1532, sonlight@netcare-il.com, Darrell Latch, 217-253-5429

**26 JUN**, APA Space City BP Extravaganza, Health Clubs of America, 14900 Westheimer, Houston, TX 77082, Tom McCullough, tomcc56@earthlink.net

**26 JUN**, USAPL Big Bench Blow-out / Fireworks in the Rockies, Gary Gertner, 3601 S. Lowell Blvd., Denver, CO 80236, 720-394-6657

**26 JUN**, APA CT Open BP & DL (Norwich, CT) Donna Slaga, APA CT Chairperson, 38 John Brook Rd., Canterbury, CT 06331, 860-546-2091, dslaga@yahoo.com

**2 JUL**, 11th Independence BP Raw & Assisted, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@adelphia.net, www.virginiausapl.com

**2 JUL**, NASA Houston Grand, PL ing, BP, Push/Pull & Power Sports, Alvin, TX, Rich Peters, Phone - 405-527-8513, E-mail SBPDL@aol.com, P.O. Box 735, Noble, OK, 73068

**8-10 JUL (revised listing)**, GPC American Cup PL & BP (Canada/USA, Athens, GA) and APC National PL & BP (Global Powerlifting Committee World Championships Qualifier) L.B. Baker, 770-725-6684, mobile 770-713-3080, lbaker@americanpowerliftingcommittee.com, www.irondawg.com

**9 JUL**, APF/AAPF Chicago Summer Bash II, Velocity Sports Performance, Willowbrook, IL, Eric Stone - Sport Commissioner, 630-892-7793, thestone@chicagopowerlifting.com, www.chicagopowerlifting.com

**9 JUL**, APA Granite State BP, DL, PP (New Hampshire) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 413-828-6102, scott@apa-wpa.com

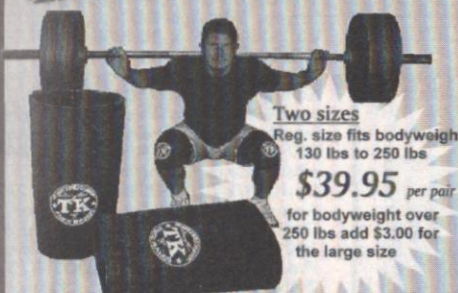
**9 JUL**, USAPL Mid Atlantic PL, BP,



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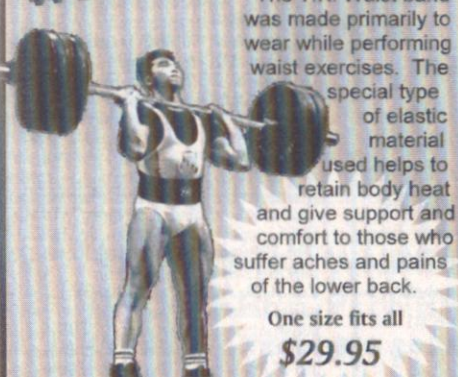
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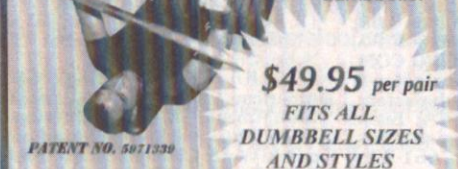


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**9 JUL, SLP FT. HAMILTON DAYS BP/DL CHAMPIONSHIP** (Hamilton, Oh.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**9 JUL, NASA Western States Nationals, PL'ing, BP, Push/Pull & Power Sports, Mesa, AZ.** Rich Peters, Phone - 405-527-8513, E-mail SBPDL@aol.com, P.O. Box 735, Noble, OK. 73068

**10 JUL, WNPF USA Open Championships & Women's Nationals** (Atlanta, GA) WNPF, BOX 142347, Fayetteville, GA 30214, 770-997-0589 or wnfp@aol.com

**10 JUL, SLP HEART OF ILLINOIS BP/DL CHAMPIONSHIP** (Peoria, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**16 JUL, WABDL Great Lakes Regional BP/DL** (Holiday Inn South, Lansing, MI) Gus Rethwisch, 503-901-1622 or 763-545-8654

**16 JUL, ANPPC WORLD CUP POWERLIFTING CHAMPIONSHIP** (Tuscola, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**16 JUL, NASA Grand Nationals (PL, BP, PP, PS - Selmer, TN) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com**

**16 JUL, P.L. BP on the Ohio Reiver** (open, teen, women, masters - Huntington, WV) Willie or Chris Williams, 307 Shorr St., Huntington, WV 25702, 962-5129

**16 JUL, World Games**

**16 JUL, USAPL Forum Fitness BP** (women, teen, masters, open - Glen Carbon, IL) Maureen Post, 618-616-5260, mpost57@sbcglobal.net

**16 JUL, AAU Tioga, Lycoming, Centre, Blair, Cambria, Huntingdon, and Clearfield Counties Youth PL (PA) Zeke Wilson**

**16 JUL, AAU Comhusker State Games** (Lincoln, NE) Howard Huffman, Don McElravy

**16 JUL, APF/AAPF Firecracker (Push/Pull), The Gym, 2411 Western Ave., Las Vegas, NV.** Mark Swank: 702-245-6852 or Carol Upton 702-656-6762, thegymlasvegas@earthlink.net.

**16-17 JUL, IPA World Powerlifting Championships, York Barbell Company, 3300 Board Rd., York, PA 17402, Ellen Chaillet echaillet@aol.com or Mark Chaillet at 717-495-0024, chaillet@suscom.net.**

**17 JUL, SLP Healthquarters BP Classic** (Hazelwood, MO) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**23 JUL, SLP ARKANSAS OPEN BP/DL CHAMPIONSHIP** (Glenwood, Ar.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**23 JUL, USAPL Iron Works Bench and Deadlift,** Matt Smith, 1111 E. Wackerly St., Midland, MI 48642, 989-837-8700, powerlifter@charterinternet.com.

**23 JUL, ADAU (Raw) Squat Nationals** (Catasauqua, PA - all age/wt. classes & divisions) Nicholas Theodorou, Nutritional Technologies, 5 Stonecroft Dr., Easton, PA 18045, 610-258-1894, nutritrek@aol.com

**23 JUL, ADAU (Raw) Bench Press Nationals** (Catasauqua, PA - all age/wt. classes & divisions) Nicholas Theodorou, Nutritional Technologies, 5 Stonecroft Dr., Easton, PA 18045, 610-258-1894, nutritrek@aol.com

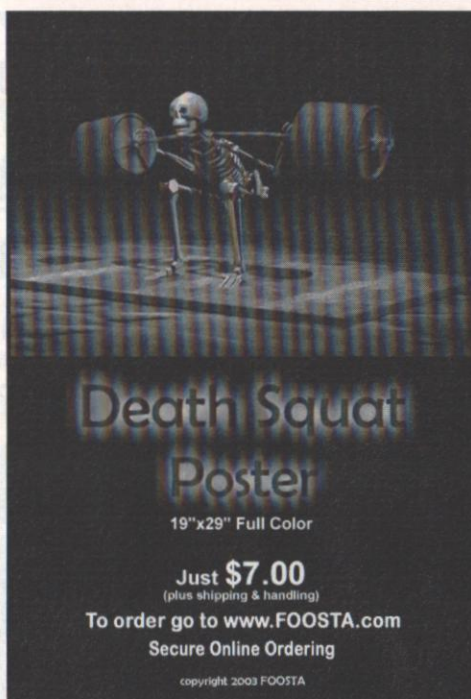
**23 JUL, ADAU (Raw) Deadlift Nationals** (Catasauqua, PA - all age/wt. classes & divisions) Nicholas Theodorou, Nutritional Technologies, 5 Stonecroft Dr., Easton, PA 18045, 610-258-1894, nutritrek@aol.com

**23 JUL, WABDL House of Pain Southern Regional BP/DL** (Sheraton Dallas Brookhollow, Dallas, TX) Gus Rethwisch, 503-901-1622 or 763-545-8654

**23 JUL (new location), WNPF South Florida BP, DL, PC** (Plantation, FL) Brian Burritt 772-621-8988 or bburritt@hatshack.com

**23 JUL, APA 2nd annual Jackson Open Battle of the Bad PL, BP, DL, PP** (Jackson, MS) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 413-828-6102, scott@apa-wpa.com

**23 JUL, USAPL/USOC Palm Beach County Tropical Games BP & DL** (W. Palm Beach, FL)



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**23 JUL, AAU Larry Garro Memorial BP - DL - Ironman - Ironwoman Open,** Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, Brian@usbf.net

**23-24 JUL, USAPL PL Championships at the Tropical Games of the Palm Beaches.** Robert Keller, 4264 Vineyard Circle, Weston, FL 33332, 954-384-4472

**24 JUL, SLP Oklahoma Summer Open BP/DL** (Sallisaw, OK) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**30 JUL, WABDL Rocky Mountain Classic BP/DL** (Holiday Inn Airport, Boise, ID) Gus Rethwisch, 503-901-1622 or www.seguinfittness.com



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**30 JUL, NASA Colorado Grand, National, PL'ing, BP, Push/Pull & Power Sports,** Rich Peters, Phone - 405-527-8513, E-mail SBPDL@aol.com, P.O. Box 735, Noble, OK. 73068

**30 JUL, NASA Tri-State Natural** (1st 50 entries) Smitty, The Gym, 112 W. North St., Flora, IL 62839, 618-662-3414 1-8PM M-F, lesmitty@bspeedy.com

**30 JUL, Arkansas Benchpress Association (ABA) Central Arkansas BP & DL** (Bryant, AR) D.D. Nichols, 2122 Misty Circle, Benton, AR 72015, 501-860-6851

**30 JUL, SLP Open World BP/DL, SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com**

**30 JUL, APF West Coast Push-Pull,** John Ford, 650-303-7518

**30 JUL, ABA Central Arkansas BP** (Bryant, AR) D.D. Nichols, 2122 Misty Circle, Benton, Ar 72015, 501-860-6851

**30 JUL, Vermont State Open BP, All American Fitness Center, 1881 Williston Rd., S. Burlington, VT 05403, Rick Poston, 802-865-3068**

**30 JUL, APF Barbee Classic** (San Antonio - men & women - open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfittness.com

**30-31 JUL, AAU Junior Olympics - New Orleans, La - ages 5-21, aausports.org or contact meet director Judy Wood - 804-559-4624 after 7pm est or 804-512-0921 or email: judi6108@aol.com**

**JUL, NHSP Push-Pull Championship,** Jamie Fellows, NUTRITION 101, 865 Second St, Manchester, NH 03102, AmericanPowerlifting.com, NHBbodybuilding@yahoo.com

**JUL, APF Valley Classic** (Harlingen - men & women - open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfittness.com

**JUL, USSA Men & Women PL Nationals, USSA, Box 844, Wewoka, OK 74884, ussapl@hotmail.com**

**6 AUG, APF Southeast Challenge** (Orange - men & women - open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfittness.com

**6 AUG, USPF Venice Beach Push-Pull** (combined total) Steve Denison, pwriftr@msn.com, www.powerliftingca.com, 661-333-9800

**6 AUG, Florida State BP Championship,** Dwayne Kouf, Stacey Motter, Ed Rectenwald, or Bob Youngs 561-718-9877, Southsidebarbell@hotmail.com

**6 AUG, WNPF Single lift Nationals & Ironman Nationals** (Atlantic City, NJ) WNPF, BOX 142347, Fayetteville, GA 30214, 770-997-0589 or wnfp@aol.com

**6, 7 AUG, WABDL National BP/DL** (Sheraton Airport, Portland, OR) Gus Rethwisch, 503-901-1622 or 763-545-8654

**7 AUG, SLP VINCE SOTO MEMORIAL OHIO STATE FAIR BP/DL CHAMPIONSHIP** (Columbus, Oh.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**13 AUG, SLP WISCONSIN STATE FAIR BP/DL CHAMPIONSHIP** (West Allis, WI) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**13 AUG, WABDL Deep South BP/DL** (Baton Rouge, LA) Reed Bueche, 225-638-3210

**13 AUG, USAPL Southern California Regional PL & BP** (Cal State Northridge) Lance Slaughter, 310-995-0047, lanceslaughter@yahoo.com, www.usapl-

ca.org

**13 AUG, APF/AAPF Mississippi State PL/BP** (Biloxi, MS) Joe Ladrner, 1185C Gorenflo Rd., D'Iberville, MS 39540, 228-669-4240, www.joeladrner.com

**13, 14 AUG, WABDL Can Am Cup** (Okotoks (Calgary), Alberta, Canada) Bruce Greig, 403-938-3067

**13, 14 AUG, NASA World Cup, PL'ing, BP, Push/Pull & Power Sports, Okla City, OK.** Rich Peters, Phone - 405-527-8513, E-mail SBPDL@aol.com, P.O. Box 735, Noble, OK. 73068

**13, 14 AUG, AAU Open Nationals** (Massachusetts) Larry Larsen, 781-767-0764, www.ausports.org

**14 AUG, 2nd Maryland's Strongest Police/Fire/Corrections PL** (Columbia, MD) Vic Selvaggi, vselvaggi@co.ho.md.us

**14 AUG, WNPF Motown Open - Detroit, MI,** Richard Van Eck (269) 521-4031 or Jeff Buchin (517) 622-3890

**14 AUG, SLP MISSOURI STATE FAIR BP/DL CHAMPIONSHIP** (Sedalia, Mo.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**20 AUG, AAU World Qualifier** (youth & adult, PA) Zeke Wilson

**20 AUG, USAPL Virginia State PL, BP, Ironman** (Charlottesville, VA) John Shifflett, Box 941, Stanardsville, VA 22973, valifting@adelphia.net, www.virginiausapl.com

**20 AUG, USAPL NJ Bench Press Open,** Joe Morreale, 350 Rt 46, Rockaway, NJ 07866, 973-627-9156

**20 AUG, PPL Southeastern Drug Free, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, PYTHONGYM@AOL.COM**

**20 AUG, NASA Colorado Grand** (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

**20 AUG, WABDL Tennessee State BP/DL** (Holiday Inn, Murfreesboro, TN) Ken Millrany, 931-962-1596

**21 AUG, SLP GUY CARLTON MEMORIAL ILLINOIS STATE FAIR BP/DL CHAMPIONSHIP** (Springfield, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**27 AUG, WABDL 9th annual Alki Beach BP/DL** (Seattle (Alki Beach), WA) Bull



**25 June - APC Central California Open and Novice (Teen, Women, Junior, Masters, Open - APC National Qualifier to go to the GPC Worlds), Bob Packer, 559-658-5437, 559-322-6805, www.calapc.net**

Stewart, 206-725-7894

**27 AUG, SLP KENTUCKY STATE FAIR BP/DL CHAMPIONSHIP** (Louisville, Ky.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**27 AUG, SPF Strongest BP/DL in the South** (Holiday Inn, Birmingham, AL) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8410, www.southempowerlifting.com

**27 AUG, WABDL Scandinavian BP/DL** (WABDL World Qualifier - Tampere, Finland) Sakari Selkainaho, 358-14-423-856

**28 AUG, Central BP League & E-nomous PL 15th Endless Summer Class Push/Pull** (Granger, IN - Fit Stop) Anson Wood, 574-903-4586, www.e-nomous.biz

**AUG, WNPF AL-MS-LA State Championships - Lester Fields, 770-842-2137 or lesterfields@aol.com**

**AUG (New Date), WNPF Ralph Peace Memorial** (Asheville, NC) Lester Fields, 770-842-2137 or lesterfields@aol.com

**3 SEP, SPF Virginia State Push/Pull, BP** (Holiday Inn, Bristol, VA) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8410, www.southempowerlifting.com

**10 SEP, 100% Raw Virginai State BP** (Stanardsville, VA) Cale Sherwood, 918-955-4789

**10 SEP, 100% Raw Virginai State BP** (Stanardsville, VA) Cale Sherwood, 918-955-4789

**10 SEP (NEW DATE/LOCATION), WNPF Lifetime Drug Free Nationals** (Armonk, NY or Piscataway, NJ) WNPF, BOX 142347, Fayetteville, GA 30214, 770-997-0589 or wnfp@aol.com

**10 SEP, USPF Venice Beach PL/BP,** Steve Denison, pwriftr@msn.com, www.powerliftingca.com, 661-333-9800

**10 SEP, SLP TENNESSEE STATE FAIR BP/DL CHAMPIONSHIP** (Nashville, TN.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**10 SEP, WABDL Idaho State BP/DL** (Templin Red Lion Hotel, Post Falls, ID) Roger Neff, 208-964-0194

**10 SEP, 100% Raw Virginia State BP,** John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932,

## 100% RAW Powerlifting Federation Membership Application

LAST NAME: \_\_\_\_\_ FIRST NAME: \_\_\_\_\_ INT. \_\_\_\_\_

STREET ADDRESS: \_\_\_\_\_

CITY / STATE / ZIP: \_\_\_\_\_

AREA CODE / TELEPHONE: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_

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**\$10 - HIGH SCHOOL**

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**NOTE: Your 100% RAW Membership Will Expire One Year From The Date of Application.**

LIFTERS SIGNATURE: \_\_\_\_\_ PARENTS SIGNATURE IF UNDER 18 YRS. OLD \_\_\_\_\_

DATE OF APPLICATION: \_\_\_\_\_ (This Will Be Your Renewal Date)

By signing this application I agree to submit or give permission for my son/daughter to submit to any drug testing procedures during or after a competition by Officials of 100% RAW. I hereby also agree to accept the results of such testing and will not challenge the results in anyway. I further agree that I will not sue the 100% RAW Powerlifting Federation for injuries that may occur during competition or while traveling to or from a competition. I do realize that Powerlifting is a dangerous sport and by signing this membership application, I have chosen to compete in Powerlifting at my own risk.

**www.RAWPOWERLIFTING.com**



valifting@adelphia.net

**11 SEP.** United We Stand (BP, DL, Ironman, Ironwoman, Raw, Equipped, all classes, trophies, 1st-5th \$30,000, free meet t-shirt), Charles Venturilla, 718 Mabel St., New Castle, PA 16101, 724-654-4117.

**17 SEP.** WABDL Nevada State BP/DL (Elko, NV) Raul Lopez, 775-753-2374, rlopwts@frontiernet.net

**17 SEP.** Open BP meet, Glenwood Athletic Club, (Glenwood, AR) Jason or George at 870-356-6250

**17 SEP (New Date), NPA (drug free) Nationals BP&DL, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292, fitlifed@cs.com**

**17 SEP, USA 'RAW' BENCH PRESS FEDERATION FALL NATIONALS (Tuscola, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com**

**17 SEP.** APF Northern California Open, John Ford, 650-303-7518

**17 SEP.** NASA E. Texas Regional (PL, BP, PP, PS - Longview, TX) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

**17 SEP.** NASA New Mexico Regional (PL, BP, PS - Albuquerque, NM) Mike Adelmann, powerlifter@surfbest.net

**17 SEP.** WABDL West Coast Classic BP/DL (Marriott Hotel, Rancho Cordova (Sacramento), CA) Gus Rethwisch, 503-901-1622 or 763-545-8654

**24 SEP.** 100% Raw Tri-ZState Pl (Hagerstown, MD) www.rawpowerlifting.com, rawlifting@aol.com, litjohnraw@aol.com

**24 SEP (New Date), WABDL Hawaii State BP/DL (Waimanalo, HI) Keith Ward, 808-259-5266**

**24 SEP.** Bartlesville Drug Free Classic, Gilkey's Gym, 5701 SE Adams Blvd., Bartlesville, OK 74006, 913-626-1141 or 626-1142, jduree7086@aol.com

**24 SEP.** SLP OPEN NATIONAL POWERLIFTING/BP/DL CHAMPIONSHIP (Tuscola, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**24 SEP.** NASA Tennessee Regional (PL, BP, PP, PS - Pickwick Dam, TN) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

**SEP (Date Change), WNPF Northern Florida BP, DL, Ironman & PC (Lake City, FL) Lester Fields, 770-842-2137 or lesterfields@aol.com**

**30 SEP-1 OCT.** BenchAmerica 3 (Elgin, IL "DO YOU QUALIFY?"), info@benchamerica.com

**1 OCT.** APF/AAPF 2nd NYC Coliseum Impact Pl for Charity, PL, SQ, BP, DL, Raw and Assisted, Coliseum Gym, 7509 71st Ave, Middle Village, NY 11379, 718-326-2496 7-10pm as for Teddy or Stacy, www.coliseumgym.com

**1 OCT (NEW DATE), WABDL Washington State BP/DL (Sam Benn Gym, Aberdeen, WA) Dr. Don Bell, 380-532-8339**

## UPCOMING SLP COMPETITIONS

**30 APRIL - SLP National BP/DL Championships (Tuscola, IL)**

**14 MAY - Lifetime Natural Powerlifting Nationals (Tuscola, IL)**

**11 JUNE - SLP Superman Classic BP/DL Championship (Metropolis, IL)**

**12 JUNE - USA 'RAW' Bench Press Federation Summer Nationals - World Qualifier (Mattoon, IL)**

**25 JUNE - SLP Teenage Men/Women & Open Women's BP/DL Nationals (Tuscola, IL)**

**1 OCT.** WABDL Night of the Champions (All American Gym, Lakeland, FL) Ken Snell, 863-687-6268

**1 OCT.** SLP FALL BENCH PRESS/DEADLIFT CLASSIC (Mattoon, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**1 OCT.** Arkansas Benchpress Association (ABA) Arkansas Open BP & DL, D.D. Nichols, 2122 Misty Circle, Benton, AR 72015, 501-860-6851

**1,2 OCT.** 14th WNPF World Powerlifting Championships (Philadelphia, PA) Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515

**2 OCT.** ADAU Connecticut State Open PL/BP, Rob Delavega, Powerhouse Gym, 71 Commerce Dr., Brookfield, CT 06804, 203-775-8584, phgbrookfield@sbcglobal.net

**2 OCT.** SLP IOWA STATE BP/DL CHAMPIONSHIP (Clinton, Ia.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**8 OCT.** ADAU "No Druggies Allowed" Raw SQ, BP, DL (no total - men & women - open & all ages) Joe Oreglia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727

**8 OCT.** SLP OKLAHOMA STATE BP/DL CHAMPIONSHIP (Tulsa, Ok.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**8 OCT.** NASA Ohio Regional (PL, BP, PP, PS - Springfield, OH) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

**9 OCT.** SLP MISSOURI STATE BP/DL CHAMPIONSHIP (Springfield, Mo.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**14, 15, 16 OCT.** WDFPF Single Lift Worlds (Croatia) jm-gedney@wiu.edu

**15 OCT.** PPL "Drug Free" Nationals and Body Challenge, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, PYTHONGYM@AOL.COM

**15 OCT.** SLP ARKANSAS STATE BP/DL CHAMPIONSHIP (Paragould, Ar.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**15 OCT.** PPL "Drug Free" Nationals and Body Challenge, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, PYTHONGYM@AOL.COM

**15 OCT.** USPF Central California Open & Novice PL & BP (Modesto, CA) Steve Denison, pwriftrs@msn.com, www.powerliftingga.com, 661-333-9800

**15-16 OCT (corrected dates), AAU National Bench, Deadlift and Push-Pull (Richmond, Va. Holiday Inn) aasports.org or aaupower@aol.com, Va Powerlifting Association - 1811 Southcliff Road, Richmond, Va 23225**

**16 OCT.** SLP Big Bench at the French BP/DL/C Classic III (Memphis, TN) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**17-23 OCT.** GPC World PL/BP (Dessau, Germany) LB Baker, 770-725-6684 or 770-713-3080, www.globalpowerliftingcommittee.com

**22 OCT.** NASA Colorado Regional (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

**22 OCT.** SLP MID-AMERICA OPEN BP/DL CHAMPIONSHIP (Metropolis, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**22 OCT.** 23rd Annual Raw A.D.A.U. "Central PA Open" Powerlifting Cham-

pionships Open and All age Groups for both men and women The longest continually conducted DRUG-FREE meet in Pennsylvania Meet held in Bigler PA, Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikilup.com

**23 OCT.** SLP HARD CORE OPEN II BP/DL CHAMPIONSHIP (Chicago, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**29 OCT.** ANPPC NATIONAL POWERLIFTING CHAMPIONSHIP (Tuscola, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**29 OCT (corrected date), USAPL Blue Ridge BP Raw & Assisted, John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@adelphia.net**

**29 OCT.** NASA North Carolina Regional (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

**29 OCT.** Iowa/Midwest Open BP or DL (teen, novice, open, submaster, master 1-2-3, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 641-673-5240

**29 OCT.** 8th Fred Rogers/Paul Smart BP/DL, Clyde, NY. Steve Rogers 315-365-3377. Seeper67@tds.net

**30 OCT.** SLP Midwest Open BP/DL (Indianapolis, IN) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**OCT.** USAPL Florida Collegiate PL (Florida Gulf Coast University, Ft. Myers, FL) Jim Dundon, jdundon@fgcu.edu, 239-590-7709

**OCT, WNPF Michigan State and Open, Benton Harbor, MI, Richard Van Eck (269) 521-4031**

**OCT.** NASA Big River Classic, Tobey & Daryl Johnson, Blytheville, AR

**OCT.** NHSP PL Championship, Jamie Fellows, NUTRITION 101, 865 Second St, Manchester, NH 03102, AmericanPowerlifting.com, NHBodybuilding@yahoo.com

**OCT.** NASA Kentucky Regional "PL"ing, BP, Push/Pull & Power Sports, Louisville, Ky. Greg & Susan Van Hoose, Route 1 Box 166, Ravenswood, WV 26164, Call: (304) 273-2283 or e-mail gvhil@wirefire.com

**6 NOV.** WPC Worlds, Helsinki, Finland

**5 NOV.** APF Texas Cup (Dallas - men & women - open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

**5 NOV.** APA 4th annual Battle of the Badasses BP, DL, PP (Georgetown, SC) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 413-828-6102, scott@apa-wpa.com

**5 NOV.** NASA Iowa Regional (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

**19 NOV.** 100% Raw World BP (Currituck, NC) www.rawpowerlifting.com, rawlifting@aol.com, 252-339-5025

**19 NOV.** USAPL Police & Fire Nationals, Keith Simonds, 800 N. Portland, Oklahoma City, OK 73107, 405-321-1775

**19 NOV.** SLP KENTUCKY STATE BP/DL CHAMPIONSHIP (Louisville, Ky.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**26 NOV.** NASA Kansas Regional (PL, BP, PP, PS - Salina, KS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

**NOV.** WSA Men & Women Worlds, USSA, Box 844, Wewoka, OK 74884, ussapl@hotmail.com

**NOV.** APF Northern California, John Ford, 650-303-7518

OK 73068, 405-527-8513, SQBPDL@aol.com

**5 NOV.** USAPL California State (PL, BP - Dublin, CA) Jason Burnell, 510-232-4755, deepsquatter@deepsquatter.com, Lance Slaughter, 310-995-0047, lanceslaughter@yahoo.com, www.usapl-ca.org

**5 NOV.** USA 'RAW' BENCH PRESS FEDERATION WORLD CHAMPIONSHIP (Tuscola, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**5 NOV.** NASA Kansas City Regional, Jim Duree, 5619 Pawnee Ave., Kansas City, KS 66106, 913-626-1141 or 626-1142, jduree7086@aol.com

**5 NOV.** USAPL NJ State, Joe Morreale, 350 Rt 46, Rockaway, NJ 07866, 973-627-9156

**5 NOV.** AAU Star City Classic (Lincoln, NE) Howard Huffman

**12 NOV.** ADAU BP/DL Meet (raw/drug free) (Pep's Gym, Leominster, MA) Chris Melanson, 978-466-5888

**12 NOV.** USAPL Ohio BP/PL, Ed King, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464

**12 NOV.** SLP OHIO STATE BP/DL CHAMPIONSHIP (Hamilton, Oh.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**12 NOV.** NASA Arizona Regional, PL'ing, BP, Push/Pull & Power Sports, Rich Peters, Phone - 405-527-8513, E-mail SBPDL@aol.com, P.O. Box 735, Noble, OK, 73068

**12-13 NOV.** WNPF World Bench, Deadlift, Ironman & Powercurl (Atlantic City, NJ) WNPF, BOX 142347, Fayetteville, GA 30214 770-997-0589 or wnfp@aol.com

**13 NOV.** SLP Central Illinois Open BP/DL (Hillsboro, IL) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**8-13 NOV (REVISED NEW DATE - new website) - IPF Men's Worlds (J.L. Knight Center, Miami, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridasppl**

**8-13 NOV (REVISED DATE), IPF Pan-American Men's & Women's PL (J.L. Knight Center, Miami, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridasppl**

**16-21 NOV.** WABDL World BP/DL Championships (Reno Hilton Hotel, Reno, NV) Gus Rethwisch, 503-901-1622 or 763-545-8654

**18-20 NOV.** Senior National Powerlifting Championships, York Barbell Company, 3300 Board Rd., York, PA 17402, Ellen Chaillet at echaillet@aol.com or Mark Chaillet 717-495-0024, chaillet@suscom.net

**18-20 NOV.** WDFPF World PL Championships (Turin, Italy) jm-gedney@wiu.edu

**19 NOV.** 100% Raw World BP (Currituck, NC) www.rawpowerlifting.com, rawlifting@aol.com, 252-339-5025

**19 NOV.** USAPL Police & Fire Nationals, Keith Simonds, 800 N. Portland, Oklahoma City, OK 73107, 405-321-1775

**19 NOV.** SLP KENTUCKY STATE BP/DL CHAMPIONSHIP (Louisville, Ky.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**26 NOV.** NASA Kansas Regional (PL, BP, PP, PS - Salina, KS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

**NOV.** WSA Men & Women Worlds, USSA, Box 844, Wewoka, OK 74884, ussapl@hotmail.com

**NOV.** APF Northern California, John Ford, 650-303-7518



... dozens of photos and references to legends like Paul Anderson, Pat Casey, Wayne Coleman, Hal Connolly, George Frenn, Tom Overholtzer, Bill Thurber, Peanuts West, and a special section on the legendary Zuver's Gym ... \$24.95 a copy plus \$4 shipping and handling to PL USA, Box 467, Camarillo, CA 93011

**NOV.** Mass/Rhode Island State Open PL, Greg Kostas, 781-447-6714 & Rene Moyer, 401-934-2040 and 401-527-3711. www.newenglandusapl.com and www.nextlevel-fitness.com

**2-5 DEC.** AAU World Bench, Deadlift and Push-Pull (Laughlin, NV) Martin Drake, P.O. Box 108, Nuevo, CA 92567, 951-928-4797, MARTIN.J.DRAKE@BOEING.COM

**3 DEC.** USAPL Ed Nellor Memorial HS Championships, Jim Hart, 4418NW50th, Lincoln, NE 68524, 402-470-3672

**3 DEC.** Ed Nellor Memorial Collegiate Championships, Jim Hart, 4418NW50th, Lincoln, NE 68524, 402-470-3672

**3 DEC.** APF Rio Grande Valley (Harlingen - men & women - open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

**3 DEC.** SLP CHRISTMAS FOR KIDS BP/DL CHAMPIONSHIP (Mattoon, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**3,4 DEC (NEW DATE), WNPF Drug Free for Life/Battle of the Countries Championships (Orlando, FL or Atlanta, GA) WNPF, BOX 142347, Fayetteville, GA 30214 770-997-0589 or wnfp@aol.com**

**4 DEC.** SLP Missouri Christmas For Kids BP/DL Championship (Poplar Bluff, MO) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**4 DEC.** 13th Annual Raw A.D.A.U. "Coal Country" Classic Separate Bench Press and Deadlift contests Open divisions and all age groups divisions for both men and women Meet held in Bigler PA, Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikilup.com

**9-11 DEC.** USAPL American Open PL/Invitational BP (Philadelphia, PA) Rob-

ert Keller, rhk@verizon.net, 954-384-4472

**10 DEC.** SLP ARKANSAS CHRISTMAS OPEN BP/DL CHAMPIONSHIP (Glenwood, Ar.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**10 DEC.** NASA Missouri Regional (PL, BP, PP, PS - Joplin, MO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

**10 DEC (date change), WNPF New Jersey State/Open (Bordentown, NJ) WNPF, BOX 142347, Fayetteville, GA. 30214, 770-997-0589 or wnfp@aol.com**

**10 DEC.** NASA Novice Nationals PL & PS (Springfield, OH) Gary Scholl, GSat2950@aol.com

**10 DEC.** USAPL Christmas BP Raw & Assisted, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@adelphia.net, www.virginiausapl.com

**10,11 DEC.** 52nd APC Iron Man PL & BP/Mr. Iron Man, (APC qualifier to go to GPC Worlds) Bob Packer, 559-658-5437, 559-322-6805, www.calapc.net

**11 DEC.** SLP Turner Classic BP/DL (Sallisaw, OK) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**31 DEC.** SLP "THE LAST ONE" BP/DL CHAMPIONSHIP (Tuscola, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**DEC.** 100% Raw World PL, www.rawpowerlifting.com, rawlifting@aol.com

**27-29 JAN 06 - AAU World Championships (three lifts) : aaupower@aol.com or Va Powerlifting Assoc., 1811 Southcliff Road, Richmond Va 23225**

**JAN 06.** APF Michigan Bench for Cash, Jim Harbome, 1018 Coolidge Ave., Clawson, MI 48017, 313-610-2019, Jimharbome@comcast.net

**MAR 06.** Mass State Open High School Powerlifting Championships, Greg Kostas, 781-447-6714 & Rene Moyer, 401-934-2040 and 401-527-3711. www.newenglandusapl.com and www.nextlevel-fitness.com

**MAR 06.** USAPL Florida State PL (Florida Gulf Coast University, Ft. Myers, FL) Jim Dundon, jdundon@fgcu.edu, 239-590-7709

**1-5 NOV.** 2006 GPC World PL/BP (Gent, Belgium) LB Baker 770-725-6684 or 770-713-3080, www.globalpowerliftingcommittee.com

**10-12 NOV 06.** WDFPF World PL (Cork, Ireland) jm-gedney@wiu.edu

(Florida Gulf Coast University, Ft. Myers, FL) Jim Dundon, jdundon@fgcu.edu, 239-590-7709

**19-23 APR.** IPF Pan-American Men's & Women's Masters BP (Miami, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridasppl

**19-23 APR.** IPF World Masters BP (Miami, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridasppl

**APR 06.** USAPL Collegiate Nationals (Nova Southeastern Univ. - Ft. Lauderdale, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridasppl

**26-28 MAY 06.** WDFPF European Single Lift Championships (Varese, Italy) jm-gedney@wiu.edu

**MAY 06.** New England States Open Powerlifting Championships, Greg Kostas, 781-447-6714 & Rene Moyer, 401-934-2040 and 401-527-3711. www.newenglandusapl.com and www.nextlevel-fitness.com

**JUL 06.** USAPL Men's Nationals PL (Miami, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridasppl

**JUL 06.** USAPL/USOC Palm Beach County Tropical Games BP & DL (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridasppl

**14,15 OCT 06.** WDFPF Single Lift Worlds (Bendigo, Australia) jm-gedney@wiu.edu

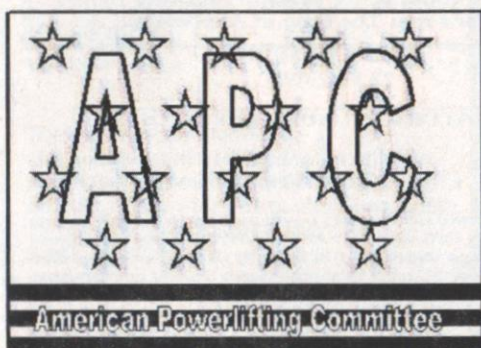
**OCT 06.** USAPL Florida Collegiate PL (Florida Gulf Coast University, Ft. Myers, FL) Jim Dundon, jdundon@fgcu.edu, 239-590-7709

**1-5 NOV.** 2006 GPC World PL/BP (Gent, Belgium) LB Baker 770-725-6684 or 770-713-3080, www.globalpowerliftingcommittee.com

**10-12 NOV 06.** WDFPF World PL (Cork, Ireland) jm-gedney@wiu.edu

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 DO NOT CALL COLLECT.

MEET DIRECTORS ... there are HUNDREDS of meets for readers of PL USA to choose from each month. Put a display ad in POWERLIFTING USA to make YOUR MEET stand out. Call Mike Lambert at 800-448-7693 for details. We will even do the typesetting for you ... **FREE!!**



### 2005 APC / GPC Meets

May 14: APC Excalibur Classic Powerlifting and Bench Press (Alabama State Meet) Jeff Green: 205/817-6681; 205/823-4745



## USA POWERLIFTING CORNER

### National Office

P.O. Box 668  
Columbia City, IN 46725  
Administrator: Barbara Born

Website: [www.usapowerlifting.com](http://www.usapowerlifting.com)

Email: [USAPLADMIN@skynet.net](mailto:USAPLADMIN@skynet.net)

President  
Larry Maile, Ph.D.

Email:  
L-MAILE@usapowerlifting.com

Vice President  
Johnny Graham  
Email: [jtruck52@hotmail.com](mailto:jtruck52@hotmail.com)

### Service to Our Military Members

Much is made of our commitment to our Armed Forces members. Everywhere you look, there are "Support Our Troops" banners and logos on cars, houses, and people. More Americans are flying the flag now than before Operation Iraqi Freedom, expressing their pride in our great country. Those who bear the brunt of our military operations worldwide are the armed services members, and their families. Many are far from home, being deployed forward to staging points (Europe, Asia), and to combat theatres themselves. Armed Forces powerlifting has suffered lower participation as a result of the deployment of many of our fellow athletes. They are just unable to attend competitions in the continental U.S. As a service

organization, USA Powerlifting tries to be of service to our members wherever they are. To that end, we held our first USAPL Military Nationals out of the country in Heidelberg, Germany, central to many of the forces deploying to Iraq and Afghanistan. This allowed Army, Air Force, and Marine Corps lifters to attend and lift. The team competition was won by Ramstein Air Base (Air Force) dethroning the perennial winners, the Ft. Hood Phantom Warriors (Army). USAPL Vice President, Johnny Graham held discussions with the officials responsible for Morale, Welfare, and Recreation in Europe and Southwest Asia.

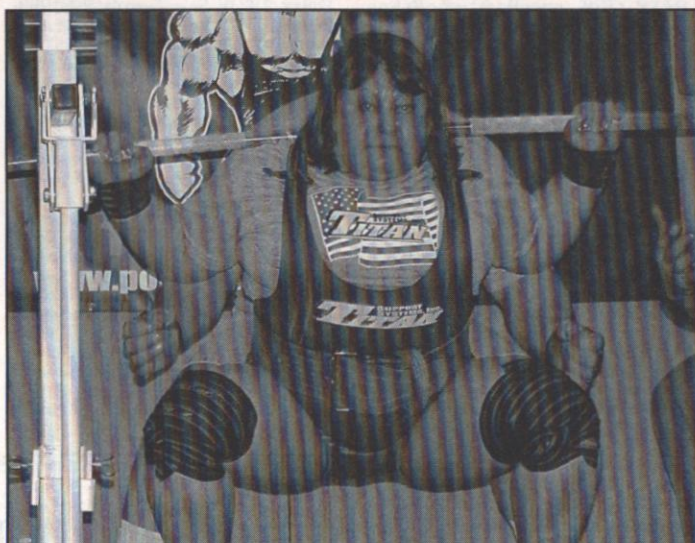


**JENN MAILE**  
114lb. Age: 21 Squat: 363 Bench: 220 Deadlift: 403.5

We discussed joint plans to further powerlifting outlets among our overseas troops and to bring drug tested competition to powerlifters wherever they are. Results from this competition may be found at: <http://www.estripes.com/article.asp?article=27722>. The article was published in the European edition of Stars and Strips, and the competition was televised by the Armed Forces Network.

### Meet the USAPL Women's National Team

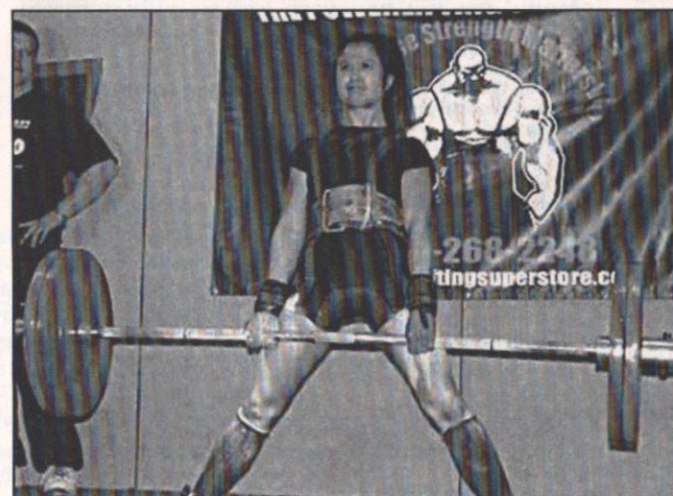
The 2005 USA Powerlifting Women's National Team was selected at the Women's Nationals held in St. Louis in February. This team, made up of ten of the nations best will travel to Ylitornio, Finland for the International Powerlifting Federation Women's World Championships at the end of May. Looking at these bios, you can see that this is a very accomplished team and sure to do well. Give them your support as they prepare to represent the USA this spring.



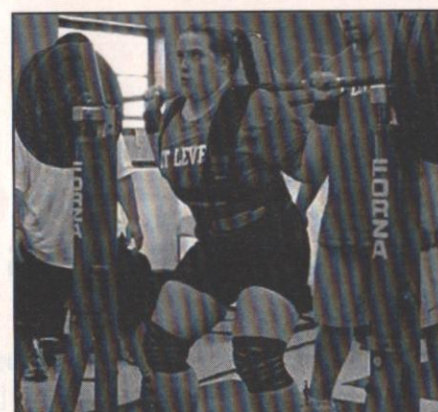
**HARRIET HALL**  
198+ Age: 56 Squat: 540 Bench: 341 Deadlift: 502



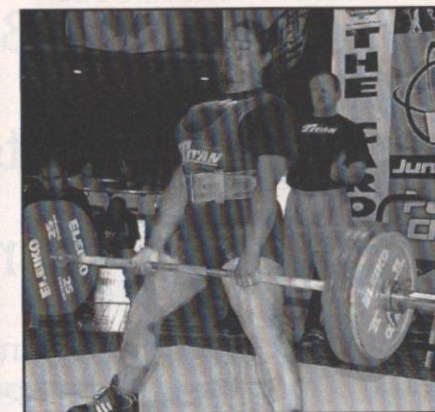
**CARLY NOGLE**  
132lb. Age: 18 Squat: 400 Bench: 225 Deadlift: 435



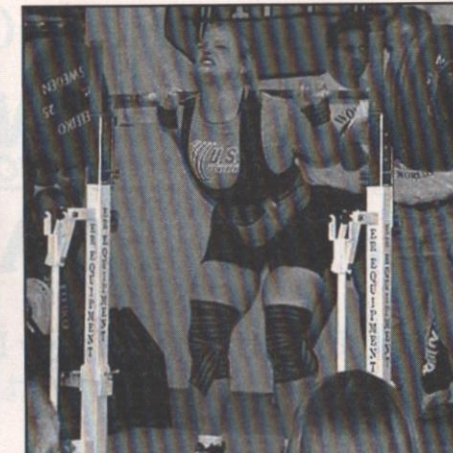
**CHERYL ANDERSON**  
97lb. Age: 30 Squat: 237 Bench: 161 Deadlift: 303



**DISA HATFIELD**  
181lb. Age: 30 Squat: 468 Bench: 303 Deadlift: 391



**BONICA BROWN**  
198lb. Age: 16 Squat: 468.5 Bench: 265 Deadlift: 456.5



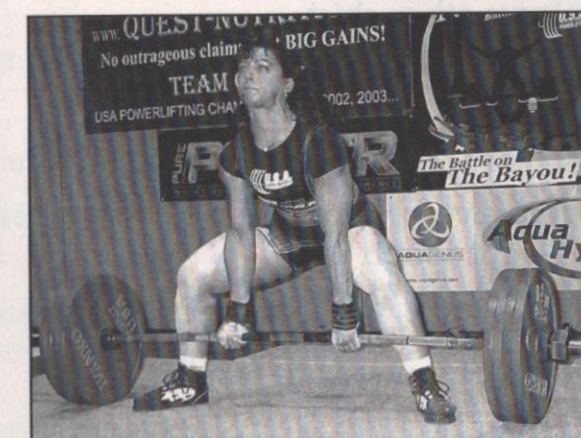
**JESSICA (WATKINS) O'DONNELL**  
198lb. Age: 24 Squat: 551 Bench: 330 Deadlift: 507



**CAITLIN MILLER**  
105lb. Age: 14 Squat: 360 Bench: 160 Deadlift: 380

### Merchandising

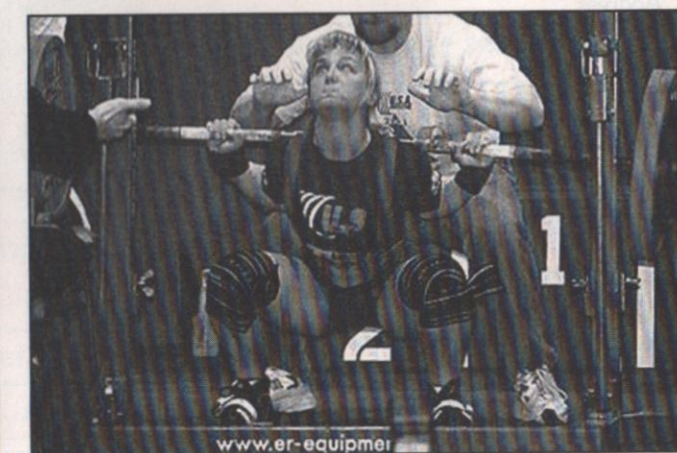
The USA Powerlifting Merchandising program continues to be a source of pride for our organization (<http://www.usapowerlifting.com/merchandise/index.shtml>). Your response has been gratifying as you show your pride wearing the logo of USAPL. We have quarterly specials and will have an end of the year membership special as well. Check it out! You can join USA Powerlifting via the e-store, or donate to support our programs.



**PRISCILLA RIBIC**  
148lb. Age: 32 Squat: 523 Bench: 341 Deadlift: 545

Women's 148 class				
Name	Squat	Bench	Deadlift	Total
Priscilla Ribic	518	331	546	1389
Lea Foreman	455	255	470	1180
Paula Houston	370	235	390	995
Jan Morello	391	215	397	987
Alyssa Hitchcock	369	193	369	931
Christy Newman	347	276	309	931
Angelle Matt	364	187	369	921
Molly Dennany	342	209	369	921
Donna Slaga	300	235	375	910
Erin Waltermann	342	220	347	909
Laura Styrund	309	209	375	893
Jennifer Franklin	331	215	342	887
Cici Smith	315	195	370	880
Amansa Silvas	342	204	325	871
Ruth Welding	325	176	364	865
Ronny Melancon	330	190	330	850
Nicole Hartman	364	165	320	849
Cydney Smith	300	185	360	845
Tunde Szivak	320	165	347	832
ShaVernon Thomas	331	121	369	832

Men's 165 class				
Name	Squat	Bench	Deadlift	Total
Wade Hooper	728	503	606	1835
Erik Nickson	617	413	650	1648
Eric Holmes	550	330	680	1560
James Benerito	562	402	568	1532
David Hammers	568	413	551	1532
David Bracken	606	380	529	1516
Todd Straub	545	400	560	1505
Gene Marshall	530	415	560	1505
Josh Rohr	562	314	606	1483
Robert Wood	540	380	551	1472
Monte Hokana	540	369	551	1461
Jamie Stark	573	342	546	1461
Mark Sigala	535	342	579	1455
Clint Edwards	535	380	535	1450
Mike Cagiola	540	419	485	1444
Pat Keenan	551	342	540	1433
D. Cagnolatti	510	380	535	1425
Bijon Ahmadzadeh	524	325	573	1422
Joe Braca	507	303	606	1416
Mark Richmond	507	441	468	1416



**SIOUX-ZHARTWIG**  
114lb. Age: 36 Squat: 369 Bench: 220 Deadlift: 369

Coaching Staff: Head Coach - Larry Maile, Assistant coaches: Ivan Ribic, Matt Gary, Mike O'Donnell, Jim Hart, Tod Miller.

### Top Twenty

This month, we feature the top 20 women at 67.5 kg. (148 lbs.) and the top 20 men at 75 kg. (165 lbs.) To search the lifter data

base, or for the complete 2004 Top Twenty lists, please see: <http://www.usapowerlifting.com/newsletter/ranking/rankings.html>.



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  - \* extra reinforced construction
  - \* guaranteed more support and power than anything ever available before now
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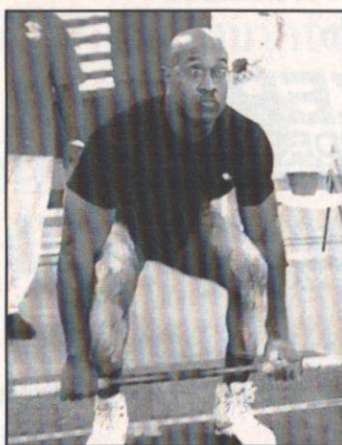
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15 Jan 05 - Augusta, GA

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181 lbs. (50-59)	B. Chatham	450*		
148 lbs. PFM (40-49)	P. Newsome	400		
L. Powell	Subs			
180*	J. Casteel	500		
MEN	Juniors			
181 lbs. (50-59)	R. Neal	405*		
B. Kinnersley	DEADLIFT			
198 lbs. (50-59)	276 lbs.			
R. Gilbert	405*	W. Morgan	555*	
Novice	SHW			
410*	(40-49)			
220 lbs. (40-49)	K. Tillman	650		
IRONMAN	BP	DL	TOT	
148 lbs. (40-49)				
G. Gascue	125	150	275*	
165 lbs. (40-49)				
A. Duncan	240	260*	500*	
Subs	4th-DL-275			
D. Dessau	295	330	825*	
220 lbs. (40-49)				
B. Bridges	300	415	715*	
(35-39)				
J. Haynes	425	550	975*	
FULL POWER	SQ	BP	DL	TOT
181 lbs. Juniors	335*	195*	370*	900*
B. Barnes				
198 lbs. (40-49)				
R. Visokay	455	275	455	1185
Subs				
J. Burgreen	535	420	560	1515!
220 lbs. PFM				
D. Hickman	505	385	585	1475
(40-49)				
M. Bennet	535*	350	680	1555
S. Calandra	500	285	515	1300



Mike "Big Timer" Bennett at the PPL Augusta Drug Free Open. (photo by courtesy of Tee Meyers)

242 lbs. (14-16)  
B. Skinner 285\* 250 375\* 910\*  
275 lbs.  
J. Hill 525\* 410 550\* 1485\*  
!Best Lifter. \*New PPL Records. It was the first of the year, and we got off to a great bang! The guys from Blairsville, Georgia, Dearing, Georgia, and the 'Bama Boys put on a good ole fashioned slug fest! Some of the new stars, such as Laswann "Swan" Brown, Ben Skinner, Big John Hill, and many more were there to do their thang! The best bench press award went to newcomer Brian Kinnersley, but the big dog, or shall we say, the "big timer" was Michael "Big Timer" Bennet of Fort Lee, VA. He took 1st in his division, best deadlift, biggest deadlift, and the heaviest total! He

be "da man". We also had a "Body Challenge" competition with Jimmy "Dark and Lovely" Haynes and Greg "Half-Naked" Bartley tying for 1st place! Lifters of the year: Teens - Jason "Skinny boy" Luster, Legends - Bruce "Mr. Mongo" Bridges, Ladies - Rhonda "Big Kuntry" Sams, Open - Jason "Bama" Burgreen, Deadlifter - "King" Karl Tillman, Bench - Kenny "Lil Train Cain" Martin, Spotter - Willie "Soupbone" Morgan, Judge - Sandra "Co-coa" Walker. (Results by Tee Meyers)

## APF Christmas Classic

11 DEC 04 - Leesport, PA

BENCH	MO	308 lbs.			
MO 181 lbs.	J. Hart	—			
B. Vargason	DEADLIFT				
MO 220 lbs.	Submaster				
L. Einfalt	650	220 lbs.			
MO 275 lbs.	S. Englebach	530			
K. Troupe	515				
FEMALE	SQ	BP	DL	TOT	
Teen (18-19)					
132 lbs.	155	125	175	455	
K. Smith	4th-DL-200				
MALE					
Junior					
275 lbs.	D. Wowack	600	385	505	1490
MO 181 lbs.	J. Talarico	530	375	550	1455
MO 220 lbs.	J. Alessandro	840	475	590	1905
P. Tongiani	500	360	520	1380	
MO 275 lbs.	M. Evans	800	—	—	—
SHW	R. Gormus	765	515	625	1905
Submaster	J. Alessandro	840	475	590	1905
220 lbs.	Master (40-44)				
C. Blough	630	390	560	1580	
(Thanks to Gene Rychlak, Jr., for results)					

## Peach Days PL/BP

18 SEP 04 - Pey, UT

BENCH	82.5 kgs.				
Open	Cunningham	185!			
67.5 kgs.	100 kgs.				
P. Wach	82.5	K. Smith	120!		
82.5 kgs.	J. Putnam	—			
C. Sandberg	137.5	140 kgs.			
(20-23)	K. Mooseman	235			
C. Peters	92.5.	(45-49)			
4th-102.5!	S. Fredine	175			
90 kgs.	J. Herrera	167.5			
J. Adams	135	4th-170!			
J. Barrett	130	SHW			
100 kgs.	(40-44)				
A. Stever	177.5!	D. Marehant	260!		
SHW					
D. Marchant	260!				
Teen (18-19)					
90 kgs.	J. Gallup	150!			
J. Gallap	150!				
100 kgs.	R. Gonzales	105			
Masters (40-44)					
67.5 kgs.	82.5				
P. Wach	SQ	BP	DL	TOT	
67.5 kgs.	—	—	—	—	
90 kgs.	—	—	—	—	
C. Thomas	235	142.5	250	627.5	
100 kgs.	237.5!	177.5	212.5	627.5	
A. Stever					
Teen					
100 kgs.					
R. Gonzales	—	—	—	—	
Masters (40-44)					
67.5 kgs.					
P. Wach	—	—	—	—	
82.5 kgs.					
Cunningham	70	185!	70	325	
100 kgs.					
J. Putnam	170	—	—	—	
!State Records. Best Master Lifter: Jon					
Cunningham. Best Lifter: Clint Thomas.					
Best Teen Bench: Jordan Gallup. Best					
Master Bench: Dave Marchant. Best Bench:					
Dave Marchant.(results courtesy RMAC)					

## SLP Superman Classic

12 JUN 04 - Metropolis, IL

BENCH	Police/Fire				
WOMEN	Submaster				
Master (40-44)	198 lbs.				
181 lbs.	C. Hilliard	485!			
C. Crossland	300!	Police/Fire			
4th-310!	Open				
Open	220 lbs.				
148 lbs.	S. Thetford	425			
L. Watson	165	4th-440			
Wheelchair	242 lbs.				
114 lbs.	R. Stewart	370			
H. Lodgson	210!	308 lbs.			
Novice	B. Robinson	425			
181 lbs.	4th-455				
K. Taylor	225!	Open			
198 lbs.	198 lbs.				
C. Nunley	335	P. Hester	350		
220 lbs.	220 lbs.				
K. Champion	375!	A. Carter	475		
275 lbs.	242 lbs.				
R. Gilmore	380!	J. Crader	480		
4th-400!	275 lbs.				
Teen (13-15)	J. Carter	535			
114 lbs.	R. Mangrum	355			
L. Hobeck	125!	308 lbs.			
4th-130!	J. Dawson	550			
148 lbs.	4th-560				
C. Randen	180	DEADLIFT			
242 lbs.	MEN				
T. Jackson	165	Novice			
Teen (18-19)	132 lbs.				
242 lbs.	D. Chandler	200!			
A. West	320	308 lbs.			
Junior	D. Chandler	475!			
132 lbs.	4th-500!				
J. Ferry	180	Teen (18-19)			
181 lbs.	220 lbs.				
D. Salzmann	225	M. Thomas	450		
4th-235	4th-475				
220 lbs.	Junior				
G. Parquette	285	132 lbs.			
Submaster	J. Ferry	250			
220 lbs.	220 lbs.				
J. Hall	455	G. Parquette	465		
Master (40-44)	198 lbs.	Master (40-44)			
198 lbs.	D. Darnell	430			
D. Darnell	270	4th-450			
275 lbs.	525!	Master (45-49)			
R. Richey	Master (45-49)				
Master (45-49)	242 lbs.				
181 lbs.	C. Price	550			
R. Furey	385	Master (55-59)			
198 lbs.	165 lbs.				
R. Ozbourn	440	L. Greer	330!		
242 lbs.	4th-360!				
C. Price	535!	Open			
4th-550!	242 lbs.				
Master (60-64)	J. Gaddis	475			
308 lbs.	275 lbs.				
J. Duckett	335!	J. Carter	700!		
!Son Light Power Illinois state record.					
Best Lifter Bench: Chuck Price. Best Lifter					
Deadlift: Joe Carter. The Son Light Power					
Superman Classic Bench Press/Deadlift					
Championship was held June 12, 2004 at					
Metropolis, Illinois, the home of Super-					
man! Thanks to Lars Linquist for all his					
help organizing this event and for the use					
of his facility, The Metropolis Athletic					
Club & Spa. In the bench press event					
Heath Logsdon had a great day, breaking					
his own Illinois state record in the wheel-					
chair/114 class with a great 210 final					
attempt. A great lifter and an inspiration					
to us all. In the master women's 40-44/181					
class Cyndi Crossland is making a come-					
back! Taking the class with a great 300					
final attempt, Cyndi came back with a					
solid 310 fourth to break the state record					
there by 175 pounds! Lisa Watson, lifting					
in her first competition, had a great day,					
finishing with a personal best 165 and the					
win at 148 open. Lisa actually locked out					
170 but was called for hitching the bar.					
In the novice men's division Keith Taylor					
had a good day, setting the state record					
there with just his opener of 225. Chris					
Nunley won at 198 with 335 while Kevin					
Champion broke the state record at 220					
with 375. In the novice 275 class Ron					
Gilmore prevailed with a great 380 third,					
followed by his first official 400 bench,					
made with his fourth attempt! Both were					
new state records for the class. It was the					
first competition for both Kevin and Ron!					
In the teenage men's 13-15 age group Levi					
Hobeck set the state record for the 114					
class with 125, followed by a great 130					
fourth attempt. Brother Cody Randan won					

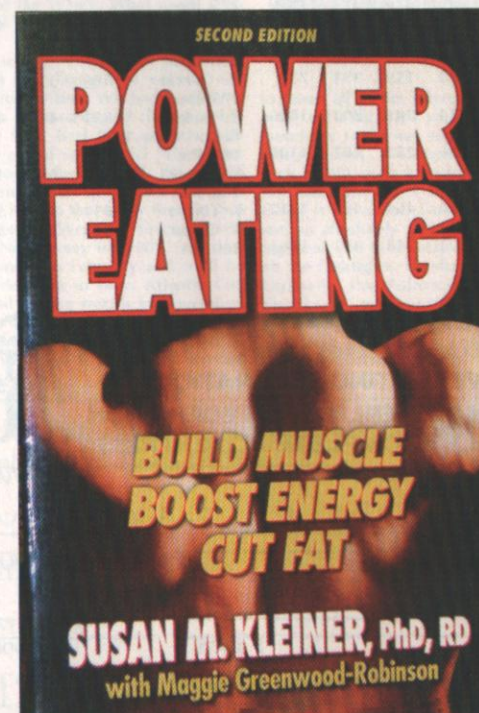
his class, 148 with a solid 180. Both were lifting in their first competitions. Terry Jackson got a new personal best with his 165 final attempt and the win at 242. In the 18-19 age division Austin West won at 242 with 320. This was Austin's first competition also. Jonathan Ferry got a new pr with 180 and the win at junior 132. At 181 it was another first-timer, Daniel Salzmann, finishing with 225 then a 235 fourth. Gary Parquette won at junior 220 with 285. In the submaster 220 class it was Junior Hall with an easy 455 for the win. A fourth with 500 was right there, just missing the lockout! In the master men's 40-44 division David Darnell won with 270 while Randy Richey took the win at 275 with a new state record of 525. Randy handled the highest weight of the meet with his 605 final attempt, which he gave a good effort to, strong triceps, just not enough shirt from the chest! Rob Furey won at 45-49/181 with just his opener of 385 while Ron Ozbourn won at 198 with 440. In the 45-49/242 class Chuck Price had his best day yet, finishing with a personal best 535, then returning for a great 550 fourth. At a 239 bodyweight Chuck earned his first best lifter award ever! Moving to the 60-64/308 class Jimmy Duckett set the state record there with 335, just missing a final attempt with 365. Supposedly released from some kind of Institute (mental or penal, or both) in Oklahoma for the weekend, Jimmy seemed to leave in a "hurry" after he received his trophy. I just hope nothing is missing! In the police & fire/submaster division Chad Hilliard broke the state record at 198 with a strong 485, just missing a personal best 500 twice at the top. In the open police & fire division,



Heath Logsdon with a state record 210 @ wheelchair men/114 at the SLP Superman Classic. (photo provided by Dr. Darrell Latch)

first time competitor Shannon Thetford won at 220 with 425, then a fourth with a double bodyweight 440! Richard Stewart finished with 370 and the win at 242 while Brad Robinson set the state record at 308 with 425, then a fourth with a big 455 personal best! In the open division it was Patrick Hester at

198 with 350, followed by Adam Carter at 220 with 450, then a personal best fourth of 475. 500 ain't too far off! Jason Crader just missed his first 500 bench, settling for his 480 second attempt and the win at 242. Joe Carter got a new personal best at 275 with 535, taking the win from Roy Mangrum, who finished with 355. At 308 it was big Jary Dawson with 550, making a fourth with an even easier 560 for the win. In the deadlift competition Dylan Chandler set the novice men's 132 state record with his final pull of 200. This was also a new personal best for Dylan. Darrin Chandler got 475 at novice 308, but came back with a personal best 500 fourth attempt pull. Another new state record! Mark Thomas won at 18-19/220 with 450, then a great 475 fourth. Jonathan Ferry pulled 250 for the win at junior 132 while Gary Parquette won at 220 with 465. In the master men's 40-44 division David Darnell won his second title of the day at 198 with a personal best 450 final pull! Chuck Price finished a great day with a personal best 550 pull at 45-49/242! Then at 55-59/165 it was Larry Greer who set new state records with each of his pulls. Larry finished with 330, then came back with a personal best 360 fourth attempt. Oh, shoot, I "accidentally" loaded the bar to 360 instead of the 350 Larry thought he pulled! In the open division Jarrod Gaddis won at 242 with 475 while Joe Carter tied the state record at 275 with his 700 opener. This also gave Joe the best lifter award for the competition. Thanks to my son Joey and to Justin Maurer for their help loading and spotting and to Jessica Carter for serving as our trophy girl. See you all next year! (Thanks to Dr. Darrell Latch for these meet results)



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## Saratoga YMCA Bench Press

4 SEP 04 - Saratoga, NY

BENCH	Junior				
RAW	P. Campbell	275			
MEN	SHIRTED				
131 lbs.	WOMEN				
Junior	132 lbs.				
J. Kendall	215	Teen			
165 lbs.	L. Daly	150			
Open	MEN				
J. Yorshak	300	165 lbs.			
M. Murphy	255	Submaster			
Junior	M. Fosmire	282			
J. Kopenhofer	315	181 lbs.			
M. Goodenot	275	Submaster			
181 lbs.	W. Fosmire	300			
Open	198 lbs.				
R. Kimmy	315	Open			
D. Dedonatis	285	S. Rabine	640		
198 lbs.	220 lbs.				
Open	Master				
A. Jackson	355	L. Bagnoli	295		
Masters	275 lbs.				
T. Quinn	315	Open			
220 lbs.	B. White	700			
(Thanks to Sandi McCaslin for the results)					

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Your Inside Source




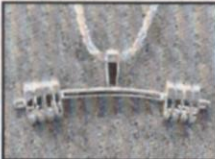
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APF Rio Grande Valley 4 Dec 04 - Harlingen, TX			
BENCH	Open	DEADLIFT	Open
114 lbs.		165 lbs.	
H. Wolf	132	J. Kosarek	402
181 lbs.		181 lbs.	
J. Vasquez	391	V. Delosantos	352
R. Espinosa	358	220 lbs.	
198 lbs.		A. Gonzales	551
T. Mata	380	Junior	
220 lbs.		198 lbs.	
J. Guerra	567	N. Bailey	225
242 lbs.		123 lbs.	
J. Ramirez	479	C. Pina	275
Junior (13-15)		181 lbs.	
165 lbs.		D. Trevino	308
C. Cuellar	176	Masters	
198 lbs.		165 lbs.	
N. Bailey	126	M. Mosely	462
Junior (16-17)		220 lbs.	
148 lbs.		R. Garcia	644
O. Salinas	198	275 lbs.	
181 lbs.		D. Swander	644
K. Villarreal	270	A. Mendez	441
Masters (40-44)		WOMEN	
165 lbs.		Open	
M. Mosely	270	148 lbs.	
275 lbs.		B. Chapa	148
A. Mendez	303	SQUAT	
Masters (45-49)		Open	
198 lbs.		275 lbs.	
T. Mata	380	D. Swander	639
275 lbs.		R. Jackson	551
R. Jackson	418	M. Hoff	462
Masters (50-54)			
275 lbs.			
A. Gonzales	407		
MEN			
Open			
123 lbs.			
R. Gareia	485	242	507
198 lbs.			
E. Resendiz	523	308	523
220 lbs.			
J. Guerra	633	567	523
242 lbs.			
T. Werner	832	567	633
SHW			
R. Garza	672	562	601
Junior (13-15)			
114 Open			
123 lbs.			
R. Gareia	485	242	507
198 lbs.			
E. Resendiz	523	308	523
220 lbs.			
J. Guerra	633	567	523

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242 lbs.				Junior (20-23)				J. Castillo			
T. Werner	832	567	633	2032	198 lbs.			485	314	457	1256
SHW					T. Reiniger	402	137	325	341	352	1018
R. Garza	672	562	601	1835	220 lbs.			275 lbs.			
C. Westbrook	132	66	159	357	J. Allen	661	352	462	248	451	1161
198 lbs.					Masters (40-44)			308 lbs.			
N. Bailey	214	126	225	565	181 lbs.			O. Sanchez	534	462	1541
242 lbs.					R. Espinosa	451	358	114 lbs.			
308 lbs.					275 lbs.			P. Metcalf	259	143	297
J. Davila	380	275	374	1819	A. Mendez	341	303	132 lbs.			
E. Cane	225	214	385	824	Masters (45-49)			R. Cantu	198	99	209
Junior (16-17)					220 lbs.			148 lbs.			
B. Frey	220	159	331	710	R. Garcia	501	352	J. Jackson	110	110	264
181 lbs.					275 lbs.			Junior (13-15)			
C. Hargett	374	281	391	1046	R. Jackson	551	418	97 lbs.			
220 lbs.					Below Class-1			B. Bolton	132	83	105
J. Hester	446	253	407	1106	181 lbs.			105 lbs.			
Junior (18-19)					F. Yanez	363	358	B. Folsom	99	71	148
181 lbs.					198 lbs.			123 lbs.			
S. Medina	424	464	424	1312	J. Torres	551	418	E. Thomas	154	83	181
275 lbs.					J. Chapa	413	259	148 lbs.			
M. Hoff	462	248	451	1161	220 lbs.			C. Rodriguez	165	83	231

J. Castillo	485	314	457	1256
242 lbs.				
L. Olivo	325	341	352	1018
275 lbs.				
M. Hoff	462	248	451	1161
Disabled				
308 lbs.				
O. Sanchez	534	462	545	1541
WOMEN				
Open				
114 lbs.				
P. Metcalf	259	143	297	699
132 lbs.				
R. Cantu	198	99	209	506
148 lbs.				
J. Jackson	110	110	264	539
Junior (13-15)				
97 lbs.				
B. Bolton	132	83	105	320
105 lbs.				
B. Folsom	99	71	148	318
123 lbs.				
E. Thomas	154	83	181	418
148 lbs.				
C. Rodriguez	165	83	231	479
165 lbs.				
L. Garcia	203	93	198	494
198 lbs.				
C. Gonzales	248	121	253	622
Junior (16-17)				
114 lbs.				
S. Chiricani	121	71	165	357
123 lbs.				
J. Gomez	176	83	209	468
132 lbs.				
C. Benividez	165	93	198	456
148 lbs.				
B. Chapa	209	93	248	550
M. Garza	198	83	253	534
198 lbs.				
J. Gonzales	214	110	297	621
SHW				
K. Torres	275	126	242	643
Masters				
114 lbs.				
P. Metcalf	259	143	297	699
Below Class-1				
148 lbs.				
L. Davis	242	121	264	617
165 lbs.				
A. Hance	225	126	253	604

Best Lifter Men: Roman Garcia Open Men 123, Best Bench Men: Joe Guerra Open Men 220, Best Squat Men: Travis Werner Open Men 242, Best Deadlift: Roman Garcia Open Men 123, Best Lifter Junior Men: Jeff Allen Junior Men 220, Best Lifter Women: Pat Metcalf Open Women 114, Best Bench Women: Pat Metcalf Open Women 114, Best Squat Women: Pat Metcalf Open Women 114, Best Deadlift Women: Pat Metcalf Open Women 114, Best Lifter Junior Women: Marissa Garza Junior Women 148. (Thanks to Seguin Fitness for providing these meet results to PLUSA)

WNPF Sarge McCray 18 DEC 04 - Bordentown, N J			
PWRCURL	Desbiens	75!	Raw
148 lbs.	165 lbs.		Cardullo
Open	(11-12)		198 lbs.
Mosier	110	Raw	Lifetime
198 lbs.	McClosky	125!	Uphoff
(40-49)	MEN		Lifetime
Williams	140	148 lbs.	Raw
(50-59)	(17-19)		Mangine
Caranda	120	Raw	Bowers
Open	Careri	180	(40-49)
Bettini*	140!	165 lbs.	Raw
220 lbs.	(13-16)		Careri
(40-49)	McClosky	230	220 lbs.
Howard	120	(40-49)	Open
275 lbs.	Caliguri*	350	Diciano
Open	(60-69)		Bolf
Madera	180	Raw	Pagano
DEADLIFT	Robinson	175!	(40-49)
105 lbs.	181 lbs.		Sadiv
(40-49)	(17-19)		Subs
Raw	Raw		Raw
Desbiens	165!	Snouffer	Levers
165 lbs.	(11-12)	Subs	242 lbs.
Raw	Kampo	350	Open
McClosky	135!	198 lbs.	Famiano*
MEN	Open		Malmgren
100 lbs.	Klazar	405	Reichin
(11-12)	Subs		Lifetime
Raw	Klazar	405	Haddaway
Litowsky	150!	Raw	275 lbs.
165 lbs.	Raw		(13-16)
(13-16)	Meyers*	385!	Raw
McClosky*	Police		Diamond
Subs	Williams		Bowers
Raw	220 lbs.		Open
Johnson	(17-19)		Pac
Open	Raw		Subs
Neary	460	Raw	Madera
Open	Hafiz	325!	(40-49)
Raw	Subs		Schweder
Levers	315	Raw	(50-59)
(40-49)	Raw		Adler
Novice	Howard	350!	WNPF Records. *Best Lifter. What a
Cardullo	365	242 lbs.	meet this was. This had to be in the top ten
(40-49)	Raw		best meets of the WNPF. What made it so
Raw	Raw		great was the lifters, the audience and the
Scaranda	470!	242 lbs.	atmosphere. Everyone seem to have a
220 lbs.	Campanella	425!	great time, setting records and just lifting
Subs	Raw		and having fun. Drug test results are
Raw	Campanella	425	pending at this writing. We had sculptures
Levers	510!	275 lbs.	for the adults for awards and championship
Open	Lifetime		cups for the kids. Best lifter awards were
Diciano	425	425	plagues. We ended up with 55 lifters from
(40-49)	Dupont		6 states and an audience of 70. We started
Dupont	425		playing music again while the lifting is
(50-59)	Dupont		going on and it seem that many thought that
Adler	250		was a nice touch. We have several meets
SHW	Raw		lined up in New Jersey for 2005. We start
Open	Raw		off in Piscataway in February and we'll be
Raw	Ramos	495	back in Bordentown in May. Atlantic City
Montano	425!		in August and for the worlds in November.
Open	Theodoropoul	405!	We will also host a meet in Piscataway in
(40-49)			September and the 2005 sarge meet will be
Raw			back in Bordentown in December. I want
IRONMAN	BP	DL	TOT
165 lbs.			
(11-12)			
Raw	125	135	260
McClosky			
SHW	225!	315!	540
THEODORPOUL			
100 lbs.			
(11-12)			
Raw	65	150	215
Litowsky			
148 lbs.			
Open			
Mosier	180	310	490
Foley			
(13-16)			
Raw			
Bowers	90!	145!	235
165 lbs.			
(13-16)			
McClosky	230	475	705
(17-19)			
Kim	225	455!	680
181 lbs.			
Lifetime			
Zimmerman	380	475	855
(50-59)			
Raw			
Cantrambone	280!	450!	730
(50-59)			
Dennison	265	540	805
Novice			

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to thank all of the lifters that attended this meet and a big thank you to all of the WNPF members for your support in the 2004 lifting season. We hope to see all of you back in 2005 with friends and family. I must say again this meet signified what powerlifting is all about. Good lifting, drug free and an absolutely good time. I must give a big thank you to my staff before I get started on the highlights. Thanks to my judges Ron Ehrhardt, Jim Poinsett and Bob Derisi. Thanks to my spotters John "Diesel" Wallace, Kenny Wallace & Perry Thomas. Thanks to Annette and Lester at the score table and thanks to moms, she's been there for 18 years at the door and my uncle Steve. These people have been at just about all of the events in the northeast for years they are very dedicated and dependable and we appreciate all of them for helping us out when we need them. I want to thank my other staff members in the north also for being there for us. Pete Mo, Al Green, Bill Frenick, Lou Tortorelli, Big Joe Panzarella, Leo Ryan, Dennis Foltz, Wayne Kiefer, Herman Hensen, Denise Musser, Joe Ruscitelli, Shawn Lattimer, Lee Zimmerman and if I forgot someone please forgive me we thank you also. (Thanks to WNPF for providing these competition results)

World Natural Powerlifting Federation (WNPF) Membership Registration

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FIRSTNAME

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SIGNATURE/PARENTS SIGNATURE IF UNDER 18

DATE

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.

A.P.F./A.A.P.F. Membership Application

Check ONE box that applies below

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AMATEUR AMERICAN POWERLIFTING FEDERATION

PLEASE PRINT CLEARLY • COMPLETE ALL ENTRIES

LAST NAME

FIRST NAME

INITIAL

STREET ADDRESS

DATE OF APPLICATION

CITY

STATE

ZIP CODE

AREA CODE

TELEPHONE NUMBER

MO

DATE

YEAR

AGE

SEX

US CITIZEN

REGISTRATION FEE (CIRCLE APPROPRIATE FEE)

REGISTRATION NUMBER

E-MAIL ADDRESS

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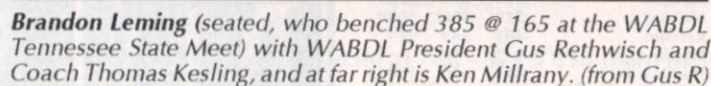
IF UNDER 18, HAVE PARENT INITIAL

I CERTIFY THAT THE ABOVE ANSWERS ARE CORRECT AND THAT I AM ELIGIBLE IN ACCORDANCE WITH THE RULES OF THE A.P.F. OR A.A.P.F.

SIGNATURE X

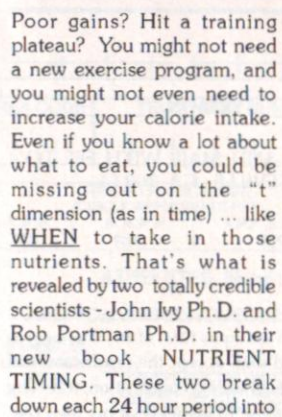


DEADLIFT		132 lbs.	
WOMEN		J. Ferry	—
Junior		148 lbs.	
132 lbs.		J. Reyes	462
E. Haislar	292	165 lbs.	
Master (40-46)		P. Griffin	424
97 lbs.		D. Millrany	473
S. Stowers	265	B. Richards	418
181 lbs.		198 lbs.	
C. Weber	391	C. Dunaway	567
Master (47-53)		220 lbs.	
148 lbs.		Y. Nikonchuk	650
P. Ehmén	352	242 lbs.	
Open		J. Nelson	540
123 lbs.		259 lbs.	
V. Johnson	225	A. Guin	501
132 lbs.		Law/Fire	
A. Millrany	242	Open	
4th-253		242 lbs.	
148 lbs.		W. Hamilton	518
L. Watson	225	4th-545	
Submaster		259 lbs.	
198 lbs.		D. Meaker	429
S. Jackson	385	Master (40-46)	
Teen (16-19)		220 lbs.	
148 lbs.		G. Herring	756
A. Proctor	281	D. Silver	534
165 lbs.		242 lbs.	
N. Williams	308	G. Lands	573
198 lbs.		J. Rutherford	507
B. Brown	226	259 lbs.	
MEN		B. Driskill	672
Class-1		Master (47-53)	
165 lbs.		165 lbs.	
A. Jackson	473	T. Corey	380
181 lbs.		220 lbs.	
G. Gibson	256	R. Proctor	523
198 lbs.		J. Franklin	303
M. Christie	540	181 lbs.	
220 lbs.		K. Sanks	556
J. Green	485	198 lbs.	
B. Morris	523	J. Ray	678
242 lbs.		220 lbs.	
W. Hamilton	518	B. Morris	523
4th-545		242 lbs.	
275 lbs.		G. Lands	573
K. Overbey	485	259 lbs.	
T. Watson	600	B. Driskill	672
Junior (20-25)		275 lbs.	



**Brandon Leming** (seated, who benched 385 @ 165 at the WABDL Tennessee State Meet) with WABDL President Gus Rethwisch and Coach Thomas Kesling, and at far right is Ken Millrany. (from Gus R)

N. Williams	308	G. Lands	573	Blackburn	606	K. Waugh	501	Master (54-60)	C. Dunaway	396	148 lbs.	J. Green	413	
198 lbs.		J. Rutherford	507	309+ lbs.		BENCH		148 lbs.	J. Leftwich	402	242 lbs.	J. Leftwich	402	
B. Brown	226	259 lbs.		M. Beatty	633	WOMEN		G. Dougherty 93	4th-407	165 lbs.	M. Gormley	181	D. Dallas	363
MEN		B. Driskill	672	Submaster (34-39)		Junior		165 lbs.	D. Militana	319	181 lbs.	W. Hamilton	374	
Class-1		Master (47-53)		198 lbs.		132 lbs.		U. Glasco 93	C. Nothnagle	369	E. Boyle	303	Junior (20-25)	
165 lbs.		165 lbs.		J. Douglas	611	E. Haislar	192	Master (61-67)	220 lbs.		198 lbs.	J. Ferry	203	
A. Jackson	473	T. Corey	380	C. Payson	440	Master (40-46)		97 lbs.	M. Bradford	330	J. Fain	264	148 lbs.	
181 lbs.		220 lbs.		J. Ray	678	97 lbs.		S. Martine 61!	J. Saunders	281	Teen (16-19)	J. Reyes	303	
G. Gibson	256	R. Proctor	523	Teen (13-15)		S. Stowers	110	114 lbs.	242 lbs.		123 lbs.	165 lbs.		
198 lbs.		J. Franklin	303	97 lbs.		165 lbs.		L. Collier	55	J. Nelson	424	A. Ramos	214	
M. Christie	540	181 lbs.		C. Luttrell	137	A. Wolverton	170	181 lbs.	L. Rowe 71!	4th-446		J. Negron	276	
220 lbs.		K. Sanks	556	148 lbs.		181 lbs.		C. Weber	198	J. White	—	P. Duke, Jr.	220	
J. Green	485	198 lbs.		T. Corey	330	198 lbs.		U. Watson	154	259 lbs.		148 lbs.	B. Richards	292
B. Morris	523	J. Ray	678!	242 lbs.		198 lbs.		198 lbs.	187	J. Hall	363	B. Faught	181	
242 lbs.		220 lbs.		T. Sliver	374	C. Cobb		198 lbs.	K. Khan	347	165 lbs.	A. Zaffino	347	
W. Hamilton	518	B. Morris	523	Teen (16-19)		Master (47-53)		C. Cobb	187	Law/Fire		B. Leming	385	
4th-545		242 lbs.		148 lbs.		148 lbs.		S. Jackson	242	Master (40-47)		181 lbs.	J. Leftwich	402
275 lbs.		G. Lands	573	B. Faught	336	P. Ehmeh	176	Submaster	308 lbs.	S. Grizzle	270	4th-407		
K. Overbey	485	259 lbs.		198 lbs.		4th-187		132 lbs.	W. Watts	584!	198 lbs.	D. Militana	319	
T. Watson	600	B. Driskill	672	M. Adcock	369	198 lbs.		T. Bedgood	154	Master (48+)		C. Notinagle	369	
Junior (20-25)		275 lbs.		242 lbs.		T. Kilo	198!	198 lbs.		242 lbs.		4th-264		



cycles emphasizing Energy, Anabolic, and Growth phases. This is real science ... in bite size portions, with common sense on the side. With big time endorsements from their academic colleagues, Drs. Ivy and Portman merge the concepts of hormones, training, nutrition, physiology, and recuperation in a way that seems almost intuitively obvious ... taking in certain foods within certain windows of opportunity ... just like our body seems to instinctively tell us to do (if only we would listen!). Nutrient timing is to traditional performance nutrition as fuel injection is to a carburetor ... much more efficient, and even a slight edge in performance can add up to substantial long term gains. As for some of the gems of information you can find in this book, did you know that sugar can stimulate protein synthesis, and that it is more effective than protein in preventing the degradation of muscle tissue? Did you know that a "low quality" protein can be more effective in stimulating protein synthesis than a "high quality" protein? This and much, much more is substantiated with scientific certainty (along with extensively detailed nutrition plans) in **NUTRIENT TIMING**, available for \$14.95 plus \$4 S&H from Powerlifting USA, Box 467, Camarillo, CA 93011.

D. Blackburn	606	K. Waugh	501	Master (54-60)	C. Dunaway	396	148 lbs.	J. Green	413
309+ lbs.		BENCH		148 lbs.	J. Leftwich	402	242 lbs.	D. Dallas	363
M. Beatty	633	WOMEN		G. Dougherty 93	4th-407	165 lbs.	M. Gormley	181	W. Hamilton 374
Submaster (34-39)		Junior		165 lbs.	D. Militana	319	181 lbs.	Junior (20-25)	
198 lbs.		132 lbs.		U. Glasco 93	C. Nothnagle	369	E. Boyle	303	132 lbs.
J. Douglas	611	E. Haislar	192	Master (61-67)	220 lbs.		198 lbs.	J. Ferry	203
C. Payson	440	Master (40-46)		97 lbs.	M. Bradford	330	J. Fain	264	148 lbs.
J. Ray	678	97 lbs.		S. Martine 61!	J. Saunders	281	Teen (16-19)	J. Reyes	303
Teen (13-15)		S. Stowers	110	114 lbs.	242 lbs.		123 lbs.	165 lbs.	
97 lbs.		165 lbs.		L. Collier 55	J. Nelson	424	A. Ramos	214	D. Millrany 270
C. Luttrell	137	A. Wolverton	170	L. Rowe 71!	4th-446		132 lbs.	J. Negron	276
148 lbs.		181 lbs.		Open	J. White	—	P. Duke, Jr.	220	B. Richards 292
T. Corey	330	C. Weber	198	148 lbs.	259 lbs.		148 lbs.	181 lbs.	
242 lbs.		198 lbs.		U. Watson 154	J. Hall	363	B. Faught	181	A. Zaffino 347
T. Sliver	374	C. Cobb	187	198 lbs.	K. Khan	347	165 lbs.	198 lbs.	
Teen (16-19)		Master (47-53)		C. Cobb 187	Law/Fire		B. Leming	385	C. Dunaway 396
148 lbs.		148 lbs.		S. Jackson 242	Master (40-47)		181 lbs.	J. Leftwich	402
B. Faught	336	P. Ehmén	176	Submaster	308 lbs.		S. Grizzle	270	4th-407
198 lbs.		4th-187		132 lbs.	W. Watts	584!	198 lbs.	D. Militana	319
M. Adcock	369	198 lbs.		T. Bedgood 154	Master (48+)		M. Adcock	242	C. Notinagle 369
242 lbs.		I. Kilo	198!	198 lbs.	242 lbs.		4th-264	220 lbs.	

Jackson of Oklahoma opened with 699.7 at 240# and put up 745, but was just shy of complete lockout. He did 733 on July 24 in Dallas. He's one of the top five benchers in the world. Kevin Heller set a West Virginia record of 403.3 in law/fire 48+ at 242# in the bench. Pennsylvania records were set I the bench by Steve Gee with 270# in master 47-53 132# and Rudy Hillyard in open 165 put up 380.2. Illinois records in the bench were set by Jonathan Ferry who did 203.7 in junior 132#. Jos Reyes pushed 303 in junior 148. Kevin Khan in junior 259 slammed up 347. Erica Haislar in junior women 132 put up 192.7. Erica is the WABDL Co-Chair woman for Illinois. John Beggs in law/fire 48+ 275# pushed 385.7. all of the above lifters are coached by John Hudson out of the University of Illinois, where John is working on his doctorate in writing linguistics and also teaches at the university. He has a team of over 50 lifters ad has deadlifted 722. Tennessee bench records were set by Curt Notingale in junior 198 with 369.2; Matt Bradford with 330.5 in junior 220, Daniel Meaker in law/fire open 259 with 264.5, Jack Brown with 435.2 in master 40-46 181#, and Joe Rutherford with 380.2 in master 40-46 242#. Other Tennessee records were set by Shane Sowers with 523.5 at 242 open, Thomas Kesling was very impressive with 551 in open 259, Mike Beatty did 451.7 in open super. Brandon Leming, who has a 4.0 grade point average in high school, put up 385.7 in teen 16-19 165. Matt Adcock put up 264.5 on a 4th in teen 16-19 198#. Corey Garner popped 159.7 in teen 13-15 114#. The ladies of Tennessee did well also - Cindy Webber gracefully put up 198.2 in master 40-46 181 to go along with her world record deadlift of 391.2. Cheryl Cobb launched 187.2 in master women 40-46 198. Thomas Eskins set an Ohio record with a fine looking 303 in master 68-74 198#, another example of weight training has no age boundaries - anybody can do it any time, anywhere, and you will notice immediate health benefits. Alabama records in the bench were set by Juan Negron with 276.6 in junior 165, Casey Dunaway with 396.7 in junior 198, which was subsequently beaten by Jonathan Leftwich 407.7. Richard Anderson put up 253.5 in law/fire open 165, Ronald Slaughter got 308.5 in master 47-53 165 on a 4th attempt, Alfred Jackson got 402.2 in open 165, which reminds me that Jim Rouse had the world record in the IPF in 1976 with 413 in open 165 - so any 165# lifter hitting 400# or better is exceptional, especially if they are over 40. Brant Bishop who is the WABDL chairman for Alabama put up an Alabama record 501.5 at open 198 and submaster 198. Brant is going to physic

therapy school and his wife is expecting a baby boy in a couple of months. Brant gives one week of his time at the WABDL Worlds to help out with the computer, weigh-ins and expediting. Other Alabama records in the bench were set by big Bubba McConnell, the friendliest heavy equipment operator in the south, who with great coaching by Tiny Meeker, is closing in on 600#. He had to settle for 578.5 at this meet, but look for him to do 650 in a year. The Alabama ladies set some bench records too: Patti Ehmen racked 187.2 on a 4th in master 47-53 148#; Susan Jackson got 242.5 in open 198 - good poundage in that category; Tammy Bedgood in submaster 132 hit 154.2 and one other male Alabama record was set by Erin Boyle with a very credible 303 in teen 13-15 181#. Missouri bench records were set by Lisa Watson with 154.2 in open women

148. Keith Waugh hit 231.2 in teenage 16-19 242#. Georgia state records in the bench were set by Justin Saunders in junior 220 with 281#; Justin Hall hit 363.7 in junior 259; Alan Traylor in master 40-46 181 elevated 336#; Gary Lands in master 40-46 242 was above average with 457.2; Ann Wolverton was good to go with 170.7 in women's master 40-46 165; Kevin Crump managed 418.7 in submaster super. Jesse Fain got 264.5 in teen 13-15 198#. Dalton Wilson hit a very respectable 413.2 in teen 16-19 198#. Rabun Proctor got 325 in teen 16-19 259#; Josh Stevens slammed 374.7 in teen 16-19 308#; Christina Cline got 110# in teen women 13-15 132#; and Amanda Proctor put up 127.8 in teen 16-19 148#. Moving on to state records in the deadlift, Tilden Watson of Missouri yanked 600.7 in class-1 275# and his wife Lisa Watson pulled 225.7 in open 148. Another Missouri lifter, Keith Waugh pulled 501.5 in teen 16-19 242#. Deadlift records set by Illinois lifters were set by Ouoc Le 336 in junior 132, Josh Reyes 462.7 in junior 148, Yuri Nikonchuk 650.2 in junior 220, that's getting up there; Erica Haislar got 292 in junior women 132, Jeff Sougths got 611.7 in submaster 198, Trent Silver hit 374.7 in teen 13-15 242, and Brett Faught got 336 in teen 16-19 148#. Tennessee records in the deadlift were set by Dorry Millrany 473.7 at 165, Daniel Meeker hit 429.7 in law/fire open 429.7, Joe Rutherford hauled in 507 in master 40-46 242#, Jim Franklin got 303 in maser 54-60 220, Brent Morris got 523.5 in open 220, David Blackburn got 606.2 in open 275, Mike Beath ripped up 633.7 in open super. Other Tennessee records in the deadlift were set by Craig Payson in submaster 198 with 440.7 and Matt Adcock with 369 in teen 16-



19 198. April Milrany was the only female lifter from Tennessee to set a deadlift record, other than Cindy Webber who of course had set the Tennessee and world record of 391.2 in master 400-46 181. April pulled 253.5 in open 132. Alabama records in the deadlift were set by Adam Guin in junior 259 with 501.5. William Hamilton in law/fire open 242 got 545.5 on a 4th. Kourtney Sanks reeled in 556.5 in open 181, Jeff Ray pulled 678.8 in open 198, which was a world record in submaster. Bobby "House" Driskill pulled in 672.2 in open 259. The Alabama women that set state records in the deadlift were Pat Ehmen with 352.5 in master 47-53 148#, which was a great lift for her and Susan Jackson in submaster women 198 with 385.7. She will be over 400 in a few months. Georgia records in the deadlift were set by Gary Lanes with 573 in master 40-46 242, Tom Corey with 380 in 47-53 165, Trent Corey with 330.5 in 13-15 148#. Three Georgia women set deadlift records: Amanda Proctor in 16-19 148# pulled 281, Nikki Williams in 16-19 165# pulled 308.5 and Bridgett Brown hauled in 226.8 in teen 16-19 198#. I want to thank Ken Mullrany, the Meet Director, and his staff of Cindy Weber, Pennie Mullrany and Mark Phillips, Charles Phillips and Ken Anderson. Brent

Iowa Open Bench Press  
3 JUL 04 - Sigourney, IA

BENCH		Master-1	
181 lbs.		M. Hruby	225
Teen		198 lbs.	
B. Colman	320	Open	
D. Bensmiller	235	N. Holmes	385
198 lbs.		R. Hennigar	380
Teen		T. Anderson	355
B. Whaley	280	Master-1	
J. Simonsen	195	R. Hennigar	380!
220 lbs.		J. Swank	350
Teen		220 lbs.	
R. Mosbah	290	Novice	
J. McLaughlin	260	D. Mosley	315
242 lbs.		Open	
Teen		C. Ward	500!
J. Brown	275	Master-1	
HWT		D. Mosley	315
Teen		Master-2	
E. Freihage	375	R. George	305
148 lbs.		242 lbs.	
Master-1		Novice	
M. Shuger	205	D. Friedline	240
165 lbs.		275 lbs.	
Novice		Master-1	
D. Hutcheson	300	J. Matthews	430
181 lbs.		HWT	
Open		Submaster	
J. Towsley	325*	P. Harris	550

\*=PR. !=Double bodyweight. Thanks for all who made the 7-3-04 Iowa Open Bench Press meet a success. Brad Colman put up a big 320 at 181 teen. Ben Whaley is a youngster who looked good at 198 teen. Rany Mosbah was 30 pounds better than McLaughlin at 220. Eric Freihage is one of the strongest teenagers in Iowa with a 375. Jeremy Towsley had a personal best 325 while Nathan Holmes looked strong in the 198 open. Roger Hennigar is one of Iowa's strongest master lifters and did double bodyweight at this meet. Jake Matthews put up good numbers at 275 while lifting partners Cletus Ward and Paul Harris were big benchers of the meet. (Thanks to Iowa Open Weightlifting for meet results).

BENCH	Gunter-198	473
MEN	Gutimet-220	374
220 lbs.	Flynn-242	518
Hancock-220 275	Grove-308	622
Gordon-181 402	Albano-242	
Hicks-198 402		
(Thanks to Malcom Gunter for the results)		

*The Women's World Championships (Carrie Boudreau was a winner for the USA) graced the cover of the July 1995 edition of*

**POWERLIFTING USA**, one of the most memorable of such events, held in splendor in Chiba, Japan, and reported by Paul Kelso. We also reported the sad passing of one of Powerlifting's most beloved pioneers, ERNIE NAGY. Louie Simmons provided the details of what he considers a successful squat routine, and Nick Lavitola (820 DL at 242 to lead the TOP 100) laid out his deadlift routine. Rick Brunner, developer of the unique Atletika line of supplements, talked about what makes glutamine such a special supplement, and John Waple described the use of aloe vera as a training supplement. We had interviews with ADFPA stars Joe McAuliffe and Yueh Chun Chang. Doug Daniels detailed how to train in the off season, and Marty

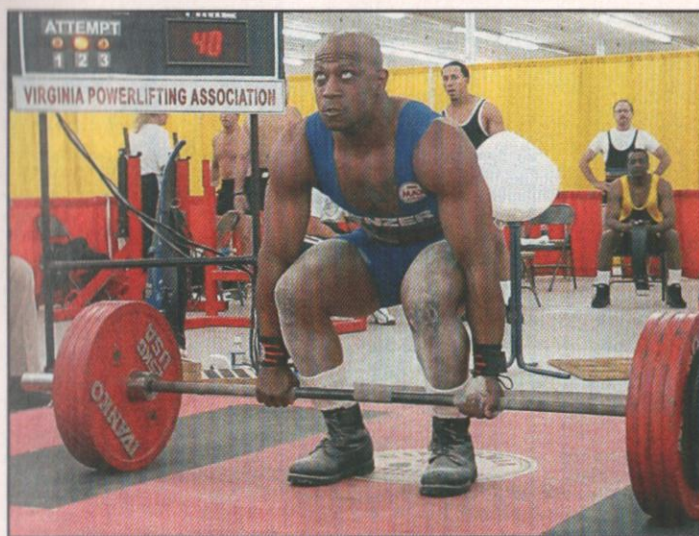
Gallagher described the powerlifting training program of Ultimate Fighting Championship Finalist Dave Beneteau as well as revealing Tony Fitton's inside view of the Frantz lawsuit against the IPF, which kept that federation out of the USA for two decades. There's a terrific photo of Louie Simmons literally "in the face" of Jamie Harris at the WPC World Record Breakers BP meet. Lifting veteran Paul Sutphin (.. "the Bluefield Baracuda" ..) was extensively profiled by Herb Glossbrenner. Check out the Hawaii Record Breakers results ... Tony Harris tried a 799 squat and 760 as a 198 pounder! On Herb G's TOP 100 275 lb. class DLers of All Time, Danny Wohleber led the list with 904 and John Ford was 95th with 755. On our TOP 100 list for 114s, Phil

Hile led every category with 451  
286 4901 1201. Former  
Women's World Champ Ginger  
Lord was 51st in the squat with  
265, Lori Jeffrey (daughter of Dave)  
was 61st in the bench with 170,  
Sioux-z Hartwig was 48th in the  
DL with 314, and Doris Simmons  
(wife of Louie) was 24th in the total  
with 810. As reported on page 67,  
Anthony Conyers posted the highest  
lightweight total in history at  
the ADFPA Region III meet with  
675 435 630 1740. This is just  
one of many back issues of PL  
USA still available. Check out our  
extensive listing on pages 48-51  
of this issue, and the details on  
ordering back issues. There are  
some great deals on quantity orders,  
and you can call in orders to  
800-448-7693 with your Visa or  
MasterCard.









Robert Hickman MD competed in the 242 Open category (all of the meet photographs were provided by the courtesy of Barbara Beasley)

AAU Richmond International 29-31 OCT 04 - Richmond, VA					
MALE	SQ	BP	DL	TOT	
ASSISTED					
132 lbs.					
Master (45-49)					
J. Kavamos	374	225	462	1063	
Open					
J. Kavarnos	374	225	462	1063	
148 lbs.					
Youth (12-13)					
A. McCloskey	396	220	440	1058	
165 lbs.					
Master (45-49)					
M. Wicker	286	259	402	947	
4th-SQ-303					
Masters (50-54)					
R. Smith	418	248	457	1124	
Military Open					
C. McCool	363	248	352	964	
4th-DL-385					
181 lbs.					
Lifetime					
Master (60-64)					
D. Parsons	330	259	352	942	
4th-SQ-352					

**ASSOCIATION OFFICE COPY**

This is a membership application form. Complete all areas and return Part One to the address shown. For information on registration and program, call 1-800-AAU-USA. AAU membership provides each member with an opportunity to participate in AAU events. Membership benefits include accident insurance (which is secondary and is applicable after any primary coverage) for all properly sanctioned AAU events and supervised practices of member clubs. Specific details on coverage can be obtained from your local AAU Association.

ANNUAL MEMBERSHIP DUES	Regular Fee	"AB" Fee
Youth Athlete	10.00	12.00
Coach	12.00	14.00
Volunteer or Official	12.00	Not Available
Adult Athletes in the Following Sports:	10.00	12.00

Adult Athletes in the Following Sports: Baseball, Basketball, Broomball, Cycling, Kayak, Gymnastics, Modern Pentathlon, Multi-Events (Decathlon, Pentathlon), Physique, Softball, Surfing, Triathlon, Trampoline, and Weightlifting. Adult Athletes in the Following Sports: Field Hockey, Flag Football, Hockey (Ice and Roller), Rugby, Soccer, Water Polo, and Wrestling. Adult Athletes in the Following Sports: Chinese Martial Arts, Judo, Jujitsu, and Karate. Adult Tae Kwon Do Athletes. Adult Powerlifting Athletes.

Regular Fee: 20.00, "AB" Fee: 23.50, Not Available: 25.00, Not Available: 35.00.

AAU National Headquarters  
c/o The Walt Disney World Resort  
PO Box 10,000  
Lake Buena Vista, FL 32830

SPORT CODE: \_\_\_\_\_ ASSOCIATION CODE: \_\_\_\_\_

MEMBERSHIP CATEGORY: \_\_\_\_\_ CHECK ONE: \_\_\_\_\_

Club No.: \_\_\_\_\_ Club Name: \_\_\_\_\_ E-Mail: \_\_\_\_\_

ARE YOU ALREADY COVERED WITH HEALTH & ACCIDENT INSURANCE? ☐ Yes ☐ No

I agree to be bound by the AAU Code as well as AAU operating procedures and policies, including but not limited to: binding arbitration and the release and indemnity of the AAU. By paying my annual membership dues, I certify that I have never been convicted of any sex offense nor felony, or, if so, I must apply for membership (and receive approval) through the AAU National Office.

NOTE: Parent/Guardian signature required if member under 18 years old.

Member's Signature: \_\_\_\_\_ Parent/Guardian Signature: \_\_\_\_\_

R. Chavez	705	363	551	1620
R. Hickman	529	380	501	1410
Teen (14-15)				
N. Nickerson	330	165	325	821
275 lbs.				
Lifetime/Open				
J. Wright	446	363	485	1295
Masters (45-49)				
M. Bradley	—	—	—	—
Masters (50-54)				
R. Strauss	446	392	462	1301
Teenage (16-17)				
J. Culver	352	259	391	1003
RAW				
77 lbs.				
Kids (10-11)				
R. Karstendiek	110	85	176	372
4th-SQ-132				
Youth (12-13)				
M. Cavalieris	148	126	203	473
4th-BP-126				



Carla Perez represented Puerto Rico and won the Best Assisted Lightweight Woman Lifter award. She squatted 358 pounds at 132 lbs. bodywt. and 14 years of age.

105 lbs.				
Kids (10-11)				
C. Dantzier	55	60	132	248
4th-DL-145				
Youth (12-13)				
A. Ellis	209	248	261	578
4th-SQ-220				
114 lbs.				
Teen (14-15)				
D. Eckel	209	126	242	578
4th-DL-266				
Youth (12-13)				
J. Fleming	231	138	275	645
4th-DL-286				
132 lbs.				
Teen (14-15)				
T. Johnson	253	165	358	777
4th-DL-369				
148 lbs.				
Special Open				
D. Hatfield	148	148	270	567
Youth (12-13)				
M. Oxier	275	198	363	837
165 lbs.				
Junior (20-23)				
M. Glatter	275	165	352	793
Lifetime/Master (55-59)				
L. Eggleston	286	198	380	865
4th-SQ-303				
Lifetime/Open				
C. Kerley	485	286	523	1295
L. Gaugler	341	286	396	1025
Open				
L. Gaugler	341	286	396	1025
Submasters (35-39)				
M. Garcia	314	253	358	925
Teen (14-15)				
T. McNeely	242	192	341	777
181 lbs.				
Junior (20-23)				
R. Garcia	435	314	534	1284
Lifetime/Masters (55-59)				
F. Sumner	225	259	341	826
198 lbs.				
Junior (20-23)				
N. Roten	501	347	556	1405
Kids (10-11)				
P. Collins	181	95	181	459
4th-SQ-192				
Lifetime/Masters (60-64)				
W. Barnett, Jr.	275	236	374	887
Lifetime/Submasters (35-39)				
W. Pennell	518	380	606	1504
Masters (40-44)				
T. Williams	440	336	606	1383
4th-DL-633				
Masters (45-49)				
L. Prestipino	462	303	501	1267
Masters (60-64)				
W. Barnett, Jr.	275	236	374	887
Open				
T. Williams	440	336	606	1383
4th-DL-633				
Submasters (35-39)				
W. Pennell	518	380	606	1504
220 lbs.				
Masters (40-44)				
J. Goodie	380	358	424	1162
Masters (55-59)				
J. Roten	545	330	584	1460
Open				
M. Gallagher	451	286	490	1229
M. Baugham	402	314	479	1196
242 lbs.				
Lifetime/Masters (55-59)				
G. Prue	242	352	396	992
Open				

One KILOGRAM  
equals 2.2046  
Pounds

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

M. Roten	578	341	132	1052
275 lbs.				
Open				
J. Rauch	705	473	688	1868
Teen (18-19)				
G. Salinas	440	330	451	1223
308 lbs.				
Junior (20-23)				
C. Burnett	556	418	551	1526
4th-SQ-600				
M. Baggett	540	380	562	1482
Open				
T. Rapier	473	429	529	1432
FEMALE				
ASSISTED				
97 lbs.				
Teen (16-17)				
R. Vazquez	203	77	231	512
105 lbs.				
Teen (14-15)				
C. Vazquez	231	88	225	545
114 lbs.				
Teen (14-15)				
Y. Aristud	236	99	242	578
123 lbs.				
Teen (14-15)				
X. Velez	214	82	248	545
123 lbs.				
Teen (16-17)				
J. Quinones	220	99	292	611
Teen (18-19)				
V. Collado	220	110	259	589
132 lbs.				
Open				
C. Perez	325	148	319	793
4th-SQ-358				
Teen (14-15)				
C. Perez	325	148	319	793
4th-SQ-358				
DL-325				
Teen (16-17)				
D. Pagan	214	110	270	595
148 lbs.				
Junior (20-23)				
A. Velez	303	132	314	749
Master (50-54)				
P. Frock	248	159	352	760
4th-DL-363				
Open				

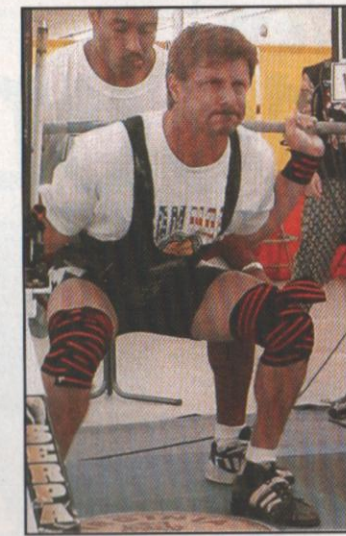
A. Velez	303	132	314	749
165 lbs.				
Junior (20-23)				
J. Pagan	319	143	352	815
Masters (45-49)				
L. Nelson	352	203	451	1008
4th-SQ-209				
Open				
J. Pagan	319	143	352	815
181 lbs.				
Junior (20-23)				
G. Costas	407	209	476	1093
4th-BP-225				
Open				



Jason Rauch, 31, of South Carolina, with a 705pound squat. He won Best Lifter in the Assisted Men Heavy category.

G. Costas	407	209	476	1093
4th-BP-225				
198 lbs.				
Teen (14-15)				
J. Yargas	303	165	363	832
4th-BP-170				
DL-369				
198+ lbs.				
Teen (16-17)				
M. Santiago	363	165	363	892
Teen (18-19)				
C. Pusey	319	192	314	826
RAW				
105 lbs.				
Lifetime/Masters (55-59)				
E. Newton	121	82	192	396
Masters (55-59)				
E. Newton	121	82	192	396
Open				
F. Baez	148	93	220	462
Teen (14-15)				
Frances Baez	148	93	220	462
114 lbs.				
Master (50-54)				
S. Renzulli	154	82	220	457
Submasters (35-39)				
R. Moore	209	143	248	600
4th-SQ-214				
Submasters (35-39)				
S. Fosdick	170	110	203	485
132 lbs.				
Open				
C. Gervais	132	93	214	440
165 lbs.				
Kids (10-11)				
A. McCloskey	220	99	220	540
181 lbs.				
Masters (50-54)				
A. Henderson	170	143	248	562
4th-BP-145				
DL-253				
198+ lbs.				
Masters (45-49)				
V. Crowell	170	181	270	633
4th-SQ-181				

Richmond International Best Lifters Males:				
Best Raw Open	Lightweight	- Chad Kerley		
Best Raw Open	Heavyweight	- Jason Rauch		
Best Raw Master	Lightweight	- Tommy Williams		
Best Raw Master	Heavyweight	-		
Richmond International Best Lifters Females:				
Best Raw Open	- Frances Baez			
Best Raw Master	- Susan Renzulli			
Best Assisted Open	Lightweight	- Carla Perez		
Best Assisted Open	Heavyweight	- Gisselle Costa		
Best Assisted Master	- Lynn Nelson			
(These results courtesy Barbara Beasley)				



Robin Smith, 51, of North Carolina represented Team NASA, in this AAU competition.

weight - Jack Roten, Best Assisted Open Lightweight - Michael Jones, Best Assisted Open Heavyweight - Rick Chavez, Best Assisted Master Lightweight - Candelano Castaneco, Best Assisted Master Heavyweight - Nestor Gregory, Richmond International Best Lifters Females: Best Raw Open - Frances Baez, Best Raw Master - Susan Renzulli, Best Assisted Open Lightweight - Carla Perez, Best Assisted Open Heavyweight - Gisselle Costa, Best Assisted Master - Lynn Nelson. (These results courtesy Barbara Beasley)



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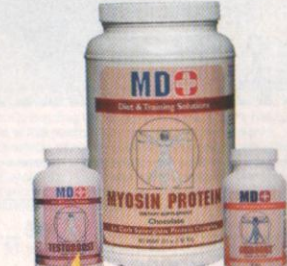


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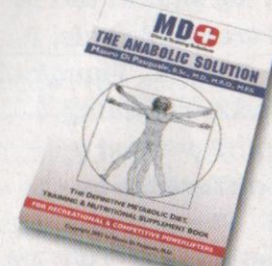
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**C**

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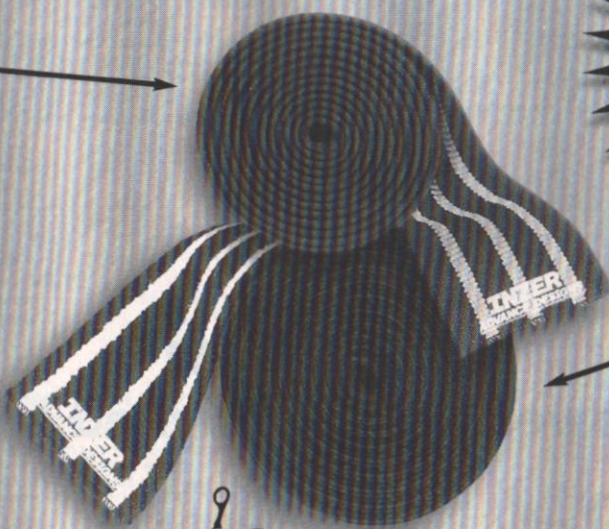
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WRAP DESIGN!**

USAPL Kansas Ironman/BP 5 MAR 05 - Hutchinson, KS				T. Nique			
BENCH	M. Bradley	330		126	281	407	
MEN	Open			275	534	810	
165 lbs.	C. Bell	402					
Master (45-49)	220 lbs.			352	429	782	
R. Broeg	Open			187	418	606	
181 lbs.	S. Craig	341		270	446	716	
Teen-2	Master (60-64)						
H. Osborn	220 lbs.						
314	Open			336	523	859	
Open	T. White	358					
T. Mason	242 lbs.						
253	Master (50-54)			385	589	975	
B. Hernandez	D. Joiner	352		341	490	832	
198 lbs.	SHW						
B. Marietta	Open			248	440	688	
253	C. Espinosa	534					
T. Nique	BP	DL	TOT				
126							
Ironman							
WOMEN							
97 lbs.							
Teen-1	94	198	292				
M. Werner							
114 lbs.							
Master (40-44)							
L. King	115	209	325				
123 lbs.							
Teen-2							
L. Marietta	170	303	473				
Teen-3							
L. Marietta	165	308	473				
H. Gregory	115	242	358				
Open							
L. Marietta	165	308	473				
L. Marietta	170	303	473				
132 lbs.							
Teen-1							
K. Borer	88	242	330				
148 lbs.							
Teen-1							
K. Schroer	154	270	424				
165 lbs.							
Teen-1							
K. Schroer	159	292	451				
181 lbs.							
Open							
K. Dodge	181	308	490				
MEN							
123 lbs.							
Teen-1							
D. Brester	104	286	391				
148 lbs.							
Teen-3							
C. Borer	170	341	512				
165 lbs.							
Teen-3							
R. Prusa	192	374	567				
181 lbs.							
Teen-3							
R. Hart	319	485	804				
J. Fellers	159	242	402				
C. Laing	270	440	710				
198 lbs.							
Teen-2							
B. Marietta	253	374	628				

USAPL Twin Cities Open (kg) 28 AUG 04 - Rosemount, MN				K. Karsten			
BENCH	Over 198 lbs.						
MEN	(Formula)						
Under 198 lbs.	K. Belisle	212.5					
(Formula)	S. Reid	217.5					
D. Colbath	142.5	215					
J. Kluver	132.5	215					
B. Moe	122.5	215					
WOMEN	122.5	215					
Open	SQ	BP	DL	TOT			
132 lbs.							
J. Dreuth	117.5	72.5	157.5	340			
J. Berge	90	62.5	112.5	260			
148 lbs.							
Walterman!	155	105	165	412.5			
J. Welcorn	127.5	82.5	145	345			
165 lbs.							
J. Furgala	100	70	137.5	285			
MEN							
Open							
165 lbs.							
P. Castillo	172.5	95	195	455			

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USAPL Weight Room Qualifier 16 JAN 05 - Richmond, VA				SHW			
Open	SQ	BP	DL	TOT			
(bwt. 348)							
S. Slaughter	650	540	585	1775			
(bwt. 350+)							
T. Slaughter	680	545	580	1775			
Open							
275 lbs.							
G. Emrich	650	430	645	1735			
This was a small meet inspired by a "misunderstanding" that lead to one of this meet's participants missing the 275 lbs. USAPL Men's Nationals qualifying total by a mere 5 pounds. To give this lifter another shot to make up for this and the fact that two other gym members were also very close to qualifying we decided to throw a qualifier meet at our gym, thanks to Chris Lawyer, the gym owner. What friends will do for one another! Our best lifter, by Wilke's Formula, is Gary Emrich. Congratulations to the lifters, who all posted qualifying totals for this year's men's nationals. Thanks go to Chris Lawyer, Phillip Battle, Kevin McKloskey, Tim Durrett and OX - all of whom blew off the playoffs to help their powerlifting peers. (Thanks to USAPL for providing these meet results)							

### USA Powerlifting™ (formerly ADPPA) Membership Application • 124 W. Van Buren St., Columbia City, IN 46725

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**Conditions Of Membership:** As a condition of membership to USAPL, I agree to follow and obey all rules, regulations, and drug testing procedures of USAPL. I further agree that the rules, regulations, and drug testing procedures are subject to change at any time and that I agree to obey any new or changed rules, regulations, and drug testing procedures as a condition of continued membership. I agree that my membership may be revoked temporarily or permanently, suspended, and/or denied for my failure to obey USAPL rules, regulations, and drug testing procedures. I will voluntarily submit to any drug testing procedure that USAPL has approved in its rules, regulations, and drug testing procedures. If I do test positive for a banned substance, I agree that the results of the test are conclusive, and I further agree to accept the consequences of that positive test regarding my membership.

As a condition of membership to USAPL, I understand and accept that I am prohibited from using any substance or doping method that is banned by the United States Olympic Committee. It is my sole responsibility to stay current with any USOC banned substance or doping method, including those most recently banned. I further accept sole responsibility for what I take into my body and that should I consume a banned substance unknowingly, and test positive for that banned substance, I shall be solely responsible for the consumption of that banned substance and shall accept the results and consequences of that test.

If I am suspended from membership for any reason, including testing positive for a banned substance or doping method, I permit USAPL to publish my name as a suspended member and/or a member who is suspended for testing positive for a banned substance or doping method on the Internet, in Powerlifting USA, or any other publication that USAPL so chooses.

SIGNATURE: \_\_\_\_\_ If under 21 yrs., Parent Initial: \_\_\_\_\_ Date: \_\_\_\_\_ Prior Reg. # \_\_\_\_\_

Name: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_ E-Mail: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Date Of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_ U.S. Citizen? \_\_\_\_\_ USAPL Registered Club Represented: \_\_\_\_\_

**Membership Prices:** (please circle one) • Adult - \$40.00 • High School Division (Full year; any meet) - \$30.00 • Special Olympian - \$10.00

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Check/Money Order # \_\_\_\_\_ Membership Price: \$ \_\_\_\_\_

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BENCH WOMEN		MEN			
Drug Free		165 lbs.			
105 lbs.		Master-1			
C. Fujisaki	155	P. O'Neil	365		
MEN		181 lbs.			
198 lbs.		Submaster			
Master-1		C. Conrad	410		
T. Robinson	315	198 lbs.			
Drug Free		Master-2			
T. Robinson	315	K. Kirk	325		
242 lbs.		4th-330			
Master-1		242 lbs.			
M. Bonifield	330	Master-2			
S. Williams	—	C. Ferris	400		
Drug Free		D. Robinson	350		
S. Williams	—	Master-3			
SHW		G. Lively	300		
A. Ramsey	550	SHW			
Master-2		Open			
L. Contreras	410	L. Contreras	440		
T. Galena	315	Master-1			
Open		A. Ramsey	550		
L. Contreras	445	Master-2			
Drug Free		L. Contreras	440		
L. Contreras	445	SHW			
DEADLIFT		Drug Free			
PUSH-PULL		A. Ramsey	550		
WOMEN		L. Contreras	440		
Drug Free		BP			
181 lbs.		DL	TOT		
M. Fontaine	155	285	440		
198 lbs.					
Submaster					
N. Ianson	185	230	415		
MEN					
SHW					
Master-2					
L. Contreras	445	440	885		
Open					
L. Contreras	445	440	885		
Drug Free					
L. Contreras	445	440	885		
WOMEN	SQ	BP	DL	TOT	
165 lbs.					
Master-1					
P. Skellon	145	100	205	450	
181 lbs.					
Drug Free					
M. Fontaine	—	—	—	—	
MEN					
148 lbs.					
Teen (18-19)					
M. Gallegios	425	205	425	1055	
181 lbs.		4th-SQ-475*			
Teen (16-17)					
J. Riekkola	425	—	—	—	
220 lbs.					
Submaster					
T. Waston	345	275	470	1090	
Teen (18-19)					



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4ths:	460		500	1435



5th MPA Miller Chevrolet BP  
11 DEC 04 - Elk River, MN

2/3 benching a solid 320. In the Master's 198 (50-59) Joel Bernitsen won the class with a very strong 415. George Soifikas (59) took second with a 365 (Both Joel and George went 3/3). Jason Hurdle also had a perfect day and won the open 220 class with a 405. Master lifter Billy Norton benched a 225 in a bench shirt that was as old as he was. The 242 Open Class saw Mike Ziegler (36) bench 650. This was the easiest 650 I have ever seen! Dan Sutliff (34) took second with 435. The Master's 275 (40-49) winner was Eric Knudsen (45) with a 355. The Master's 275 (50-59) Champion was Ron Schubert (57) with a strong 370 third attempt and a perfect day. The Master's 308+ Champion was Scott Kivisto who only got h is opener of 405. I would like to thank all the workers at this meet who made it another great event. Special thanks to our sponsors: Miller Chevrolet in Rogers, Harrison Chiropractic, Buffalo Wild Wings, The Gym of Elk River, Dave Harrison, Brenda Harrison, Jerry Gnerre, and the Minnesota Powerlifting Association. Hope to see you all at the MPA Bench Press Championships held in June 2005. (Thanks to The Gym in Elk River for the results)

ABA Central Arkansas Open  
8 JAN 05 - Bryant, AR

BENCH		Master (50+)	
Novice		D. Williams	285
E. Taylor!	450	Washkowiak	275
R. Kingrey	275	Open	
Beginner		220 lbs.	
S. Markham	330	T. Venable	—
C. Moore	355	275 lbs.	
C. Norwood	225	C. Newsom	425
Masters (40+)		SHW 275+ lbs.	
K. Brown	410	K. Brown	410

!=Best lifter over-all. The Arkansas Benchpress Association 2005 Arkansas Open Benchpress Championship was held at Bryant Fitness Zone. The meet was small, but had a large group of spectators on hand to watch. We added a new Masters Division. We now have the Masters 40 + and the Masters 50+. The Best Lifter Award went to Ed Taylor with a 450 lb benchpress at 257 lb. BW. Thanks to Chris Kinzler and Quinn Minton, the owners and operators of Bryant Fitness Zone for the use of their facility. Thanks also goes out to Certified ABA Judges Reid and Jack Nichols for judging the event. Also to Dennis Washkowiak, Chris Moore and Ryan Kingrey for loading and spotting. And special thanks to my lovely wife, Tonya Nichols who helped organize, coordinate, direct and keep scores. Thanks to all the competitors and fans for competing and supporting the Arkansas Benchpress Association. (Thanks to A.B.A. President, D.d. Nichols, for meet results)

WABDL Georgia State BP/DL  
12 DEC 04 - Lawrenceville, GA



Newcomers Romano, Vanver, Monique Hayes, Saunders, and Gowen all looked good. Strong lifts by Roland, Overbee, Crump, Christy, Z, Padin, and Cheryl Cobb! In the deadlift, great lifts by Sandra Stowers, Franklin, Ron, Corey - both, Susan and her daughter, Adrian and Curtis, Matt Christy and Matt Cline, and Pete Lindstrom. The stars of this day were Harry Lindstrom, who came out of a 6 year retirement to set 2 WR @ 69 years young! Monique Hayes, a natural body-building champion has now found a brand new bag as she pulled for the first time - 441 @ 130 lbs.! Finally, the host George Herring saved the best for last as he absolutely smoked 800! For a new open and masters WR, it was almost effortless as he then proceeded to attack 840, just missing so close at the top! He will get this in April! Special thanks to Ken Anderson, Brant Bishop, and Steve Ramey for judging. Also Sherman Ledford, Sandra Stowers, and all the LP! Finally, thanks to Gus for a great Federation! (Matt Christy)

**Beyond Fitness Winter Meet**  
JAN 05 - Greenbay, WI

BENCH		C. Majewski	450
148 lbs.		Masters	
C. Majewski	330	T. LaPlant	385
J. Garcia	300	165 lbs.	
165 lbs.		Open/Master	
Open/Master		Constantineau	460
Constantineau	355	181 lbs.	
181 lbs.		Open	
Open		E. Alholm	600
E. Alholm	410	J. Hilbert	475
198 lbs.		198 lbs.	
Masters		Open/Master	
P. DeGenette	350	T. Conklin	595
220 lbs.		220 lbs.	
Open		Open/Master	
L. Malcomson	585	T. Deprey	600
242 lbs.		275 lbs.	
Open		Open	
J. Mattson	480	B. Ambos	510
275 lbs.		WOMEN	
Open/Master		Open	
D. Balthazor	585	J. Folk	225
WOMEN			
J. Folk	195		
DEADLIFT			
148 lbs.			
Open			
(results courtesy of David Balthazor and David Constantineau of Beyond Fitness)			



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If under 18, have parent initial

NOTE: All WABDL-sanctioned meets will be subject to drug testing.

In recognizing the need for drug usage detection, I agree to submit to any testing procedures deemed appropriate by WABDL or its agents and shall accept the results and consequences of such tests.

Signature \_\_\_\_\_



# USAPL Michigan State 13 NOV 04 - Plainwell, MI

WOMEN	SQ	BP	DL	TOT
88 lbs.				
Y-2				
K. Miller	255	135	260	650
105 lbs.				
T-1				
C. Miller	300	140	336	775
S. Beebe	185	125	285	575
T-2				
K. Paff	205	125	235	570
114 lbs.				
Open/M-2				
B. Zintsmaster	225	105	280	610
123 lbs.				
T-1				
K. Douglas	215	140	290	645
T-3				
J. Beebe	235	145	270	650
132 lbs.				
T-2				
J. Clark	—	100	275	—
T-3				
C. Nogle	400	220	425	1045
148 lbs.				
T-2				
H. Hetzier	270	150	320	740
M-5				
D. Etnhofer	100	85	175	340
M-7				
T. Drotar	100	65	175	340
165 lbs.				
T-3				
R. Fomey	240	140	340	720
Open/M-1				
L. Stryland	305	235	375	915
Open				
G. Martinez	365	220	275	860
198 lbs.				
T-2				
J. DeGryse	195	125	260	580
199+ lbs.				
Open/T-3				
R. Hect	300	165	255	720
M-5				
C. Rausch	55	70	200	325
M-7				
D. Meadows	90	82	111	336
MEN				
132 lbs.				
T-1				
C. Cole	155	105	275	535
T-2				
K. Spiekerman	315	190	390	895
G. Barker	195	—	275	—
Open				
R. Cola	—	—	380	—
148 lbs.				
Y-2				
S. Olinger	245	126	260	620
T-1				
T. Wallace	360	215	390	985
J. Howard	210	145	325	680
T-2				
J. Vyvemann	355	230	430	1015
M. Carpenter	350	240	410	1000
R. Portugal	315	270	395	980
Junior				
C. Palmar	240	200	270	710
165 lbs.				
T-1				
A. Gray	315	275	385	1015
T-2				
J. Tuinstra	465	290	460	1215
T-3				
J. Baker	350	225	385	980
B. Diminnle	320	—	425	—
Open				
A. Azar	415	225	455	1095
Open				
B. Proxmire	485	375	475	1335
Open/M-1				
A. Sharpe	135	345	385	845
M-2				
G. Guthrie	425	305	520	1250
M-6				
D. Steele	216	155	320	690
B. Creech	205	110	235	550
181 lbs.				
T-2				
A. Zanders	300	210	350	860
J. Townsend	305	185	350	840
D. Donohue	225	220	305	750
Open				
M. Smith	515	340	480	1335
Open/M-1				
J. Mumaw	515	210	535	1320
M-6				
R. Ringewold	430	215	470	1115
M-7				

J. Kennedy	200	140	325	665
198 lbs.				
T-2				
J. Basore	300	205	395	900
T-3				
C. Saltzman	555	620	650	1525
Open/T-3				
R. Mueller	440	300	580	1320
Open				
C. Terry	670	325	755	1750
M. Otero	580	355	550	1485
M. Robertson	515	320	525	1380
M-3				
C. Huev	405	335	385	1125
F. Givens	245	—	—	—
M-4				
R. Balko	465	240	510	1215
220 lbs.				
T-1				
J. DeHaan	350	230	395	975
T-2				
B. Fiebigler	500	290	575	1385
J. Parker	475	305	440	1220
A. Seerlan	320	210	470	1000
T-3				
L. Suthard	560	315	575	1450
J. Quintano	425	280	475	1180
Open				

E. Reid	460	310	575	1345
C. Kennedy	415	375	475	1265
G. Dobies	510	320	435	1265
J. Valpatic	385	270	480	1115
S. Cohle	385	315	500	1200
242 lbs.				
T-2				
M. Larson	455	250	505	1210
Open				
M. Hamilton	510	315	600	1425
275 lbs.				
T-1				
C. Nicholes	380	210	406	975
T-2				
M. Arman	520	385	510	1395
J. Howard	500	300	525	1325
Open				
M. O'Donnell	735	460	675	1870
M. Marcotte	500	350	535	1385
275+ lbs.				
Open/T-2				
M. Hect	605	465	685	1655
Open/M-1				
M. Casey	410	350	450	1210
Open				
A. Gibes	435	265	485	1185
M-3				

N. Manning 375 250 465 1090  
American Records. Lifter of the Meet  
Women: Youth/Teen/Junior - Carly Nogle,  
Open - Laura Stryland, Masters - Barbara  
Zintsmaster. Lifter of the Meet Men:  
Youth/Teen/Junior - Cory Saltzman, Open  
Lightweight - Brian Proxmire, Open  
Heavyweight - Craig Terry, Masters -  
Greg Guthrie. 78 lifters, ranging from 12  
to 73 years old, traveled to Plainwell High  
School for this year's State Powerlifting  
Championship. At the end of the day there  
would be 69 new state records, 7 new  
American records, including a new  
women's open deadlift record. The Miller  
sisters started the meet off on the right  
foot, with 12-year-old Kendra hitting a 3x  
body weight squat, and 14 year old Caitlin  
setting a new American T-1 record in the  
deadlift. Barbara Zintsmaster continued  
her outstanding masters lifting hitting  
four new M-2 state records. Carly Nogle,  
who has a number of American records at  
the 123 lbs. weight class, celebrated  
moving up to the 132 lbs. class by not only  
setting all new T-3 American records, but  
also breaking the American Open deadlift  
record at 18 years old. Laura Stryland

was able to establish 6 new state records  
sweeping the M-1 records, and breaking  
her own personal open bench and open  
total state records. The women's meet  
was capped off by Carol Ann Rausch and  
Doris Meadows showing their never too  
old to move the iron by competing at more  
then 60 and 70, years old respectively.  
Lifter of the meet awards went to Carly  
Nogle (Youth/Teen/Junior); Laura Stryland  
(open), and Barb Zintsmaster (masters).  
The Light-Weight half of the men was  
highlighted by Brian Proxmire setting a  
new bench state record in the 165's, and  
Ron Ringewold squatting 2-1/2 times body  
weight at 69 years old in the 181's. Craig  
Terry wasted no time at his new masters  
division by setting a new American M-1  
standard in the squat and highlighted by  
an American record 755 deadlift. Long  
time Michigan lifter (now and Indiana  
resident) Mike O'Donnell moved up a  
weight class to 275, and set a new PR with  
a meet high total of 1870. The men's lifting  
was capped off by 17-year-old SHW Mike  
Hect hitting a 1655 total, which included  
a 465 bench. Lifters of the meet were Cory  
Saltzman (Youth/Teen/Junior), Craig Teny

(Open), and Greg Guthrie (Masters). Many  
thanks to all of the judges, spotters, and  
loaders who worked throughout the day.  
A tremendous amount of energy was spent  
to make this meet run smoothly. (Thanks  
to Mike Poirier for providing the results)

C. Serra	435	M. Ranallo	260	D. Corsi	255	460	715
M1		181 lbs.		O/M1			
J. Skordinski	360	M1		T. Albano	345	365	710
Raw/Nov		G. Rendino	520	165 lbs.			
J. McCarrick	290	T1		Raw			
242 lbs.		B. Swanson	405	E. Brown	105	305	410
O/L/Sub		198 lbs.		O/Raw			
L. Soviano	555	O/M4/Team	420	M. Geraghty	345	475	820
M3		C. Lorenzo		R. Simmons	275	465	740
D. Cease, Sr.	400	220 lbs.		181 lbs.			
M1/Open		M1		O/Novice			
G. Haley	385	C. Slaybaugh	625	L. Archiello	—	—	—
275 lbs.		242 lbs.		M1			
O/M2/L		M3		D. Lederle	300	500	800
B. Klinger	635	S. Vieira	600	Novice/Raw			
Sub		275 lbs.		R. Huntington	245	400	645
T2		Jn		220 lbs.			
P. Porcelli	475	3319 lbs.		O			
K. Haney	320	Raw		J. Bellanca	345	570	915
DEADLIFT		B. Birnbaum	660	T3/Raw			
400				P. Vieira	330	515	845
T1/Nov				Novice/Raw			
97 lbs.				A. Meoli	320	380	700
Ironman				242 lbs.			
M. Albizu	115	185	300	O			
148 lbs.				F. Peters	435	600	1035
O/M2				T3			
				G. Koziol	340	645	985
				Sub			
				J. Alon	415	515	930
				M3/Raw			
				F. Panaro	290	610	900
				319 lbs.			
				M1			
				M. Washer	440	640	1080
				(Thanks to Bruce Swanson for the results)			

USAPL New York State BP/DL 8 JAN 05 - Brewster, NY							
BENCH							
114 lbs.							
Raw							
F. Geraghty	115	K. Semon	385				
T1/Nov							
M. Ranallo	140	E. Sapienza	335				
165 lbs.		220 lbs.					
Raw		M2					
D. Cease, Jr.	250	D. Phillippe	435				
181 lbs.		R. Greenspan	420				
T1		B. Pavelka	400				
B. Swanson	365	M3					
4th-405		M. Makofsky	425				
Raw		M5					
C. Ruskie	340	R. Hurley	300				
M1		M6					
N. Ditommaso	290	B. Phillips	430				
198 lbs.		M1/Nov					



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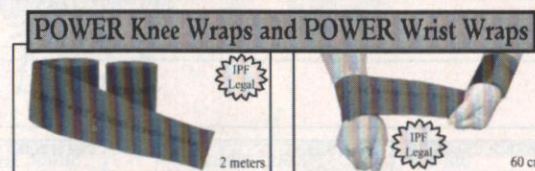
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Buddy McKee was one of the record breakers at the Deep South meet.

House of Pain Deep South BP/DL 11 SEP 04 - New Orleans, LA			
<b>DEADLIFT</b>			
<b>WOMEN</b>			
Maser (54-60)	123 lbs.	J. Boualle	584
165 lbs.	148 lbs.	Submaster (34-39)	
M. Coffey	192	D. Renn	440
4th-199		<b>BENCH</b>	
Master (61-67)		<b>WOMEN</b>	
J. Honeycutt	248!	Law/Fire	
4th-259		Open	
Open		114 lbs.	
199+ lbs.		L. Levine	126!
B. Bourg	380	4th-132	
4th-392		Master (54-60)	
Submaster		165 lbs.	
199+ lbs.		M. Coffey	77
K. LaMonica	380	Open	
<b>MEN</b>		199+ lbs.	
Class-1		B. Bourg	283
132 lbs.		<b>MEN</b>	
J. Pogue	341	Class-1	
165 lbs.		132 lbs.	
McCormick	501	J. Pogue	253
220 lbs.		4th-259	
G. Thiel	529	198 lbs.	
C. Siddle	352	P. Arriaga	418
Disabled		J. Frickey	407
C. Siddle	352	220 lbs.	
242 lbs.		M. Berteaux	—
A. Doyle	523	G. Thiel	374
Disabled		242 lbs.	
242 lbs.		F. Schuetz	485
J. Longwell	154	J. Reed	396
Law/Fire		W. Trentham	314
Master (40-47)		4th-331	
220 lbs.		308 lbs.	
S. Norton	407	B. Butler	413
Law/Fire		220 lbs.	
Submaster		C. Siddle	314
148 lbs.		Junior (20-25)	
D. Renn	440	148 lbs.	
Master (40-46)		D. Weekley	292
181 lbs.		220 lbs.	
E. Diaz	501	M. Berteaux	—
275 lbs.		C. Senese	512
P. Ruiz	473	Law/Fire	
Master (47-53)		4th-462	
198 lbs.		275 lbs.	
J. Mauldin	451	220 lbs.	
D. Broussard	451	S. Norton	308
259 lbs.		242 lbs.	
E. Morgan	650!	B. Tindull	435
Master (54-60)		L. Holley	429
165 lbs.		259 lbs.	
A. Sheen	330	R. Bueche	507!
J. Snodgrass	446	Law/Fire	
242 lbs.		Master (48+)	
O. Jordan	584	220 lbs.	
275 lbs.		T. Butler	374
T. Morgan	501	Law/Fire	
308 lbs.		Open	
P. Rando	462	148 lbs.	
Master (68-74)		D. Renn	275
242 lbs.		165 lbs.	
J. Longwell	154	K. Cook	407
Master (80-84)		B. Angelette	402
181 lbs.		4th-407	
D. Dreyer	248	198 lbs.	
Open		J. Whitney	523!
165 lbs.		4th-534	
McCormick	501	259 lbs.	
		S. Ross	523
		308 lbs.	

few people have accomplished. Jane Honeycutt also pulled a world record 259 in the 123# class at age 63. There were 18 state Louisiana records set in the bench press. In class-1, Jeff Pogue, at 132# pushed 259. In law/fire master 40-47 220# Sandy Norton lifted 308.5 with room to spare. At 181 law/fire open, Brook Angelette put up 407.7. In master 40-46 275 Patrick Ruiz rammed up 402.2. In the same age group at 308, Bradley Butler smoked 413.2. In master 47-53 220#, Ricky Boudreau, who was coached by Reed Bueche, got state records of 451.7 and 462.7. In master 54-60 165# 165#, Alan Sheen shot up 220.2. at 54-60 220# old timer Vince Breaux showed he can still do it with a 413.2. In 54-60 308#, Paul Rando squeaked up 347. In 80-84 181# class, Dr. Donald Dreyer, who is still a practicing physician at age 83, benched a nice 155.3. Dr. Joseph Bozzelle benched 424.2 in open 181 and Brooke Bourg benched a very

bales of hay or 2-1/2 sacks of cement, at age 83! Im impressed. In master women, 54-60 165, Mary Louise Coffee pulled 199.3 for a Louisiana record. She has the figure of a woman 30 years younger. If I was president, everybody would have to lift weights 3 times a week for an hour, then there wouldn't be as much need for care for the elderly and nobody would get old - just fade away. Tom Morgan set an Arkansas record 501.5 at 54-60 275. His brother Eddie, as mentioned earlier, pulled 650 for a world record at age 50. Here's two brothers, 50+, healthy, strong, and enjoying the camaraderie of great lifting. Two ladies also set Louisiana state records in the deadlift - Brooke Bourg in open unlimited pulled 392.3 and had 400 in her. Kristin LaMonica in submaster unlimited pulled 380.2. Toby McCormick set two Alabama records in the deadlift with a bust butt pull of 501.5 at 165 in both open and class-1. I want to thank David Armond,

Jr., who helped spot, load and helped carry equipment up flights of stairs to a second floor ballroom, and then helped carry them down. Also, Buddy McKee, for bringing warm-up weights in his Monte Carlo. Also Bobby Myers and Carol Ann Myers for helping load equipment when the meet was over. Bobby Myers was also a judge and did an excellent job in only his 2nd session. Carol Ann Myers also sold tickets. Other judges were Ken Anderson, Jim Snodgrass and Gus Rethwisch. The MC was Reed Bueche, who kept the meet moving at a lively pace. Mrs. Reed Bueche was the scorekeeper. Also, Gus Samuelson and his son helped load equipment when the meet was over. I want to thank our sponsors Rich Brewer of House of Pain, Gus Samuelson of Universal Nutrition, Michele Kampen of the



James Whitney did a gigantic 534 bench at 198.

creditable 283.2 in unlimited. Frank Schuetz set a Virginia record in the bench in open 242 with 485 as well as class-1. Gary Thiel set a Mississippi records with 374.7 at 220. Class-1 Arkansas records in bench were set by William Trentham with 331.6 in class-1 242. Tracy Ward was impressive with 523.5 in master 40-46 242# and also open with the same weight. In master 47-53 198# Mauri Cole set an Arkansas record with 281. In master 47-53 275, Austin Webb, the WABDL State Chairman, slammed up 451.7 in the bench press. Ken Millrany set a Tennessee state record in master 40-46 220 with 530.1. Ken is the WABDL state chairman for Tennessee. Texas records in the bench were set by Kenneth Cook in master 40-46 165#, who went 407.7 at 165, Michael Arrendale popped 501.5 in master 40-46 198. Florida state records in the bench were set by Jerry Reed with 396.7 in master 40-46 242# and Michael Green put up an eye opening 562 at 220 open. Michael is not built like a bench. He's lean and muscular and looks like he ought to bench 400. State records in the deadlift were set by the following Louisiana lifters: Jeff Pogue, class-1 132 - 341.5; Charles Siddle, a liver transplant survivor, pulled 352.5 in class-1 220 and disabled; Sandy Norton pulled 407.7 in law/fire master 40-47; Patrick Ruiz 40-46 275 hauled in 473.7; Alan Sheen, in master 54-60 165, ripped up 330.5. Other Louisiana state records in the deadlift were set by Onnie Jorden with 584 in master 54-60 242#, Paul Rando reeled in 462.7 in master 54-60 in master 68-74 242# and Dr. Donald Dreyer, at age 83, pulled 248 at 181#, which is the equivalent of 3

Powerlifting Superstore, Shawn Madere of GLC Direct, Dave Tate and Jim Wendler of Elite Fitness Systems, Chet Graskreutz of Ivanko Barbell, Ken Anderson and Pete Alaniz of Titan Support systems, Neal Spruce, Jim Starr and Odd Haugen of Apex Fitness Group, Kim McGowan of TwinLab, Giorgio Usai of Forza Strength Systems, Mike Lambert of Powerlifting USA and Wes Kampen of Monster Muscle Magazine. (Thanks to Gus Rethwisch for results)



Jane Honeycutt participated in the WABDL Deep South contest.

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ALWAYS USE  
SPOTTERS.  
DON'T TRAIN WHEN HURT -  
ALWAYS CONSULT  
YOUR DOCTOR

#### TwinLab Great Lakes BP/DL 17 JUL 04 - Lansing, MI

<b>DEADLIFT</b>		4th-126	
<b>MEN</b>	165 lbs.		
Class-1	K. Riddle	126	
181 lbs.	4th-128		
M. Pettinger	457	<b>MEN</b>	
198 lbs.		Class-1	
M. Bozung	363	198 lbs.	
220 lbs.	M. Bozung	209	
G. Stewart	462	220 lbs.	
242 lbs.	M. Keyser	407	
A. Wenzlaff	534	4th-424	
259 lbs.	D. Burlingame		
R. Duff	501	369	
308 lbs.	G. Stewart	341	
T. Bronson	557	D. Fehlhafer	231
Junior (20-25)	259 lbs.		
165 lbs.	M. Newman	451	
J. Reyes	485	R. Duff	363
198 lbs.	308 lbs.		
M. Bell	523	T. Bronson	315
S. McShane	600	Junior (20-25)	
4th-606	165 lbs.		
242 lbs.	V. Vooun	203	
R. Klein	699	4th-225	
Master (40-46)	J. Reyes	292	
220 lbs.	4th-314		
Burlingame	639	Witherspoon	248
4th-650			
259 lbs.	M. Bell	380	
T. Crampton	429	220 lbs.	
Master (47-53)	S. McShane	336	
259 lbs.	259 lbs.		
G. Rapp	374	P. Blackmond	358
4th-402	Law/Fire		
Master (61-67)	Master (40-47)		
165 lbs.	198 lbs.		
Montgomery	470	Master (40-46)	
242 lbs.	148 lbs.		
A. Wenzlaff	534	C. Venturella	347
Master (75-79)	165 lbs.		
242 lbs.	A. Sharpe	336	
G. Blue	457!	4th-352	
4th-507	181 lbs.		
Open	F. Stokes	325	
123 lbs.	J. Woods	385	
V. Vooun	264	198 lbs.	
4th-292	D. Horn	325	
165 lbs.	B. Nicholls	236	
T. Munoz	314	220 lbs.	
4th-352	Burlingame	369	
198 lbs.	D. Fehlhafer	231	
M. Bischoff	628	259 lbs.	
M. Bell	523	T. Crampton	281
220 lbs.	308 lbs.		
Burlingame	639	J. Peshek	672
4th-650	Master (47-53)		
S. McShane	600	165 lbs.	
4th-606	N. Santarone	424	
308 lbs.	198 lbs.		
D. Forstner	716	S. Swingle	380
Submaster (34-39)	132 lbs.		
181 lbs.	Master (54-60)		
M. Pettinger	457	A. Bates	275!
259 lbs.	220 lbs.		
R. Duff	501	G. Fay	248
308 lbs.	242 lbs.		
T. Bronson	557	Washington	331
4th-573	275 lbs.		
Teen (13-15)	B. Dustman	308	
165 lbs.	Master (61-67)		
D. Theisen	451	198 lbs.	
<b>BENCH</b>			
<b>WOMEN</b>			
220 lbs.	R. Hemenway	308	
Open	A. Mosesso	170	
114 lbs.	242 lbs.		
H. Johnson	121	W. Bidinotto	363

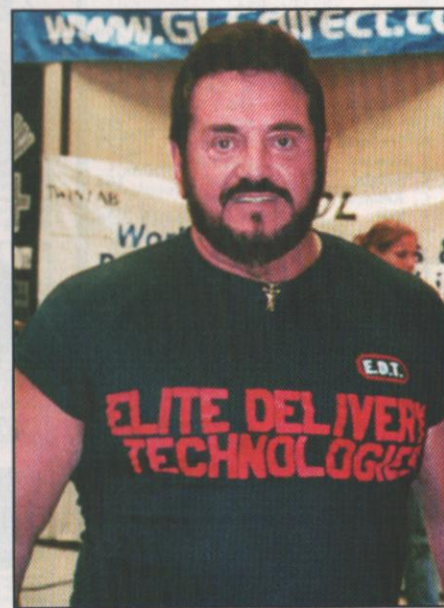
275 lbs.		P. Vargo	628!
R. Soffredine	429	4th-657	
Open		308 lbs.	
123 lbs.		D. Forstner	—
V. Vooun	203	J. Peshek	672
4th-225		Submaster	(34-39)
148 lbs.		259 lbs.	
C. Venturella	347	R.Duff	363
165 lbs.		308 lbs.	
A. Sharpe	336	T. Bronson	315
4th-352		Teen (13-15)	
198 lbs.		132 lbs.	
M. Bell	380	C. Cooper	148
220 lbs.		Teen (16-19)	
R. Lipinski	501	148 lbs.	
J. Swlrple	440	D. Santarone	325
S. McShane	336	220 lbs.	
242 lbs.		P. Shippert	286
T. Gibson	518	275 lbs.	
275 lbs.		T. Webster	385

! = World Records. Fifty lifters showed up for this event that was staged in a nice sized 5,000 square food ballroom at the Holiday Inn South, in Lansing, Michigan. In the bench press, world records were set by Paul Varbo of Ohio, who broke Tiny Meeker's 656.8 in open 275# with 657.9. Paul has struggled through shoulder injuries or he would be benching more. He passed the drug test also. In master 54-60 132, Andrew Bates set a world record with 275.5. Jeff Peshek from Ohio, didn't set a world record in the master 40-46 308#, but he did do 672.2 and just missed 700.8 and passed his 3rd drug test. In the deadlift, George Blue was phenomenal. He's 75 and pulled a world record 507 weighing 227! Nobody over 70 has ever pulled 500! At 165, the Indiana State Chairman, Martin Montgomery, at age 66 pulled 470.4 for an Indiana record and just missed 502.6 for the world record. In the bench press, Pennsylvania state records were set by Mark Keyser in class-1 220# with 407 on a 3rd and 424.2 on a 4th attempt. Also, Charles Venturella set Penn records with 347 in master 40-46 148# and open 148, and Steve Swingle put up 380 at 47-53 198# for a Pennsylvania records and Terry Gibson set a PA record in open 242 with good looking room to spare 518#. Michigan records in the bench press were set by the following lifters: Greg Stewart, Class-1 220#, slammed up 341.5; Michael Newman eked out a 451.7 in class-1 259#; Tom Bronson only benched 315.1 in class-1 308, but it was enough for a Michigan record; Vin Vooun, weighing only 121, benched a Michigan record 225.7 in junior division. In junior 165, Patrick Witherspoon set a Michigan record with 248. Also in Michigan junior division, state records were set by Steven McShane with 336 at 220# and Paul Blackmond with 358 at 259#. In master 40-46 and open 165, Arthur Sharpe set two Michigan records with 352.5. In master 40-46 259, Thomas Crampton set a MI record with 281. In master 54-60 242#, George Joe Washington, set a MI record with 331.6, breaking the old record by 1.1#. In master 54-60 275#, Bob Dustman "dusted" 308.5 for a Michigan record, and in master 61-67 275#, Ralph Soffredine was very impressive with a 429.7 MI record. Robert Lipinski set an open 220# record with 5010.5. Tom Webster set an MI record in teen 16-19 275# with a teen-like 385.7. Randy Dugg and Tom Bronson set Michigan submaster records with 363.7 at 259 for Duff, and 315.1 for Bronson at 308#. Bill Bidinotto put up a very respectable 363.7 in master 61-67 242# for an Ohio state record and then at the world championships, Bill upped that to 396.7 at age 66. That's some fantastic lifting. The only two women in the meet set Michigan records in the bench. Heather Johnson put up 126.7 at 114 open and Kristin Riddle put up 128.9 in open 165. New York records were set by a father-son team. Dan Santarone smoked a very impressive 325 at 148 in teen 16-19 and his father was just as laudable with 424.2 at 165 at age 49. Illinois records in the bench were set by Josh Reyes with 314 in junior 165 and Matt Bell with 380.2 in junior 198 and Bells was also an open 198 record. In the deadlift, Mike Bozung reeled in 363.7 in class-1 198 for a Michigan record. Other class-1 Michigan records were set by Randy Duff with 501.5 at 259# and Tom Bronson with 557.6 at 308. Michi-

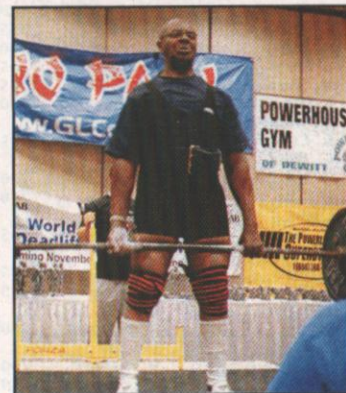


Paul Vargo broke one of Tiny Meeker's records with this 657 at the WABDL Great Lakes meet in Lansing, MI (photo courtesy of Paul V.)

gan records in junior were set by Steven McShane and Ryan Klein with above average lifts of 606.2 at 220 for McShane, and 699.7 for Klein. Klein will hit a 750 within a year. Thomas Crampton hit a 429.7 in master 40-46 259# for a MI record. Gary Rapp pulled 402.2 on a 4th for a Michigan record in master 47-53 259#. Art Wenzlaff proves the theory again that lifters that keep lifting drug free will live a long productive life - he pulled 534.5 in master 61-67 at 242# at age 66. Matt Bischoff pulled a 628.2 in open 198 for a Michigan record and came very close with 677 - it was a call that could have gone either way. Duane Burlingame pulled a strong 650.2 for 4 Illinois records in master 40-46 and open 220. Duane's star won't stop until at least 750. In open 308, Dave Forstner had the highest deadlift of the day with 716, but his Michigan record in 749. I want to thank Ted Day of Powerhouse Gym of Dewitt, Michigan, who supplied the warm-up weights and the spotter-loaders Dan Koehler, Todd Esp and Rob Bobeda. He also supplied benches. The judges were Rich Edinger and Troy Weippert of Fargo, North Dakota and Ken Anderson of Dallas, TX. Gus Rethwisch was the MC and Ted Feight the WABDL Michigan Chairman was the scorekeeper and was responsible for making it happen. The sponsors were Powerhouse Gym, and Ted Day of Apex Fitness Group with Neal Spruce, Jim Starr and Odd Haugen, TwinLab, Powerlifting Superstore with Michelle Kampen, Rick Brewer and House of Pain, Mike Lambert of Powerlifting USA, Shawn Madere of GLC Direct, the worlds greatest joint formula. Chet Groskreutz and Ivanko Barblee, who has supplied 3 kilo set to WABDL, Ken Anderson and Pete Alaniz of Titan Support Systems, Giorgio Usai of Forza Strength Systems (the Forza bench was the competition bench) and Wes Kampen of Monster Muscle the magazine. (Thanks to Gus Rethwisch for providing these results)



Bill Bidinotto got an OH ST record with a 363 bench press (photograph courtesy Bill)



George Blue, 75, with a 507 DL



OVERALL	Open	
148 & Below	A. Green	130
M. Perry	(35-39)	
E. Nelliger	M. Lesveque	115
W. Claypatch	165 lbs.	
B. Swain	Open	
H. Claypatch	B. Patrick	110
L. Gogan	(14-15)	
D. Jones	B. Patrick	110
B. Zak	(50-54)	
K. Westcott	B. Roby	135
K. Self	SHW	
A. Green	(40-44)	
K. Poyner	S. Gurganus	170
M. Lesveque	MEN	
C. Chalk	66 lbs.	
J. Morton	(8-9)	
Q. Thomas	J. Mims	55
J. Mims	88 lbs.	
165 lbs.	(10-11)	
J. Fox	Q. Thomas	65
D. Sqrai	97 lbs.	
T. Haque	(16-17)	
R. Young	J. Morton	100
F. Westcott	123 lbs.	
J. Maselbas	Open	
J. Maselbas	E. Nelliger	235
J. Dunbar	H. Claypatch	190
J. McGourn	C. Chalk	135
D. Craft	(18-19)	
B. Roby	H. Claypatch	190
B. Patrick	C. Chalk	135
181 lbs.	132 lbs.	
W. Lynch*	Open	
J. Self	M. Perry	280
G. Passman	B. Swain	195
B. Gabbert	(65-69)	
J. Neese	B. Swain	195
E. Anderson	148 lbs.	
M. Wilson	Open	
K. Smallwood	W. Claypatch	250
J. Hunbar	L. Gogann	190
T. Tornabene	D. Jones	175
L. Lewis	B. Zak	165
D. Daffron	(16-17)	
198 lbs.	L. Gagnon	215
S. Freeman	D. Jones	175
J. Hawley	(35-39)	
J. Wright	B. Zak	165
C. Kennedy	(45-49)	
T. Bell	W. Claypatch	250
G. Holzmilller	165 lbs.	
220 lbs.	Open	
P. Bossi*	D. Sqrai	300
C. Pannell	T. Haque	280
S. Hopkins	J. Maselbas	265
B. Hopkins	J. Dunbar	230
D. Khota	J. McGourn	200
T. Braylis	(14-15)	
R. Spires	D. Craft	200
J. Sheehan	(16-17)	
J. Thompson	J. McGourn	200
242 lbs.	(18-19)	
K. Burkett	T. Haugue	295
G. Russell	J. Dunbar	245
T. Manning	(20-24)	
R. Ernst	J. Fox	300
J. Fox	J. Maselbas	255
S. Deuel	(35-39)	
C. Weichold	D. Sqrai	300
J. Benson	(40-44)	
SHW	R. Young	295
B. Jones	(45-49)	
J. Hillard	F. Westcott	275
J. Rascoe	181 lbs.	
J. Cox	Open	
H. Canada	W. Lynch	420
J. Dishman	J. Self	365
R. Beuch	G. Passman	340
J. Lewis	E. Anderson	265
M. Turner	M. Wilson	255
J. Dishman	J. Dunbar	230
M. Stidham	(14-15)	
T. Cunningham	D. Daffron	145
C. Betts	(16-17)	
WOMEN	K. Smallwood	240
105 lbs.	L. Lewis	210
Open	(18-19)	
K. Poyner	M. Wilson	245
105 lbs.	(20-24)	
(45-49)	L. Neese	275
K. Poyner	E. Anderson	265
123 lbs.	(40-44)	
Open	S. Passman	340
K. Self	(50-54)	
132 lbs.	B. Gabbert	290
(45-49)	R. Tornabene	220
K. Westcott	198 lbs.	
148 lbs.	Open	

J. Wright	345	D. Lhota	360!	(Police/Fire)	Open	
C. Kennedy	275	(60-64)		J. Dishmon	420	J. Rascoe 450
(Police/Fire)		R. Spires	300!	(16-17)		T. Cunningham 235
S. Freeman	385!	(75-79)		C. Betts	205	Police/Fire
(20-24)		J. Sheehan	245!	(20-24)		M. Stidham 250!
J. Wright	360!	242 lbs.		J. Cox	440!	(50-54)
(35-39)		(16-17)		(40-44)		R. Beutch 405!
S. Freeman	385	J. Benson	225	J. Lewis	3315	SHW
J. Hawley	375	(18-19)		J. Dishman	255	Open
C. Kennedy	275	T. Manning	375!	(50-54)		H. Canada 430
(45-49)		(20-24)		J. Hillard	450!	Police/Fire
T. Bell	255	J. Wright	250	319 lbs.		M. Turner 355
(60-64)		(35-39)		*Best Lifters. !=World records. Top 3		
S. Holzmilller	245	S. Duell	305	Women: K. Westcott 1.144, K. Poyner 1.142, K. Self 1.125. Best Lifter Female: Kelly Westcott. Bat Lifter Master 1: Kenny Burkett. Best Lifter Master 2: David Lhota. Best Lifter Master 3: Bryon Swain. Best Lifter Light: Will Lynch. Best Lifter Heavy: Paul Bossi. Best Lifter Police/Fire: Sylvester Freeman. Best Lifter Submaster: John Hawley. Best Lifter Teen: Trey Hague. 100% Raw Bencher of the Year: Herman Canada. 100% Raw Best Powerlifter of the Year: Trey Manning. 100% Raw Sportsmanship Award: Scott Duell. 100% Raw Official of the Year: Gregg Stott. 100% Raw Volunteer of the Year: William		
220 lbs.		(40-44)				
Open		K. Burkett	510			
P. Bossi	485	(45-49)				
C. Pannell	415	G. Russell	440!			
T. Broylis	315	(50-54)				
(Police/Fire)		J. Fox	320			
J. Thompson	195!	(60-64)				
(14-15)		R. Ernst	350!			
B. Hopkins	365!	(65-69)				
(18-19)		C. Weichold	245!			
S. Hopkins	385!	275 lbs.				
(40-44)		Open				
C. Pannell	415	B. Jones	480			
(50-54)		J. Cox	440			

Bateman. 100% Raw Coach of the Year: Bing Mitchell. Currittuck High School was the host to the 3rd 100% RAW bench worlds, and for the third year it was the biggest meet of the year. Lifters all over the East Coast were represented from Massachusetts and New York, down to Florida and Georgia, and of course a lot of North Carolina and Virginia lifters. The quality of this meet has always made it a strong draw. Before I go any further I want to thank the volunteers who made this meet such a success. The hardest job at a meet is spotting, and we were lucky to have Rich Ddombroski, DJ Maurie, Anthony White, Tim Stallings, Luke Star and the young Veteran Matt Wilson. The Judges were Greg Stott, Dave Baldur, William Bateman, Chris Kennedy, Donny Nelson, and Tom Holroyd. The set up crew was Coach Boss's weightlifting class from Currittuck High School. The announcers were Cherie Grant and Pam Balance. As always the hardware was incredible, with huge trophies, lots of best lifter plaques, and plaques for everything from coach of the year to volunteer of the year. The best part is for third

straight year, championship belts were awarded for the top lifters... and folks these belts are unbelievable... and worth any trip to compete for. The meet was 100% natural, which means no benches, shirts, and drug testing. I'm not going to preach about the dangers of steroids, my only statement is if you want to use them, please don't enter a drug free meet. The meet started with the biggest class of the day, 148 and under. The class had 17 lifters, but despite giving up 16 pounds, Marvin Perry would find that the third time is a charm as his 275 bench was enough for a world record, and the 148 belt. With the absence of two time 165 world Champ Corky Bogget, the title was up for grabs, and in the end first three fourth was separated by a mere five pounds. Ricky Young is absolutely one of my favorite lifters, and he told me his goal was 305, 305 would have given him his first world title, but 295 let him in fourth on virtue of bodyweight. Ricky has added thirty pounds in the last two years so I think he has a belt or two in his future. Teen sensation Trey Hague benched 295 for third, and was named best teen lifter

for the second straight year. To cap an extremely close class Dana Sgroi and Jacob Fox would both hit 300, but by a mere 7th of a pound Jacob would win the 165 belt as well as the best junior lifter award. Only Will "Chill" Lynch could hit 420 at 182 win the best light award, and consider it and off day. It was Wills third straight world title. Sylvester Freeman hit second in 2003, third in 2003, but finally in 2004 he broke threw and his 385 bench was enough to win the 198 belt by ten pounds over John Hawley. Since Paul Bossi is my friend, and since he's brought huge meets to our area I could be viewed as a bit biased so judge for yourself. Paul's 485 raw bench press earned him his third world title, and third straight best lifter heavy award. If your still not convinced Paul will be competing at the USA PL bench nationals this year in the open division, and next year in the masters division. And if he doesn't earn the USA and IPF medals this year, I'd bet we see one next year. Shaun Hopkins would hit 385 to win the belt for the best teen lifter, but the most impressive performance (In my opinion) was Ben Hopkins who benched

365 in the (14-15) division. At 242 we saw a new champion as Giles Russel hit a 440 to control the class. In second place was another great Teen lifter as Trey Manning hit a 375 bench. Roger Ernst would hit 350 for third place, but earned a belt for the biggest bench in the master 2 division. In the heavyweight class we saw Bernie Jones hit 480 to win the heavy weight belt. Joseph Hillard would bench a 450 bench for a masters world record, as well as winning the belt for the best bench in the master 1 division. This was the third straight year that Joseph has finished in the top three overall. In the heavy weight division in 2005 Joseph may claim the masters as well as the heavy weight belt. In fifth was Herman Canada who had such a successful year as he earned benchor of the year honors. The 165 mens class was close, but the women's class was even closer. The top three lifters by formula were so close enough had to count decimal places. In the end Kelly Westcott would bench 1.144% of her weight over Karen Poyner who benched 1.142%, but Karen Self wasn't far behind with 1.125%. We saw a lot of teen lifters, women lifters, but

by far what impressed me was the fact that we had 26 master lifters, and even more impressively we had six lifters that were in the 60+ division. Special recognition needs to be given to team Gladiators who would win their third straight world title. This meet just keeps getting tougher and tougher, and I hope to see you next year! (Results from Ben Zak)

WNPF Battle of Countries & Raw  
17 OCT 04 - Philadelphia, PA

SQUAT		Levine	310
MEN		(60-69)	
220 lbs.		Raw	
Open		Davis	275
Raw		242 lbs.	
Bricker	475	(50-59)	
Open		Gismonde	375
Diciano	540	275 lbs.	
(35-39)		(40-49)	
Raw		Raw	
Smith*	500!	Sullivan	--
BENCH		DEADLIFT	
WOMEN		MEN	
114 lbs.		114 lbs.	
Subs		(13-16)	
Raw		Raw	
Roe	110!	Zambelli	185
MEN		165 lbs.	
148 lbs.		(13-16)	
Open		Raw	
Raw		Erb	270
Mosier	170	(35-39)	
165 lbs.		Raw	
(40-49)		Johnson	460
Raw		181 lbs.	
Alpert	135!	(40-49)	
181 lbs.		Green	580
(17-19)		Open	
Townsend	260	Green	580
(40-49)		220 lbs.	
Holtz	345	Open	
(60-69)		Raw	
Raw		Bricker	530
Freed	315	Open	
198 lbs.		Diciano	565
Open		242 lbs.	
Raw		Open	
Gaines*	355	Cooper	685
Bachmeyer	350	Powercurl	
Hicks	300	MEN	
(40-49)		148 lbs.	
Raw		Open	
Bachmeyer	350	Mosier	105
Hicks	300	181 lbs.	
Police		(17-19)	
Raw		Townsend	135
Bachmeyer	350	220 lbs.	
220 lbs.		Open	
Open		Diciano*	165
Diciano	400	(50-59)	
(50-59)		Levine	150
Raw			

! = World Records. \* = Best Lifters. There were 6 American records and 1 PA record. (Thanks to WNPF for the results!)

Glenwood Athletic Club Open  
15 Jan 05 - Glenwood, AR

BENCH		W. Mexzies	300
WOMEN		W. Menzies	250
Open		PB-275	
C. Loudermilk	110	Middle	
M. Fyfar	80	Q. Brock	415
MEN		R. Mace	345
Teen Light		Heavy	
J. Shepard	315	R. Land	365
S. Maestas	185	PB-380	
Feather		D. Threlkeld	340
J. Dubois	205	PB-350	
LIGHT		J. Forsythe	315
P. Clark	360	Super	
K. Treadway	325	L. Duncan	515
PB-340		K. Coleman	425

Congratulations to all of the lifters that participated in the open bench press. We hope to see all of you again on April 16th. Also, I would like to thank Joe Bill from Pro Fitness for the quick math, and Brandon for the spotting and loading. We had 16 lifters and a good crowd to help cheer on the lifters. After the competition was over we had a little fun. Any lifter that wanted to attempt their personal best, went for it. Some even outdid their competition lift. I would also like to thank Powerlifting USA for putting our competition in their wonderful magazine. (Results courtesy of Glenwood Athletic Club)

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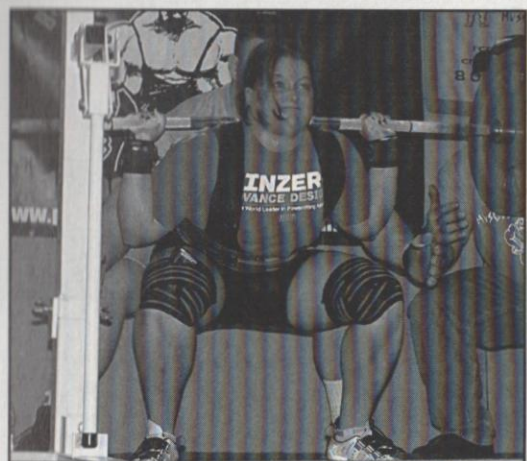
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Disa Hatfield came out in first (www.ftvideo.com)

(continued from page 11)  
and Liane provided some great competition through the whole meet, as evident

by the number crunching going on by their respective coaches, Rene Moyon and Sherman Ledford. Disa was ahead in subtotal going into the deadlifts, however, it's pretty well known that deadlifting is not her strong point and she would need that 82 lb. lead. Liane fought all the way to the last pull, but couldn't get it moving, giving Disa her first win. Malinda had some initial trouble in the squats, waiting to get her opener in on her third attempt, but still finished with a strong 981 lb. total and a win in the 40-44 age class. Lacy Picou beat out Katey Dodge in the Jr. division with a 909 lb. total, and Jordan Stupecky, Jessica Rychecky, and Ashley Duplissey took their respective teen divisions. Jordan took

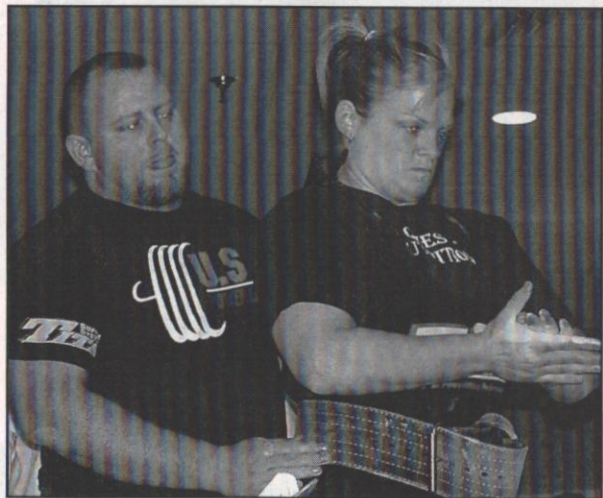
home the only American record broken in this weight class, with a T1 record squat of 308 lbs. British lifter Jennifer Busby had a fantastic day, going 8/9 and ending with a 1080 lb total.

The 198s saw the return of Jessica "Squatkins" Watkins, who unfortunately bombed out last year. However, as expected, she came back even stronger than before. Her signature lift was the biggest of the meet, a huge 551 lbs! She continued to rewrite the American record books with a 330 bench and a 501 lb pull. That gave her a 1383 lb total, her fourth Open American record of the day, and the highest absolute total of the meet! Jessica is just coming out of the Jr. ranks, so we can expect many years of records to come from this lady. Second place went to last year's 198 winner Bonica Brown. Bonica is a young T2 lifter, but her experience showed as she ended with that elusive 9/9 perfect day and an 1185 total. Bonica also took home 4 IPF Sub-Jr. World records! Both Jessica and Bonica will be heading to Finland in May for Women's worlds, and we look forward to even bigger numbers from both of them. Also competing in the open was Wendolyn Allen. Louisiana resident Kelly Louque took the Jr. division with a promising 1035 total. Kaitlyn Marsh beat out Hope Block in the T1 class by just 22 lbs., with the competition coming down to the last pull. Susan Gill won the

55-59 class. Leigh Arnould and Jennifer Swanson rounded out the weight class, with Leigh taking the win in the T3 division.

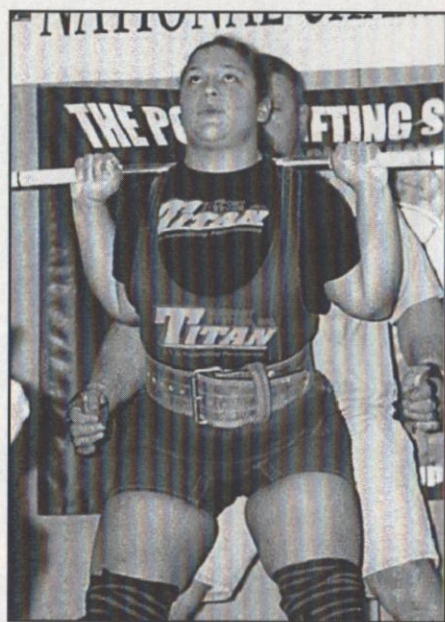
Missing from the action this year was last year's winner Liz Willet, however, Harriet Hall stole the limelight with her 8/9 day and big bench. In her lifting career, Harriet has broken over 40 IPF Master's World records, and this weekend was no exception. Harriet added a 540 squat, 341 bench, and a 1350 total to her list of IPF 50+ Master's Records. Talk about showing the youngsters up!! This year also saw the return of Jr. lifter Sarah Greenup. Sarah snagged the squat, bench, and total Jr. American records on her way to a 1256 lb total, and left all us wondering what more is to come from her. She has an incredibly bright future

in this sport. She'll start with the Jr. Worlds, which is on USA home turf this year. Also lifting was Sue Hallen and Jade Dickens. Sue is a



Jessica "Squatkins" Watkins is back - Big Time! (P. Ribic)

veteran lifter on the IPF platform, and will represent the U.S.A. again at Masters Worlds. Deborah Ferrell took the 40-44 class and left her mark with a 40+ Master's World record bench of 407 lbs. Rachelle Hecht and Brittney Kean provided competition for each other in the T3 class, both ending with a 799 total, with Rachelle getting the win on bodyweight. Both lifters left some weight on the platform, missing lifts due to technical errors, so we expect much more from these two in the future. Tami Walter won the T2 class with a 920 lb total, and Allison Mattox came away with the T1 win. The Winker - Suzanne

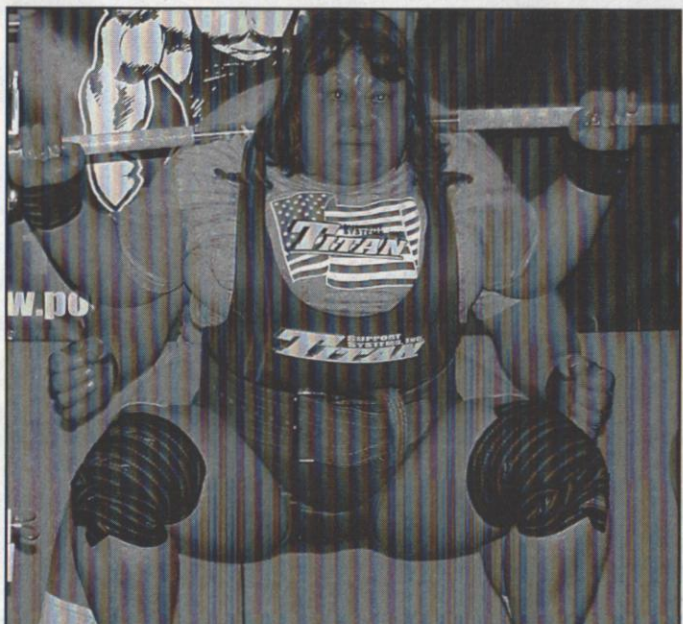


Bonica Brown ... what a future! (P. Brown)

Last - came all the way from Great Britain to flirt with our judges and left with an 881 lb. total.

In the Open Team Competition, Team Titan defeated Hart's House of Power. However, Jim Hart's team owned the Combined division, compliments of their strong Teen and Jr. showing (they also won the Jr. Team Division.) The Alaska Iron Maidens just got by Athletes for Christ to win the Masters Team division.

Thanks to all the friends and family members who came to cheer us lifters on. Without their support and the help from our coaches and training partners the multitude of records and PRs broken would not be possible. Special thanks go to the Gaines family for hosting this fantastic meet. Next year, the ladies of the USAPL will have some work to do. Can we top 158 competitors, 55 broken American records, 10 broken IPF records, four 500+ lb squats, four 300+ lb benches, two 500+ lb deadlifts, and one 400+ lb bench? You bet! See ya'll in Denver!!



Harriet Hall was awesome in the Supers (Priscialla Ribic photo)

## USAPL Women's Nationals/5-6 FEB 05/St. Louis, MO

Lifter	SQ 1	SQ 2	SQ 3	BP 1	BP 2	BP 3	DL 1	DL 2	DL 3	TTL	PLC
88 lb. (Youth)											
Kendra Miller	198	220	236	115	121	126	214	242	253	589	1
97 lb. Open											
Cheryl Anderson	192	220	236	148	159	165	253	281	297	693	1
Barbara Steps	242	259	270	132	137	137	264	286	292	688	2
Erin Dickey/Jr.	231	259	270	132	143	154	242	264	275	677	3
Catherine Solan	231	242	253	121	132	132	239	281	303	655	4
Donna Alimnosa	187	214	214	99	110	110	214	248	264	562	5
Y2											
Sarah F. Biddle	126	137	154	77	83	83	148	159	170	380	1
T1											
Melissa Werner	121	132	143	66	83	93	154	181	192	396	1
T2											
Jackie Miller	148	148	170	61	66	72	159	170	181	418	1
M2											
Catherine Solan	231	242	253	121	132	132	259	281	303	655	1
Donna Alimnosa	187	214	214	99	110	110	214	248	264	562	1
104 lb. Open											
Callan Miller/T1	275	303	314	137	148	154	303	325	---	799	1
Jonna Ocampo	214	231	242	110	126	143	253	270	281	630	2
Y2											
Marlena Daniel	93	99	110	61	66	72	132	143	159	330	1
T2											
Miranda Mueller	170	192	214	99	99	110	203	225	236	540	1
T3											
Lauren Guidry	203	220	231	137	148	148	248	264	275	617	1
M3											
Ann Leverett	253	264	281	154	165	176	297	319	319	716	1
Judy Gedney	231	248	248	115	121	126	253	264	270	644	1
114 lb. Open											
Jennifer Maille/Jr	336	341	369	198	209	220	341	374	402	964	1
Sioux-z Hartwig	330	358	358	192	209	220	330	358	374	898	2
Leah Marietta/T3	275	303	319	154	170	170	253	275	325	799	3
Lora Marietta/T2	253	275	275	143	154	154	253	281	297	727	4
M. Shuttleworth	225	253	264	154	170	170	231	253	275	699	5
Deb Hairston/M3	236	248	248	143	143	154	292	292	308	683	6
T1											
Kelly Sullwold	148	192	192	115	143	143	242	275	286	584	1
T2											
Stevie Cross	231	248	259	121	126	137	248	259	275	661	2
Sara Beebe	187	214	225	110	110	126	225	259	275	628	3
Megan Hampton	165	181	187	93	110	121	181	192	209	501	4
T3											
Jami Beebe	187	209	234	132	143	148	231	259	275	628	2
Jr.											
Ashley Matherne	281	292	303	176	181	187	297	308	314	793	2
M1											
Linda King	132	154	192	104	115	121	187	203	203	446	1
M4											
Sally Bowers	209	231	242	110	132	132	242	275	308	661	1
JoAnn Clough	187	187	187	93	104	110	239	275	292	---	---
123 lb. Open											
Ashley Awall/Jr	336	358	369	242	242	270	303	319	325	931	1
Janel Brown	331	381	392	137	148	159	286	314	325	755	2
Kristen Yukens	231	242	264	132	143	154	286	297	319	727	3
Leigh Haines/M1	231	242	242	170	176	181	225	242	259	683	4
Patricia Tidmarsh	209	225	242	104	110	115	270	275	286	628	5
Guest											
H. Hampson	286	308	308	154	165	176	286	308	325	799	G
Y1											
Beth Block	110	126	126	55	66	77	132	154	165	330	1
T1											
Kim Douglas	225	253	270	132	148	159	253	286	308	727	1
Ashley Taylor	209	231	259	137	143	154	220	248	259	633	2
Linsey Probst	143	165	181	66	77	88	165	187	203	462	3
T2											
Katie Van Dusen	286	319	319	137	148	148	286	308	319	755	1
Kristen Thernes	231	253	270	126	132	143	259	281	303	699	2
C. Langhoff	264	281	281	126	137	137	259	281	308	672	3
T3											
Jessica Stewart	214	231	231	126	143	143	231	253	270	628	1
Heidi Gregory	198	198	209	83	99	104	214	236	240	551	2
Jr											
Natalie Wood	181	203	220	99	110	115	203	231	253	567	2
M1											
Patricia Siveny	242	253	270	170	181	192	308	325	336	799	1
Shawn Warren	121	126	132	77	83	93	143	154	170	396	3
M2											
K. Dingle-Craig	231	264	281	132	143	154	270	297	319	716	1
Lanette Lopez	209	209	234	110	121	---	264	281	292	611	2
M3											
Ellen Stein	275	292	297	159	159	165	314	330	352	804	1
132 lb. Open											
Carly Nogle/T3	352	391	391	198	214	225	385	418	435	1041	1
Jenn. Thompson	292	308	330	206	206	206	303	347	385	1003	2
Jennifer Rey	319	330	347	192	192	192	352	369	402	909	3
R. Churchward	325	347	358	170	181	181	319	341	358	870	4
C. Hennes Jr	292	314	314	176	176	187	352	374	396	854	5
Veronica Aguilu	303	330	330	181	192	198	330	358	358	815	6
M. Jovanovich/T3	314	341	341	165	176	187	270	292	325	810	7
Darla Merrivall	236	259	259	176	192	192	275	325	325	711	8
T1											
Kami Schroer	176	198	209	121	132	143	225	253	253	578	1
Katie Kneiff	209	231	236	104	104	115	225	242	281	551	2
Kylie Borer	165	176	187	72	83	88	209	231	253	496	3
Elizabeth Houle	231	231	231	110	121	121	242	253	281	---	---
T2											
Amanda Baum	181	209	220	93	115	121	209	225	236	562	1
Kath. Gregory	176	192	209	83	99	110	225	242	253	562	2
Rachel Probst	148	170	187	93	99	104	231	253	253	518	3
Bridgett Jones	143	165	176	66	77	77	192	---	225	479	4
Richelle Sorensen	126	137	154	88	99	104	187	203	220	473	5
T3											
Jenna Farek	303	314	325	176	187	187	314	330	352	843	2
Ciji LeBlanc	231	242	253	137	143	143	275	297	308	683	4
Av. McLauren	236	248	264	115	132	143	259	281	308	661	5
Brooke Nellor	181	220	242	115	121	137	231	281	281	593	6
Jr											
Shay Stone	253	264	264	143	154	159	253	270	281	677	2
Rebecca Rich	214	225	225	165	176	176	275	297	303	655	3
M1											
Angela Simons	259	286	292	165	203	209	259	270	281	749	1
Gina Stepleton	176	192	198	93	104	110	225	236	248	523	1

Judy Drenth	259	275	275	143	143	143	---	---	---	---	
M3											
B. Zintsmaster	203	220	231	93	110	115	281	292	303	622	1
Jill Sellers	148	148	165	115	126	132	187	209	231	512	2
M5											
Faith Ireland	203	214	220	126	126	126	242	259	264	---	
148 lb. Open											
Priscilla Hibon	490	512	523	297	319	341	504	501	529	1366	1
Paula Houston/M1	352	363	375	214	225	236	363	391	402	1014	2
A. Hitchcock/Jr	374	374	402	176	176	203	374	374	402	981	3
E. Waltermen	314	347	358	220	220	231	303	303	352	870	4
R. Wedding/M2	286	303	314	159	165	170	314	336	352	837	5
Larsen/Welborn	286	314	325	170	170	170	303	336	358	821	6
Rita Carlson/M3	253	264	264	132	143	143	308	325	352	---	
S. Meshkov/M2	314	314	314	---	---	---	---	---	---	---	
Y2											
Katie Swenson	165	176	187	88	93	104	126	176	---	396	1
T1											
Kasa Schroer	181	209	236	132	143	154	242	270	286	661	
T2											
Molly Dennany	336	363	374	198	203	209	325	347	358	931	1
Hallie Fetzler	240	248	275	132	143	143	297	314	---	705	2
Kristin VanMeter	291	231	240	88	99	110	248	253	264	622	3
Chelsi Mundy	198	198	214	93	99	99	231	248	259	556	4
T3											
T3											
Angelle Matti	330	352	363	187	209	220	336	363	385	925	1
Rachel Pidcock	275	303	325	176	187	192	264	303	330	793	2
Megan Hognire	198	225	240	93	110	121	187	209	225	562	3
Lisa Gory	203	233	225	99	99	145	198	220	231	534	4
Jr.											
Ashley Millet	253	270	286	154	165	176	281	303	303	727	2
M1											
Donna Marts	264	286	297	176	187	192	281	303	319	782	2
M1											
Caryn Daniel	231	248	259	143	148	154	231	253	264	666	3
M3											
Terry Lee	248	248	264	170	181	187	281	303	308	755	1
M4											
Beverly Salerno	88	88	88	72	88	88	187	198	236	396	1
Eula Compton	55	---	---	148	165	165	---	---	---	---	
165 lb. Open											
Lynne Nelson/M2	319	341	341	192	209	220	429	440	462	1025	1
Katie Ford/Jr	338	385	402	209	209	231	385	413	413	981	2
L. Styrlund/M1	303	303	325	220	231	231	363	374	391	914	3
Giley Martinez	374	374	407	198	209	209	292	319	347	903	4
Holly Geersen	275	303	319	220	236	236	303	325	352	876	5
Taryn Cowan	286	286	286	154	170	170	303	314	325	---	
Guest											
Marian Gibson	407	407	407	292	308	319	413	435	446	---	
T2											
Devan Doan	336	363	374	270	286	286	319	352	380	1003	1
Jenna Barrett	275	275	275	137	154	154	239	275	275	688	2
Samantha Hood	259	281	292	99	145	145	231	259	264	622	3
T3											
Jenae Indra	264	275	286	132	143	148	286	308	319	749	1
Brienne Mire	292	319	336	176	176	181	292	---	---	---	
Jr											
Dek. Anderson	275	297	308	176	187	198	308	341	358	843	2
Dana Matriello	209	225	259	110	137	137	209	231	253	589	3
M1											
Rhonda Clark	292	308	0	187	203	209	380	413	429	931	1
M2											
Teresa Merrick	209	236	242	110	121	126	292	314	319	677	2
M3											
Leah Smith	231	-248	-248	-137	137	-154	242	-264	264	633	1
M4											
Marsha Serre	231	253	270	137	143	-154	292	314	330	744	1
M5											
Sonja McKinlay	---	---	---	148	165	176	248	270	292	738	1
Dana Backiel	214	231	231	126	126	132	275	292	303	633	2
M6											
Regina Hackney	236	236	253	148	159	159	281	303	314	699	1
181 lb. Open											
Disa Hatfield	429	429	468	281	281	303	363	391	402	1173	1
Liane Blyn	402	413	424	275	292	292	418	446	473	1107	2
M. Baum/M1	352	352	352	220	236	236	374	407	429	981	3
Guest											
Jennifer Busby	396	418	440	225	236	242	374	396	418	1080	G
T1											
Jordan Stupecky	286	308	308	110	126	137	132	137	137	567	1
T2											
Jessica Rychecky	231	253	270	99	110	110	264	281	303	633	1
T3											
Ashley Duplissey	220	231	253	126	137	148	253	253	292	661	1
Jr											
Kacy Picou	314	330	338	148	159	170	341	369	380	909	1
Latey Dodge	264	292	314	154	176	176	264	264	303	771	2
198 lb. Open											
Jessica Watkins	501	551	562	308	308	330	462	501	518	1372	1
Bonica Brown/T2	402	435	468	231	248	259	352	418	457	1185	2
Wendolynn Allen	352	352	402	225	236	236	402	418	429	997	3
T1											
Kaitlyn Marsh	281	303	303	154	165	165	270	292	325	771	1
Hope Block	248	286	292	137	159	176	253	281	314	749	2
T2											
Leigh Arnold	347	391	402	165	176	187	352	374	402	981	1
Jennifer Swanson	319	336	363	159	165	181	281	303	330	876	2
Jr											
Kelly Louque	347	391	402	242	259	259	363	385	402	1036	1
M4											
Susan Gill	214	214	214	---	---	---	---	---	---	---	
UNL Open											
Harriet Hall/M4	485	529	540	303	325	341	440	468	496	1330	1
Sarah Greenup/Jr	501	544	534	259	286	303	413	429	435	1236	2
Susan Hallen/M2	341	341	341	242	275	286	319	347	358	975	3
Jade Dickens	303	341	358	220	231	242	286	---	---	821	4
Guest											
Suzanne Last	352	352	385	242	253	264	264	---	---	881	G
T1											
Allison Mattox	203	242	275	126	143	154	253	325	325	683	1
T2											
Tami Walter	330	391	418	159	181	187	314	352	352	920	1
T3											
Rachelle Hecht	319	363	363	159	181	181	253	275	308	799	1
Brittney Kean	314	336	336	148	159	159	253	297	314	799	2
M1											
Deborah Ferrell	308	330	341	374	385	407	308	330	---	1080	



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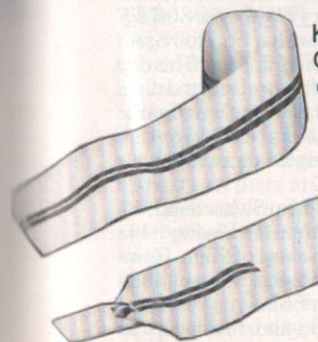
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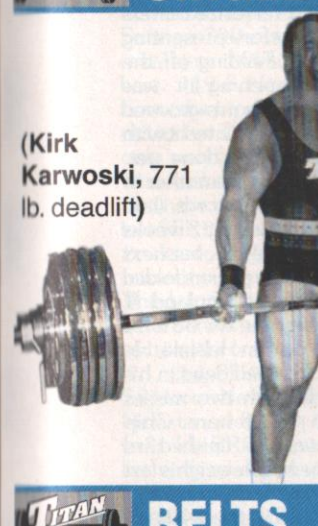
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(Kirk Karwoski, 771 lb. deadlift)

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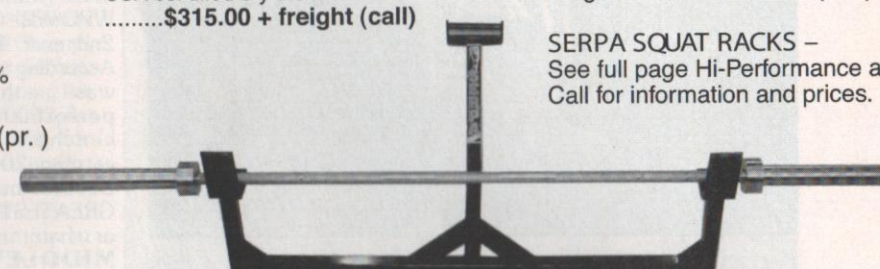
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Becca Swanson made the 2nd highest women's bench press ever

(this article is continued here from page 5)

#### LIGHTWEIGHT MEN (132, 148, 165)

5th: AUGUST CLARK, JR., 42, was the lightest man in whole competition @ 148.15.

August pleads guilty to being the man who started the "hat" trend in WPO, but we won't hold it against him. He proved he still possesses plenty of push: 446.4 initially, followed by a near miss w/ 479.5. He made a leap of faith to 502.65 trying to beat his own 148 Single Lift Record set here just two years ago - real close!

4th: TAYLOR TOM, 28, from Honolulu, HI, weighed 164.68. He did his best w/ 490.52 last Sept. at the WPO Bench Bash for Cash. A 479.5 went well, but two tries w/ 501.5 didn't happen.

3rd: BRAD HECK, 26 @ 164.9, is from Big Iron Gym in Omaha, NE. He owns the 4th biggest BP all time @ 165 w/ 562.17 a lift he made last Oct. His 556.6 opener here went up without a hitch. He failed to improve when two quantum leaps to 584.22 were ruled incomplete.

2nd: JOE MAZZA, 38, trains w/ big Mike Miller and Co. at Nazareth Barbell Club in PA. Big Mike, in his Highland Games regalia, handed off for Kara and Joe. Joe gained great notoriety with his fantastic 615 lift last Oct in Leesport, PA. Not only did he crash the 600 barrier, he exceeded Marcus Schick's 608.47 lift. Schick responded with a vengeance late last NOV going first 628.31, then a stupendous 645.95 @ 161.15 bwt. In doing so, the German juggernaut became the first man to bench over 4 times his own bwt. Mazza proved he's the real deal opening w/ 600.75 - and nailing it in front of the World. He went straight to 622.8; but despite two tremendous efforts, couldn't finish it up.

1st: MARCUS SCHICK, 29 from Frankfurt, GER, is short & sweet, full of life and charisma. This is what he does better than anything else - BENCHPRESS. Born with short arms and a chest the size of a 55 gallon drum, he annihilated the WPO 165 class WR. His 617.29 brought the crowd to life assured him of repeating as lightweight champion. He proved that he doesn't need "Eddie to steady" the weight for him to the chest. Up to 628.3, where

Marcus missed the groove, but he blasted it to kingdom come on his 3rd. Weighing 162.9 here he decided to shoot for the moon. On a 4th attempt he nailed yet one more mind boggling WPO WR - 650.36 - his 2nd ever 4x bwt BP. According to my GMF it was the best performance of all benchers that day earning 205.777 pts. Does this make him the GREATEST BENCHER or what?

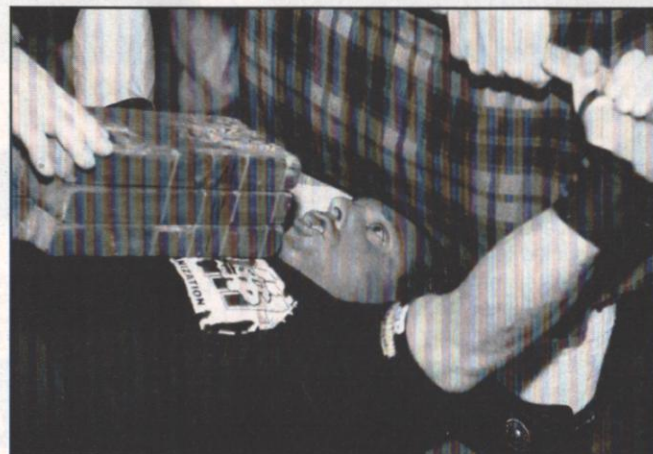
#### MIDDLEWEIGHT MEN (181, 198, 220)

5th: MICHAEL WOLFLEY, just turned 28 the previous Monday. From McClure, PA @ 194.44, he zoomed into prominence at Kidder's WPO Bench Bash last SEP with a huge 633.82 lift. He nailed his opening lift w/ 628.31, and



Brad Heck showed that his 562 @ 165 lbs. was not a fluke.

increased to 655.87 but was twice unable to negotiate them. A big name bit the dust in this class. James Kilts, hit a big 617.4 last Sept. took over the #1 spot. Another US lifter, Brad Vargason, surpassed that w/ 620 Dec. 11 in Royersport, PA. That very same day in Germany,



Joe Mazza trying to get ready for his opener, doing board presses in what may have been the most congested warm up area in the history of the sport. (a Leon Josaitis photograph)

Schick, bulked up to 170#, popped two monster shoves w/ 628.31, then 663.59, claiming the 181 class best ever lift for himself and became the lightest man in History to go over 300 kg. (661.4). Kilts came back with a 665 to regain the ultimate distinction as a lightheavy. This day Kilts, brimming with confidence, started w/ a huge 650.36. He hurt himself and was unable to take his 2nd attempt (Editors Note: it appears to have been a shoulder dislocation, and he is back training again).

4th: RENE IMESCH from Switzerland, 41 @ 206.35, is a bona-fide "Master-Blaster"! He can hang and bang with the best of them. Rene was 6th last year w/ 644.8. He was much stronger this year. Opener 661.4, no problem. On his jump to 683.43, and finally up to 694.45, he made neither.

3rd: SCOTT RABINE, 34 & 195.1, owned the All-Time best performance w/ 685.65, beating the 683.4 George Halbert had done on this very stage 4 years before. He made short work w/ 666.89. He advanced to 688.94 to better his own WR, not quite! He prepared for an all out assault on 705.4. He was unable to execute it today, but I'll forecast he'll achieve his dream of becoming the lightest man in History to go over 700, before the end of the year.

2nd: BRADLEY HEIN, 24 and another bench specialist from the famous Omaha, NE Big Iron team roster. Weighing 218.2, Brad is among a short list of lifters who've surpassed the 700 barrier @ 220. He hit a big 711 lift last Oct. before a cheering hometown crowd. He opened high w/ 694.45, a good lift, but that's all he got. Brad's two tries w/ 716.5 to better his own mark wouldn't yield.

1st: VITALIY PONOMARENKO @ 220.46. This mighty Ukranian was just a couple of weeks away from his 31st birthday. He had finished in 4th last year, but now sits atop the Middleweight throne. He'd terrorized lifters around the World in the IPF before presenting himself in the WPO forum. Feeding off the crowd's energy, his 694.4 opening lift was stroked w/ supreme authority. He mis-grooved 716.4, then came back and punctuated it with a double exclamation mark! Not done yet, Vitaly stormed a WR 738.6 to erase another of George Halbert's magnificent records (late reports have him making this weight 2 weeks before in the Ukraine). It stalled out, but next year watch out! Three prime time players folded their hands early. Esa Vinni, of Finland @ 216.93, had qualified back home w/ 639.34 on Nov. 7 in Helsinki. He got stopped dead in his tracks with two misses with 622.8 here. Chip Stewart, 30, finished 3rd in the Middleweights last year w/ 661.4. Hitting a big 755 in the 242s on Jan 22nd, Chip made the 220 limit here opened way too big at 749.57 and found both tries futile. Last year's champ Scott Albano @ 220.02 is built along the lines of a fire hydrant. He started w/ 661.4 here, but the weight wasn't heavy enough to touch his chest. Scott risked everything trying 744.06. He got it down. Following the signal, he had it too arms length

with a slight glitch at lockout for no lift. A very close call.

HEAVYWEIGHT MEN (242, 275, 308, SHW) - 6th: JOE LADNIER, 41, came in prepared to beat the WPO WR that George Halbert had reclaimed in his comeback last SEP having been on the shelf for an extended period with injuries. George lifted 766.1 his best ever there in Orlando. Joe mis-grooved his 727.6 opening attempt here, then jumped to a PR by 11 - 733 - good lift. His 3rd attempt was a record try. It went up to lockout where his right arm dipped ever so slightly (up-down) denying him the lift - tough call.

5th: BILL CRAWFORD, 33, from Queensbury, NY, may be the World's most foremost technician when it comes to making the bench shirt work. He immortalized himself at this event last year with his big 800.27 lift @ 275, becoming then the lightest man in History to do over 800. Billaced 744.1 which set himself up for two spirited tries w/ 804.6. No go, but he'll be back.

4th: MIKKO HAMALAINEN of Finland is a giant firecracker, born on the 4th of JUL, 1977. He was on the cutting edge of a 2400 TOT when he hurt his back pulling 788 in the WPO in 2002. From then on Mikko was reluctantly forced to give up PL and do BP only. He gained Historical fame in SEPT03 when at a WPC competition, in Turku, FIN, he became the first man, other than a USA lifter, to bench over 700. The Foreign 700 club list now has 11 members. Mikko opened at his best - 749.6. He missed, but drove home the repeat. Up to 771.6, but not today. The big boys today had only one fatality - Chris Cook, who had come from seemingly nowhere with 804.6 at Orlando last SEP to qualify to be here. He made a too high start w/ 815.6, missed twice and was eliminated. This left it a three man battle to determine who'd sit in Rychlak's vacated throne.

3rd: SHAWN LATTIMER, 28, from New Jersey, is a true Monster, weighing 408.07 this year. His PR was the easy 859.8 he made as runner-up last year, looking good for much more. Shawn assured third with a super safe 815.6 - vaporized it. Confident in his ability, he made an increase all the way to 909.4 for his second attempt seeking to blow his competition away. He manhandled the monstrous weight, rammed it to near completion, but couldn't lock it out. He positioned himself for one last supreme effort to bring home the bacon. His parents were here proudly watching their son. He was going for the win, plus extra cash for a WPO WR. Up it launched - two thirds of the way. It drifted back and he let out a

bellow of pain as the weight collapsed on him. The spotters somehow got the bar off him. He appeared to have suffered a left pec tear. Most unfortunate!

2nd: CLAY BRANDENBURG, 31, 401.24, hails from Michigan. Among his previous wins was APF Sr. Nationals BP title and WPC World BP Champ. In 2001 here he made 655.8, missing 711 and 716.4 going for the win. In 2002 and 2003 he bombed out, so didn't qualify for last year's meet. He spent quality time ironing out problems, seeking training wisdom from the great Louie Simmons, training at Westside Barbell right here in Columbus, got stronger, and worked on his weaknesses. At the WPO Bench Bash for Cash last September in Florida, Brandenburg won it all, with a big 815.7 lift qualifying him to be here today. Big Clay made a big lift to open - 821.2 - a personal best! He went straight to 854.29, a lift that might have won it all for him, but missed by an inch. He stayed with the same weight for his final lift. This time the bar drifted back toward the rack no lift. Second place at the most prestigious Bench showcase on the planet is something to be proud of. Next year this HUMBLE MAN will RUMBLE AGAIN!

1st: RYAN KENNELLY, 30, from Moses Lake, WA. He was the underdog. At 305.34 today; he was giving away no less than a hundred lbs. bodyweight to a pair of ponderous pachyderms. Ryan's track record speaks for itself. He became the Heavyweight champion in this event in 2003,

#### WPO World Record Bench Bash 05 MAR 05 - Columbus, OH (kg)

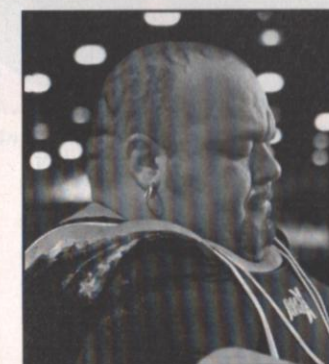
BENCH	BP1	BP2	BP3	Best
WOMEN				
T. Rantanen	160	172.5	177.5	172.5
B. Swanson	210	217.5	222.5	210
MEN				
LIGHTWEIGHTS				
M. Schick	280	285	285	295
4th-295				
J. Mazza	272.5	282.5	282.5	272.5
B. Heck	252.5	265	265	252.5
T. Tom	215	227.5	227.5	215
A. Clark, Jr.	202.5	217.5	228	202.5
MIDDLEWEIGHTS				
Ponomarenko	315	325	325	325
4th-335				
B. Hein	315	325	325	315
S. Rabine	302.5	312.5	320	302.5
R. Imesch	300	310	315	300
M. Wolfley	285	297.5	297.5	285
HEAVYWEIGHTS				
R. Kennelly	372.5	385	397.5	385
Brandenburg	372.5	387.5	387.5	372.5
S. Lattimer	370	412.5	412.5	370
Hamalainen	340	340	350	340
B. Crawford	337.5	365	365	337.5
J. Lattimer	330	332.5	348	370
M. Hummel	272.5	280	280	272.5
OUT				
WOMEN				
K. Bohigan	165	165	—	0
MEN				
J. Kilts	295	—	—	0
E. Vinni	282.5	282.5	—	0
S. Albano	300	337.5	—	0
C. Stewart	340	340	—	0
C. Cook	370	370	—	0



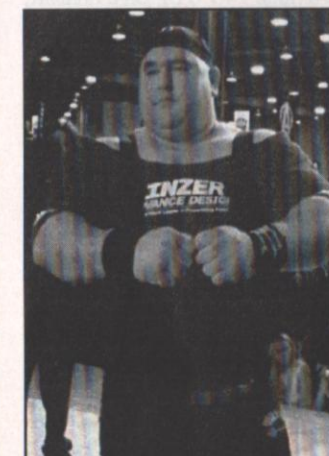
Ryan Kennelly came in the winner again (Leon Josaitis photograph)

winning with 766. The previous year he finished runner-up. Last year Ryan finished 3rd to Rychlak and Lattimer lifting 821.2. Last Dec 4th, he unleashed a monster 902.5 lift @ 307 at Kennewick, WA an APA meet. Two short weeks before this showdown; Ryan beat all challengers at Mendelson FIT Expo BP Classic and collected 5 grand. He had Kara B. give him a couple of slaps before going out for his opener and rammed up 821.2. After Brandenburg followed him at the same weight, Ryan still had the lead as far lighter man. Lifting smart, he took 848.7 which caused a scarlet ribbon of blood to leap from a nostril and splatter his face at the peak moment of exertion. When Clay failed to up the ante (missing 854.2 twice) and with Lattimer jumping to the outer limits, Ryan (who'd already established a WPO 308 WR with his 848.7), felt safe enough to jump to 876.4. All he got for his effort was another squirting nosebleed. No matter, he'd WON, and pulled off his 2nd Arnold Classic Bench Bash victory. After this venture he is by far the most prolific 700 benchner in History, with 41 official 700 plus lifts on record! He's also done over 800 ten times in competition, as well as being the 2nd and by far the lightest man to do over 900. Will Kennelly be able to return next year and emerge once again the undisputed champ? For now I can say with no hesitation that Ryan Kennelly is THE MAN. To be the man you have to first MEET THE MAN - then BEAT THE MAN!

Before closing I must point out that the promoters of Arnold Expo Weekend should realize that the WPO WORLD RECORD BENCH BASH and the WPO SUPER FINALS P/L OPEN meets are among the biggest attractions of the whole weekend. The Bench Bash deserves to be



Clay Brandenburg had a good opportunity to win. (Leon photo)



Shawn Lattimer a very big man.

held on SUNDAY when no other powerlifting activity is taking place. Another point of note is that all of this year's BP BASH winners wore Inzer shirts as well as the majority of the top men. That doesn't come as a surprise does it? See you next year for two of the greatest shows on Earth, thanks to the promotion of Kieran Kidder, his sponsors, and the WPO. It's the greatest thing that has ever happened in Powerlifting! No doubt about it! CU you next year? I hope so.



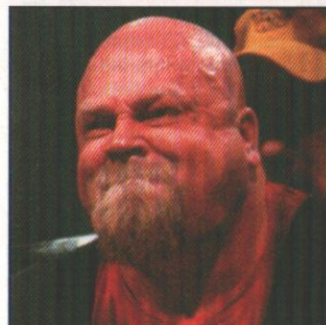
(article continued from page 7)

800 in AUG 02, but not since. His 727.5 beginning lift was acceptable. Remaining tries at 749.6, then 766.1 were not successful. TOT 2127.46 - below his best, but elite lifting in any arena.

5th: Harald Selsam, 37, 216.05 from Germany won the WPC Open Men's World Title last year in Fresno, CA w/ WPC Submaster (33-39) WRs. Harald was improved here. He took a safe opener - 837.7 - picture perfect. Next a 936.9, 2WPR. He jumped huge to 1003.1 but failed to raise it off the Monolift supports. Harald missed his 507.1 BP, but made it look EZ on his next try. Again he pulled out all the stops, and tried a big 562.1 final, but could not achieve touch down. DL: both 672.4 and 711 were nice lifts, but 722 wouldn't go. He had a huge PR 2155.01 TOT thanks to a "hot squat"!

4th: KENNY PATTERSON, 32, from Columbus, OH has proved you can make the transition from "bencher only" to top powerlifter if it's in your heart. Ken obtained the higher placing by a mere 1.1 lb. over Selsam via his 2nd attempt successful WR 717.6, worth \$1000. This gave him 2156.12 TOT via his 804.6 SQ and 2nd attempt 633.8D/L. Ken had two costly SQ misses w/ 865.3. (He'd made a great 881.8 at the finals last fall for 2221.15) Ken aspired to a huge 749.6 BP on a final lift, NOGO!

3rd: MICHAEL CARTINIAN, 29, of Cleveland, OH. I hadn't seen Mike for 5 1/2 years, since he'd represented the USA at the AWP Worlds in Calgary, CAN. There he drew big attention - SQing 760.6 @ 181, which still ranks among my All Time Top 25 in that class. Mike resurfaced last year in a WPO qualifier, and in action at the WPO Finals last Oct. in GA @ 198 he finished 8th w/ 859.9, 589.7 and 622.7 for 2072.3. That lifting was just a drop in the bucket. At almost 197 lbs. of rock hard muscle, he lifted like a cyborg - half man / half machine. The squats were showstoppers - 804.6 shot from a cannon. His 2nd w/



Marc Bartely fears no weight!



Cartinian's solid form got the most out of his incredible strength

865.3 was deep - and a recovery with no hesitation. Going for all the marbles 910.504 was loaded, 1.1 lb. more than the All-Time and WPO WR of 909.4 held by the immortal Jess Kellum. He took it deep and ground it right up - an undisputable lift to be proud of. Mike is a big time bencher, on the board w/ 584.2, a piece of pie. A big 622.75 2nd attempt was also GOOD! He went up to 655.8, 5.5 more than he'd earlier told me he was gunning for, but it was "dead on his chest"! Michael showed great improvement in the DL; got all 3: 606.2, then 661.4, and finally a picture perfect 677.9. His TOTAL was huge (2194.70) putting him 3rd All-time behind Kellum (2234) and Coan (2204). Look for him to be #1 198er in history, totalwise, before the year is over. Mike tells me that he owes it all to the wisdom of his training partner and good friend Angelo Berardinelli. I must mention a couple of big names at 220 who didn't make it through. Chuck Vogelpohl got eliminated here w/ 997.6 SQ after setup problems. A million people, including Louie, have told him his destiny awaits at 242. I'd say he could do 1052.7, 622.7 and 848.7 for 2524.42 for sure. Who could beat him, Mash? Goggins? Maybe, but also maybe NOT! Another big loss in the lineup was 198er Tatu Avola, 32, from Finland. He salvaged an 826.7 SQ on his final try, then hit the skids with 507.1 BP.

2nd: DONDELL BLUE, 29, is an awesome force who has made a meteoric climb to the top. He looks a whole lot bigger than his 219.8lbs. He destroyed his 903.9 SQ opener then made an insane jump all the way up to 1003.1. He stayed down twice, taking a substantial bite of his whole TOTAL pie. Dondell made his

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501.5 BP opener look like child's play. Whoops there he goes again. A 99.1 lb. increase - up to 600.7. Whoa, he got it for a PR. His 3rd w/ 622.7 went up halfway. He made all his pulls: 650.3, 683.4 and finally 705.4 - and made them look EZ. TOT 2210.13 which could have just as easily been 2259.73. 1st: TRAVIS MASH, 31, Jefferson, NC. Remember the name. It's not every day that an icon comes along. The man who will take over where Eddie Coan left off has arrived. Mash grabbed a piece of immortality at the GNC Show of Strength last Fall, where he won the middleweight division at the WPO finals, surpassing the 2403 aggregate @ 220 that Coan had done 28 JUL 91 at the USPF Senior Nats. Travis pushed himself to his best there w/ 947.9, 696, and 766 for 2410. Having returned from a terrible quad injury, he'd been patient; rehabbed himself meticulously, and waited for that golden opportunity. Travis kicked it up another incredible notch here! He crossed himself, seeking divine blessing, then with great control slowly executed a 925.94 SQ, and followed that with what seemed to be an absolute limit lift of 970 - 2W. He tried 1003.1, but that proved too much. His BP is prodigious 606.2, then 661.4, and then a barrier shattering 705.4. He wanted to top Patterson's newly created WPO WR - gave 722.1 a go. Almost! He locked it out but one side had dipped! A monster TOT was brewing. He pulls palms facing forward w/ hook grip (a la Brad Gillingham); aced 738.6 easily. I figured he'd go to 771.6 to skyrocket his TOT to 2447.13. Instead he chose to shoot the works, went straight to 804.6. He came within a scant of inch of finishing the lift before it stalled out. Ditto

final lift. Close only counts in horseshoes (and hand grenades), but Travis came within scant inches of TOTALING an utterly stupendous 1125 kg. (2480.2) @ 220. This would have given him a GMF rating of 653.96 catapulting him to #1 Spot at the top of the Formula rankings, the GREATEST Pler of ALL TIME! It's his future destiny; not to be denied. 2502 would be a nice 220 TOT for others to shoot for the remainder of the Century.

#### MEN'S HEAVYWEIGHT (242-275 weight classes)

5th: CLAY CASTILE, 35, @ 258, hails from Kennesaw, GA. This guy with the flat top and pointed goatee is a lookalike for pro-wrestling's famous Jim "The Anvil" Neidhart. He wedged himself under 870.8, dunked it for 2W, but was too shallow twice trying 920.42. He's a powerhouse bencher popping up: 562.1, 589.7 smoothly, and almost getting 606.2 on his 3rd. Clay hoisted his first two DLs (727.6), but missed his last w/ 738.6. TOT 2188.08, dangerously close to joining the exclusive 1000 kg. (2204.62 lb.) CLUB.

4th: ALEXEI SOLOVYEV, 30, weighed 238 today. From the Ukraine, Alexei showcased himself as a guest last year, then participated officially at the FINALS in Marietta last OCT to qualify. He'd looked powerful in his debut doing 903.9, 595.2, 804.6 for a huge 2303.7 TOT. Today he had to repeat his 881.8SQ opener - good this time. He called for 903.9, but then passed it. A \$1000 US Dollar reward goes a long way in the Ukraine. The WPO mark of 628.31 belonged to FIN's Janne Kymalainen from AUG 01 at the WPO Semi Finals in Orlando, FL. Alexi erased it with his initial effort of 639.4, then he pumped 661.4, 683.4 and finally a fantastic 4th of 705.4, a WR of which to be proud. Alexei pulled up a ridiculous 264.6 DL to assure his record. He went to an equally too easy 661.4. With that out of the way increased to a ponderous 837.7. A bit too much. TOT 2248.69 well under his best but not too shabby. His all time bests add up to 2414!

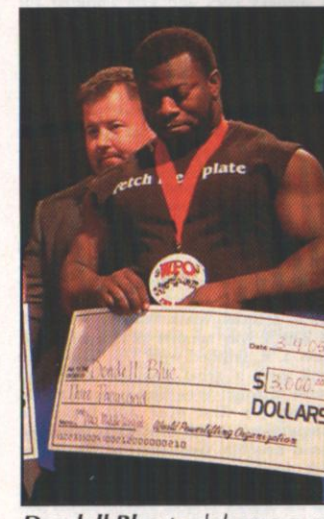
3rd: JOHN STAFFORD, 28, 274.69. John trains at the famous Westside Barbell Club. "Chester" has adapted to married life but not his canvas suit. It gave him problems here, squeezing the life from him in the descent. John got 870.8, then 909.4, but got squashed w/ 936.96. This put him in a bad mood the rest of the day. In the BP, a smoked opener (666.9) set him up for a WPO WR assault - 706.58 - popped up effortlessly; surpassing the 705.4 lift teammate Jerry Obradovic had delivered here three years ago. Up to 722 for another WPO WR - with strength to

spare. He looked as tho he might have been good for 738.6 or 733.1. He yanked up a mere (for him) 749.6 formality; ditto 804.6. He had a PR TOT of 2436.1, but wanted his final w/ 826.7. It was a surprising miss and he was not a happy camper. He'd wanted to get them all in to win!

A major player was eliminated before he had a chance to even try. Paul Urchik, 45 @ 236.55 from Roseville, MI, was back in action here. Try as he could, three times Paul failed to lift his 920.43 opening weight off the Monolift support arms. Everyone was flabbergasted. I ascertained that since this Monolift was slightly wider than the one to which he is accustomed, the change threw him off and, with his wide stance, he had insufficient leverage to move the weight.

2nd: MARC BARTLEY, 36, 275.13, from Clayton, NC, broke through a big barrier at Garry Frank's APF Sr. Nats last June, going 1008.6, 677.9 and 716.5 for 2403. Bartley boldly opened here with 1014.1, a PR, down and up, but judged NO on depth. Undaunted he went to 1036 - 2W - GOOD! He picked 1058.21 for his final, yet another personal best. He fought it through as if his very existence depended on it. An incredible success! His momentum carried through to the benches. He opened with 683.4, with his lifting belt worn inside his suit rather than on the outside. He missed it. Russ Barlow reminded the officials the belt must be worn on the outside. Supremely confident, Marc went up to 699.94! Good lift. He wanted to "steal" Stafford's still smoldering WR bench, and came out psyched for 723.2. He almost made it - so close! Marc put pressure on himself missing his opening 705.4 deadlift twice. His back to the wall, 3rd time - his charm - good! His big 2463.66 was realized.

1st: STEVEN GOGGINS, 41, Marietta, GA @ 241.73. In 2003



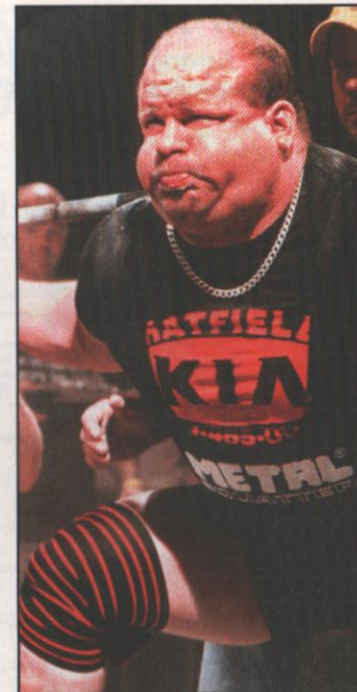
Dondell Blue took home some of Kieran Kidder's WPO bucks!

at this meet, Goggins shocked the world with history's biggest squat - 500 KG. (1102.3). The rousing success shellshocked everyone (except Steve himself). He went on to BP 551.1 and topped his stunning day off with a huge 881.85 DL for a mind boggling 2535.36 TOT, still the WPO 275 record. Going against the Supers, Goggins tied big Andy Bolton and won the Championship Belt because he was only 265.54 bwt. That was his first Arnold title. In 2004, the Heavyweights and Superheavyweights became two separate categories. Steve came in at 242.28 and dominated by a 181.9 lb. margin, establishing WPO WRs for SQ (1041.7), DL (871.9) and TOT (2481). This year, Steve became the first man ever to win three consecutive Arnold titles. It did not happen without a few anxious moments. His 1042.8W/R opener was risky. Steve admitted to me that he'd started too high. First lift, he lost his groove, then he did it on his 2nd, but got called on depth after struggling up with a real gut buster. The half kilo discs were added to the quarter kilo smaller ones for his do or die try - 474 kg. (1044.991). Putting in everything he had, Steve squeezed it out for 2W, and a WPO WR. BP - he got 551.1 up, but no lift for butt raise. No sweat - he increased to 573.2 - good. Final, the barrier buster he'd waited a lifetime to achieve - 600.75! YES - HE GETS IT! DL Time - he preserved his record with a ridiculous 143.3 lb opener. He increased to 821.2, and squeezed out a good lift. He felt his glutes cramping. Did he have anything left? He got 826.7 up for TOT 1121.5 kg. = 2472.48. He'd hoped for 1135 (2502.2). Goggins had hinted of this being his retirement competition, but will he go for the unbelievable No.4 in row?

#### SUPERHEAVYWEIGHTS MEN - (308, and over 308 bwt.)

This was a lineup of the strongest men ever in the History of Powerlifting, but two tragic bomb-outs put a damper on the proceedings. Garry Frank, the first man in history to crash 2500, 2600, 2700, and 2805, began suffering from an old football aggravation (pinched sciatic nerve) at the WPC Worlds in Fresno last fall. Hoping he'd recovered, Gary opened big to (1058.2), but lost his balance. Second attempt he got reds for depth. He did not come out for a 3rd attempt. Later we learned he'd separated his shoulder and an MRI verified it. He watched from the sidelines to see who his successor would be. After the squats, we thought it might be big Beau Moore, 39, who at 331.1 made a 975.55 opener look effortless. His huge increase to

1047.2 was a PR by 5.5. He motored up with a big 1074.75 so easily it caused a great stir of excitement in the crowd. British beefee Andy Bolton bombed in the finals but was allowed to lift here, though his results wouldn't count. Andy was into a SQ frenzy blasting up w/ 1003.1, 1063.7, and finally an unofficial record of 1124.35, a 2W success achieved with extreme focus. This inspired Beau Moore to go for an unbelievable 1125.46 on a 4th attempt. To everyone's utter astonishment he made a splendid success for a new WPO SHWT WR. He thanked the Lord Almighty, but his euphoria was short lived when he opened with what seemed a safe BP - 705.4. He had a best of 755.1 officially. Three times he tried, but couldn't finish it. Not only was he eliminated, but it also invalidated his wonderful WR SQ. This left three men to continue the fight with Bolton providing great incentive. Big Don Thompson from High Point, NC, 40 @ 375.88, was the heaviest and had raised his own ceiling to 2551.85, in a 3rd place finish last Oct. in the Finals. Matthew Smith, 30, had posted 2502.25 and was 5th in last years Super Open here. Matt was a few ounces under 355 and was Westside's hope to upset everyone. Paul Childress, weighing a mere 307.11 was the WPO Finals champ with a tremendous TOT of 2579.40. Hailing from Lancaster, NY, and only 34, he is a bona-fide "giant killer". Smith went through his attempts like a red hot knife through butter: 1003.1, 1052.7, a big PR by 41, and finally 1074.75 - a 2W decision! Thompson, whose best ever was 986.6, opened with 1025.1 - missed. No worry, he barreled through it on a 2nd. Childress began w/ 1030.6, then made short work of 1091.3, and passed his last. Thompson handled 1080.26 with great authority, but 3R - not deep enough. Now it was time to lay down and shove. Bolton had problems, mis-grooving 573.2, then he got it. Andy took a giant increase - 650.3, pushed it back toward the rack too fast - lost it! Both Smith and Childress opened and succeeded with 661.4. Childress missed w/ monster tries of 727.6 and 738.6. Matt went on to nail personal bests of 705.4, then 722.1, a huge 55 improvement. Thompson carries a lot of visible muscle, despite his mass. Don risked the highest opener - missed! Undaunted went up to a PR 760.6 - rammed with power to spare! With his pork chop style sideburns remind me of former SHstar Don Reinholdt! Last shove of the day - Thompson called for 805.78, a lift that would erase



Into the 2600 Club ... Matt Smith

Garry Franks WPO WR by 1.1 lbs. He drove it up halfway, then lost it. With one lift to go the subtotals were 1796.76 for Smith: Thompson only 11 back with 1785.74. Childress in 3rd @ 1752.67. Even though Bolton didn't figure in the TOT equation he was still fighting as though he did - 1697.55. Childress went first w/ 738.6 - EZ. Smith began w/ 755.1 - no problem. Thompson manhandled 760.6, while Bolton cat and moused 782.6 (like nothing). Childress finished up first (2557.36) missing w/ 832.2. He secures third. Smith and Thompson now engaged for the WPO Superheavyweight Championship Belt and top prize money. Matt pulled 804.6 to become the second man in history to go over 2600 (2601.45). Thompson went straight to 821.2, and got it to total 2606.96, and brought himself into first place, successor to Garry Frank, as the new WPO Superheavy Champion of the World. Bolton wanted to prove that he could have beaten anybody. After Smith missed 821.2 (trying for 2617.98) and Thompson could not do 826.7 (going for 2612.47) it was Andy's time. He primed himself with an easy 859.9 2nd attempt. I arrived just in time to see him pull up 909.4, BUT ... HE WASN'T REALLY IN, SO HE DOESN'T REALLY WIN. While holding the load in the final locked position longer than needed, he inquired as to "Who's the man?" When it comes to the deadlift - OK - Bolton! Next year, he can try it for real. For this year, let's give Don Thompson the highest accolades - World Superheavyweight Champion of the WPO!



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SLP Thor's Gym BP/DL 17 OCT 04 - Metropolis, IL			
BENCH	275 lbs.		
MEN	W. Hinkle	400	
Teen (13-15)	DEADLIFT		
SHW	MEN		
D. Kennedy	160! Teen (13-15)		
Police/Fire	SHW		
198 lbs.	D. Kennedy	230!	
M. Carwyle	340 Police/Fire		
220 lbs.	275 lbs.		
J. Case	370 W. Hinkle	455	
4th-380			

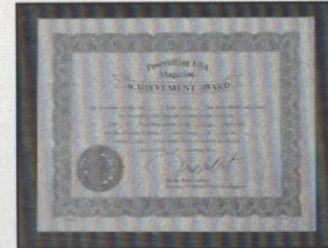
! - state record. Held at Thor's Gym, out thanks to Butch Adams for all his help promoting and setting up this event and to owners Lars and Lila Linquist for sponsoring the competition. In the bench press event first-time competitor David Kennedy had a great day, taking his first of two titles in the teenage men's 13-15 age group superheavyweight class with a new state record of 160. David is a fourteen year old lifter that Butch Adams has been training, and who has made fantastic gains, losing more than fifty pounds in bodyweight in the past six months while continually getting stronger each week. In the police and fire division we had the three remaining competitors. First, in the 198 class, Mark Carwyle had great form off the chest but failed with his final attempt of 360 at lockout. Mark finished with 340. At 220 it was another first-timer, J. R. Case. J. R. finished with 370, then came back with a great personal best 380 fourth attempt! Wes Hinkle won at 275, making his first ever 400 bench in competition! In the deadlift competition David Kennedy won again at 13-15/shw with another state record of 230. Wes Hinkle won at police & fire 275, making just his opener of 455. Thanks to my son Joey for all his help and to everyone else who helped out. See you all next year! (Thanks to Dr. Darrell Latch for results)

# TOP 100

For standard 220 lb./100 kg. USA lifters in results received from December/03 thru January/05

SQUAT	BENCH	DEADLIFT	TOTAL
1 994 Vogelpohl, C..10/8/04	771 Lamarque, M..11/13/04	815 Vogelpohl, C..3/5/04	2408 Mash, T..10/8/04
2 950 Cox, J..11/20/04	716 Patterson, K..10/8/04	804 Cass, B..10/8/04	2298 Vogelpohl, C..10/8/04
3 947 Mash, T..10/8/04	705 Albano, S..3/6/04	800 Herring, G..12/12/04	2243 Blue, D..10/8/04
4 942 Blue, D..10/8/04	700 Nealy, D..3/13/04	771 Gahagan, C..7/10/04	2221 Patterson, K..10/8/04
5 905 Fessenden, M..12/13/03	696 Mash, T..10/8/04	766 Mash, T..10/8/04	2166 Cass, B..10/8/04
6 881 Patterson, K..10/8/04	677 Hein, B..8/7/04	750 Brodie..5/1/04	2072 Bell, G..4/3/04
7 854 Carroll, B..10/16/04	661 Kellum, J..3/6/04	733 Henderson, R..4/10/04	2050 Blankenship, J..11/20/04
8 848 Driggers, A..6/6/04	661 Stewart, C..3/6/04	733 Tylutki, N..7/10/04	2049 Blanchard, S..10/31/04
9 848 Cass, B..8/7/04	655 Cravatta, J..1/8/05	725 Morris, C..10/2/04	2035 Cox, J..7/10/04
10 840 Alessandro, J..12/11/04	650 Wardell, J..3/6/04	710 McCoy, W..12/12/03	2035 Zweng, M..7/24/04
11 837 Mull, B..3/27/04	650 Einfalt, L..12/11/04	710 Laynee, M..5/8/04	2033 Robertson, K..3/28/04
12 832 Bell, G..4/3/04	645 Gould, J..4/10/04	710 Thompson, J..8/15/04	2017 Gahagan, C..11/12/04
13 826 Blanchard, S..10/31/04	640 Atkins, T..1/22/05	710 Blue, D..10/8/04	2010 Fessenden, M..12/13/03
14 825 Jeurink, J..1/3/05	633 Carter, M..3/6/04	710 Trundy, R..10/31/04	2006 Driggers, A..6/6/04
15 810 Burlingame, D..3/21/04	630 Cook, C..11/20/04	705 Maxwell, C..5/8/04	2006 Roberts, M..8/7/04
16 810 Trundy, R..10/31/04	628 Cieri, D..5/2/04	705 Brown, D..10/9/04	2000 Carroll, B..10/16/04
17 805 Blankenship, D..11/20/04	611 Succarotte, T..7/10/04	705 Gunn, E..11/13/04	2000 Trundy, R..10/31/04
18 804 Robertson, K..3/28/04	606 Young, R..5/2/04	705 Bradsher, J..11/27/04	1978 Tylutki, N..7/10/04
19 804 Plescia, M..6/6/04	606 Roberts, M..8/7/04	705 Himes, M..12/4/04	1967 Succarotte, T..7/10/04
20 804 Farrara, K..7/10/04	606 Rectenwald, E..9/25/04	700 Sorenson, M..3/6/04	1967 Taylor, M..10/14/04
21 800 King, M..3/28/04	605 Adams, J..12/20/03	700 Oertel, B..8/21/04	1940 Brodie..5/1/04
22 800 Angle, L..4/4/04	605 Groves, J..3/20/04	699 Peterson, L..5/8/04	1940 Thompson, J..8/15/04
23 800 Zweng, M..7/24/04	605 Murray, W..7/10/04	699 Blanchard, S..10/31/04	1940 Radford, S..11/5/04
24 788 Tylutki, N..7/10/04	600 Furman, M..7/10/04	690 Blankenship, D..11/20/04	1940 Cook, V..11/20/04
25 785 Belshe, C..10/23/04	600 Smith, C..9/25/04	690 Clark, Z..12/11/04	1923 Plescia, M..6/6/04
26 780 Adams, J..11/20/04	589 Robertson, K..3/28/04	688 Lamarque, M..11/13/04	1912 Mull, B..6/6/04
27 775 Brodie..5/1/04	589 Blue, D..10/8/04	688 Cain, S..1/29/05	1910 Scott, G..6/12/04
28 775 Drumm, J..11/20/04	585 Bodnar, B..3/27/04	680 McCullough, R..2/7/04	1910 Rowe, S..11/20/04
29 771 Roberts, M..10/8/04	585 Malcolmson, L..1/05	680 White, B..11/20/04	1905 Alessandro, J..12/11/04
30 770 Szuderak, M..7/24/04	580 Burrows, M..12/26/03	680 Bennet, M..1/15/05	1901 Jones, R..12/7/03
31 760 Taylor, M..10/14/04	580 Zweng, M..7/24/04	677 Bell, G..4/3/04	1900 Belshe, C..10/23/04
32 760 Rowe, S..11/20/04	580 Reed, A..12/4/04	677 Norman, J..5/1/04	1885 Burrows, M..4/4/04
33 760 Hill, M..11/20/04	578 Briggs, R..8/7/04	677 Fitz, J..8/22/04	1885 Himes, M..12/4/04
34 755 Gahagan, C..11/12/04	578 Bell, G..8/28/04	677 Henriques, T..10/30/04	1875 Morris, C..4/4/04
35 750 Shoemaker, S..9/18/04	578 Blanchard, S..9/18/04	677 Behan, J..11/13/04	1875 Porter, R..4/4/04
36 750 Murphy, J..11/20/04	575 Herring, G..12/12/04	677 Matthews, C..11/13/04	1875 Angle, L..4/4/04
37 749 Herrera, S..12/7/03	574 Millrany, K..11/13/04	675 Fessenden, M..12/13/03	1875 Hill, M..11/20/04
38 749 Maxwell, C..5/8/04	570 Rowe, S..11/20/04	675 Porter, R..4/4/04	1875 Adams, J..11/20/04
39 740 Hoover, L..6/26/04	567 Stephens, G..3/6/04	675 Hoover, L..4/4/04	1860 Bluck, R..6/12/04
40 738 Arntzen, E..3/21/04	567 McKeef, R..7/24/04	675 Krauss, J..8/14/04	1860 Hoover, L..6/26/04
41 738 Akers, C..6/26/04	567 Guerra, J..12/4/04	672 Bogart, C..12/12/03	1855 Smith, S..7/10/04
42 738 Radford, S..11/5/04	564 Lawrence, R..9/25/04	672 Norman, J..5/1/04	1851 Ferrantelli, M..7/10/04
43 738 Myers, B..11/6/04	562 Hilliard, R..6/6/04	672 Zwaanstra, S..5/1/04	1850 Griggs, J..9/18/04
44 735 Burrows, M..4/4/04	562 Green, M..9/11/04	672 Succarotte, T..7/10/04	1840 Burlingame, D..3/21/04
45 735 Delvey, P..4/4/04	560 Hillard, L..12/27/03	670 Ferrantelli, M..3/14/04	1829 Herrera, S..12/7/03
46 733 Ridge, M..3/28/04	556 Mosley, L..12/7/03	666 Hambricht, S..4/3/04	1824 McFarland, T..7/10/04
47 733 Montembault..5/8/04	555 Ramsey, J..8/21/04	666 Roberts, M..8/7/04	1824 Waits, S..7/10/04
48 730 Carroll, D..10/23/04	555 Blankenship..11/20/04	665 Young, T..7/25/04	1818 Maxwell, C..10/14/04
49 730 Murrell, J..12/11/04	551 Wilkinson, S..3/21/04	665 Lavender, G..7/25/04	1802 Myers, B..11/6/04
50 730 Kelly, B..12/11/04	551 Risius, T..8/7/04	665 Atkins, T..1/22/05	1800 Gerard, H..12/6/03
51 725 Porter, R..4/4/04	551 Romero, M..8/15/04	661 Landry, S..3/21/04	1800 Delvey, P..4/4/04
52 725 Ladewski, M..4/4/04	551 Cass, B..10/8/04	661 Robertson, K..3/28/04	1800 Smith, M..4/4/04
53 722 Jones, R..12/7/03	550 Landino, M..3/13/04	661 Carroll, B..8/3/04	1800 Carroll, D..10/23/04
54 722 Zenzen, D..5/8/04	550 Driggers, M..9/18/04	661 Burnell, J..4/7/04	1800 Murphy, J..11/20/04
55 722 Beasley, S..8/7/04	550 Matthews, C..9/18/04	661 Herrick, C..5/8/04	1800 Wood, R..12/4/04
56 720 Smith, S..7/10/04	550 Marsala, J..11/21/04	661 Johnson, D..5/16/04	1800 Jeurink, J..1/3/05
57 720 Serritella, B..9/18/04	550 Schmidt, T..11/21/04	661 Plessell, G..8/22/04	1791 Weatherly, J..4/3/04
58 716 Waits, S..7/10/04	550 Wilson, J..12/4/04	661 Taylor, M..10/14/04	1790 Murrell, J..12/11/04
59 716 Radulovich, B..7/10/04	545 Neal, B..12/12/03	660 Jordan, R..2/14/04	1875 Ladewski, M..4/4/04
60 716 Fitz, J..8/22/04	545 Dirk, W..6/19/04	660 Ladewski, M..4/4/04	1785 Zwaanstra, S..5/1/04
61 715 Brown, J..11/20/04	545 Taylor, M..10/14/04	660 Slaybaugh, C..6/27/04	1785 Akers, C..6/26/04
62 710 Thompson, J..8/15/04	545 Grassi, J..12/4/04	660 Belshe, C..10/23/04	1779 Stills, R..4/10/04
63 705 Weatherly, J..4/3/04	545 Brownfield, K..12/12/04	655 Schoenebeck..12/12/03	1775 Szuderak, M..7/24/04
64 705 Burnell, J..4/17/04	540 Driggers, A..4/3/04	655 Evans, M..2/14/04	1774 Arntzen, E..3/21/04
65 705 Beaudin, D..5/8/04	540 Woodson, F..10/12/04	655 Macklin, C..2/21/04	1770 King, M..3/28/04
66 705 Ferrantelli, M..7/10/04	540 Ludovico, M..11/13/04	655 Blackstone, J..2/29/04	1768 Ridge, M..3/28/04
67 705 Petersen, J..10/2/04	540 Boardman, S..11/13/04	655 Delvey, P..4/4/04	1768 Burnell, J..4/17/04
68 705 Himes, M..12/4/04	540 Lindsay, M..11/20/04	655 Smith, S..7/10/04	1763 Cain, S..7/10/04
69 700 Morris, C..4/4/04	534 Dohaniuk, R..5/2/04	655 McFarland, T..7/10/04	1763 Radulovich, B..12/12/04
70 700 Smith, M..4/4/04	534 Anderson, T..5/2/04	655 Zweng, M..7/24/04	1760 Drumm, J..11/20/04
71 700 Cook, V..9/11/04	534 Bossi, P..10/30/04	655 Schmidt, B..7/25/04	1757 Fitz, J..8/22/04
72 700 Griggs, J..9/18/04	530 Hill, M..8/7/04	655 Fisher, K..11/13/04	1755 Kelly, B..12/11/04
73 699 Pessell, G..3/21/04	530 Holbrook, M..1/22/05	655 Fahrenfeld, B..12/11/04	1752 Landry, S..3/21/04
74 694 Schult, P..5/8/04	529 Jones, R..12/7/03	655 Lunsford, R..1/29/05	1752 Pessell, G..3/21/04
75 688 McNeish, K..5/8/04	529 Rinehart, J..12/12/03	650 Jones, R..12/7/03	1750 Bradsher, J..11/27/04
76 685 Jarrett, M..10/10/04	529 Rhoton, H..7/24/04	650 Garcia, R..12/12/03	1745 Brown, J..11/20/04
77 685 Wood, R..12/4/04	529 Radford, S..11/5/04	650 King, B..12/14/03	1741 Beasley, S..8/7/04
78 683 Stills, R..4/10/04	525 Johnson, D..12/7/03	650 Simmons, L..12/20/03	1740 Laynee, M..5/8/04
79 683 Succarotte, T..7/10/04	525 Jester, J..12/20/03	650 Burrows, M..12/26/03	1740 Koumanis, S..12/4/04
80 683 Allen, J..7/31/04	525 Cozza, J..6/5/04	650 Soekardi, I..3/6/04	1736 Montembault..5/8/04
81 683 Fowler, R..10/9/04	525 Cox, J..7/10/04	650 Calia, V..3/21/04	1735 Briggs, A..7/24/04
82 680 Collaku, E..7/10/04	525 Trombly, T..7/24/04	650 Dailing, C..3/28/04	1730 McNeish, K..5/8/04
83 677 King, B..4/24/04	525 Wyand, J..9/18/04	650 Halverson, J..4/3/04	1724 Guerra, J..12/4/04
84 677 McFarland, T..7/10/04	525 Wood, R..12/4/04	650 Esper, G..4/3/04	1719 Wiseman, J..7/17/04
85 677 Wiseman, J..7/17/04	523 Trundy, R..12/7/03	650 Campbell, T..4/24/04	1715 Jarrett, M..10/10/04
86 675 Koumanis, S..12/4/04	523 Hall, J..T..5/2/04	650 Mull, B..6/6/04	1714 Schmidt, B..7/25/04
87 672 Zwaanstra, S..5/1/04	523 Ward, C..8/7/04	650 Stratton, D..6/19/04	1714 Roberts, S..12/12/04
88 672 Sierpien, D..5/8/04	523 Graals, J..8/7/04	650 Burlingame, D..7/17/04	1708 Macklin, C..2/21/04
89 672 Hambricht, S..11/6/04	523 Brown, J..10/17/04	650 Nikonchuk, Y..8/14/04	1708 King, B..4/24/04
90 672 Roberts, S..12/12/04	523 Boettger, J..11/13/04	650 Griggs, J..9/18/04	1708 Halverson, H..6/6/04
91 666 Burch, P..4/3/04	523 Rowland, J..12/12/04	650 Woody, M..9/19/04	1708 Becker, M..6/6/04
92 666 Gerard, H..5/1/04	520 O'Toole, J..7/17/04	650 Shoopman, J..11/28/04	1708 Johnson, D..12/11/04
93 666 Becker, M..6/6/04	520 Hines, J..8/21/04	650 Kelly, B..12/11/04	1705 Serritella, B..11/20/04
94 666 Halverson, J..6/6/04	520 Gerard, H..11/27/04	650 Radulovich, B..12/12/04	1703 Sierpien, D..5/8/04
95 665 Butson, T..10/23/04	518 Pena, S..3/6/04	645 Terman, M..11/20/04	1700 Hunt, C..12/14/03
96 661 Briggs, R..3/27/04	518 Thompson, J..8/15/04	645 Ash, J..12/11/04	1700 Young, R..3/13/04
97 661 Branham, J..3/27/04	515 Dugash, D..2/14/04	644 Szuderak, M..3/21/04	1700 Lanning, G..4/4/04
98 661 Halphen, G..4/17/04	515 Minichiello, M..3/28/04	644 Driggers, A..4/3/04	1700 Reynolds, C..9/18/04
99 661 Cain, S..7/10/04	515 Miller, D..8/7/04	644 Vasquez, J..4/3/04	1700 Burbank, S..11/20/04
100 661 Nicolosi, J..7/10/04	515 Crowley, M..12/4/04	644 Waits, S..7/10/04	1700 McCloskey, K..11/27/04

## PL USA Top 100 Achievement Awards



Powerlifting USA TOP 100 Achievement Certificates are printed in Red and Gold ink on exquisite paper, embossed with the gold seal of Powerlifting USA Magazine, and signed by Mike Lambert. They specify your name, TOP 20, 50, or 100 ranking division, weight class, and actual numerical ranking in your class. The price for this documentation of your achievement is \$6. We also offer a wood grain plaque with a clear cover, ready to hang. The certificate and display plaque are available together for \$21.95. If you have appeared on a TOP 100 list, you are eligible. Send your name, street address, weight class, lift, date it was made, the amount of weight, and the list that your name appeared on. Send \$6 per certificate or \$21.95 for certificate and deluxe mounting plaque, payable to Powerlifting USA, Box 467, Camarillo, CA 93011. (CA residents - 7% tax).

## NEXT MONTH... TOP 20s

**CORRECTIONS ...** Eddie White should have been credited with a 639 deadlift on the TOP 100 181 lb. class listing, rather than 622. Mike Robinson should have been credited with a 529 deadlift on the TOP 100 148 lb. class listing, rather than 523. Jeff Rebera's 479 bench press was not reflected on the TOP 100 for the 198 lb. class. August Clark did not receive credit for his 540 bench press in the 165 lb. TOP 100 rankings. John Galligan points out that he was not recognized for his 785 bench press at the IPA Nationals on the Men's 25 All Time Best Bench Press listing.

## ATTENTION: Masters, Teens, and Women Lifters

... the 2004 TOP 20 rankings for those categories will be coming up in the May 2005 issue of POWERLIFTING USA .. if you haven't seen your competition results in PL USA yet, give us a call at 800-448-POWE so we can pre-verify your accomplishments and include them in the lists.





At the USPF/AAU Sooner State Games... best lifters included Charles Gray, Kim Brownfield, and Jennifer Rutledge (courtesy Rickey Crain)

USPF/AAU Sooner State Games 22 JAN 05 - Shawnee, OK				
BENCH	275 lbs.			
132 lbs.	MMB			
WJB	G. Knight	415		
J. Rutledge	MOB			
181 lbs.	G. Bult	440		
MB	R. Martens	585		
S. Smith	DEADLIFT			
230	165 lbs.			
MMB	MJD			
C. Gray	345			
198 lbs.	R. Crain	400		
MMB	181 lbs.			
R. Werner	MMD			
260	C. Gray	505		
J. Parsons	198 lbs.			
325	MMB			
J. Dotson	WMB			
195	R. Werner	400		
242 lbs.	242 lbs.			
MMB	MMD			
Brownfield	530!	B. Hickman	420	
R. Carlson	400	SHW		
MSB	MSD			
B. Chambers	—	R. Lepley	660!	
! = American AAU/USPF Records, Outstanding Men Bench Press - Kim Brownfield, Outstanding Men Deadlift - Charles Gray, Outstanding Women Bench Press - Jennifer Rutledge. (provided by Rickey Dave Crain)				

USAPL Wisconsin State 29 JAN 05 - Racine, WI				
BENCH	D. Johnson	518		
114 lbs.	J. Jones	407		
WOMEN	275 lbs.			
C. Wilson	66	G. Gulseth	451	
MEN	—	T. Smith	—	
148 lbs.	HWT			
A. Olsen	264	Open		
T. Hartman	259*	Master		
165 lbs.	J. Ray	429		
T. Krueger	374			
198 lbs.				
E. Pelky	402			
220 lbs.				
Malcomson	551			
242 lbs.				
Open				
Master				
D. Doan	606			
MEN	SQ	BP	DL	TOT
Open				
123 lbs.				
M. Knight	363	203	369	936
132 lbs.				
A. Phillips	451	264	451	1168
148 lbs.				
S. Mikulecky	424	253	507	1184
Schwalbach	380	236	435	1052
R. Skinner	275	224	424	947
165 lbs.				

P. Banister	198	137	248	584
Junior				
Niederlamm	352	187	358	898
A. Tsilis	225	88	220	534
S. Langer	220	104	281	606
Best lifter of Open Div. - light category (114-181 lbs.): Aaron Phillips, Best lifter of Open Div. - heavy category (198 - HWT.): Scott Lade. (results from Bruce Sullivan)				

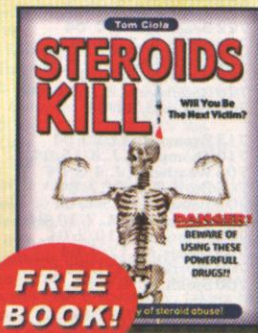
APF/AAPE Tri Cities Open 11 DEC 04 - Grand Haven, MI				
AAPE	SQ	BP	DL	TOT
WOMEN				
Teen (16-17)				
132 lbs.				
K. Quijano	115	105	225	445
148 lbs.				
K. Czerwicz	220	—	—	—
MEN				
Open				
123 lbs.				
A. Naik	250	165	265	680
M. Hardy	450	315	500	1265
198 lbs.				
J. Soule	570	465	600	1635
J. Hanson	550	450	540	1540
J. Proce	530	450	525	1505
220 lbs.				
F. Giens, Jr.	520	420	620	1560
M. Szudarek	—	—	—	—
242 lbs.				
J. Caporosso	600	545	540	1685
C. Tallman	645	—	—	—
308 lbs.				
B. Klaus	835	—	—	—
SHW				
R. Bierschbach	730	470	630	1830
Teen (18-19)				
165 lbs.				
S. Mercer	—	—	—	—
Teen (14-15)				
181 lbs.				
T. Clifton	400	275	395	1070
275 lbs.				
L. Paul	405	225	375	1005

Teen (16-17)				
165 lbs.				
R. Spaly	—	—	—	—
Junior (20-23)				
308 lbs.				
B. Chad	700	475	665	1840
Master (40-44)				
242 lbs.				
D. Parks	700	380	475	1555
Ryanbrandt	425	290	435	1150
Master (45-49)				
275 lbs.				
J. Smolinski	625	500	600	1725
242 lbs.				
J. Czerwicz	600	425	655	1680
165 lbs.				
C. Mercier, Jr.	—	—	—	—
Master (50-54)				
220 lbs.				
F. Givens, Jr.	520	420	620	1560
Master (75-79)				
165 lbs.				
B. Creech	205	110	245	560
Submaster				
198 lbs.				
J. Proce	530	450	525	1505
Open				
198 lbs.				
S. Starnes	560	430	550	1540
J. Proce	530	450	525	1505
N. Lewis	570	—	—	—
275 lbs.				
D. Richard	650	550	650	1850
E. Morgan	135	500	145	780
308 lbs.				
M. Morgan	710	480	625	1815
M. White	800	—	—	—
D. Spopelsa	—	—	—	—
SHW				
G. Gallo	805	530	700	2035
B. Paul	—	—	—	—
Teen (14-15)				
275 lbs.				
L. Paul	405	225	375	1005
Submaster (33-39)				
198 lbs.				
J. Proce	530	450	525	1505
(Thanks to Jim Hinz for providing results)				

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