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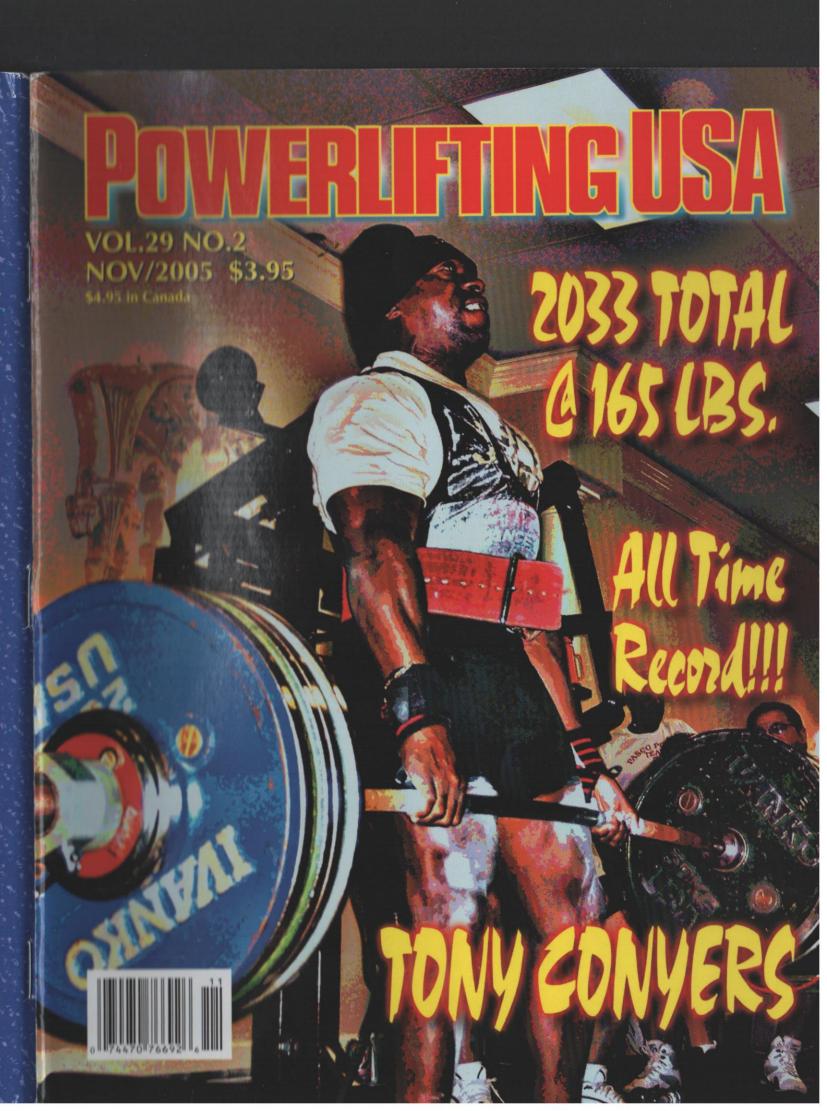
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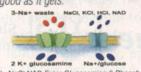
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ON THE COVER - The ever amazing Tony Conyers continues to blaze new trails in the record books for the Middleweights with a 2033 total at the APF Gulf Classic. (Gearman photo)

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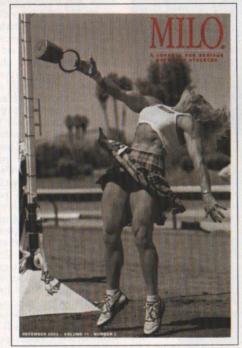
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We've been lucky enough to know Shannon "Wonder Woman" Hartnett for years, and given some of her recent accomplishments (Highland Games world champion, World's Strongest Woman competitor, 2002 U.S. Olympic bobsled team hopeful), we weren't surprised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

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to help you get a pile of new PRs, so maybe if you could turn the clock back, this time around you'd be the strongest kid in your school.

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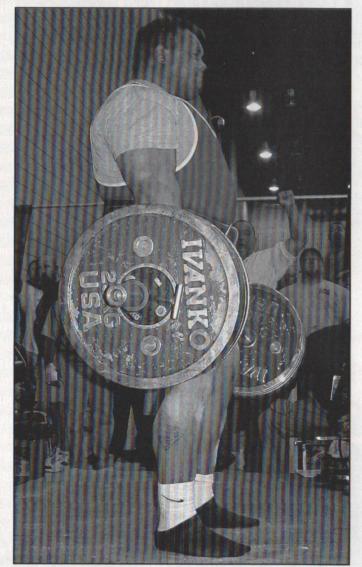
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TRAINING

KETTLEBELLS FOR PLERS

as told to Powerlifting USA by Donnie Thompson



Donnie Thompson pulled a PR 832 deadlift at the Show of Strength

Just like every other powerlifter out there, I look forward to and enjoy the TOP 100 list for each weight class when Powerlifting USA arrives. The TOP 10 totals seem to have the same people from year to year. So how does one move up the ladder from ninth to second, or even first? The competition is so sometimes two kilos is all that separates one lifter from the next. Who doesn't want to be Number One? It has been my philosophy that in order to beat the best lifter in your weight class, all you have to do is out-lift them! What could be

simpler than that? This is derived from playing competitive sports like football or baseball. If you want to play, you have to outperform the guy in your position. This, my friends called being a STARTER!

The first thing you can do to be starter is having an edge. The lifter who is smart and has fewer fierce among the Top Ten that injuries (all the Top Ten are strong) will have the longer, more prosperous career. The edge I have found is in the form of a cannon ball with handles called Russian Kettlebells.

I first started with Kettlebells in March 2004. I was sidelined with a

bulging disc in my lower back two weeks before the Arnold Classic. It happened on the last rep of my last set of deadlifts. Coincidentally, it was also my last training session before that meet. I was devastated. You're one of the Top 10 superheavyweights around, and then you can barely walk. Life sucked at that point. It took eleven days for me to be able to stand up straight again. I went to the 2004 Arnold Classic to help my training partner. Marc Bartley, who ended up taking second to the great Steve Goggins. They stopped the meet after the squats to accommodate the bench only people. We had about four hours before Marc benched so I went to the Dragondoor booth to meet Pavel Tsatsouline. A friend of mine, whom I call "Mr. Haney", had been preaching kettlebells to me for about a year and a half. He was a former South Carolina SHW powerlifting champion in the 1970s and early Eighties. He also had the shot put record that still stood at the University of South Carolina. When my back went, I told Mr. Haney to give me Pavel's book called "Russian Kettlebell Challenge". I read it in two hours. At the Arnold, Pavel was very helpful and showed me four exercises that helped me a lot: the spreading of the hips, the drop good mornings, the pulls from opposite sides and the snapping of the hips for the swing. He promised me nothing on the bench. Eight months later, I found out his tips worked. With my friend Mr. Haney leading the charge, we did simple stuff like one-arm swings between the legs. This led to Double-kettlebells between the legs. The back of our legs were in pain for five days. Already conditioned to Glute/Ham raises and reverse-hypers, I was surprised I got this sore. Then we did Double-swings outside the legs. These lower body exercises we did once a week because we found we were getting our glutes too overworked for squats the next day. 'Conventional' swings spare the glutes, compared to the 'sumo' style, and they also transfer to the deadlift well. Wednesday is our squat and deadlift night. We bench heavy on Monday and light on Thursdays, so we developed an upper-body routine. After about five months time, I packed on another 20 pounds and Mr. Haney 15 pounds of muscle! I have also lost any neck I had. The muscles in my upper back and shoulders developed so much

from Kettlebell work that my neck

Kettlebell day. We mostly use double

swings from the sides to eye level.

This is called the double-arm swing.

usually goes like this; first, second

just disappeared.

Tuesday is our light upper body KBs for upper body. I start with Then we go to the snatch. The third exercise is the snatch/press. So it and third exercises are done in that

sequence. Then we go through a second time. That is six sets all together. Lastly we end up with a more advanced exercise called the bottoms up press. This is where you swing both KBs up directly over your head to a static position. The bottom of the KB is facing the ceiling or sky. You then carefully lower the KB down to your shoulders and press back up without letting the KBs flop over. Makes a man out of you. This is done for three sets after your other exercises. Due to its drastic effect on the upper body, it is hard to perform other exercises when the bottoms up move is done. Your forearms, arms, and shoulders will be fried. Do any combo of KBs you want. For instance, you can start with 44s then do our second set with 53s. For your third set, you can try the 62s. Instead of doing double KB swings, you can try one arm swings, snatches and snatch presses. Bottoms up can be performed one arm at a time also. To learn the exercises, start with single arm

movements. Once you have that

mastered, go to doubles. Top

would benefit greatly from this.

powerlifters and football players

For the deadlift, I usually don't do any. I practice a few light sets about four or five weeks out. Then once I am comfortable, I leave the deadlift alone. With all the lower back pain Ihave suffered, Idon't want to wake a sleeping giant. We emphasize so much squat work that the deadlift takes a back seat. When I added a lot of deadlift work in the past, that is when my back suffered injuries. The KBs not only build the muscles for the deadlift, but allow me to et the extra work I need without my lower back paying the price of injury. We do a lot of upper back work so when we do deadlifts, there is no problem. Also, you do not have to do any more shoulder work in your weight training session. The KBs will give your shoulders all they can handle. Fellow lifters, grip strength will no longer be an issue. You will have vice grip on anything you grab. The fat KB handle trains you for this. Think about it, a better deadlift, faster squat, and shoulder/ upper back that rivals Hercules. What could be better?

After seven months of KB training, I pulled a PR deadlift at the 2004 Show of Strength of 832 lbs., to place me second to Paul Childress. went three for three and my bodyweight was 383 lbs. SHW lifters are not supposed to have the stamina to pull three deadlifts, let alone PR! I only wore a belt, no deadlift suit! I had a near miss of 804 on the bench only because I could not lock out my left elbow. That is another story for another time. Dropping some weight for the 2005 Arnold Classic, I came in at 372. It was a wacky day for SHW powerlifting, but I ended up the WPO SHW Champion, going only

DONNIE THOMPSON'S WEEKLY WORKOUT SCHEDULE

MONDAY:

Heavy bench day.

TUESDAY:

Light shoulders.

- 1. Double Kettlebell swings outside the legs. 3x8-12. Climb the ladder with 44s, 53s, and 70s.
- 2. Double Kettlebell snatches outside the legs. 3x8-12. Climb the ladder with 44s, 53s, and 70s.
- 3. Double Kettlebell snatches & presses outside the legs. 3x8-12. Climb the ladder with 44s, 53s, and 70s.
- 4. Double Kettlebell bottoms-up snatches & presses. 3x8. 53s only.

WEDNESDAY:

Heavy squat and deadlift night.

THURSDAY:

Off

FRIDAY:

Speed bench and heavy shoulders.

- 1. Double swings outside the legs to eye level. 3x6-8. Climb the ladder, 70s, 88s, for two sets.
- 2. Double snatches outside the legs. 3x6-8. Same
- 3. Double snatches and presses outside the legs. 3x6-8.
- 4. Double bottoms-up snatches and press. 3x5. 70s.
- 5. One arm snatches begtween the legs. Line up a 70, 88, and a 106 for a ladder. 5-7 reps. A brief rest, then another ladder. Note: I switch my arms. The first ladder: 70L, 88R, 106L. The second ladder: 70R, 88L, 106R.

SATURDAY:

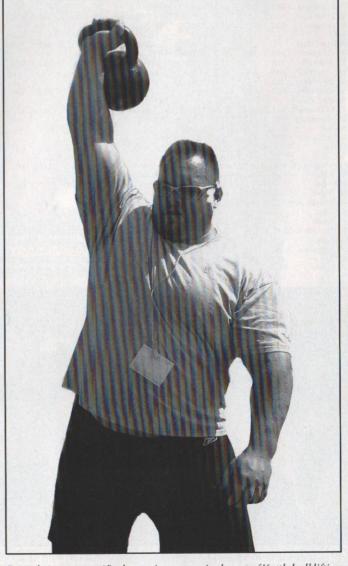
Speed squats and lower body kettlebells.

- 1. One arm swings between the legs with an 88 for two sets of 6. Then two more sets with the 106. Emphasize the snap of my hips and lower back at the top position.
- 2. Double kettlebell swings between the legs using a "sumo" style stance. Start with 70s for two sets of 6, then use 88s for a second two sets. Large degree of difficulty. Tis is really greuling and no one likes to do these. A lot of lifters can't do these. It is by far the best deadlift builder I have found.
- 3. Windmills. Holding the 88 in the full snatch position, push into your outer hip and reach for the floor. The whole time your attention should be focused on the overhead kettlebell. You can make it more difficult by putting another kettlebell by your reach foot. Lift this as you go back up. It resembles a "two hands anyhow", from the old Sandow days.

4/9. With a lot of luck and my KB training, my dreams were finally realized. The WPO SHW class is the hardest in powerlifting history. We have 6 guys that can do over 2600 lb. totals at any meet. To be the last man standing was an honor.
I am not fool enough to think I was stronger than any of my competitors. To keep a top position in the WPO, I will have to work harder and smarter than ever. My secret weapon last year was my Kettlebells. It is a secret no more. Interest in KB training has most all the top competitors trying them. My training partner and the top 275er, Marc Bartley, started on them with reckless abandon this past year. He has two consecutive Arnold victories behind the great Steve Goggins with his best yet to come.

Training is also very much fun, for a change. I have been lifting religiously since 1979. It is nice to have something new to look forward to. We also like doing KB training with others who are not powerlifters.

I have had bodybuilders, football players, female cops and military lifters to do KB's with. You can perform the KB exercises anywhere. Outside or inside, it doesn't matter. Change your training regime up all the time. Go for time. Go for reps. Challenge each other to KB contests. Also, you can go for endurance. My buddies and I go heavy and challenge each other all the time. Most of my partners sneak off from their workplace just to do KBs with me in a group setting. I suggest you purchase Pavel's book called "The Russian Kettlebell Challenge". Get the DVD while you are at it. You can purchase them from Dragondoor.com or Elitefts.com. Once you get comfortable, order the more advanced DVDs and consider getting RKC certified. Marc Bartley, Mr. Haney, and myself did so last April and we were humbled, to say the least. Remember, to be the best, all you have to do is outlift the best. That is all!



Donnie is now certified as an instructor in the art of Kettlebell lifting



Margaret Kirkland squatted 429

APF	Gulf (Classic	(kg)	
24 SEP 05	- Nev	v Port	Riche	v, FL
BENCH		181 II		/
MEN		M. Bellfuss		120
Master (40+)		198 II		
R. Cowser	205	T. Iva	nov	250
Master (50+)		220 II		
R. Douglas	165	K. Schulz		140
R. Williams	157.5	275 lbs.		
165 lbs.	1050			215
J. Dimino	1050	308 lbs.		
WOMEN	SQ			220 TOT
123 lbs.	34	DI	DL	101
M. Kirkland	195	92.5	165	452.5
J. Rotsinger	182.5		165	432.5
165 lbs.				
C. Myers	235	85	177.5	497.5
MEN				
Master (40+)				
T. Conyers	387.5	220	310	917.5
R. Schmidt	265		272.5	715
D. Agostini	235			
B. Bleekley		157.5		682.5
S. O'Malley	255	145	205	605
	200	152.5	210	562.5
	100	02 5	142 =	225
	100	92.5	142.5	333
	320	207 5	250	777 5
	260			
	200		230	042.5
	347.5	215	272.5	835
J. Wisenbaker	342.5	207.5		
220 lbs.				
C. Smith	365	272.5	295	932.5
	267.5	215	280	762.5
242 lbs.				
			282.5	
T. Burns	315	207.5	227.5	750
S. O'Malley Master (50+) T. O'Donnell M. Hamburg Junior I. McGinnis Open 181 lbs. D. Cagnolatti K. Kirby 198 lbs. D. Flesh J. Wisenbaker 220 lbs. C. Smith R. Weinstein 242 lbs. C. Simmons	255 325 200 100 320 260 347.5 342.5 365	145 190 152.5 92.5 207.5 132.5 215 207.5 272.5 215	205 307.5 210 142.5 250 250 272.5 267.5 295 282.5 305	605 822.5 562.5 335 777.5 642.5 835 817.5 932.5 762.5



N. Tatum	227.5	172.5	250	650
S. Jones 275 lbs.		142.5		
T. O'Donnell 308 lbs.	325	190	307.5	822.5
J. Hoskinson	490	265	315	1070
G. Theriot SHW	425	262.5	342.5	1030
B. Moore Out 148 lbs.	337.5	260	342.5	940
D. Whitney 165 lbs.	-	110	210	320
E. Talmant 198 lbs.	295	-	282.5	577.5
B. Grey 198 lbs.	-	_	-	-
M. Luckett 220 lbs.	375	250	-	625
B. Myers 242 lbs.	-	230	272.5	502.5
J. Jacobs	-	250	317.5	567.5
M. Necolettos 308 lbs.		_		
J. Herring SHW		275	-	275
J. Ewing	-	262.5	295	557.5
K. Southwood SHW	-		-	-
G. Frank	500	355	-	855



Garry Frank was on his way to an all time world best total, with a successful 1102 squat and a 782 BP, but he couldn't get a DL in. (Gearman photos)



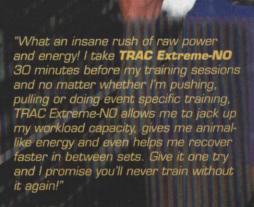
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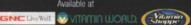


Jon Andersen

Top-ranked pro Strongman competitor

Extreme Pumps > Extreme Power > Extreme Energy > TRAC Extreme-NO!









FORCE TRAINING

by Jim Wendler and Elite Fitness Systems

How things have changed. Five years ago, all you ever read were articles on how to use your gear, how to use your bench shirt. squat suit, knee wraps, etc. Now people want articles on how to train without gear. Very strange. But since I'm a whore to the masses. I've decided to give some of our readers exactly what they want. Since many articles that are on EliteFTS are based for powerlifting (and thus wearing a suit). I decided to take a look at raw squatting and how things should be altered. So here's my article on squatting without gear.

To prep myself for this article, the first thing that I did was look at how a squat suit helped a lifter and how this altered the technique and prep of the lift. I came up with the following:

1. A squat suit is designed so that

RAW SQUATTING

as a lifter sits back into the lift, he increases the rebound of the suit. I like to use the term, "loading the suit." Think of the straps and the hips of a suit as being attached by a rubber band. The further you can push your hips back, the tighter the straps of the suit. While this makes it very difficult to go down, it makes for a tremendous rebound. I was thinking of a way to make myself appear smarter by using some fancy physics and other terms. I was thinking of the Pythagorean Theorem or something like that. The bottom line is that a suit lends itself to sitting back into a squat. 2. A suit will provide a feeling of tightness and strength in the abs and low back. I'm not going to start

preaching the importance of abdominal and low back strength. We all know how important it is.

3. Wearing suit and briefs do prevent injuries. I know that gear is really designed for one thing: lift more weight. But you do have quite a bit of injury prevention when using gear. All you have to do is look at how many older lifters still remain competitive and many of them will credit the advances in

4. A suit will give a tremendous rebound out of the hole. Much like a bench shirt, the squat suit will aid in the bottom of the lift. This is similar to my first point, but this isn't as much form related. A squat suit

gear that have prolonged their

can somewhat mask a weaker starting point.

So now that we have analyzed the basics of how a squat suit can help you, let's see how we can alter squat training to better help the lifter that doesn't use gear. Before I begin. I should first define what I consider a raw squat. A raw squat is one done without the help of briefs, wraps or a suit. I believe that when attempting maximal or near maximal weights, one should use a belt. There are many people that may disagree with me, but a device that could help prevent a serious injury to the lower back should be used. This does not mean that you should not train your lower back and abdominals, but I don't see the point, or the ego gratification, of training in such a way that could sideline you from lifting in the future or even day-to-day life.

Technique Changes

Now what I am about to say may go against what you have previously read or experienced, but I believe it to be true. Remember what I said about a squat suit helping a lifter to sit back into a squat? Most squat suits are

Quade

Ed Coan (seen above at the 1989 USPF Senior Nationals held in Las Vegas, Nevada) has a style that raw squatters could well emulate.

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designed for a lifter to sit back into a squat. Sitting back is still recommended, but you MUST squat down at some point. This will take advantage of your quads. So the first movement of your squat should always be back - your hips should shift to the rear much like the start of a good morning or a Romanian deadlift. Beginning a squat by breaking at the knees is a great way to injure yourself, develop some serious knee problems and limit the amount of weight that can be used. This is fine if you believe that a 225 lb. squat is OK and you think tendonitis and other sordid maladies are signs

of being a man.
Once you have reached about halfway, open up your hips (push your knees out or "open your groin") and squat DOWN. This will ensure that your knees are still safely inline with your ankles or the midpoint of your foot while still maximizing the strength in your quads.

Once you've reached parallel or slightly below (I'm not even going to approach the subject of squat depth; that's what forums are for), maintain the same knee alignment, and begin your ascent by thinking of two things: leading with your head and chest and driving your elbows forward. It should be like a violent explosion, but not so much that you fall out of the groove.

There are many powerlifters that still squat like this and some of

the best examples are Ed Coan, Travis Mash and Brent Mikesell. All three of these guys are tremendous squatters and it would behoove you to check out any kind of video to see how these guys squat.

I should point out how critical it is to begin your descent properly, whether you use gear or not. If you start wrong, there is a good chance you will miss the lift; especially when handling maximal weights.

Another point that I would like to make is that when box squatting, your form should be exactly as if you were free squatting. Squatting on a box does not give you the right to do the following:

Descend faster

Descend slower
Bounce onto the box
Sit too far back
Excessive rocking
(some will rock a little bit)
Groove bouncing to get the
weight up
(I am not going to get into this

I am not going to get into this, but those that do this, know what I mean)

Box squatting is the most effective way to squat. I firmly believe this. It teaches you to sit back, keeps the stress off of the knees, you cannot bounce in the bottom position (saving your knees), very easy to teach and because you generally can't use as much weight as a regular squat, is easier on your lower back. Why more performance coaches don't

use the box squat is beyond me. But if you box squat more than you free squat, and don't use the same technique, then you are simply

Back and Abdominals

Imentioned how a squat suit gives you the feeling of tightness. Anyone that has lifted weights for any period of time has heard the term, "Stay Tight!" Since you are sans gear, developing a very strong back and abs is crucial.

Notice that I did not say "low back". When squatting raw, your entire back, from your traps to your low back are being taxed. Many times a properly worn/fitted suit will help you lock everything into a strong position. But since you don't have that option, you have to make up for it. In order to maintain proper position (and prevent injury) your entire back must be strong. There is a simple, but not easy, solution. Train your back from several different angles. For your traps/upper back, shrugs, high pulls and various deadlifting (pin pulls, snatch deadlifts, deadlifts, deadlifts off platform, etc.) are great choices. For your mid back, any kind of row done to the stomach (db rows, bent over rows, chest supported rows w/various grips) are good choices. For overall back strength, the chinup/pull-up can't be beaten.

For your lower back, back raises, 45 degree backraises, good mornings and Reverse Hyperextensions will certainly fit the bill

I should point out that deadlifts pretty much work every part of your back, so this is a great choice for everyone, especially beginners.

I've given a huge list of exercises, but in reality, you only need to do the ones that are the most cost effective for you. For me, chin-ups, chest supported rows and dumbbell rows are great for my lats. Shrugs are always great, but since I've done a lot of Olympic lifting during my years playing football, this area has always been fairly strong. For lower back, the 45 degree back raise is one of the best ways to do a strict good morning, limit the load on your spine and still reap the benefits.

reap the benefits.

I have always done two lat exercises per week (one exercise per upper body day) and 1 lower back exercise per week. Lats and lower back are usually trained with the repetition method – 3-5 sets of 6-12 reps. I do not like to train these to failure or too heavy, but I wouldn't fart around, either.

For your abs, I would stick with a variety of exercises to prevent boredom. But the important thing is to have exercises that you can load. For example, side bends and sit ups are easy to add weight to. Although I never loaded hanging leg raises, I still feel that this is a good exercise. Again, the

repetition method is used. I usually train my abs 2 times per week.

Remember that your abs and back are held statically when you squat so this is no time to be Bobby Ballistic when training. This doesn't mean you have to hold every rep of every set. This just means that you should concentrate on holding proper position when you perform your exercises. Just don't do something to do it; do it with purpose.

Injury Prevention

The main way a suit and/or briefs can help prevent injury is by keeping your hips healthy. Anyone that has used these can attest to this fact. The best way to keep your hips healthy is by altering your stance and my performing mobility work for your hips, dynamic stretching for your entire body and static stretching. The foam roller for your IT band is also a great thing. Mobility work and dynamic stretching should be done before you lift and you should never get under a bar until vou feel like your body is ready. For older lifters, this may take 20 minutes of warming up. For younger lifters, you may not need much at all. Also, never add weight to the bar unless you are ready. Just because you do a set at 135 doesn't make you legally obligated to go to 225 or 185. It's ok to take it again. Don't worry; no one will make fun of you. Remember that in order to maximize your training session you must be optimally ready for your training lifts. If you are still getting warmed up on your first set, you are just wasting time. There are many days where I can walk in, do 10 leg swings and start my sets. Other days, it may take me a half-hour. This half-hour is NOT a waste.

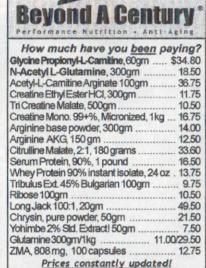
Stance

I think a lot of people have been misguided, and part of it is my fault, on the width of a squat stance. If you are looking to be a wide stance squatter, this doesn't automatically mean that you squat with your feet almost touching the sides of the Monolift. Ithink people have automatically assumed that everyone squats as wide as Chuck Vogelpohl. This is definitely not the case. To maximize your hips AND your legs, your stance needs to be adjusted accordingly. A wide stance is usually defined as being slightly wider than shoulder width or wider. The key is that your stance needs to be wide enough so that you can sit back into a squat but not so wide that you can't bring your quads into a squat. Everyone is going to be different but generally people will take the stance that makes them feel more powerful once there is a significant weight

(article continued on page 44)







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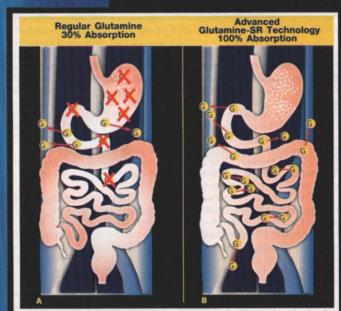
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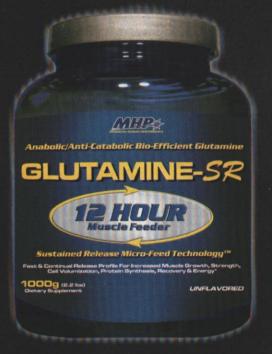
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DAVID BRACKEN'S **SQUATWORKOUT**

The lifter should have 3 to 5 years lifting experience while squatting at least two times per week during that time period. If the lifter is only squatting once per week, a 12 week preparation cycle would be needed to attempt this training cycle. The program is a 10 week cycle used in conjunction with a 12 week bench cycle. Benching occurs three times per week on Monday, Wednesday, and Friday. Deadlifts are done on Saturday after squatting. Although the squat effort is extreme, you can still improve your bench and deadlift during this time frame if you make the commitment. This program should not be used year round; at most two cycles per year should be attempted. This is a very regimented routine, so if you don't like to train that way, don't use this program. In order for this program to work, no workouts can be missed. Be dedicated to your training. If others don't understand, that is not your problem. Take your glory on meet day. It is also very important not to miss any repetitions. When calculating your percentages based on your one repetition maximum (1RM) with only a belt, use whatever poundages you can do right now. For the equipment 1RM use what you made in the last meet (NOT the most you have done, what you 'knew' you could have done...). Sleeping and eating correctly is important to any powerlifting program, but a drug free lifter on this program will not survive without adequate sleep (at least 8 hours a night) and food (at least six high quality meals per day). Be aware that you will gain weight on this program, so be prepared to make weight come meet day or plan to move up a weight class now. If you complete this program mortals will bow at the feet that support your "God-like" quads. Not really, but

This program is designed for the intermediate to advanced lifter.

you will squat more. This program is based on a Russian training cycle developed by S. Y. Smolov which was described in the June 2001 edition

of *Powerlifting USA* by Pavel Tsatsouline. The routine has been modified for longevity and for less use of equipment. After reviewing the volume involved with this program you and your friends will start whining about how ONLY someone on steroids could do so much heavy squatting per week. Well, I thought the same thing until junior lifter Adam Schaeuble from the Iron Pit Gym in Bloomington, IN gave it a try. His squat increase was phenomenal. I have used this program multiple times. Check the USAPL website to see that I have passed numerous drug tests. So, if drug free master and junior lifters can do this program, why can't

Warm up as necessary to get your muscles, mind, and nervous system ready for the weight you will be using for your work sets that day. Don't tire yourself out doing your warm up sets. Warm ups are movements done to increase the blood flow into the muscles that will be doing the work and to acclimate your body to the stresses of increasingly heavier weights. A jump in weight that is too large will cause your mind and body to be shocked, which could lead to a missed lift even if you are strong enough to make the weight. On the high rep volume days (Monday and Wednesday), very little warm up sets are necessary. Every repetition needs to be done exactly the same, including depth, from the first warm up sets to the last heavy set. Squat as deep as is needed to satisfy the strictest judges in your lifting federation of choice. If you have to cut any of your squats high to complete a set, the weight is too heavy. Cutting squats high has traditionally been the number one reason for bombing out of meets, before the modern day

Limit the amount of equipment used during training. This will allow you to make more strength gains with less wear and tear on the body. On the high volume days (4 sets of 9 reps) try doing those without a belt. For all

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).



Dr. David Bracken squatted 606 at 165 to win the '04 IPF World Masters title

sets and reps from Week 1 through 6 do not use any equipment other than a belt. During the last three weeks wear all of your equipment so you will feel 'comfortable' squatting in your equipment in the meet. If you have only competed in a couple of meets it may be necessary to wear full equipment from Week 6 through to the meet. The details of all the squat sets and repetitions are listed in the table.

The rest of the exercises are as follows, listed in the order they are preformed. The details of the bench press work are excluded for clarity. Four sets of 5 repetitions are preformed on all accessory exercises, nearly reaching failure on each set after the first.

Monday - Weeks 1-10: Bench press, Squat (except Weeks 6 and 10), Shoulder work, Core strength (ab wheel or hanging leg lift or medicine ball ab drop), Neck plate raise (front and back).

Tuesday - Week 10: Squat, Deadlift (50%-60% 1RM x 3 x 3). Wednesday-Weeks 1-9: Bench Press, Squat (Weeks 1-5), Lat work, Seated row shoulder shrugs, Curls, dumbbell side bend, Stretch band sit back (for deadlift lock out), Reverse hyper (light 10 rep sets), Static wall sit, Leg raises (side and front). Week 10: Light bench press

Friday-Weeks 1-9: Bench press and bench accessory work, Squat as listed in table

Saturday - Weeks 1-9: Squat, Rotate [deadlift, partial deadlift (rotate starting above and below the knees), and Romanian deadlift], Dumbbell shoulder shrug, Alternate (ham glute raise with reverse hyper), Calf raise (standing calf machine or with barbell), Core strength (high pulley crunch or hanging leg lift or weighted crunch on stability ball...), neck bridge roll.

A note concerning modern day equipment: be sure, either by using an experienced judge or video review that you can go to the same depth you have used on every rep during the volume weeks with your full equipment and with the weight you intend to use on your opening attempt. You should have done your opening attempt, at least, the last three weeks in your training

The last week of training includes a severe taper on squat volume, you will need this reduction in volume to be at your peak come meet day. Remember, it is better to come in somewhat detrained than it is to come in even slightly overtrained.

You should expect a large increase in your 1RM squat from this program, as much as 10 to 50 pounds, with decreasing returns during future training cycles. The closer you are to your full potential the harder it will be to put pounds on your total. The philosophy every serious powerlifter should have is to make small increases on each lift at every meet. These small steady gains add up to large increases in your total over time with relatively few injuries. In order to make small gains at each and every meet, good attempt selection is a must. Base your attempts on what you did on your last heavy training day, not what you should have done or 'could' have done. Yes, you should be stronger on meet day due to the adrenaline rush of the meet and your training taper, but don't expect to do 10% more in the meet than you did your last training day. There are also things that will reduce the amount of weight you will be able to lift on meet day such as: the bodyweight loss to make your weight class, lifting in an unfamiliar environment, and timing of your lifts (whether the wait between attempts is longer or shorter than what you are used to, it could have a negative effect).

Use your meet equipment on your last heavy training day. If you need to lose considerable bodyweight to make the weight class limit, then you will need equipment that is only used on meet day. Meet attempts: 1-95% of your equipped one rep maximum (E 1RM) prior to this training cycle. Something you can make no matter what the lifting conditions are. 2-98%-102% E 1RM. Ideally your

second attempt should be a small (2.5-5 kg) personal record. If for some reason you miss your opening squat under no circumstances should you attempt more on your second attempt: 3-103%-108% E 1RM. The most you can do that day. Honesty is the best policy. Don't pick a weight you want to do or you think you need to win. Select your final attempt based on how things felt on your second attempt. Have ranges for each attempt before you ever leave your house to go to the meet, and don't exceed the upper limit that you predetermined, under any circumstances, while in the meet.

I would like to thank Powerlifting USA for giving me the opportunity to write this article Greg Simmons my coach, good friend and Chrony brother, my family (Julie, Kory, and Taylor) for putting up with me when I am squatting 4 times a week, my spotter and meet helper Mark Lausen, and the owner of Iron Pit gym Doug Ballard. I look forward to seeing some big squats at your next competition. If you do try this program, please give me feedback on how well it worked for you. Any comment or questions can be sent to dsbracken@att.net.

DAVID S. BRACKEN, PH.D "Powerlifting, the sport for the short.

SOUAT % XREPETITIONSXSETS WK DAY 65%Rx8x3,70%Rx5,75%Rx2x2,80%Rx1 1 Mon&Tue 0%Rx5x4.75%Rx3.80%Rx2x2,90%Rx1 Wednesday Fri&Sat Explosive Drills & Plymetrics 2 Mon Wed Tue 80-85%Rx5 or more

70%Rx9x4, walkout 95%E, 100%E Monday Wednesday 75%Rx7x5 80%Rx5x7 Friday Saturday 85%Rx3x10

4 Add 20 pounds to week 3, walkouts 100%E, 105%E 5 Add 10 pounds to week 4, walkouts 105%E, 110%E

Max out no equipment 6 Saturday

80%Rx3x3 7 Monday

95%Ex1x2, loose suit, loose wraps Saturday

8 Monday 80%Rx3x3

95%Ex1x1, 100%Ex1x2, tighter suit, Saturday

tight wraps

80%Rx3x3 9 Monday

95%Ex1x1, 100%Ex1x1, 105%Ex1x2, Saturday

Full meet gear

10 Tuesday 60%Rx3x3 Saturday Meet Day

%R = % Raw 1 Rep Maximum; %E = % Equipped 1 Rep

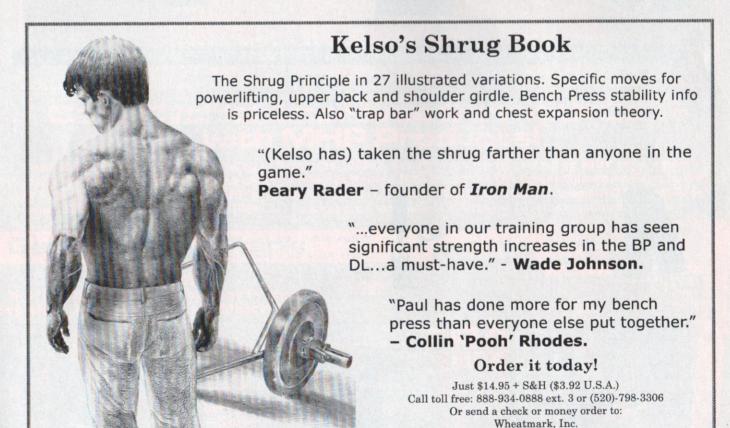
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Perform warm ups as described in the text.









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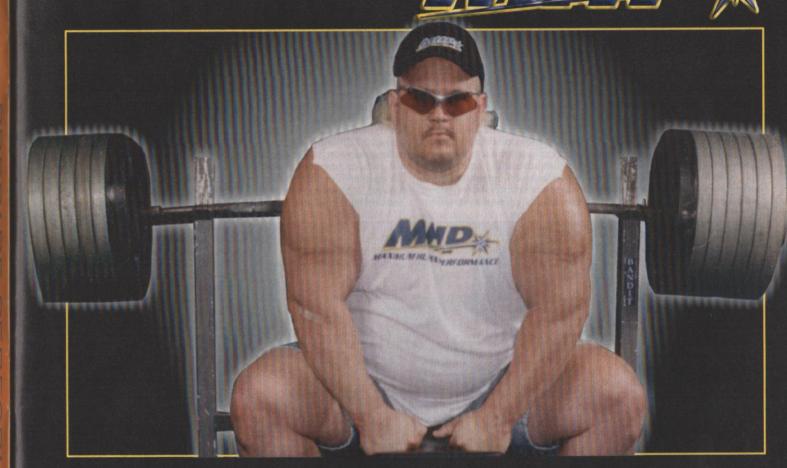


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When I was a little boy, I loved the New York Yankees. I lived Yankee baseball. I had a Yankee hat, lunch pail, shirt and jacket. I also had a Yankee bedspread and pajamas. Heck, I even had Yankee underwear. I never went anywhere unless I was in pinstripes. Cut me. and I would have bled Yankee blue. I just loved the Yankees, and my two favorite players were Roger Maris and Mickey Mantle...the M and M boys, as they were called by the sports writers. I wanted to be just like them. I would even limp like the Mick. It's now more than four decades later, and I still love my Yankees. I don't limp like the Mick any more, and I don't have a Yankee bedspread or Yankee pajamas, but I still bleed Yankee blue. Okay ... I still wear Yankee underwear

Needless to say, I have been struggling the last couple of years because my beloved Yankees are

DR. JUDD

FAN FANATICISM ... PART I

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

in a super slump. Heck, Lucy and Charlie Brown could probably beat them the way they have been playing lately. Still, unlike my close friend Tracy Williams, who is a diehard Braves fan, I am not going to put a gun to my head, because the Yankees are not winning. I enjoy rooting for the Yankees; I enjoy watching them play, and I enjoy seeing them win, but I am not going to lose one second of sleep if they lose. In fact, besides the enjoyment

A lifter with lots of fans is Bull Stewart, who was going to make his return to powerlifting competition

at the USAPL National Masters Championships, but he had to pull out due to a family emergency.

Iget from rooting for the Yankees, they have little if any significance in my life. In all candor, they could go O for October and it's not going to bother me in the least.

The last time I checked I wasn't on the Yankee payroll, and I am sure if the bank forecloses on my house tomorrow Derek Jeter is not going to come to my rescue. Nor do I think George Steinbrenner is going to give me a bonus if the Yankees win the World Series this

> In reality, Tracy's fanaticism comparison to some other sports fans. I know that may sound honest: some sports fans are zanv. Think about it, wars are fought over a "freakin'" sports contest. Look at the fascination and fanaticism with soccer. Catholic and Protestant soccer fans routinely beat the hell out of each other when the Celtics and the Rangers play in Scotland. In Central America, two countries once called a cease-fire during their war so that they could play a soccer game without the fear of anyone getting blown-up. Here is something different ... sworn enemies in the African nation of Cameroon united as one when their team advanced to the quarterfinals in the 1990 World Cup. Once the game was over, they went back to killing each other. Envision this, 70,000 hooligans running through the streets of Vancouver, British Columbia, beating people half to death, because their hometown team, the Vancouver Canucks, lost the Stanley Cup. Over 200 people were seriously injured; fifty police officers were injured, and the damage was estimated to be \$10 million. In Britain and on the European continent there are organized skinhead attacks on players and fans almost on a regular basis at sports games. Sprees by drunken louts are also rather common in Britain before and after games. And how about Monica Seles who was stabbed by an of over-the-edge fan who was afraid she would defeat his favorite tennis player Stephanie Graf. Is that

It is not just the fans in foreign fans in this country could probably

insane or what?

vear or any other year. They have already won 26 world titles, and I don't have a single World Series ring yet. I did get a letter from them after they won the 2001 World Championships about getting a Yankee hat. Of course, they wanted twenty-five bucks for it. That's my Yankees! In short, what the ankees do has nothing to do with me. Why in the world would I lose sleep over the way they play? They are not going to lose any sleep if I don't perform well in my next competition.

Tracy, on the other hand, lives and dies with each Braves game. When the Braves lose, Tracy can't eat or sleep and he is depressed for the entire day. You would think that a major catastrophe had taken place in his life the way he responds to a Braves loss. I keep telling him there is still hope ... immediate major psychological therapy. Actually, a frontal lobotomy would probably

with the Braves is tame in ridiculous, but it is true. Let's be

countries either. Believe me the

teach the Europeans and the South Americans a thing or two about fanaticism. In America crazed fans start entire city riots, turn cars over, burn buildings, and attack police offers when their teams win championships. I said win a championship, not lose one. What is all that about?

A friend of mine, Dr. Bruce Ragon, was in Columbus, Ohio when the Buckeyes won the National Championship. He told me the riots after they beat Michigan were extremely violent. He said that he and his wife were lucky they didn't get killed going home from the game. People were lighting barrels of trash on fire, turning cars over, starting fights with the police, and stripping naked. Why? Because they won - of course?????

Certainly, losing can bring out the best in us when it comes to violence and stupidity too. Think about poor Mr. Bartman, the fan who tried to grab a foul ball, preventing the Chicago Cubs outfielder Moises Alou from catching it. He was blamed for the Cubs' collapse in Game 6 of the NL Championship Series. Give me a break! The guy did absolutely nothing wrong and nothing that 99% of the other fans at that game wouldn't have done. The ball was clearly in the stands as indicated by the umpire, yet the fans at the game threatened to kill him. He

"The idea that a person sucks because the team he or she roots for loses is pretty sick and twisted when you stop and think about it." CHARLES BARKLEY

had to be escorted by security guards from Wrigley Field after angry fans pelted him with beer and debris. If that wasn't bad enough, a police guard had to be posted outside his home because fans were threatening his life. Eventually, he had to go into hiding because he feared what might happen to him. Threatening someone's life ... over a game ... can you believe all of that?

Well, you probably can, in light of what happened at a youth league baseball game in Salt Lake City recently. A mother of a 15 year old boy who scored the winning run was beaten up by a number of angry parents whose sons played for the losing team. Actually, they just didn't beat her up; they pounded her into unconsciousness. The fans allegedly battered the woman with their umbrellas, punched her in the face, and then hit her with a baby stroller knocking her into oblivion.

Think that is bad ... listen to this. A father who was frustrated

after watching his son take an elbow in a little league hockey scrimmage game confronted another father who was informally supervising the play. The two men got into a shoving match. A short time later they got into a fight. The larger man, at 6'1" 240 pounds, allegedly knocked the much smaller man (165 pounds) to the ground, and kneeling on the smaller man's chest beat him to death while both men's children witnessed the

Recently, at a girl's softball game dozens of parents rushed the field and started scuffling with the umpires after a player was tagged out: two mothers, who were both coaches, each served ten days in jail. Unfortunately, things like this are happening more and more in the sports world. Fans are taking over the sports field and the players

Here is something that might interest you. Studies reported by Injury Prevention have shown that a fan's blood pressure will fluctuate

with the momentum of the game. Male fans will see increases and decreases in their testosterone tied to wins and losses; individual selfesteem will be directly affected by what their team does, and the general health of a fan will correlate with his team's success and failure. Hello! What is all this about ... a damn game? Let's be real. Sports are challenging, fun, and entertaining, but they are just games not life and death situations worth compromising your integrity or causing physical and emotional trauma to another human being.

For the longest time now I have been asking myself why people are so invested in what their sports teams do. They are not going to get a big cash bonus if their team wins a championship. They will still have to get out of bed and go to work the next day whether their team wins or loses. They will still have to pay their taxes, and they will still die some day. In fact, most people's daily lives won't change one iota based on who wins a game. And, since no team wins the championship more than 20% of the time ... and only the Yankees win that much getting so emotionally involved seems to be a recipe for more pain than happiness. Given all of that. why do people continue to care so much about a "freakin" GAME?

I will let you know next month.

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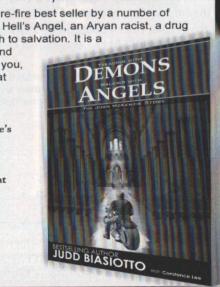
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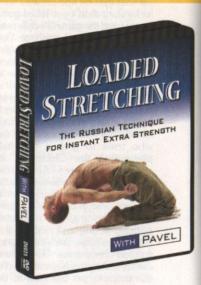
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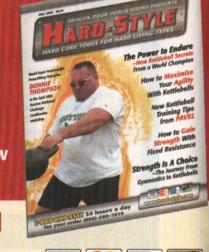
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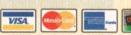
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Much research has been conducted related to training for muscular hypertrophy and maximal relative strength development, including repetition ranges, rest period durations, and repetition cadence. If two hypothetical athletes have identical muscular 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 nervesandskeletal muscle fibers. There is a microscopic gap, a space, between motor neuronsand the muscles they contract, referred to as the Neuromuscular Junction (NJ) or synaptic cleft. This is, for strength athletes, the essential "powergap"

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:

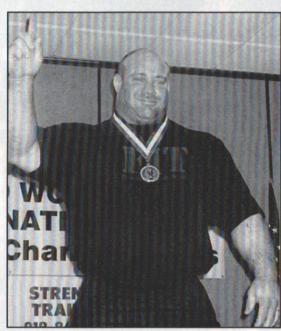
1) Based on the intended movement, a signal from the spinal cord causes an electrical current, referred to as the action potential, to travel down the motor neuron towards its associated group of muscle fibers in the tricep. This motor neuron and its group of muscle fibers are, combined, referred to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

 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 PLUSA by Timothy Ferris. ACSM



Scot Mendelson is a big endorser of BodyQUICK

occurs; the fibers in the tricep 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

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. Mybench 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 B o d y Q U I C K

(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

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.

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Timothy Ferriss, ACSM, has been featured by media world-wide, 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 or www.getbodyquick.com

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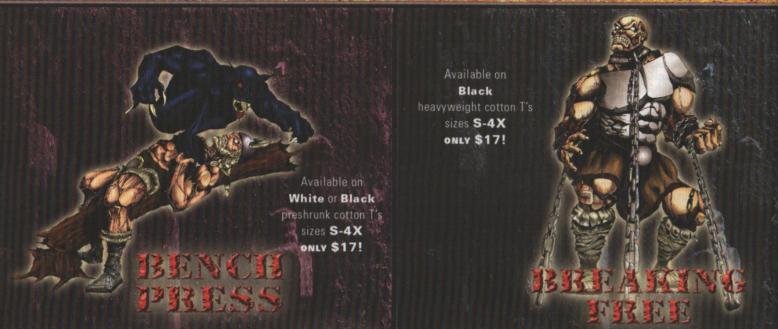
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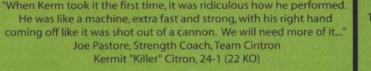


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Texas is home to some of the finest Powerlifting Meet directors in the world. There is a long history of great powerlifting meets in Texas, and I could list great meet promoters for an entire article – certainly including Johnny Graham (USAPL), Kurt Stroud (INSA), and Gary Pendergrass (formerly of USPF and now APF). Gus Rethweisch (WABDL) and many others hold meets in Texas, but those on the former list live here.

Gary Pendergrass is the Texas APF chairman, but he's a whole lot more than that! His crews take judges and equipment to more Texas High School Powerlifting meets than any other gym or company - and that says a LOT. He (and his better half Susan Rinn) put on some of the most organized meets in the world; their practice and expertise really shine as they keep everything neat and easy for first time lifters to understand. The Texas High School Powerlifting Season is crazy, with up to 6 or 7 meets on most weekends and it would not work without Gary's assistance.

HOUSE OF PAIN puts on the Powerlifting Meet that is held for the Texas Firefighters (in conjunction with the Texas Fire Olympics) every year. This meet could not begin to happen if Gary and Susan of Sequin Fitness didn't help. They are beyond awesome, and they do it simply to further the great sport of powerlifting! HOUSE OF PAIN owes them a great debt, and here is the story of their world-class gym in the small south Texas town of Sequin:

There aren't many small town gyms like Seguin Fitness. Located in Seguin, Texas, thirty miles east of San Antonio, Seguin Fitness, Flexion Strength Systems, Inc., has everything the competitive powerlifter could want. The basic training philosophy is powerlifting, but the membership base runs from teenagers to seniors. This is probably the only gym around where you will see housewives squatting and deadlifting (and going deep too). Chalk bowls are provided throughout the training area. Gloves are forbidden (not really, but you do get dirty looks if you have on a smart pair of the latest handwear).

HARD CORE GYM #47 SEGUIN FITNESS

as told to PLUSA by Rick Brewer, House of Pain

One thing Seguin Fitness does is sell training. Workouts are designed, posted on the boards, and supervised up to 6 times daily. There is no cost to the member for the help of the trainers at specific workout times. Two levels of workouts are posted: one for the powerlifters and one for the "bodyshaping" crowd, but powerlifting movements are emphasized in both. One tradition for the last 15 years is the Sunday squat workout, where 15-20 lifters meet to train the squat each week. The equipment is first class for

powerlifting training. There are 3 power racks modified for band training, 3 competition leverage squat racks, 4 bench press racks, 4 lifting platforms, two Monolifts, chains, bands, reverse hyper, ham-glute machine, dumbbells to 200 lbs., and enough weight stack machines to work every accessory movement. In addition, deadlift bars and 55 lb. squat bars are available, as well as cambered bench press bars, cambered squat bars, and a Hatfield safety squat bar. There is also a complete selection of treadmills, stairclimbers, EFX, and bikes for cardio work.

Started in 1991, by Gary Pendergrass, now the APF Texas State Chairman, as a health club only, Seguin Fitness has also become a distributor of Inzer powerlifting gear, House of Pain IronWear, weights, barbells, weight room equipment, and competition platform equipment. When Gary first moved to Seguin in 1989, there was only a small gym available in the back of a bowling alley. He had been competing in powerlifting since 1980 and brought powerlifting to Seguin. Having worked as a mechanical engineer in the food industry since 1978 with extensive metal fabrication experience, Gary saw the possibility of designing and



Susan Rinn ... an exceptional BP

building gym equipment. Seguin Fitness opened for business on July 21, 1991 with the basic equipment needed for a health club. The club was a success and equipment was gradually added over the years.

Seguin Fitness began holding small bench meets in 1992 and graduated to full powerlifting meets by 1994. The first USPF sanctioned meet was held in 1994 and Seguin Fitness was awarded their first USPF State Championships in 1996. Gary was elected USPF State Chairman at that meet and served in that capacity until 2003. Seguin Fitness continues to promote 6 major meets a year in Texas and provides equipment for the Texas Firefighter Olympics every year. Seguin Fitness also promoted the 1998 USPF Masters Nationals, the 1999 USPF Senior Nationals, the 2000 WPL Worlds, the 2001 and 2002 USPF Junior Nationals.

The club has also become heavily involved in Texas high school powerlifting. Seguin Fitness provides equipment for high school meets during the season (January through March) and in 2005 was the official platform equipment supplier for the Texas High School Powerlifting Association for both the Boys and Girls State Finals. With two complete trailers of equipment, Seguin Fitness can supply 12 platforms of competition equipment, including platforms, weights, barbells, squat racks, benches,

chalk, referee lights, and all other incidentals needed to run a powerlifting meet.

Seguin Fitness sells weight room equipment and powerlifting gear to the high school and gym market throughout the South Texas and Central Texas area. They also contract out for smaller meets. Call Seguin Fitness and they can bring two complete kilo weight platforms, 4 warm-up platforms, and all the equipment and accessories you would need to run a powerlifting meet.

Competitive lifters at the club run from beginners to national champions. At any given time, 10-20 lifters may be training for a specific meet. Some of the top lifters produced include Susan Rinn, who holds the USPF American record in the bench with a 242 at 123. She has won the USPF Seniors twice and currently holds the APF American record at 236 for both Open Women and Masters 40-44. She has also produced a 402 squat, 325 deadlift and 988 total. Barry Gresham is a 308 class lifter who has produced a 1912 total in 4 years of training at Seguin Fitness and should hit 2000 next year. Barry holds most of the 308 Texas State Records in the USPF and APF. In addition, the club has around 25 THSPA, USPF, and APF certified judges as members.

"I think powerlifting is a great

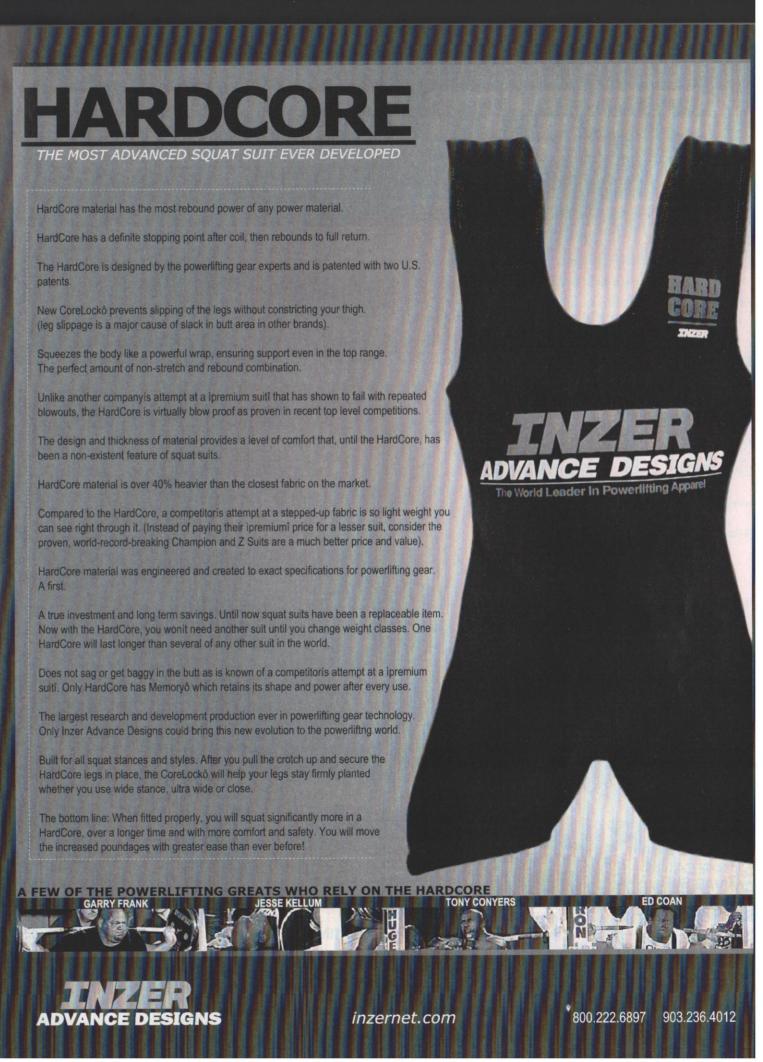
sport. At my first meet in 1980, I saw Vince Annello deadlift 804 and I was hooked. As an engineer, we moved around the country and I continued to train, usually as the first powerlifter in every club I joined. I always encouraged others to start powerlifting and helped start interest in the sport at those clubs. I was an average lifter in my prime (550 squat @220), but I could motivate others. That helped as a trainer. Here at Seguin Fitness, I am constantly recruiting people to compete and we can usually field a fair team for a meet. I think it is a great motivating sport for anyone and I feel it helps people to focus on their training better. It definitely makes for committed and long term members. We run enough meets that first time lifters can take a shot at some of the smaller meets and be successful. We're working to keep Texas Number One in powerlifting!

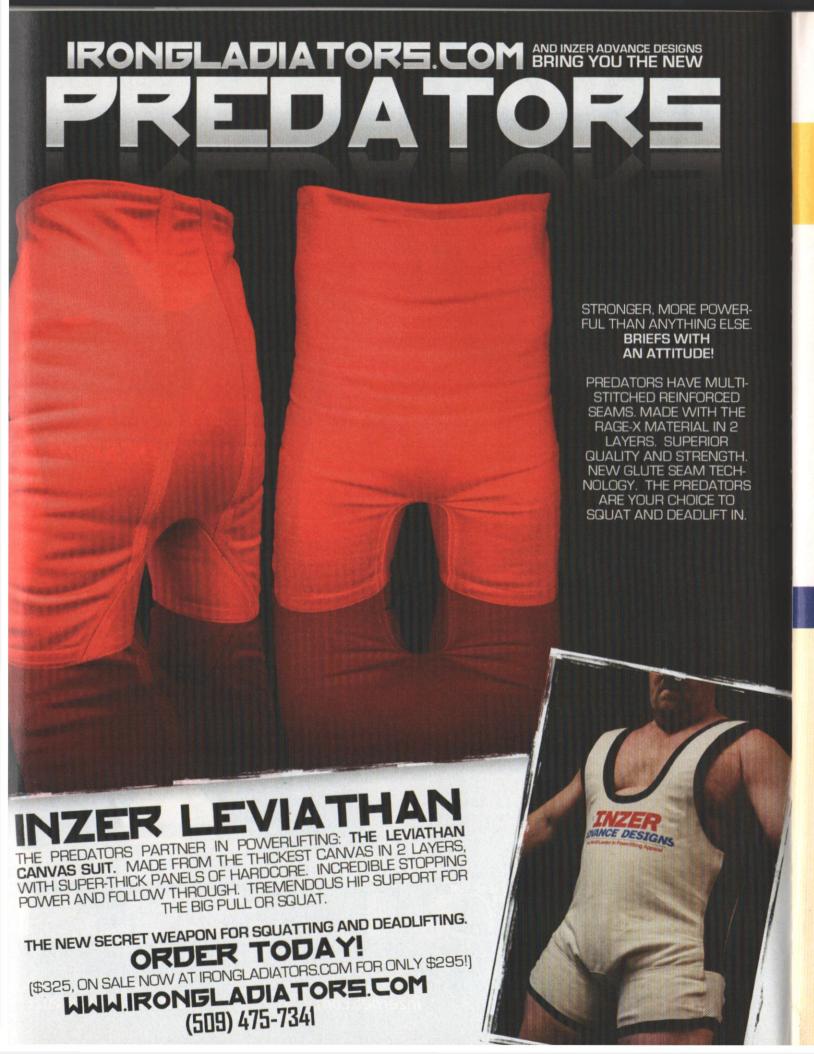
Thanks again to Gary and Susan for all the years of promoting the sport of powerlifting, and for running a great gym! Next month, we'll get out of Texas and see what we can find. If you have a gym that we should mention – please email the info. Until then, load the bar!

Comments/ideas? rick@houseofpain.com Photos, etc. HOUSE OF PAIN PO Box 333 Fate, TX 75132



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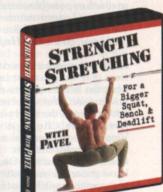
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become my squat warmup drill, the wedge changed my dl start routine, the hip flexor stretch and when to use it are now part of my training and meet bag of tricks, and the use of the GHR for learning to arch is ingenious. The press behind the neck stretch and "prying" are two drills that I have been playing with and have enhanced through the DVD. The Wall Squat portion itself would have made the DVD worth it, but the rest of the material is superb and clearly presented. Graphics are concise. Great for both new and more experienced PLers. Very few things have my full endorsement, but this does.' -JACK REAPE, Armed Forces Powerlifting Champion



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Vinpocetine: The Ultimate Brain Booster

Q: I am interested in knowing what the hell is this thing called Vinpocetine? I have heard some lifters at the gym talking about it, but I wasn't sure what it was. Can vou explain to me what it is and what are some of the benefits of using it? I have heard that it can actually be good for your brain, but I don't know exactly what it does. Is this true? I talk with a lot of guys in the gym, but they just give me tidbits of information and I would like to know a lot more than that before using any supplement. I figured you would know the score when it comes to Vinpocetine, so I thought you would be the man to go to. Is it something that would be good for a powerlifter? Please let me know as much as possible so that I can make an educated decision. Thanks again for all your help. Sincerely, Brandon Hafner

A: Hey, Brandon it's good to hear from you. So you want to know what the hell Vinpocetine is and how to use it? Not a problem, you have come to the right place my friend. Ok, here it goes. Vinpocetine's chemical name is Ethyl Apovincaminate. It is a vincamine derivative. Ok, Ok, I know you are already getting tired of the science talk but just hold on I will get to the good stuff. One of the major benefits of Vinpocetine is its effects that it has on your brain. Let's take a look at what it does and it benefits.

· Vinpocetine has been shown to improve cerebral circulation.

 It has been shown to improve oxygen utilization and what is special about this is the fact that it does not effect or cause change on systemic circulation.

 Vinpocetine has been proven to improve memory function in different studies.

· It can also help you improve your focus and attention.

· It can also increase blood flow to the eyes due to an inhibition of platelet aggregation.

· Vinpocetine has been shown to reduce cell death.

· It is also a cerebral metabolic enhancer.

· It can also increase neuronal ATP bio-energy production as well.

· Vinpocetine can reduce cerebral vascular resistance. This is very important because this is very prevalent in those that suffer from cerebral vascular disease.

· There has also been noted that Vinpocetine can cause an increase in cerebral fraction of cardiac output. This means that it will reduce the effort placed upon the heart. This can be a benefit for those that suffer from high blood pressure and heart disease.

· Vinpocetine can also help in

NUTRITION

Power Nutrition Questions & Answers

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

delaying the aging of your brain. It has been shown to be very effective in activating the neurons of the Locas Coeruleus. These neurons decrease with age and a reduction in them can cause a decrement in such cognitive functions as alertness, concentration, memory and information processing. These are all things that you see a decrement in with age and Vinpocetine can help in slowing down this brain aging process.

· It can also up regulate glucose utilization.

· Vinpocetine can enhance oxygen delivery to muscles helping you to prevent fatigue setting in too fast.
· It can also improve your insulin sensitivity and if you have read my columns this is a very important feature. Not only for improving your performance but also in relation to how you prevent specific diseases like Diabetes and Heart Disease.

As you can see, Vinpocetine

is truly a great supplement to help with cognitive function. I have some of my athletes using this supplement and they have noticed a big difference in their focus and concentration level not only in the gym, but also in their work and studies. For those in university this can most definitely help you. Not only does it help with memory and increase brain blood flow, but it can actually help slow down the aging process of your brain. Once the brain is aging then all functions for the rest of the body will suffer, since this is your central command center. All in all, this is one very important supplement. Not only to help you increase your focus in the gym but also to help prevent the aging process and much more for years to come.

Phil Harrington's Protein of Choice

Q:I just wanted to drop you a line and tell you how much I like your articles. Your articles continually provide new and interesting content to the magazine. I am a 181 lifter and my favorite lifter is none other than Phil Harrington. That 900 pound squat that he did will stand the test of time that is for sure. I know that you have been working with Phil so I thought you would know the inside scoop. I saw him in a testimonial for a company called At Large



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

Nutrition. Is this stuff any good? The reason I am asking is that I am looking for a good protein powder that I can trust. There is so much junk on the market today that it is hard to tell the difference anymore. I trust your opinion because I know you don't talk shit and you are the real deal when it comes to helping out the lifter. Please let me know more about this line of products and if they are worth spending my money on? Thanks so much and keep up the good work. Your friend Pete Jacobs

A: It's good to hear from another

fan of my column. I appreciate the kind words. I try my best to help out the lifter and that includes not only in educating him about the finer points on the nutritional sciences, but also keeping my eyes open in the industry and helping you make sure that you don't waste your money on bogus supplements. As for your inquiry about At Large Nutrition's products, I would like to let you know they are some of the best on the market. Phil uses their entire line of supplements to help give him that edge he needs when contest day comes. At Large Nutrition is owned and operated by Chris Mason. First off, I will let you know he is a great guy to deal with. I have been in the supplement industry providing consulting and product design for close to a decade and there are a lot of shysters out there, but Chris is a great guy who cares about each of his customers. He goes above and beyond the call of duty to make sure that you are

completely happy with his products.

The product that I would like to talk about is his awesome protein formula called Nitrean. Now what

you may be wondering is that what makes this formula different from the other thousands of protein formulas that line the store shelves. First, it contains a advanced matrix protein formula. What this means to the layman is that it contains not just one form or type of protein. Many of the different protein formulas on the market today use just whey concentrate as their only ingredient. While this is ok, there are better ways to maximize nitrogen retention and maximize protein synthesis. One way is to provide a wide spectrum of different protein sources that release into the bloodstream at different times. This will give you a more balanced flow of amino acids into your bloodstream over several hours and each type of protein will hit at different times giving you a synergistic effect. Not only is that important, but what else you need to understand is that each different protein source has a different amino acid spectrum as well. It is very important for the lifter to get a well palanced variety of amino acids so that you will get maximum results from your protein formula.

Nitrean does not rely solely on one, or even two forms of protein to get the job done. Nitrean contains whey isolates, whey concentrate, whey hydrolysates, egg albumin, glutamine peptides, and isolated casein peptides. Each of these proteins is combined in specific ratios in order to give you the ultimate protein source. This gives you the optimal dose of aminos at the right time so that you will stay in an anabolic state and make sure that you are getting stronger. As we already know whey protein is the fastest to get absorbed and this is ideal to get the aminos into your bloodstream as fast as possible. In particular the whey hydroslates will get in there the fastest to make sure that you don't enter a catabolic or muscle wasting state. The three different types of whey give you a complete hit so that you will benefit from each of the distinct forms of whey that are present in the formula.

The hardcore powerlifter needs protein that is available for use at all times, not just for a short period after it is ingested. Casein is the solution to this problem that we have experienced with whey alone in the past. Casein is absorbed much more slowly than whey. This allows for a "time released" stream of amino acids into your bloodstream so that you will get an anti-catabolic effect as well as an anabolic effect. This allows that protein is made available to the body over a prolonged period of time not just for a couple hours. Another addition to Nitrean is the egg white protein that is included in the formula. If you have read my column you already know that I am a big believer in the egg. Egg protein has a biological value of approximately 95%. I have talked in the past about Biological Value and how important it is when choosing your protein source. BV is a comparison of how close a protein's structure is to that of human tissue. This makes egg protein highly absorbable by the human body. Egg protein has another unique property; it has an absorption rate between that of whey and casein. Combining whey, casein, and egg protein results in a superior delivery of amino acids to the body over a prolonged period and this is exactly what the powerlifter needs. This makes sure that you get maximum results with only using one protein formula and not having to buy 5 different tubs of protein to get all the benefits that you get with Nitrean.

Nitrean also contains glutamine peptides in their formula. If you have read my Garry Frank series you already know that I am a big believer in this form of glutamine. Glutamine is not categorized as an essential amino acid, vet it is a very important one. It is so important for the powerlifter that I consider it to be "essential" to the hardcore powerlifter. Glutamine is essential to the proper functioning of the immune system, your kidneys, liver, and other organs. It is a constituent of the antioxidant glutathione. This is a

powerful antioxidant and is one that I am very big on. Lastly glutamine peptides play a vital role in cell volumization of your muscle cells. Let's not forget that glutamine is the most abundant amino acids in your muscle cells. If that doesn't tell you something then you are reading the wrong article. If the body is lacking in glutamine, it will rob it from your muscles, thus creating a catabolic environment. A catabolic environment is certainly not the physiological state that you want to be in if your powerlifting success means anything to you.

So as you can see here Nitrean from At Large Nutrition is one very complete formula. It contains many different

essential nutrients that the hardcore lifter needs to make sure that his last workout wasn't just a waste of time. I fully recommend Nitrean for any lifter that is looking to get results. Not only is the formula top of the line, but the taste is also fantastic. Remember I call them like I see them and if a formula is good but it tastes like sewer water will let you know. Being in the supplement industry for many years, will let you know that it is very hard to make a high quality, results producing formula and make it taste great at the same time. This is a very complex task. But At Large Nutrition has outdone themselves with this formula as it provides an excellent spectrum of nutrients and tastes great at the same time. I fully recommend this product and Nitrean receives my Power Nutrition "Seal of Approval" You can reach them on the web at www.atlargenutrition.com or you can call them at (434) 973 9892.

More Message Board Bullshit!

Q: I read your article in last month's issue of PL USA and I can't agree with you more. I am talking particularly about all the backbiting that goes on in powerlifting circles especially on the message boards. This is just stupid and childish. You are right, we need to get these boards

cleaned up because it is giving the sport a bad name when all you see are slams against the best athletes in our sport. I like how you had the guts to bring it out in the mag because I have thought this way for the last couple of years and finally you exposed it. Don't worry what a few uneducated idiots think in the sport. They are just bringing the sport down and this is truly a shame. Sincerely, Carl Matling

A: Carl, thanks for reading my column. I am glad to have helped bring this stupid mess out into the open. I am also tired of all the crap that takes place on the forums of most powerlifting boards. If you did a scan of most of the material in there the large majority would be useless bickering and bashing of lifters, writers, different organizations and their rules and on and on. It's really too much. I believe in freedom of speech just as much as the next guy, but when a site just turns into a slam fest this is just ignorance at best. Now don't get me wrong. If someone says that such and such a bench press wasn't locked out and yet he got the lift passed, I am open to hearing a discussion on that. Everyone is open to his or her own opinion. That is not where the problem lies. The problem is when smart assess get behind their computer terminal

> a gift to the sport of powerlifting hacking up and taking abusive words on our sports best lifters. This has happened to the point where some lifters don't even want to be part of sport anymore because of all the utter bullshit that takes place. Are we powerlifters or a bunch of little 10 year old girls sniping at a slumber party. There is a major difference in a lifter voicing his opinion about someone's lift in a professional and courteous manner and just out going jealously to slam the lifter and cause him grief. This is exactly what I am talking about. There is no need for this backstabbing to go on in the sport.

thinking they are

other out and give constructive criticism if needed but not to make all out attacks on someone because a questionable lift got passed. I have seen things get escalated on some of the boards where lifters even verbally start abusing other lifter's wives and mothers. What the hell is the point in this? Is this what the sport of powerlifting is all about? On top of this I have even seen heated lifters start threatening each other with physical violence? I have seen such stupidity and all over a disagreement on the boards whether someone's squat was high or some other stupid thing that got out of control. Even when it comes to me I don't care if someone goes on a board and says they hate my articles. That's fine, if you don't like them then don't read them, but when the slams get personal then this is another story. There is no need for all this stupidity that takes place. It really makes powerlifting look bad when the lifters in the sport just slam the top record holders and champions.

We should be there to help each

I have included a message board on my website. With all the criticism of the boards you must be wondering why I did such a thing. The reason why I did put one up is the fact that I wanted a board where everyone feels welcome and yet at the same time wants to learn something. This way lifters can help one another in the true spirit of the sport. One thing on my board that will not be tolerated is all the badmouthing and flaming that goes on. If you get caught doing this your post will be deleted and you will be panned from the board. That is it! This way lifters will be able to learn and educate themselves on the many different areas of our sport whether its about training, nutrition, how to use equipment, contest dates etc. Most importantly this will all take place without all the idiots that ruin it for everyone else because they just sit behind their terminal and go on a slam rampage. What I find funny is the large majority of the people doing the slamming are nobodies in the sport. They criticize a lifter on him dunking over 1100 pounds yet the guy doing the slam is probably doing less then 500. I have had enough with all the stupidity so for those lifters that want a good board where you can get help from other lifters on just about everything, minus all the bs, then come over to my board. You can go to it at www.nutritionxp3.com. Here you will see the difference class makes.

Red Rice Yeast and the Cholesterol Monster

Q:I first wanted to say that I love your articles. I am not sucking up to you here, they are the bomb no doubt! Finally there is someone out there that knows just what

20

the powerlifter needs when it comes to getting results on the platform. My question is about my cholesterol level. It is very high right now and I need to get it down. I will admit that I am carrying too much bodyfat and my eating habits are not always that good. They have dramatically changed from reading your column, but I am not going to lie to you and tell you they are perfect. Ido try to apply what you teach us every month, but I also binge out on bad food more than a few times per week so I think this may be the culprit. My main weakness is fried foods and being from Texas you can say that we love fried foods! Any way heard about something called Red Rice Yeast from a guy at a health food store. He said that it was pretty good for getting your cholesterol down because it has some of the same type ingredients found in pharmaceutical cholesterol drugs. Can you explain to me more about this herb? Is it worth taking or is it just some kind of scam? Idon't want to waste my money so please let me know if this would be a good idea or just a waste of my heard earned Benjamins? Thanks a lot and keep up the good work with your articles because they are a refreshing read every month. Sincerely, Joe Watson

A: Hey Joe, you like the fried foods do you? Just please don't tell me that you deep fry your Mars Bar. Please no... don't do

that man. Believe me if you knew what that does to your body you would heed my warnings. Ok. enough of the fooling around. If you are asking if I think Red Rice Yeast is a good supplement then the answer is ... Yes! It is one of the best natural supplements to help lower your LDL or bad cholesterol. I thought you would like a nice little lavout of info about this powerful cholesterol buster so here

Red Rice Yeast has been used in Traditional Chinese Medicine for hundreds of years. The way it is made is farmers get a special type of yeast called Monscus Purpureus over red rice hence the snazzy name. In Traditional Chinese Medicine they use it for a variety of ailments including stomach disorders, spleen dysfunction and to promote proper blood circulation. Now you must be wondering how the hell does this fermented yeast help bring down the cholesterol demon so effectively? Here is the Monscus answer. Purpureus has been shown in laboratory settings to inhibit the activation of a veru important enzyme. This enzyme is called HMG-CoA Reductase. This little bad boy here is known to raise cholesterol levels. Since it is so kind as to help raise our cholesterol levels, it also nicely sets you up for something even better ... heart disease! Inhibiting the action of the enzyme can make a big difference in the health of your heart and ultimately how long you live!

There have been many studies done in the United States to show the many benefits of this miracle yeast. One study presented to the American Heart Association showed that those that took Red Rice Yeast lowered their total cholesterol by close to 20%. Their LDL or bad cholesterol came down by 21% and their Tryglycerides came down close to 25%. In another 8-week study using the Red Rice Yeast test subjects saw a drop of their total cholesterol by 23%. Their LDL dropped by an amazing 31%. You have to remember that is a huge difference considering this in only an 8 week study. To make this even better their HDL or their Good Cholesterol increased by 20% as well. This is a very important factor and those that use anabolics should take note. Those lifters that use heavy androgens that are oral in nature like Anadrol, Dianabol and Winstrol usually have a problem with their HDL becoming too low. This is very important to watch out for since this plays a major role in your total heart health. Too low a number in the HDL cholesterol can be a sign of a coming heart attack. Red Rice

A Lean Lifting Machine: WPO star Phil Harrington executes a deadlift - "dive" style

Yeast can be very beneficial for those pharmaceutically enhanced lifters out there to nelp control the effects of heavy androgens.

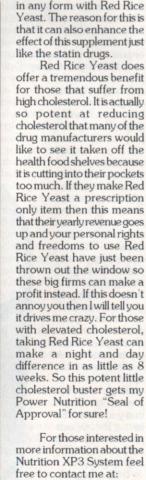
Now you are probably wondering how much of this wonder supplement you should take per day. I would recommend for individuals to take 600mg 2-4 times per day to start. This is a good base and from there you can be analyzed to see if the dose needs to be altered. There are a couple things to note with the use of Red Rice Yeast. Those who are at risk for or have liver disease should not take Red Rice Yeast as it may impair liver function. This is also note for lifters that do use anabolics that may suffer from elevated liver enzymes. If you have this problem I also suggest that you do not take Red Rice Yeast during this time. Instead wait until you have been off your current anabolic cycle for 6-8 weeks and have your liver enzyme count under control. Then consult with your doctor before including Red Rice Yeast it in your plan. This supplement should also not be taken by those under 21 years of age. Now for those that are already taking cholesterollowering drugs like any of the statins, you should not throw this in the plan as well. These drugs include Atorvastatin, Lovastatin, Simvastatin, Flufastatin, Cervistatin and Pravastatin among others. Taking Red Rice Yeast with these drugs may enhance the strength of these medications thereby increasing your chance for damage to

> your liver. One last warning: do not consume grapefruit in any form with Red Rice Yeast. The reason for this is that it can also enhance the effect of this supplement just

offer a tremendous benefit for those that suffer from high cholesterol. It is actually so potent at reducing cholesterol that many of the drug manufacturers would like to see it taken off the health food shelves because it is cutting into their pockets too much. If they make Red Rice Yeast a prescription only item then this means that their yearly revenue goes up and your personal rights and freedoms to use Red Rice Yeast have just been thrown out the window so these big firms can make a profit instead. If this doesn't annoy you then I will tell you it drives me crazy. For those with elevated cholesterol, taking Red Rice Yeast can make a night and day difference in as little as 8 weeks. So this potent little cholesterol buster gets my Power Nutrition "Seal of

For those interested in more information about the Nutrition XP3 System feel

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Or check out my website

Somewhere early in my formative years, the principle handed down from the Ancients of "a sound mind in a sound body" took root. I looked for examples of this, but saw few. Despite it being at the height of the Cold War. I learned about the Soviet heavyweight Olympic lifter, Yuri Vlasov, an Olympic champion and engineer. I saw a picture of him studying in a library and thought:

"OK, he's got it right"

I started lifting weights in my earliest teens, with the intent to enhance my ability in track and field. Today that may seem like a no-brainer, but in the early 60's, weight training was emerging from the Dark Ages, with all the prejudices about becoming "muscle-bound" rather than explosive and functional athletes. I found out that the world didn't need many 70 kg., 177 cm. shotputters; but fortunately, the challenge of the Iron Game was calling.

Following my first role model, my real love was Olympic lifting. Despite living in populous LA, coaching in this endeavor was almost nonexistent. I tried to catch on with Bob Hise Sr., at the Downtown LA YMCA. but it was infeasible to get the constant coaching and technical feedback Olympic lifting demands. Once again, I had to re-invent passions, and I still maintain it today: powerlifting.

My brief background in Olympic lifting had one positive carryover. In that era, the Clean and Press was the first of the then three Olympic lifts. My training for the press translated to a jump-start on the bench press. By the time I was 18 and weighing about 175, Ibenched 400 for the first time in my parent's garage, using a Healthways bar and plates: no spotter, no supportive gear, and basically: no

The first time that I began to train other than solo in that garage was when I was in my undergraduate years at UCLA. When I was 20, I met Russ Knipp who was on campus with Athletes in Action. He encouraged me to compete. It was also around that time that I first became aware of anabolic steroids and used them briefly (more on that later) prior to my first contest, the Jr. Los Angeles meet in 1969. Ihad one of those unconscious days, going 9 for 9, and benching 430 to break John Kojigian's state record.

Sometime after that, a UCLA MBA student and superb lifter, Ernie Doe, dropped by the weight room and introduced himself. He asked if I'd be interested in meeting some powerlifters who trained in Culver City at Bill West's garage. Leagerly accepted and thus came under a lasting influence that I still call upon decades later.

My first meeting with Bill West went something like this: "Oh, yeah, I've heard about you-they say you're the skinny kid who broke Kojigian's bench record." Hard to argue with

I was in awe of the Westside Barbell Club group: wall-to-wall talent, a spring-loaded assist as the bar was

STRAIGHT BAR TALK

JIM KLOSTERGAARD



Jim Klostergaard has a 5 decade perspective on the sport of Powerlifting and has competed in many different PL organizations

with Olympians and World and American record holders everywhere. I felt privileged to be there; aside from West and Doe, Bill Thurber, Harold Connolly (hammer throw), Don Tollefson (discus) and others, and in my book above all, George Frenn (hammer, 35 and 56 lb weight throw). Frenn was a school teacher, I cannot magine any disciplinary problems in

Although I had already become a proponent of power rack training, the original Westside guys used techniques that were new to me: box squats (two heights), benches to a pad (much like board presses) and deadlifts from blocks, as well as while standing on a box using a snatch grip. These were the crux of their Tuesday night and Saturday afternoon regimen. Some of this has carried forward to the modern Westsiders in Columbus, OH. A major difference, and I believe a real credit to Simmons, is the conjugate periodization as applied to powerlifting in the modern Westside principles.

It's worth mentioning a few words about gear use in that time. I hear some purists complain about the gear allowed today, even in the USAPL. As someone who has lifted raw, I think they've got a point. But they should have seen what was worn on the platform back then; not only was there little or no uniformity, but one could use elbow wraps, and I heard of elastic bandages being worn under heavy shirts and configured to act as

close to the chest (a forerunner of bench shirts?), and bedsheets wrapped around the hips to assist the squat, etc. Some of us (guilty) wore cut-off Levis under our shorts, for support in the hole on the squat. As with drugs, there was no enforcement, no meaningful equipment check, etc. So, I feel things

are better today on that score. I continued occasionally training at Westside even while attending graduate school at UC Santa Barbara. Irelocated to Buffalo, NY to complete my doctoral training in chemistry at Roswell Park Cancer Institute. After leaving New York and doing a postdoctoral fellowship at UC Irvine, I moved to Houston in 1982 to take a faculty position at the University of Texas MD Anderson Cancer Center where I remain today. By that time, I was in my mid-30s and felt it was time to take stock of the status of drug use in this sport. As I mentioned, I had my first experiences with anabolic steroids at age 20, and with a few exceptions of going drug-free for some intervals and contests, was still using them. I was always careful to cycle off, and I believed, and still do, that the FDA had done its job in defining a safe dosage It may be hard for some new to

the sport to understand, but when I began, TRULY NO ONE CARED about any of the issues surrounding sports-enhancing drugs, and they were readily available: no testing of any kind; no enforced bans, and there was an understanding that one was a fool not to level the playing field by following suit. Some athletes sought medical supervision for their use, but over time, states gradually began adopting legislation with severe penalties for possession without prescription, and even physician prescription patterns came under

There ultimately were several reasons why I finally decided in 1984 to cease my use. I greatly enjoyed training and competing, and intended to pursue both for as far as I could imagine into the future. Although I accepted the FDA's studies of the safety of marketed steroids, I also recognized that this was not based on chronic use, as in the sportsenhancement context. I also began to notice an alarming trend among some lifters for whom I previously had great respect; rather than total dosages of 50-100 mg per week as had been the norm, they began stacking, with oral and injectables, so that their dosages were 20-30 TIMES that, and they would not adequately cycle off. I viewed

that as being way on the wrong side of the risk/benefit curve. Another trend that I found perhaps the most disconcerting was the rising incidence of use among grade-school kids. One may speculate on whether this was done without the knowledge of coaches and parents, or worst of all, with their encouragement. Certainly no one can argue that these drugs have any place in healthy children. About this time the ADFPA was

founded, and this seemed like a perfect solution for my competitive instincts. Up until a few years ago, their international affiliate was the WDFPF. During the 90s, I participated in several WDFPF world bench press championships, both overseas and in the US. I have great respect for what the WDFPF is trying to stand for in this sport. They had a five-year clean period to become eligible for competition and a lifetime ban if a positive drug result was obtained. While admire the rigor of that principle, the scientist in me also knows that any test will have a non-zero false-positive rate. While the "B" sample should take care of that in most cases, Idon't know if the lifetime ban has been a significant issue for them or not; but it should have recourse to be fair and reasonable

The USAPL/IPF are increasingly turning to OMT (Out of Meet Testing). As expensive and cumbersome as it is to enact, it is the only way that I can think of to put teeth into the 3 year clean period requirement. However, even OMT is imperfect: THG being a contemporary example. As a designer drug, by definition, THG and other drugs of this nature will almost certainly elude current detection techniques, which are exquisitely specific. Recognize that we only became aware that THG might be an issue because of aleak, NOT because of testing. So, the cat and mouse dynamic between the user and the enforcer has a bright future, to the detriment of those who choose to pursue drug-free athletics.

One of my biggest concerns is the fractionalism in our sport: a minor sport like ours is poorly served by having so many federations. It's not enough to have one federation that has strict drug testing and one that has a hands-off policy. The issue of gear, raw, single ply vs. everything else, impacts here, as well.

The USAPL is now aligned with the IPF, and with our team selection system and the tremendous international scope of IPF member nations, it is a thrill to be selected to represent my country on the international platform. This brings me back to where I started my dream five decades ago - to enjoy athletics and this sport in particular, in a way that brings dignity to what it means to be an athlete, to have the honor of representing my country in a sportsman-like competition with the best athletes from other countries, and to relish the many wonderful friendships this endeavor brings.

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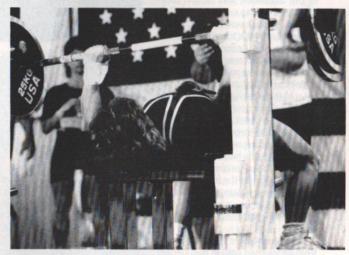
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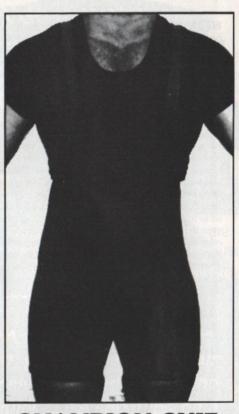
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ASK THE DOCTOR

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.)

HI MAURO: I was working up to heavy close grip benches (16" between index fingers for safety) and sustained some type of shoulder injury. It hurts terribly and my range of motion is almost nothing. Now just after it happened I got up and was able to push a light 5ft bb of about 30lbs overhead for reps with minimal problems. I knew that once the inflammation set in I would not be able to "test" my range of motion most likely so I tried to assess what I could do before the pain set in. I thought this info might be necessary. I could also do a lateral raise motion in the scapular plane but it was a bit tough during the bottom 1/3. Same for a front raise. I'm very worried about surgery as it seems that one never attains full strength/use again. The sound was almost like a liquid or soft/wet tissue. It wasn't a "pop" like a bone makes, rather an odd sound. Almost like a wet sucking sound. I was able to still manage to get 280lbs off of my chest. Could have been adrenaline. I worked my way up and moved the bar down my hips/body. I've been trying to ice it, use some aspirin, and even some wine to alleviate the pain. Could you please help? I live in a small rural area in Indiana and many of the doctors seem less than on the cutting edge and all too willing to use the knife and bill insurance handsomely. I've had shoulder issues on this right side for about 4 years now. I had gone through some ART, stretching, and even changed my bench style to the "elbows in" style of PL's instead of the elbows out like BB's. In addition I had been doing plenty of rows in case I had impingement issues. Throughout this time I've never been able to really go heavy (over 80%) and my right shoulder would sometimes "pop" into position when I would do an overhead press. The weight seemed to put it "down" into the socket and seat it better. I assumed back into a better position. Also I had to no longer lay on my right side or it would be "hung up" upon waking. Usually when I got out of bed, I'd stand with my hands on my hips (like superman) and draw my elbows back almost like unfolding my clavicles. During this time, my clavicle used to pop and move on the end near the sternum, just below my neck. This would usually give me a small pop into what I assumed was a better position also. Things seemed to be better and I could lift relatively well and was still gaining size so I hoped that the problem would eventually improve and leave. Sorry for so much info, but you're one of the few I trust on such an important issue. Please help in any way possible. Thank you, Mauro. **Chris**

HI CHRIS: Sorry about the late response but I'm on an island in the Atlantic and I have limited access to the Internet: It sounds like you've been working yourself into a rotator cuff tear with chronic weakening of the area over the years. However, it's difficult to diagnose exactly what kind of injury/tear you've sustained without examining you and running some tests. What you need to do is to see one of the town doctors right away and get examined, and if possible get an MRI done. Once you do that get back to me ASAP with the results and I'll see what I come up with. Best regards, Mauro

MAURO: High protein diets have been associated with insulin resistance. I have not seen this indicated anywhere in my studies. Have you seen studies indicating this? **Tony**

HITONY: While it may not look it that's a complex statement that's likely treated lightly in the book although it shouldn't be. First of all the whole insulin resistance/sensitivity topic is mired in science that has blinders on. It seems that everyone thinks that insulin resistance is bad. In fact it can be extremely good under certain conditions. The only time insulin resistance is truly bad is at times when it predisposes one to various

diseases including the metabolic syndrome, diabetes, and cardiovascular disease. And even under these conditions it's not always bad. The problem is that no one has adequately defined exactly what insulin resistance is, other than in terms of the insulin response to glucose, and in terms of only specific tissues. The studies looking at this condition look at in respect to prediabetic, diabetic and other conditions and only look at insulin resistance in reference to carbs, and lately fats but always in terms of glucose. But there is much more to insulin than glucose metabolism and no one has looked at macronutrient content of diets and their effects on insulin resistance as far as the actions of insulin on fat and protein metabolism. I'm working on book right now for Humana Press that will be looking in detail on the effects of various macronutrients and diets on insulin, body composition and various diseases including the metabolic syndrome and diabetes. However, to give you an answer to your question, protein has very little to do with insulin resistance as far as the present mindset. If you're looking at insulin resistance when someone is on a high protein, low carb diet, you're looking at the effects of the absence of carbs on macronutrient metabolism so that in fact insulin resistance can be increased on a survival level. With glucose mainly available via gluconeogenesis, it makes sense to have insulin resistance present so that the body depends less on glucose and makes full use of available fatty acids and amino acids for ATP production. In this scenario, dealing with someone who is healthy and not having certain polymorphisms that would make them susceptible to adverse effects secondary to insulin resistance, insulin resistance is a good thing as it mainly applies to glucose. In fact that person may be insulin sensitive when it comes to the anabolic effects of insulin and insulin resistant again when it comes to the effects on insulin on fat metabolism. In this case higher levels of insulin would increase amino acid transport and protein synthesis in muscle, and decrease the lipogenic and anti-lipolytic effects of insulin in body fat, while at the same time decreasing the effects insulin has on transport and oxidation of fatty acids via a shift on the effects of insulin on CPT, malonyl coA ACC, etc. FYI I've copied some info in my database on a study looking at the effects of a high protein diet on insulin resistance. Best

"Latest Findings Suggest Higher-Fat, Lower-Carb Diets Improve Insulin Resistance Sensitivity By Jane Schwanke WebMD Medical News Nov. 10, 1999, (Atlanta) - It's not likely that the debate about high-protein, low-carbohydrate diets will subside anytime soon -especially after the latest data presented today at the American Heart Association's (AHA) 72nd Scientific Sessions suggesting a link between high protein diets and improved insulin resistance sensitivity, particularly in men. The hype about eating high-protein, low-carbohydrate meals to lose weight hit the scene in the '60s with the Atkins diet, followed in the '70s by the Stillman diet, and then in the '80s by the Scarsdale diet. The resurgence of the Atkins-type diet in the late '90s has created a following of millions who tout high protein, low-carb diets as the way to lose weight. But just how safe are these diets long term, and what are the drawbacks? That question came before a panel of international experts at the AHA meeting. In opening remarks, panel moderator Robert Eckel, MD, chair of the AHA's Nutrition Committee, called the issue "very controversial." Peter Clifton, MD, PhD, of the Commonwealth Scientific and Industrial Research Organization in Adelaide, Australia, presented data from a 12-week study of 49 obese men and women with insulin resistance syndrome, a condition that leaves cells with a decrease response to insulin. Insulin is a hormone that promotes the absorption of glucose, or blood sugar, into the cells. Glucose is the body's way to get energy. Therefore, people with insulin resistance syndrome are often overweight and have decreased energy levels. The researcher's goal was to determine whether a high-protein weightloss diet (30% of calories from protein) or a lower protein weight-loss diet (15% of calories from protein) was more effective in reducing insulin resistance syndrome. Clifton's team found, to their surprise, that a high-protein diet improved cells' response to insulin. Should clinicians encourage their patients who have insulin resistance syndrome to embark on high-protein diets? Clifton says no. "We need to wait for good data to show that's the way we should go," he tells WebMD. "At this point, we aren't sure about the long-term problems with diets like the Atkins. I know that high-protein diets are hard to achieve over the long term, and I also know that it's difficult to [track] people on the diets. So while it's possible our theory might be right, we certainly want to confirm it in a much larger study." While Eckel agrees that high-protein diets are safe and effective for short-term weight loss, the long-term implications concern him. "I've seen many people who have been on high-protein diets long term, and believe they are at increased risk for heart attack," he tells WebMD. "While that's anecdotal, the point is that [high protein, low carbo diets] need to be systematically studied. Yes, people lose weight on the Atkins diet, but ultimately, are they safer long term to maintain that diet? I have big questions in that regard."

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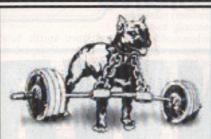
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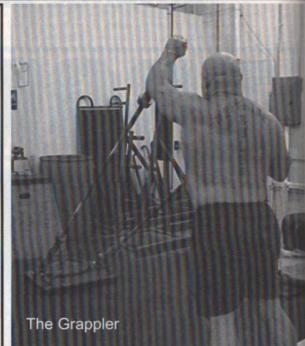
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In a replay of the Venice Beach Super Series event, Mariusz Pudzianowski of Poland won the 2005 World's Strongest Man contest in China on Oct. 7th. In second place was the USA's Jesse Marunde (results courtesy of the China Daily news service)



Phil Hile, 39, died following complications from surgery on Oct. 3rd. Phil's most recent lifts are reflected on this month's TOP 100 rankings for the 132 lb. class. In 1990, he achieved the remarkable distinction of winning the Men's National title for the ADFPA, for the USPF, for and the APF in the 114 lb. class.



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here are a lot of great articles in PL USA every month on specific topics like bench and squat routines, but what many newer lifters need are powerlifting basics such as how many days a week to work out, the frequency of working each lift and other fundamentals; information you can use to build a routine. This month I would like go over issues involving general training and how things can fit together for

I have always believed that powerlifting training should be simple, with no frills, relying on basic exercises. Let's start with laying out a typical weekly schedule. Mr. or Ms. Average Powerlifter can flourish on just 3 workouts per week and even as few as 2. For example, a 2 times per week routine could look like

long-term results.

Day 1: Squat and bench

Day 2: Deadlift In this scenario, space your workouts about 3-4 days apart. For example, Monday would be the squat and bench with Thursday being the deadlift day. Assistance work can be included because of the limited number of exercise sessions, but for the squat, you're out of luck. I suggest just doing the squat. Leg curls and extensions are a waste of energy. If you work vour squat hard enough, you will have no desire to do any other leg work. The best assistance exercise for the bench press is the close grip (shoulder width) bench press. which would follow your benches. Include 3-5 sets of strict curls, calf work, abs, and some stretching to finish. The deadlift can be augmented with shrugs for the traps and

A 3 times per week routine could look like this:

either rows or pulldowns for

the lats. Again, finish with

calves, abs and stretching.

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

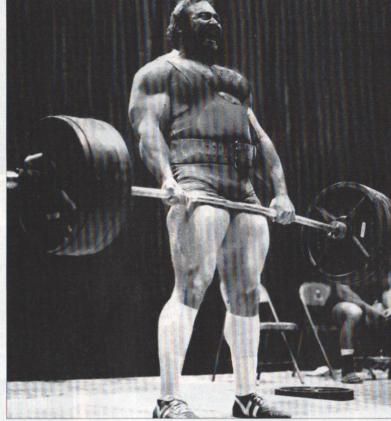
You would want 3-4 days between your squat and deadlift days as they both stress the back, hips and legs. Monday could be squat, Tuesday or Wednesday the bench, and Friday the deadlift. As with the previous example, some assistance work can be added. On squat day, squats are about all you need, throw in 3-5 sets of rows or pulldowns and finish with strict curls. On bench day, add close grip benches and 3-5 sets of overhead presses, barbell or dumbbell. On deadlift day, finish with shoulder shrugs. Calves, abs and stretching should be worked each day.

STARTIN' OUT

A special section dedicated to the beginning lifter

POWERLIFTING BASICS

as told to Powerlifting USA by Doug Daniels



Doug Young obviously knew the basics of powerlifting training, and a lot more. Unfortunately, the 1975-'77 Sr. National and IPF World Champion. died of a massive heart attack on October 7th, while dining in Abilene, TX with Jan and Terry Todd. "I was seated directly in front of him at the restaurant and his face never registered any pain. One minute he was with us, smiling and talking about the good old days ... and then he was gone", according to Terry, despite major medical efforts to revive him. Terry remembers that Doug had "almost freakishlly broad shoulders, a thick chest, a bull-neck, narrow hips, trim joints, sharp muscularity, and a deep tan; and this combination created an indelible impression on everyone who saw him in his prime."

Which routine you follow depends on several factors. One issue is how much time you have to train. Another is if you're gaining on your current routine or not. If you're put off by benching or squatting just once per week, I say give it a try before you blow it off. You can gain more with less training. The key is consistency and intensity. If you absolutely must bench twice a week, take your second workout using 75% of the weights of your heavy day, and include no assistance work on the light day. Add light benches to another day you are working out. Be sure to at take at least 2-3 days hetween bench workouts

Training tempo is the next topic. Most of the muscle magazines stress the blitzing-bombing methods with little rest between sets. This may or may not be great for getting cut, but to build power, the amount of rest between sets should be longer. I suggest resting at least 2-10 minutes between heavy, max sets. This is especially important as you get closer to the actual meet. Getting a pump is not your goal. Powerlifters need that time to recuperate between sets to be able to exert max effort to move near limit weights. In short, slow down and get stronger.

Writers always say lift "heavy", but unfortunately heavy is never

really defined. I define heavy as using a weight for a particular set, regardless of reps performed; that causes you to expend substantial, if not maximal, effort to complete the set. Doing a set of 30 with 100 pounds is heavy if you really have to bust your tail to get the reps. must also add the phrase 'in good form' to my definition. Exercising sloppily usually leads to sloppy

results. Target the muscles vou wish to work and execute your exercises properly. Also perform the actual powerlifts to contest specs. High squats or benching with your butt off the bench in training usually result into early rides home from a meet. Train the way you need to compete. This will help make execution at the meet automatic.

What the best rep scheme for powerlifting causes is a lot of controversy. My answer is there is no best rep scheme. I believe best results can be achieved by exploiting many different rep schemes in your training plan. This can be done by dividing a 12 week period into 4 different 3 week phases. Every 3 weeks alter the rep scheme that is used. The first 3 weeks could see work sets of 12 reps. The second 3 weeks would concentrate on 8 reps. The next 3 weeks would be 5 reps, with the last 3 weeks being 3 reps. By varying your rep scheme during this 12 week period, your body will never get a chance to adjust or become complacent. It will constantly be off guard and be required to adjust and grow to survive. This type of simple rep variation can be the one big change that can make a world of difference in your progress. After the 12 weeks are up, take a week off, then start again. Competitive lifters may want to start at 8 reps and conclude with singles to prepare for a contest. There are many possible rep combinations that can work,

these are just initial suggestions. Keep in mind these are for work sets. You still should use moderate weight and reps to warm up.

I hope this article provided you with the basics that can help you sort out the mountain of information available. The topics I covered are cornerstones in anyone's routine and can be adjusted to fit your own situation. If you are a more experienced lifter and not progressing, you may want to consider some of my suggestions such as workout frequency and assistance work. In all endeavors, basics are essential for best results and powerlifting is no different.

PINA SEE

We'll get to the lifting action in a little while, but Christmas is just around the corner, so that means it's time for POWER!SCENE's annual Christmas/ Holiday Shopping Guide for Powerlifters.

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To look good, at the meet, in the gym, or anywhere else, House of Pain's workout and sportswear might be for you. Visit them houseofpain.com

Finally, we certainly have to mention POW!ERLIFTER VIDEO MAGAZINE, where vou can see so many of today's top lifters using all this gear and equipment, plus using their strength and lifting techniques, as they show viewers their actual workouts and meet lifts.

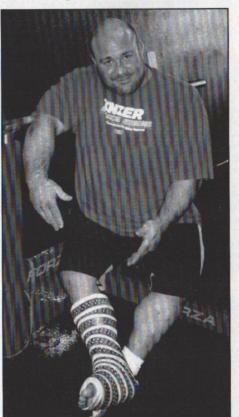


Jennifer Kaylor will be interviewing for PL Video

VIDEO has been covering the lifting scene since 1992, and is now also available on DVD. For the holiday season, there's a special promotion, where new subscribers get FREE a Special Edition Video of their choice, POW!ERLIFTER VIDEO's Bench Press Kings or POW!ERLIFTER VIDEO's Best of the Bench, which was just finishing production at press time. It features the bench press workouts of Gene Ruchlak, world record holder in the bench, Ryan Kennelly, and Mike Miller, plus bench press tips from Mendelson. powerliftervideo.com or call toll-

And now, on to a bit of meet coverage. POW!ERSCENE and

free 800-227-2355.



POW!ERLIFTER Scot Mendelson after more ankle surgery

VIDEO traveled to the always popular Las Vegas for the APF/ AAPF Sin City Iron Fest. Promoted by Mark Swank, it drew lifters from as far away as Florida (Dr. Gregory Hayes, that's you.) Marks' gym had the AAPF Best Lifter, Dan Martin, who hit a 440

SQ, and J.R. Mancini, who, having recovered from an arm injury, was happy to be back in competition. Mark himself benched 606,

California's Brian Meek was the APF Best Lifter, and Chris Brigham-Baeta was the women's APF/AAPF Best Lifter.

Coming up, as we start looking at next year, is February's FIT Expo, in Pasadena, California, and it should have a ton of powerlifting. Both the USPF and the APF are running big regional meets, and Scot Mendelson will be hosting the Scot Mendelson Bench Press Classic. This past February Ryan Kennelly was the champion; next vear there will be two weight classes and \$5000 in prize money for

each class

Scot won't be lifting in his own meet. Instead, he's scheduled to attempt a World Record bench during a break in the Ironman bodybuilding contest, and Becca Swanson may also be on that stage going for another one of her incredible lifts.

Plus, Odd Haugen will be putting on a pro strongman show, and there should be lots of booths, exhibitions, seminars, figure and bodybuilding shows, so think about coming to L.A. for that midwinter break. The Fit Expo is February 17-19, 2006; learn more thefitexpo.com

That's if for now. Happy Thanksgiving, and think of all that lean protein you can get from eating turkey. And then reward your favorite powerlifter, even if it's you, with something powerlifting related for the holiday season

'til next month, see you on video.





J.R. Mancini back in action



Dan Martin AAPF Best Lifter



Director for the '06 APF Seniors

(Force Training article by Jim Wendler and Elite Fitness Systems continued from page 11)

on the bar. From there, you can tweak your stance. Because you are not wearing gear, your hips must be taken into account.

Now if you are training athletes and I hope they are not wearing squat briefs, you need to bring your stance in to an "athletic" stance. What is an athletic stance? Get into any position that mimics an athlete: a linebacker, a volleyball player, a shortstop, etc. They all have the same basic stance. It is slightly wider than shoulder width. If it's not, then you need to talk to the sport coaches and see what the hell they are teaching their athletes.

A quick note about the angle of your feet; 99% of people cannot squat with their toes pointed forward. The only ones that I've seen do this are very light lifters. Most people will point their toes out slightly. This makes for an easier descent and a

more comfortable position. This will also allow them to open up their hips as they approach parallel. Most people will settle into their stance with their toes pointed exactly where they are comfortable. Unless they are at a 45 degree angle or wider, I wouldn't worry too much. Just so you know, the angles and their degrees that I talk about are not measured; they are eyeballed. So don't get out your compass and protractor. If you do, then there is a good chance that you have dice that are 12 sided.

Training

Now for the final installment; what we have all been waiting for. How will the standard template change if you are a raw squatter?

First let's look at the basic template that Dave Tate wrote about in his article, Periodization Bible, Part I.

MONDAY:

Max effort lower body day (squat, dead lift)

- 1. Hamstrings
- 2. Lower back
- 3. Abs
- 4. Possible upper back work

FRIDAY:

Dynamic effort lower body (squat, dead lift)

- 1. Hamstrings 2. Lower back
- 3. Abs
- 4. Possible upper back work

Here is how I would change it:



MONDAY:

Max Effort lift Quads Low Back

FRIDAY:

Dynamic Effort Squat Speed Pulls Hamstrings

Exercise Selection

I'm not going to go into max effort lifts and dynamic squat cycles. This has been talked about endlessly. Iam going to go over the assistance lifts and how to choose them. The first thing that you should do is take a look at the above template and write down the exercises that YOU feel are the most important for the quads, hamstrings, low back and abs. This may take awhile due to the overwhelming amount of exercises out there. Plus, many of us like certain exercises more than others and feel we get more out of them. So using myself as an example, here is what I would choose:

> Power Squat Belt Squat Lunge/One-leg squat Low Back

Quads

45 Degree Back Raises Good Mornings Hamstring Glute Ham Raises Romanian Deadlifts

because they give me more bangfor-buck than most other exercises. Plus, these exercises have proven to me that they work. Here are a couple of things that I would like to point out.

If I was using a squat variation on Monday for max effort work, I

Do your lats and upper back

Remember - when you squat, your entire body squats. Not just your posterior chain. You have to have strong legs (front to back) and a strong torso (front to back). There has been so much emphasis on the posterior chain and rightfully so. But understand that many people have more than hamstring and low back deficiencies. The "rallyaround-the-p-chain" movement is widespread but don't ever limit yourself to training just one area. movement and now (regrettably) the Posterior Chain movement is getting to the point that people believe that these areas are the only muscles on your body. Remember that many people are giving advice when dealing with athletes with overdeveloped quads. Not everyone fits this description.

I picked these exercises

I would NOT do RDL's and speed pulls on the same day. If you were going to speed pulls, stick to the glute ham raises. If you were to RDL's, I would skip the speed pulls.

would not do the Power Squat.

exercises on your upper body days.

Train everything. The Core This is usually the case of lifters

doing all of one thing (usually leg pressing and 1/4 squats) for the quads and nothing for the hamstrings. Sound familiar? The pendulum of training will always swing back and forth. I'm just trying to neutralize the swing. For awhile, anyway.

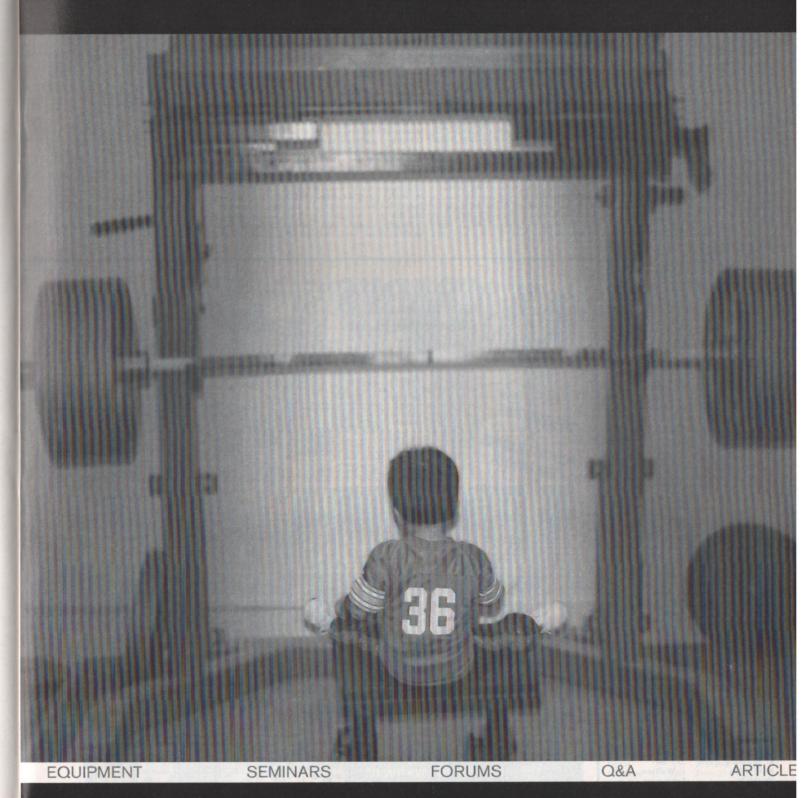
Chains and bands - if you are into hitting it raw dog, then I would limit the amount of chains and bands. Why? Because these will limit the amount of bar weight and thus limit the amount of weight at the BOTTOM of the lift. Remember how I mentioned that a squat suit gives you a boost out of the hole? Well, this is not going to happen if you are wearing your Nike Dri-Fit shorts. So you need to make sure that you have an appropriate load at the bottom of the lift to make up for your insufficient clothing. This doesn't mean that you should NEVER use a lot of bands. Use them as a tool but not as a regular part of your training.

Now here's a spin on squatting with bands that no one has mentioned and I am going to take full credit for. Everyone talks about the role of accelerated eccentrics when using bands and then as soon as they do that, they will put on their lab coat and smile. Once again, I am going to try to bring the pendulum back to the center. One of the best things that I ever did when squatting with bands is slowing my eccentric phase. WHAT!? Beard of Zeus! By the Nectar of Lactating Women! Jim has lost his mind! Here's why-The bands pulled me down so hard that it was EASY to drop fast. By slowing myself down and teaching myself to hold my upper back/low back tight this helped me strengthen the muscles of my back and helped me learn where to position my body DURING the squat. The bands felt as if they were crushing me and it took quite a bit of strength to slow down. But by doing so, I got stronger and my squat increased. And I did not lose any speed. Now know that goes against conventional wisdom and it may not work for everyone but give it a shot sometime

For more information egarding training, the most hardcore racks and equipment, apparel, Metal powerlifting gear. Force Training seminars and over 10,000 archived questions and

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Someday I will...



Someday I will prepare with everything I have. Someday I will perform to my best ability. Someday I will prevail.

Elite Fitness Systems will be there eve step of the way providing the mos advanced training, information an equipment the world has to offer.



	PF Snake River
11 JUN 05 BENCH	- Idaho Falls, ID
Snake River-AM	G. Cunningha 89 Open
WOMEN Teen (age 13)	123 lbs. D. Moretto 137
97 lbs. G. Cunningha 93	Master (60-61)
Open Novice	165 lbs. M. Zeller 220
132 lbs.	MEN
L. Starger 66 Open	181 lbs.
123 lbs. S. Thielen 14	S. Larson 341 8 Open
D. Moretto 14	3 132 lbs.
132 lbs. T. Madden 11	P. Gilpin 220 5 181 lbs.
T. Madden 11 S. Thielen 14 MEN	8 J. Cunningha 473 Master (40-41)
Youth (age 12)	181 lbs.
181 lbs. J. Harrison 14	J. Cunningha 473 3 AAPF-PM
Teen (age 13)	MEN
123 lbs. S. Ma 15	Submaster
220 lbs. B. Gilbert 71	J. Thompson 402 Master (45-49)
Teen (14-15)	198 lbs.
148 lbs. T. Bates 17	D. Clayton 374 6 B. Baker 341
Teen (18-19) 165 lbs.	Master (50-51)
A. Kippen 17	
Novice 181 lbs.	APF-AM WOMEN
E. Whitmore 30	
Open 148 lbs.	G. Cunningha 93
D. Blaskovich 30: 181 lbs.	3 MEN
Cunningham 47	Open 3 181 lbs.
L. Blaskovich 42 R. Chuensiri 27	9 J. Cunningha 473 5 Master (40-44)
Submaster	181 lbs.
181 lbs. R. Chuensiri 36	J. Cunningha 473 9 Master (50-51)
Master (40-44) 181 lbs.	198 lbs.
J. Cunningha 47:	M. Higgins 248 3 APF-PM
Snake River-PM MEN	MEN Master (50-51)
Teen (14-15)	198 lbs.
220 lbs. M. Frost 259	M. Higgins 248 9 DEADLIFT
Novice 220 lbs.	Snake River-AM WOMEN
J. Mooney 314	4 Novice
275 lbs. J. Wallace 297	148 lbs. 7 J. Brown 137
Open	MEN
198 lbs. D. Clayton 374	Submaster 4 148 lbs.
C. Hill 314 220 lbs.	M. Haynes 501 Master (40-41)
K. Coombs 468	
275 lbs. D. Adams 468	K. Penny 551 Claire Gale Team
Junior	Youth (age 12)
198 lbs. C. Shefts 325	181 lbs. 5 J. Harrison 143
Submaster 220 lbs.	Teen (age 13) 123 lbs.
G. Hughes 303 275 lbs.	3 S. Ma 154
J. Thompson 402	B. Gilbert 71
Master (50-54) 220 lbs.	Teen (14-15)
R. Marchant 363	T. Bates 176
242 lbs.	Snake River-PM
T Wood 341	Novice
Master (45-49) 275 lbs.	l. Mooney 407
R. Branning 529 AAPF-AM	J. Wallace —
WOMEN	Submaster
Teen (age 13) 114 lbs.	275 lbs. J. Thompson 600
Snake River SQ	BP DL TOT
AM WOMEN	HVC to the love of the same
Novice	
148 lbs. J. Brown 104	104 137 347
Junior 181 lbs.	Still of the state of the
P. Giddings 341	176 308 826
Open 220 lbs.	
H. Gibson 270 MEN	203 253 727
	The St. Co. St. and St. Co. St



Good	Hair	Day		for	Peyton
Wesse	Ils at t	he Śn	ake	Riv	er meet

Youth (age 3)				
H. Hughes	44	45	45	134
Youth (age 5)				
H. Hughes	44	45	44	133
Youth (age 6)				
P. Wessells	44	44	44	132
Youth (age 7)				
H. Hughes	44	45	45	134
Youth (age 9)				

A. Martin	44	45	45	134	220 lbs.				
Youth (age 1	2)				D. Palmeer	501	363	473	1339
J. Gibson	187	110	220	518	J. Mooney	352	314	407	1074
Teen (14-15)					Open				
148 lbs.					242 lbs.				
B. Darringto	n 225	214	270	710	R. Neilson	606	507	551	1664
220 lbs.					Novice				
M. Frost	374	259	402	1036	275 lbs.				
Teen (16-17)					J. Wallace	336	297	270	903
165 lbs.					AAPF-AM				
J. Oller	347	231	451	1030	WOMEN				
Open					Junior				
165 lbs.					181 lbs.				
A. Paterson	374	242	402	1019	P. Giddings	341	176	308	826
181 lbs.					MEN				
C. Wessells		352	451	1344	Teen (age 13)			
Master (45-4	9)				132 lbs.				
181 lbs.					T. Israel	-	-	-	-
C. Lovell	462	264	473	1201	Submaster				
Snake River-	PM				148 lbs.				
MEN					M. Haynes	454	325	501	1280
Teen (14-15)					Master (40-4	4)			
220 lbs.					181 lbs.				
M. Frost	374	259	440	1074	J. Israel	_	_	_	_
Teen (18-19)					Master (70-7	4)			
242 lbs.					181 lbs.				
J. Shively	407	264	485	1157	R. Zeller	209	165	281	655
Novice					APF-AM				

MEN				
Open				
165 lbs.				
A. Stephens	501	347	551	1399
Master (70-7	4)			
181 lbs.				
R. Zeller	209	165	281	655
APF-PM				
MEN				
Open				
242 lbs.				
J. Gibson				
A. Carlquist	804	303	633	1741
AAPF-PM				
MEN				
Open				
220 lbs.				
S. Mecham	650	507	584	1741
3087 lbs.				
J. Thompson	650	507	688	1846
J. Bravo	749	402	622	1774
Submaster				
308 lbs.				
J. Thompson	650	507	688	1846
Another grea	t mee	et at A	pple A	thletic

and many showed much promise. Over 30 records were set or broke, either in the APF/APF or Snake River competitions. A deep and sincere thank you to all the people who made another meet possible. Steve and Liz have been gracious enough to let us host the event in their beautiful Apple Athletic Club. They have an absolutely wonderful facility here in Idaho Falls. One of the lessons learned from last year's meet was that we needed a deadlift pelatform. All the local powerhouses were deadlifting so much weight that the lights were shorting out in the locker room, below the warm-up area. With the help of sponsors and personal investment, we were able to get a forza power center. When all excitement, sweating, and straining is over, the real strength behind the Apple Athletic Club is Chad! He's the man. Chad is the building operations guy who puts the facility back to normal and the big event. A special appreciation goes out to our main sponsors: Brad Trip of Freightliner of Utah and Eric of Crown Trophies. The combination of the two saved the day. Brad is also a nationally view and Skyline High, where she was the YMCA. She went to school at Taylor saved the day. Brad is also a nationally view and Skyline High, where she was the YMCA. She went to school at Taylor the facility before the two shool at Taylor the people who made another meet possible. They did a fantastic job on the promotional including a 353 lb. squat, 180 bench, and 380 deadlift. Today she is a 2nd Lieuten-and Air Force Academy, praisula 380 deadlift. Today she is a 2nd Lieuten-ant Air Force Academy graduate await-including a 353 lb. squat, 180 bench, and 380 deadlift. Today she is a 2nd Lieuten-ant Air Force Academy graduate await-including a 353 lb. squat, 180 bench, and 380 deadlift. Today she is a 2nd Lieuten-ant Air Force Academy graduate await-including a super list future with help from sponsors, we hope future with help from sponsors, we hope that the light world Records, and the tour bench, and super list future with help from sponsors, we h

308 lbs.

J. Thompson 650 507 688 1846
Another great meet at Apple Athletic Club, in the powerful "Teton Land", home of the Grand Teton National Park. Over 50% of competitors were newcomers,

Trophies. The combination of the two saved the day. Brad is also a nationally ranked bencher, so come see him lift in State champion in shot put and discus.

She started lifting in the meets as a youth at the YMCA. She went to school at Taylor view and Skyline High, where she was state champion in shot put and discus.

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She started lifting in the meets as a youth at the YMCA. She went to school at Taylor view and Skyline High, where she was state champion in shot put and discus. the loss of a great friend, meet supporter and lifter. Greg Pearce passed away a few weeks before the meet. In prepara-tion for the meet, many times, it was hard tion for the meet, many times, it was hard for us to be into it whole heartily, and especially hard for the lifters who trained with him. They were Chris Wessells, Alex Paterson, Donnie Younger, Keith Penny, Linda and Michael Higgins. Chris and Alex had Greg's determination in there minds, because they had a great meet. Greg loved the meet and would want it to continue! I missed him stomping off the platform, reminding me of a pissed-off fred Flintstone in a canvas suit. I'm sure Fred Flintstone in a canvas suit. I'm sure he was looking down, smiling, and wanting to be on the platform. God bless you Greg, you are missed! (Thanks to Michael and Linda Higgins for providing results)



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USAPL Maximum Metal II 6 AUG 05 - Dunmore, PA Junior (20-23)

WOMEN		C. Miller	290
114 lbs.		Master (55-59)
Teen (14-15)		J. Fremont	305
E. Raynova	85	Master (65+)	
Teen (16-17)		P. Hubbard	285
T. Ostrowsky	125	Open	
123 lbs.		R. Aiello	405
Open		Master/Open	
J. Brown	160	G. Passmon	390
148 lbs.		220 lbs.	
Master 940-44	4)	Master (50-54	(1)
N. Hubbard	145	J. Bertocki	415
181 lbs.		Master (65+)	
Open		L. Sposato	340
C. Cooper	140	Open	
MEN		E. Brinkman	475
123 lbs.		P. Stump	340
Teen (14-15)		A. Bertocki	335
M. Logan	135	242 lbs.	
148 lbs.		Open	
Master (50-54)	G. Carone	385
J. Kavarnos	245	D. Hughes	_
Open		275 lbs.	
C. Jones	300	Teen (14-15)	
165 lbs.		A. Lepri	205
Junior (20-23)		Master (60-64	1)
L. Loft	315	B. Donnelly	375
Master (50-54)	Open	
R. Burnett	300	D. Ratchford	
Master/Open		D. Shiffer	555
R. Legg	220	SHW	
181 lbs.		Open/Guest	
Teen (18-19)		N. Hulslande	r615
I. Raynov	255		
Location: Mo	tivatio	N. Hulslande	nter.
Coordinators:	Joe No	ealis & Allan M	liller.

Best Female Lifter: Tiffany Ostrowsky.

Best Male Lifter: Don Shiffer. Teams

Motivations Fitness Center 66 pts., Ga-

rage lnk 56 pts. (These results by USAPL)



Left to Right, Derek, Jim, and Kyle Chiodo. Derek and Kyle benched and deadlifted at the WABDL House of Pain Midwest Regional. (Chiodo) Master (40-46)

	Talen i					0		165 lbs. B. Maya
		Aidwest Region		181 lbs.		198 lbs.		181 lbs.
28 MAY	05 - N	linneapolis, MI	N	D. Anderson	523	L. Cross	501	O. Reima
DEADLIFT		Junior (20-25)		220 lbs.		T. Eiseman	768!	220 lbs.
WOMEN		198 lbs.		Burlingame	622	Burlingame	822	T. Pemu
Open		L. Cross	501	Master (54-6	0)	242 lbs.		D. Rygh,
148 lbs.		259 lbs.		181 lbs.		F. Schuetz	584	259 lbs.
K. Ohlson	292	Schmid, Jr.	617	R. Krowech	551	308 lbs.		E. Knuds
4th-303		Master (40-46)	4th-573*		R. Edinger	700	Master (
MEN		165 lbs.		Master (61-6)	7)	Submaster (3	4-39)	165 lbs.
Class-1						259 lbs.		M. Bense
181 lbs.		4th-352				K. Karlak	628	181 lbs.
R. Sleley	424	198 lbs.		Master (80-8	4)	308 lbs.		D. Ande
4th-440		T. Eiseman	768!	181 lbs.		R. Edinger	700	*=Nation
220 lbs.		Master (47-53)	R. Stephan	330	Teen (16-19)		first Mini
J. Boettger	601	132 lbs.		4th-341!		148 lbs.		were 38
N. Krohn	595	C. Wong	451!	Open		K. Chiodo	518	lifters, ar
259 lbs.		165 lbs.		181 lbs.		165 lbs.		The venu
K. Kartak	628	M. Benson	413	R. Krowech	551	D. Chiodo	518	hotel in
I. Murphy	584	D. Felton	573	4th-573		R Folgate	352	stalled a

353	outdoor deck. The ballroom is 3200?? sq. feet, and the warm-up room was 1000 sq ft.
	In the deadlift, Robert Staley of Missouri
314	set a state record in class-1/181 with
314	440.7. His training partner, John Boettger,
535!	who is the WABDL State Chairman, set a
333:	
	Missouri record 601.8 in class-1/220.
374	Nate Krohn of Minnesota was a close
	second with a Minnesota record 595. At
429	259, Kevin Kartak hauled in 628 to beat
0)	Jason Murphy, who wasn't too far behind
	with a respectable 584. In junior 259,
n325	Dennis Schmidt Jr. Set a Minnesota state
	record 617 after exalting on his 600.7 in
440	his previous attempt, which was his first
	ever pull with 600. In master men, Bret
374	Mayo pulled a north Dakota record 352.5
7)	in master 40-46/165. Bret had been away
,,	from competition for a couple of years with
270	
7 270	minor injuries, but he came back in top
	form. In master 40-46/198, one of the
341	worlds top two deadlifters, Tom Eiseman,
	set a World Record of 768. Tom's goal is
	to get 800 and then retire. Tom is a
308	chiropractor and a real genuine guy. He's
	not demanding and he considers it a
380	pleasure to lift in WABDL. I've known him
	for twenty years. When he went to the
314	Hawaii record breakers meets, he didn't
	ask for the world like a lot of big name
485	lifters. He locked out 800, weighing 177 in
405	Hawaii, conventional style. He's now
507	doing sumo because of a knee operation
307	and he's a vegetarian and lifetime drug
	and ne's a vegetarian and metime drug
	free. Chuck Wong of Minneapolis set a
451	World Record in master 47-53/132 with
4-39)	451.7. Chuck is a technician and ap-
	proaches the bar with a very methodical
385	
-	THE LCANS
	S LEGISLAND FE
	gu 100 de
148	



PL USA BACK ISSUES

Record Breakers, Rack Training, TOP Worlds, DASH Record Breakers, Bill 100 SHWs, ADFPA TOP 20 181s Nichols Profile, Sticking Points, TOP Sep/93... ADFPA Men's Natls., NASA 100 275s, ADFPA TOP 165s Grand Nationals, Female Confessions, Jul/94... USPF National Masters, Rickey 100 114s, ADFPA TOP 20 198s

TOP 100 123s, ADFPA TOP 20 220s Jan/94... IPF Men/Women Worlds, IPF r/Master Worlds, WPC Worlds, Greg Lowe Squat, Cycling Systems, TOP 100 165s, ADFPA TOP 20 SHWs.

Feb/94... Drug Test Methods, ADFPA 123s, ADFPA TOP 20 220s. Greg Warr BP Workout, Hernia Surgery, TOP 181s, ADFPA TOP 114s

Mar/94... Women's TOP 20, Drug 100 148s, ADFPA TOP 20 275s. Testing Methods Pt. II, The Trap Bar, Dec/94... Jon Cole, Asian Success Syndrome, TOP 100 132s USPF Biography, TOP 100 220s Teen Training, Tamara Grimwood, TOP Championships, Conjugate Training, Oct/95... Jamie Harris Interview, Apr/97... Clark Benches 800 - Waterman 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/ADFPA Collegiates. USPF Jr. Natls., IPF World Bench Press, Feb/95... World's Strongest Man, Jesse Peaking Routine, TOP 100 181s Budweiser Record Breakers, Fluids, TOP Kellum Squat Workout, Willie Williams Jan/96... IPF/WPC/WDFPF Worlds, Jun/97... J.M. Blakley, Dream Team Pt.

MacDonald Bench Legacy, TOP 100 Oct/93... APF Seniors, NASA World SHWs, ADFPA TOP 20 181s

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,

National Masters, Malibu Classic VI, Nov/94... WDFPF Worlds, Goodwill Games, Is PL a Mockery of Strength?, Sep/95... Triple SENIORS ISSUE ADFPAV Feb/97... Power of Compelling

> USPF BP Nationals, Euro Jrs/Womens, United We Stand, TOP 100 165s. Jan/95... WPC Worlds, IPF Worlds, IPF Training Devices, TOP 100 148s. World Masters, Greatest All Time Dec/95... Walter Thomas Interview, IPF May/97... Dream Team Pt. 1, Kick Start Squatter, Karl Saliger of Austria, Meet World Bench Press, Trainers of Your Squat, Ken Ufford 800 lb. Deadlift

NASA Masters, Legends of PL, World Jun/94... NASA Natural Natls, WPA Grimwood BP Routine, TOP 100 220s Multi-Year Training System, First Seniors,

Craig Tokarski Interview, Isometrics, TOP

Performance Review, TOP 100 181s. Tomorrow, Leo Stern Profile, 6 Week Workout, Pyruvate, the Art of Winning,

705 Bench Press, Video/Computer Percent Training Pt. II, IPF World Masters, Technology, TOP 100 198 lbs.

lifters, and in 2005 there were 54 lifters.

J. Fjelstad 35

37

4th-358

198 lbs.

220 lbs.

S. Pribyl

K. Soully

242 lbs. E. Molnai

308 lbs

S. Fronk

220 lbs.

165 lbs.

220 lbs B. Briggs Open 165 lbs.

B. Maya

C. Neal 198 lbs.

L. Cross

I. Roettger

F. Schuetz

Krych

4th-518

Submaster (34-3)

242 lbs.

259 lbs.

242 lbs.

275 lbs.

165 lbs

148 lbs

165 lbs.

K. Chiodo

D. Chiodo

J. Steffens 4th-402

G. Gulseth

Teen (13-15)

C. Anderson

4th-165 Teen (16-19)

4th-380

374

407

303

485

374

385

451

468

330

462

374

700 *=National Records. !=World Records. The

Mercado

Molnai

Steffens

Krych

Murphy

Crass

4th 360

F Knudsen

M. Benson

Master (47-53)

D. Anderson 303

501 O. Reiman

822 T. Pemu D. Rygh, Jr. 584 259 lbs.

4th-402

Master (54-60) 181 lbs.

D. Hawkinson 32

L. Anderson 44

R. Schubert 37

Master (61-67)

L. Dashevsky 27

Mar/95... Women's TOP 20, Don Interview, TOP 100 198s Reinhoudt, Ethics of Ergogenics, Mar/96...TOP 20 Women/Masters/Teen Apr/95... NASA Natural Nationals, Framework for the Novice. Deadlifting without Deadlifting, Raising Jul/96... AAU Men's, USPF JRs., DHEA, Work Capacity, Bruce Wilhelm, L.M.W.

Compounds, TOP 100 242s. O.K.G., Craig Tokarski Seminar, TOP Crain Profile, Lower Back Training, Mike May/95... Mike Bridges, Jamie Harris' Aug/96... ADFPA Men's, APF Sr. Natls, 740 Bench, James Henderson, USPF "Ban All Equipment", Rest Pause Changing Weight Classes, Joe Revisited, Specializing in the DL by Cup, Grant Pitts Profile, ADFPA DL Aug/94... APF SRs, Paula Suzuki McAuliffe SQ Workout, TOP 100 275s Louie S., FIBO Show, TOP 100 123s. Nationals, Rest Pause, Bombing Out, Interview, Shane Hamman Squat Jun/95... Antonio Krastev, USPF Oct/96.. WDFPF Worlds, Ed Coan/Kirk Collegiates/Bench Natls, Overtraining Karwoski Interview, Anthony Clark or Adaptation?, Greg Warr Interview, Interview, Herb G. "Responds to the Curt Leslie BP Workout, TOP 100 SHW Response", TOP 100 148s Jul/95... IPF Women's Worlds, Nick Nov/96... APF Can-AM, Clark benches Box Squats, Phytochemicals, TOP 100 Lavitola Deadlift Workout, Pec Tear 780, James Henderson says "Face Me" Nightmare, Aloe Vera for Training, Off Triboxin, Wade Hooper Squat Workout,

Season Hints, TOP 100 Flyweights APF/USPF, How to Use Creatine, Chris Outcomes, WPC Worlds, IPA Natls, Confessore Interview, Women & the Formula for Success, Making Weight,

World's Strongest Man, Hank Hill

Karwoski Squats, Tamara Rainwater- Rankings, Chromium, Plant Extracts,

'65 vs. '95 Top Ten, "Chain Reactis" by Louie S., Rob Wagner, TOP 100 114s

Paul Wrenn, TOP 100 165s

Successful Deadlift Strategies, Elite Level 600 @ 181, Powerlifting Crisis, World's Supplements, AAU Jr. Olympics, New Strongest Man, USA PL Decline, John Ford Pt. 2, TOP 100 242s.

Deadlift Primer, TOP 100 275s.

OH WEL 1.888.46

Robert Krowech is recovering from cancer.

manner. He will deadlift 500 at age 50 and 165 respectively, Kyle and Derek weighing only 132, which will be a very Chiodo did 507 and 518 respectively, but

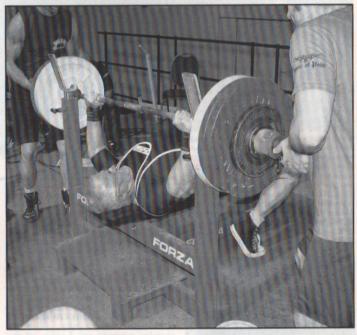
of driving in two days, at age 82. I know some lifters have to drive more than two hours they won't do it, and they're under 40. In the open men deadlift 198, Tom Eiseman set a World Record man set a World Record with 768.2. at 242, Frank Schuetz set a Virginia record 584. At 308, Rich Edinger, who has one of the best psyche-ups in the game
- he really knows how to
bring it on - pulled a North Dakota state record 700.9. he's been shooting for that number for ten years. Rich is adamantly drug free. He is a lawyer in Fargo and has both a private practice and works for the public de-fenders office. He is also the WABDL state chair for North Dakota. In open women. Kristin Ohlson set a Minnesota record 303 at 148. In submaster 259, Kevin Kartok set a Minnesota record with 628.2 and Rich Edinger set his second record of the day with 700.9

Wisconsin That's 15 hours

high coefficient. In master 47-53/165, were both short on Minnesota state and Mark Benson was second with a Minnesota World Record attempts. Kyle holds the record 413.2 and the winner was Dave World Record at 16-19/148 wth 540. His Felton who set a Wisconsin record 573, father Jim coaches them and has done 551 which would be ranked third in WABDL, in 47-53/181. He is an excellent coach. and in the top ten with all federations Moving on to the bench press in class-1 at considered. In master 47-53/220, Duane 181, Minnesota state chairman Dan Burlingame, who brought four lifters from Hawkinson pushed up a state record 325, Illinois, pulled 622.7, but couldn't haul in but finished second to Chris Neal, who Illinois, pulled 622.7, but couldn't haul in 661. Robert Krowech in master 54-60/181 set a national record 573. There is only one lifter in the world better than Robert Olicio Dos Santos of Brazil, who ranks right up there with Tom Eiseman and George Hering, with 700.7 at 54-60/181, and Dos Santos was 58 when he pulled 700.7! in master 61-67, Bryon Briggs of Wisconsin rect a classiance of the control of the set a state record 479.5 at 220, and in 80-84/181, Robert Stephan set a world 341.5 Wisconsin record 367.2. In master men 40-84/181, Dean Rineman set a Minnesota at age 83. He only weighed 168. The state record of 435.2 and had more in him. coefficient was over 650! Robert has gone He will be benching 500 within a year. At to two meets in Fargo, North Dakota, and will drive 7-1/2 hours on a Friday weighin, compete on Saturday, then drive another 7-1/2 hours back to La Crosse, with 374.7. In master 47-53/181, David willow with a Wisconsin record 303, but was huge with a World Record 535.6. Kevin was h

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.



Kevin Scully benched big time at the House of Pain Midwest Regional

Anderson set a Wisconsin record 303, but was huge with a World Record 535.6. Kevin

2, ADFPA Nationals Chronology, IPFMar/98... Mark Philippi Interview, TOP Worlds, Jerry Tancil, TOP 100 198s. TOP 25, Good Mornings, Scott Smith20 Women, Teen, Master Rankings, James Feb/99 ... WPC Worlds Pt. 2, Coan goes Henderson, George Nelson, 1st Worlds, RP Workout TOP SHW

Jul/97... Shane Hamman Profile, DougBrad Gillingham backstage Heath Squat Workout Pt. 1, WDFPFApr/98... Bull Stewart Speaks, USAPL Champ. Chronology, EPF Europeans, Women's, APF All Time TOPWomen, The Warmup Room, TOP 100 114s. Westside Invitational, Foundational

Aug/97... Power of Color, How to BPTraining by Louie, TOP 242s. 500 Easy by Louie S., ADFPA TOP 25 All Jun/98... Mark Henry, Ernie Milian, Time, APF Seniors Chronology, MarkOlympic Cycle, Louie on "Researching Resistance", 10 Keys to Success, AAUPC Pasillo, TOP 100 123s Sep/97... USAPL/USPF/APF TripleWDFPF Split, TOP 100 SHWs.

Seniors, IPF Women's Worlds, World's Jul/98... Kirk Karwoski, Angelo Strongest Team, NEW Mineral Orotates, Berardinelli, World's Strongest Man Jouko Jun/99... Powerlifters as Bodybuilders, Progressive Overload, TOP 100 132s, Ahola, Ion Arenberg, IPF Women's Worlds, Oct/97... Brad Gillingham Profile, TOP 100 Flywts.

Resistance Training by Louie Simmons, Aug/98... USAPL Men's, Platform Ken Emrich, Power Biceps Training, Deadlifts, ADFPA Women, Yueh-Chun Aug/99 ... the Rubber Band Man, the Methoxivone, TOP 100 242s Larry Miller interview, Top 100 Ltwts. Chang, IPF World's, APF Nationals, Shane Nov/97... U.S. Strongest Man Contest, Hammon, Top 100 Bantam. World's FASTEST Bench Presser, RickSep/98... APF Seniors. Part 1, the Ed Coan

Gaugler Profile, Light Training Days, Decision, Power Bells, York Summer Diabetes & PL, TOP 100 165s. Picnic, Visit to Westside, 3x3 Training Dec/97... Vicki Steenrod, FunctionalPlan Part 1, TOP 100 132s

Protein Powders, Louie Simmons SquatNov/98... A Worlds to Remember, Japan Spectacular, TOP 100 132s Workout, USPF's Best Women, WaltNationals, PL Weapons, Pat Beaumaster, Joe Dube, Jackie Davis, TOP 100 Austen DL, TOP 100 181s lan/98... IPF Men - Master - Jr. Worlds, Middlewts., Isoflavones.

WDFPF Men - Teen - Jr. - Master Worlds, Dec/98 ... IPF Masters-Juniors - Mens/ World's Strongest Man Qualifiers, BestWPC/WDFPF/AAU / AAPF World Meets, Nov/99 ... Muscle Beach Lives, East in the 800s and 900s, TOP 100 114s Injury Avoidance, USA All Time 800 DLs,

Worlds, World's Strongest Man, WPCJan/99 ... WABDL Worlds, WPC Worlds Worlds, Bench Primer Pt. 1, IPF Seniors, Pt. 1, IPF Men's Worlds Report, Louie

AAPF/APF Natis
Louie S., TOP 100 165s.

Wade Hooper
Worlds, Bench Primer Pt. 1, IPF Seniors, Pt. 1, IPF Men's Worlds Report, Louie

Dec/99 ... IPF World Masters/Juniors, TOP 100 123s Simmons on Bands and Chains, WNPF USAPL/AAU BP Natls, Meet Information Sep/00 ... USPF Srs, IPA Worlds, WABDL Speed Strength, TOP 100 220s

2463, USPF Worlds, IPF World Bench, Anthony Harris Interview, Ken Snell DL Workout, TOP 100 220s

Apr/99 ... The ED COAN Book, Why Strongman II, TOP 100 198s Pt. 5, Training Methodologies by Louie Simmons, TOP 100 242s.

May/99 ... LA Tech Program, "Sir BPs by Louie S, TOP 100 220s Guggulot", Arnold Classic, Westside Mar/00 ... USAPL Women's , WPC Invitational, USAPL Women's Nationals, Worlds Pt. II, World's Strongest Man,

1st Women's Worlds, USAPL Collegiates, Louie S. on Pre-Meet Mike Danforth, Leonard McCormick Training, "Choking", TOP 100 SHWs "Muscletown USA" book, Beauty & the May/00 ... Dennis Cieri, J.M. Press? Beast, IGF-1, Overcoming Plateaus Part Knee Wraps, the Passing of Tamara 2 by Louie Simmons, TOP 100 123s Sep/99 ... USAPL Men's, APF SRs. Pt. 1, Mike Bridges Workout, Special Olympics Jun/00 ... Garry Frank Profile, Black's World Games, Zenith = Triac, York Health World, Dawn Reshel Dies, From

Oct/99 ... USPFSeniors, APF Seniors Pt. Away From Death, Dynamic Duo by AAPF/APF Natls., IPF Women's Worlds

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,

Whey?, Gordon Santee, 3x3 Training Feb/00 ... WPC Worlds Pt. I, Battle of the Giants, The Real Triac, IPF World BP, IPA Natls, Best Lifters of the Century, Big

> TOP 20 Women - Teen - Masters, The Conjugate Method by Lou Simmons Apr/00 ... Arnold Classic, WPF Worlds, Interview, PL USA Cover Chronology,

Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s. Canada to Westside, BP by Larry Miller,

Fred Peterson, TOP 100 SHWs. 2, Ribose, Backstage with Ed Coan, Jul/00 ... WPO Pro Championships Horace Lane Interview, Circa Maximal The 900 Lb. Squat Club, Beyond Phase by Louie Simmons, TOP 148s Diminishing Returns, Louie on Squatting German Breakthrough, DL Details, Walk Aug/00 ... USAPL Men's, APF Srs. Pt. I,

Wade Hooper Interview, Joe Onosai

Frank, who is very rugged looking and looks very powerful, set a Wisconsin record 429.7. In master 54-60/220, Larry Anderson set a Minnesota record 440.7 and his son Cody Anderson set a Minnesota record in teen 13-15/165 with 165.2. In 54-60/275, Ronald Schubert set a Minnesota record 374.7. In master 61-67/165, Leon Dashevsky set a Minnesota record 270 and at 220 Bryon Briggs set a Wisconsin record 341.5. In master women 61-67/181, Sandra Segal set a Minnesota record 93.5. In open men 181, Chris Neal set a Wisconsin record 380.2. At 220, John Beottger tied a Missouri record with 485 and didn't get 515 only because he had trouble getting his lift passed on one occasion and his head was a little messed up because of one judge who kept giving him a red light. At open 242, Frank Schuetz set a Virginia record with 518 on a fourth that was easier than his opener. Eric Krych couldn't get 485 but did get 451.7. He's ready for 500. He's just not comfortable with the weight vet. In submaster 242, Jason Steffens set a Minnesota state record 402.2. Jason is a mort-gage broker and has a very profitable business. In teen 16-19/148, Kyle Chiodo 16-19/165 Derrek Chiodo set a Minnesota record 380.2. The Chiodo brothers had a good meet all in all, but their deadlift weight has suffered because they pushed their bench more than usual. Four lifters were tested and one flunked. I want to thank Dan Haukinson for bringing the warm-up weights and benches. The Gym and Jim Yunger provided a good deadlift bar and some warm-up weights. The judges were Ken Anderson, Dan Hawkinson, Rich Edinger, Jerry Gnere, and Mike Scott. The Liberty Home Loans, Neal Spruce, Oc scorekeeper was Kristy Scott. The spon- Haugen and Jim Starr of Apex Fitne sors were The Gym with Jim Yunger, Shawn Madere with GLC the greatest joint for-



BP/DL, Pre-Meet Checklist, Do the SQ - Louie, TOP 100 242s Weil BP, TOP 100 132s

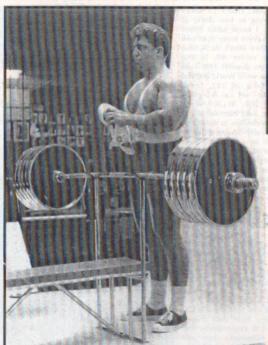
Oct/00 ... Positive Illusions, Tako not Club. TOP 100 148s.

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 r. + Masters Worlds, More World Record Benches by Louie Simmons, the Bench Press Shirt, TOP 100 181s

Jan/01 ... IPF Men's Worlds, WABDL With Bands, Box Squats by Louie S., Training by Louis S., TOP 100 198s Feb/01 ... Garry Frank Goes 2500, WPC Worlds PT.1, IPA Nationals, How Brad

Deadlifting, WPC Worlds Pt. II/BP Apr/01 ... Arnold Classic, Frank Goes 5, Bill Crawford BPs 750, Daisuke by Louie S., TOP 100 165s



Legendary Pat Casey King of Powerlifters now reveals his traning secrets and training techniques

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- First man to squat over 800
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mula on the planet, Rick Brewer and Jason Master Light of House of Pain, Jason Steffens of Fir Group, Mike Lambert of Powerlifting US, Chet Groskreutz of Ivanko Barbell, Ke Anderson and Pete Alanis of Titan Suppo Systems, Brent Mikesell of Iron Gradiat Keith Lem of CSS Photo, Matt Lamarque Bovine Strength Systems, Gus Samuels and Mike Rockoff of Universal Nutriti Fitness Systems, the distributors of the Motal Coar Line (courteey Cus Pothwise

4th Erie	Colleg	e Open BP/D	L
14 M	AY 05 .	Buffalo, NY	
BENCH		Teen (16-17)	
WOMEN		M. Bambino	230
Open		S. Scibetta	275
S. Millar	135	N. Monroe	300
C. Stillman	100	E. Denk	210
Master		Teen (18-19)	
N. Tobin	80	K. Carver	325
Teen (14-15)		M. Knapp	290
S. Barnes	160	Submaster	
MEN		B. Michalski	380

Siveny Interview, Top 100 SHWs

Fixing Lockout, TOP 100 114s

Chalk & Powder, TOP 100 132s

Aug/01 ... Garry Frank Goes 2601 - APF

son	Master Light		242 lbs.		K. Carver	405	H. Moodley	500
irst	P. Trusso	315	M. Furman	660	Master Light		S. Pollock	460
dd	D. Brochey	275	M. Rydeley	535	D. Swingler	470	220 lbs.	
ess	B. Scibetta	300	M. Walker	475	B. Warner	340	J. Toy	480
SA,	B. Warner	195	275 lbs.		Master Heavy	/	J. Green III	450
en	Master Heavy	1	J. Wnuk	515	T. Myers	605	A. Buckley	300
ort	E. Jekov	445	C. Phillips	500	B. Evans	550	242 lbs.	
or,	B. Evans	370	M. Coudrey	420	A. Schuler	395	M. Furman	660
of	B. Petrie	385	M. Damon	350	D. Werth	315	M. Rydelek	580
son	R. Boogbrulet	375	308 lbs.		Open		275 lbs.	
ion	D. Beaudoin	350	A. Williams	455	132 lbs.		C. Phillips	600
lite	S. Meegan	300	J. Green, Jr.	380	K. Beaty	415	J. Wnuk	-
the	P. Tantillo	285	DEADLIFT		148 lbs.		308 lbs.	
ch)	D. Werth	240	WOMEN		A. Jackson	500	J. Schiemann	600
	Open		Open		198 lbs.			
	132 lbs.		C. McMakon	280	This years con	test wa	s a big success,	with
	K. beaty	205	S. Millar	190	41 contestants	in the	bench press an	d 28
	148 lbs.		Master		in the deadlift.	Mark F	Furman won outs	tand-
	A. Jackson	350	C. Stillman	210	ing lifter in the	bench	with a lift of 660	lbs.,
230	198 lbs.		B. Kelly	195	almost making	700 lb	s. Joe Marsala,	Scott
275	S. Pollock	400	Teen (18-19)		Vinelli, Matt F	ydelek,	Joe Wnuk and	Chris
00	J. Shanklin	360	S. Spiller	285	Phillips all did	over 5	00 lbs. Andre Jac	kson
210	H. Woodley	330	MEN		and Enzo Jeko	to had	outstanding lifts	also.
	220 lbs.		Teen (16-17)		Tim Myers we	on best	lifter in the de	adlift
325	J. Marsala	575	E. Denk	500			t 189 lbs. bodywe	
290	S. Vinelli	560	D. Lapidus	350	16 year old, 1	60 lbs.,	Erin Denk lifted	500
5.0	J. Green III	400	Teen (18-19)				ay from the best	
880	A. Buckley	385		500			in (660 lbs.), (
880	A. Buckley	385	М. Кпарр	500	award. Mark	Furma	in (660 lbs.), (

Ams, Halbert Video, WPO BP for Cash, Bench Shirt by Halbert, TOP 123s. BP Training, Russian Nationals, Rob Salvagni, TOP 181s

Fusner's Program, Why Can't I Gain Jan/02 ... IPF Men's Worlds, WABDL BP by Louie 5., Preventive Maintenance, Taco, Powerlifting's Salvation?, Beauty Weight by J.M. Blakley, Top 100 275's Worlds, Garry Frank goes 2606, IPA Mikesell Interview, TOP 100 132s & the Beast, Women's 300 Bench Press Jun/01 ... Siouz-Z Hartwig, Russian Nationals, Carmen Perrotta Interview, Oct/02 ... 556 squat @132 by Nance Squat Cycle, Big Boys Menu Plan by Training the Lockout, TOP 100 198s Avigliano, USAPL BP Natls, Powerhouse J.M., Victor Naleikin Interview, Diane Feb/002 ... WABDL DL Worlds, IPF BP Grains, The Positive of Negatives, Bench Worlds, WNPF Worlds, WPC Worlds, Shirt Blues, TOP 100 148s Jul/01 ... IPF Women's Worlds, Bill Halbert on Lockout, Blakley on Nov/02 ... Sivokon Speaks, IPF Jr. Crawford, APF Nationals,, Shane Shoulders, All Time SQs, TOP 100 220s Worlds, Serious Mass Pt. 1, Priscilla Hamman, Leslie Look SQ Workout, Mar/02 ... USAPL Women's Natls, TOP Ribic Interview, Willie Wessels 20 Teen/Women/Masters, Russ Barlow, Interview, Ed Coan DL, TOP 100 165s Becca Swanson, 850 DLs, Louie on "the Dec/02 ... WPO Semis (931 DLI), Bench eniors, USAPL Men's, FIBO, Stretching Repetition Method"

Apr/02 ... WPO Finals/Qualifer/Amold Worlds, Fred Hatfield, Louie on Worlds, AWPC Worlds, Roy Fokken BP Warrior Spirit,, TOP 100 123s Bench Bash, Ano Turtiainen, Louie on Explosive Strength, TOP 100 181 Workout, Eccentric & Concentric Sep/01 ... WPO Semis, "No Deadlift" DL Training, Jennifer Thompson, Back Jan/03 ... IPF Men's Worlds, WABDL BP Routine, Ray Benemerito, Knee Pain & Up Your BP, TOP 242s

MSM, Louie on Exercises for the Triceps, Jun/02 ... Meet Scot Mendelson, IPF Swanson Squats 705, Intensity Zone World Masters BP, Fatten Up Your Total, Loading Pt. 1 by Louie, TOP 100 198s.

Nationals, IPF Jr. Worlds, T.J. Hoerner Sizemore Interview, TOP 100 114s. Men's 300 kg &Women's 300 lb. BP Squat Workout, "Analyzing Your Squat" Aug/02 ... APF Seniors, USAPL Men's lists, Controlled Chaos BP, The Tendo Natls, USPF Srs/Mountaineer Cup IV, Unit, TOP 20 Women/Master/Teen lists Midote, Jeremy Arias, Extra Workouts by Dec/01 ... IPF World Masters, WPC Can Strong Legs for Recods by Louie, Your Apr/03 ... WPO Finals & Bench Bash for

by Louie, Emie Frantz Insights, Rick May/01 ... Ed Coan Interview, Russian Westside Success, Jill Mills, Rich Sep/02 ... Kennelly BPs 800, American Strongman, Training Organization Pt. 1

Bash for Cash, WPC Worlds, IPF SubJr. Worlds, IPF Masters Worlds, Becca Mar/01 ... TOP 20 Women - Teen - Interview, John Corsello Jr. Interview, TOP 100 SHWs. Worlds, Steve Goggins Interview, Jul/02 ... Kennelly Benches 780, IPF "Lessons Learned", All Time 308 & SHW Women's Natls, Westside Deadlifting. WPC Worlds B. Worlds B.

Phillips (600 lbs.), John Schelman 600 lbs.), 4th-3 Andre Jackson (500 lbs.), Matt Rydeled 242 lbs. (580 lbs.), all had outstanding deadlifts. Meet Directors Dennis Green, Mark Bicht and Chuck Wuest look forward to the next contest with changes to make the contest more outstanding. (Results Chuck Wuest)

SLP Platinum Fitness Open BP/DL 21 MAY 05 - Tulsa, OK RENCH 4th-235* Special Olympic 181 lbs. R Sheffield 330 D. Thurston 245* R. Moreno 242 lbs. 310 181 lbs. 4th-320* M. Springer 340* S. Sundquist 325 198 lbs. WOMEN McLaughlin 148 lbs 115* 4th-125* D. Taylor 190* I. Tanner 181 lbs. 4th-200* K. Sawyer Submaster 220 lbs. 135* K. Harrison 242 lbs. Master (40-44) B. Pepi 275 lbs. 220 lbs. (. Thatcher 115* Sayre Master (40-44) MEN 220 lbs. 165 lbs. D. Chesmore 400 M. Keafer 280 Master (45-49) 181 lbs. 220 lbs. N. Dwinell 435 315* Master (50-54) 198 lbs. V. Dobbs 285 198 lbs I. Guardado 260 220 lbs. 405* A. Ortiz 220 lbs. 4th-425 . Jenkins 275 lbs. Police/Fire Submaster J. Sayre SHW 275 lbs 525* M. Harper R. Colson Teen (13-15) 132 lbs. Police/Fire B. Cobb 90* 275 lbs 181 lbs. M. Harper 235* C. Sells 242 lbs. Teen (16-17) K. Rossman 132 lbs. 4th-470* 4th-220* S. Trotman

148 lbs. S. Springer DEAD LIFT 195* B. Harvey Special Olympic 181 lbs. Teen (18-19)

Son Light Power Platinum Fitness Open Bench Press/Deadlift Championship was held at Platinum Fitness. Thanks to owner Jim Parham and his staff for sponsoring this event. In the bench press competition, Daniel Thurston set the Oklahoma state record in the special olympic 181 class, with a personal best 245. Brady Tanner, one of the nation's top special olympic lifters at 242, also broke the state record in that class with his 320 final attempt. This was also a personal record for Brady. In the junior women's division, Miranda Wells, lifting in her first competition, set the state 305* record at 148 with 125, Jamie Tanner received the best lifter award among the women, with her personal and state record 200 fourth attempt at 181. Karen Harrison set the record at submaster 275 with 135. while Kortney Thatcher took the 40-44/275 while Robert Moreno took the 275's with a 95 pound increase in Kelly's bench since 420. In the junior division, it was Mike his first meet last fall. Then at 308 Steven Springer over Seth Sundquist at 181, 340 Trotman won over Scott Springer 460 to 325. Mike's lift broke the state record there, for the class. Dewey McLaughlin broke the which had been previously held by Scott. Thanks also to Cyndi Crossland for all her help and encouragement and hard work she put into promoting this meet. She record at 198 with 405, while David Taylor In the deadlift competition Daniel Thurston Darrell Latch for providing these results) D. Thurston 345*

Teen (13-15)

Z. Dwinell

S. Trotman

S. Springer

4th-330*

D. Taylor

265*

Master (40-44)

C. Crossland 390*

181 lbs.

305 =Son Light Power Oklahoma state records Best Lifter Bench Press: Ran Dy Colson Best Lifter Deadlift: Cyndi Crossland. The

Daniel Thurston with an SLP state record 365/Special Olympics 181

class, with a state record 115. Both of these did the same at 308 with 340. In the ladies were competing for the first time. In the novice men's division, Mike Keafer each breaking the state record for their personal best 365. Brady Tanner also the novice men's division, Mike Keafer broke the Missouri state record at 165 with 280. Kevin Sawyer broke the Oklahoma state record at 181 with 315, while Vincent Dobbs captured the 198 class with 285. At 220 it was Adam Ortiz for the state record, finishing with 425. Jimmy Sayre set the record at 275 with 435, while Randy Colson did the same at shw with the biggest lift of the men's 252. Weighing in as a light per terms of the men's division of the did to the same at shw with the biggest lift of the men's 252. Weighing in as a light per terms of the men's 252. Weighing in as a light per terms of the men's 252. Weighing in as a light per terms of the men's 252. Weighing in as a light per terms of the men's 252. Weighing in as a light per terms of the men's 252. Weighing in as a light per terms of the men's 252. Weighing in as a light per terms of the men's 252. Weighing in as a light per terms of the day at 1815, and his second title of the day at 220 with a great 425 pull. Jamie Tanner got a new pr and state record at 181 with 315, and his second title of the day, while Jerry Warren got his at 220 with a great 425 pull. Jamie Tanner got a new pr and state record at 181 with 315, and his second title of the day, while Jerry Warren got his at 220 with a great 425 pull. Jamie Tanner got a new pr and state record at 181 with 315, while Jerry Warren got his at 220 with a great 425 pull. Jamie Tanner got a new pr and state record at 181 with 315, while Jerry Warren got his at 220 with a great 425 pull. Jamie Tanner got a new pr and state record at 181 with 315, while Jerry Warren got his at 220 with a great 425 pull. Jamie Tanner got a new pr and state record at 181 with 315, while Jerry Warren got his at 220 with a great 425 pull. Jamie Tanner got a new pr and state record at 181 with 315, while Jerry Warren got his at 220 with a great 425 pull. Jamie Tanner got a new pr and state record at 181 with 315, while Jerry Warren got his at 220 with a great 425 pull. Jamie Tanner got a new pr and state record at 181 with the meet, 525. Weighing in as a lighter the meet, 525. Weighing in as a lighter there with an easy 400. Nick Dwinell won deserving! At 13-15/105 it was state record super, Randy, this being his first competition, also won the best lifter trophy for the bench meet. Bryce Cobb broke the state though, and it showed in his lockouts. In the Taylor set the state record at 165 with a record at 13-15/132 with 90 while Cody
50-54 age group Jorge Guardado broke his personal best 330. In the open division, Sells did the same at 181 with 235. Joshua own state record with 260 while Terry once again it was Steven Trotman over Sells did the same at 181 with 235. Joshua

Nompson broke the state record at 16-17/

Jenkins won at 220 with 399, Another new Scott Springer 500 to 356. And once again 18 with 205. In both the police & fire submaster and open again, had been held by Scott. Thanks the 18-19 age group, Michael Luce won at 275 classes, setting the state record in both again, had been held by Scott. Thanks the 18-19 age group, Michael Luce won at 275 classes, setting the state record in both again, had been held by Scott. Thanks the 18-19 age group, Michael Luce won at 275 classes, setting the state record in the open division it was Kelly others who helped with the loading, spotthers. Beau Sheffield won at 181 with 330 Rossman with the title at 242. This marked the state record in the property of the state record in the state record there, which again to my solution again, had been held by Scott. Thanks the state record in the stat

continued to dominate at special olympics

Harris Pt.1, Equipment, Never Looking

225*

M. Luce

500 lb. SQs & DLs, TOP 100 275s. Jul/03 ... IPF Women's Worlds, APF Best BPs, TOP 100 198s Nationals, DL on the Rise by Louie S. Best Male PLers, TOP 100 SHWs.

Aug/03 ... Mendelson Benches 804, Message, TOP 100 220s 821, 825, 832, 875 ... APF Seniors, Apr/04 ... Frank Goes 2706/28051, Mikesell Squats 1107, Louie on The Arnold Classic, Power Nutrition Recipes, Bench Press Shirt, Vince Anello Deadlift Louie on "the Staggered Load", California Workout, Team PL, TOP 100 SHWs SEP/03 ... USAPL Men's Natls, Bench Jun/04...TOP 20 Women, Teen, Masters, Feb/05 ... Mike Miller's 1200 lb. Squat, Oct/05 ... Deadlift Training by Louie America, Keeping Iron in the Blood, 1000 Greatest Men's & Women's Ratings, 15 IPF BP Worlds, Louie on "Prepare to Ib. Squat Club, What You Need in Your Min. Injury Solution, Delayed Bench", IPA Sr. Nationals, 400 Kilo DL 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. Lattimer, Schick Interviews, WPC North Ams, IPF Jr. Worlds, Mastering Technique by Louie, TOP 148s

benches 501, Water Technology Pt. 2, Siders Interview, Louie on DL Training, Brent Mikesell Interview, IPF President's Women's/Men's All Time BPs, Scott

Hall of Fame, TOP 100 242s

Transformation by Louie S.

Strength, TOP 100 275s

Men's Nationals, World Powers by Louie USAPL Women's Nationals, Karwoski Simmons, Luke lams, Women's All Tim Re-Emerges, Jim Kilts Interview, 800# CA 93011. (SPECIAL PRICE ON SQ/TOT, TOP 100 SHWs

Cash, Crawford Benches 785, Jamie Jan/04 ... IPF Worlds, WPC Worlds, IPA Oct/04 ... WPO Finals, Recuperative Jun/05 ... Anthony Clark Passes, USAPL Seniors, Acetylcholine, Wade Hooper Modalities, Optimal Eccentrics by Louie Men's & Masters, Beau Moore & Brad Back by Louie, TOP 100 242s.

SQ, Atlantis Foundation, Louie on Max May/03 ... Bill Crawford's Road Back, Effort Day, Mabel Rader, TOP 165s Control, All Time Squats, TOP 123s Recollections Pt. 1, TOP 100 242s.

Odd Haugen, Virtual Force by Louie, Feb/04 ... IPFWorld BP, WABDL Worlds, Nov/04 ... WPCWorld PL/BP, BA Worlds, Jul/05 ... Roger Estep Passes, APF Seniors, Bill Kazmaier Profile Pt. 1, Women's Hyperhydration, Coan Update, Low Louie S. on Speed Work, Travis Mash & IPF Women's Worlds, Louie on BP Back Pain, Becca Benches 465, All Time Tony Convers Interview, Jon Smoker Squat Workout, TOP 100 132s.

> 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

Club, All Time DLers, TOP 100 165s Jul/04 ... APF Seniors, Bench America II, Mar/05 ... Mendelson BP Classic, Louie APF Nationals, Louie Simmons on his S. on Accommodation, Mikesell SQ "Virtual Force Swing", Digit Ratios and Workout, 1st Hawaii Record Breakers, All Time BP/DL lists, TOP 100 198s Nov/03 ... Bench Bash for Cash - Rychlak, Aug/04 ... IPF Women's Worlds, USAPL Apr/05 ... WPO Amold Classic BP & PL, Drug Free DL Workout, TOP 100 220s MULTIPLE QUANTITIES: 2-3 BACK

Training WSM Super Series, Scott Mendelson Profile, TOP 100 275s. Nationals, Bill Kazmaier Pt. 2, APF Mar/04...USAPLWomen's Natls., Becca Dec/04... Rychlak BPs 1005, IPF Worlds, Aug/05... Louie Simmons on the Pendulum Wave, 1000 lb, Squat Club Marc Bartley (1058 lbs.) Squat Workout, Best Master Lifters, TOP 100 SHWs.

> Fame, Equipment for Sumo, Reactive Methods by Louie Simmons, Mendelson Tries 1008 BP, TOP 100 114s

> Sep/05 ... IPA Worlds, York Hall of

Simmons, Raw Benching Westside Style, Brian Schwab Squat Workout, World Top 20 lists, AWPC Words, TOP 123s

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, Dec/03 ... WPO Finals, Rychlak BPs Sep/04 IPA Worlds, Mountaineer 900, IPF World Masters, Ausby Alexander, "Story of Arthur Jones", Speed Day Pt. 1 by Louie S., TOP 100 165s Dec/04 IPA Worlds, Mountaineer May/05 ... Pat Casey Passes, "Then and Cup, Becca Swanson, Shrugs for a Big Now" by Louie S., Mike Miller Interview, -\$4 EACH, 10-24 BACK ISSUES -\$3.50 Performance Supplementation, TOP 20 Louie Simmons, TOP 100 114s Masters-Women-Teenage ranking lists NEGOTIATE A BETTER PRICE)

FOR REVIEW ... "No Excuses" by Kyle Maynard. This is the story of a congenital amputee who became a champion in wrestling and in life. Born without hands and feet and incomplete limbs, due to a rare genetic condition, his determination to become a champion athlete, student, and person is beyond inspiring. There is a powerlifting connection as Kyle utilized heavy weight training to develop his capabilities for wrestling and football. He's also done lifting exhibitions at the Arnold Classic and the GNC Show of Strength. For someone who is just 19, Kule exhibits a surprising wisdom about his own situation. and people in general. The public relations groundswell that Kyle is riding is massive, as he's appeared on ABC's Extreme Makeover, Home Edition, Good Morning America, 20/20, Oprah, and he's been interviewed by Larry King. In the book and promotional materials there are quotes by bodybuilding/political superpower Arnold Schwarzenegger, pro football's Troy Aikman, Ray Flynn (former US Ambassador to the Vatican, former Mayor of Boston) and many others, about the impact Kyle's story has had on their lives. Despite his physical challenges, Kyle played football in middle school, and in high school (and now college) ne has been a competitive wrestler, and in

that sport he actually succeeded in nearly becoming a legitimate open state high school champion in his weight class. The details of how he overcame so many difficulties in order to become a varsity wrestler is amazing. The connection to powerlifting is virtually direct as



Kyle setting his record at the Arnold Classic.

Kyle, too, has gone through the extreme rigors of physical training, dropping weight to make a weight class, and pumping iron to make himself stronger for his sport. It is a compelling story, and powerlifters will readily identify with what he's experienced. Kyle also relates the struggles he's overcome in social situations, like in school. The book is very well written, and one of the interesting features is that before every major chapter there

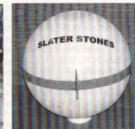
is a brief excerpt from the chapter itself in Kyle's own handwriting. Kyle's achievements at a young age are almost incredible. He's been inducted into the Wrestling Hall of Fame, received the Medal of Courage from the National Wrestling Hall of Fame, set a World Record in the modified bench press at the Arnold Classic, received the ESPY award for the Best Athlete with a Disability, the President's Award for Courage, he's joined the Washington Speakers Bureau as a motivational speaker, and was named to the Georgia chapter of the Wrestling Hall of Fame and the Georgia State Wresting Hall of Fame. He drives a vehicle with a few modifications, can type with two elbows at 50 words a minute, and can write without any adaptations. He's been featured on CNN, HBO, Spike TV, WAN, as well as many local and regional TV shows, as well as in print. The central theme of the book, No Excuses, is something that every powerlifter can appreciate. This is a book that you will remember reading, and it will be interesting to see what Kyle, who has accomplished so much so soon, will to do in the future. The book is published by Regnery Publishing. For ordering information, the ISBN is 0-89526-011-5, and it should be in major book stores at this time.

24 SEP 0	5 - H	agerst	own,	MD	
132 lbs.	SQ	BP	DL	тот	
Submaster					
D. Crampton	170*		220 L-231*	507*	187
(18-19)					
E. Steimling	104	82	226*	413	
Open					
E. Steimling 148 lbs.	104*	82*	226*	413*	
(40-44)					

R. Douglas	253*	137*	297	688*	J. Pentz	374	259	479	1113
L. Hagman	88	82	176	347	Open				
BOYS					D. Ray	259	253	319	832
(10-11)					181 lbs.				
114 lbs.					(18-19)				
C. Dantzler	88	61*	159*	309*	S. Shuck	363	358	451	1174
4th-SQ-9	3*					4th-B	P-363*		
MEN					Open				
148 lbs.					R. Massey	479	330	501	1311
Open					Open				
B. Rouzer	341	226	358	925	S. Shuck	363	358	451	1174
165 lbs.					(50-54)				
Open					E. Lough	308	209	352	870

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ST220	22"	Diameter apx weight 400lbsS169.00
ST210	24"	Diameter apx weight 476lbs\$169.00

	Open Open	363	319	435	1118
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	J. McDonald			407	1014
174	Submaster				
	J. Savage	496*	352	584*	1433*
70	Strainer at it.	4th-B	P-358*		
	220 lbs.				
	Junior				
	A. Wachter	303	319	418	1041
	Open				
	B. Lapole	451	435		1411
	A. Wachter	303	319	418	1041
	C. Miller	551	352	-	-
	Submaster				
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	J. Gibson	303	264	396	964
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	B. Younker			622*	1411*

292* 231 407* 931*

165 237 297 700

262 210 425 1110

D. Corridean 573 402 672 1648 (50-54)
B. Carmack 418 303 424 1146
SHW
Open
B. Younker 501* 286* 622* 1411*
J. Schwartz 451 363 500 1317
*=Records. Best Lifters (Wilks and MAM):
Open Men-Daniel Corridean. Master Men-Doc Junkins. Open Women-Diane Crampton. Masters Women-Ruth Douglas. Competition weights are calibrated Ivanko competition plates. We checked them in June on a calibrated, certified scale (which was also used for weigh ins), all plates and bar within 10 grams (as specified by Ivanko). I did not break down age groups in the open for trophy presentation. (Thanks to Paul Bossi for providing these meet results to Powerlifting USA)

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.

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

19 NOV, USAPL USNA Army-Navy Open, Jason Bowers, USNA, Bancroft Hall, Annapolis MD, 21412. (443) 534-3447

19 NOV, APF South Dakota Push-Pull Fall Brawl (Summit Activities Center, 1801 Summit St., Yankton, SD 57078) Josh Law, (605) 660-3392, lawmerica@hotmail.com, www.APFSD.com

19 NOV, USAPL Alaska State, Ron Burnett, 13400 Lamb Dr., Anchorage, AK 99516, (907) 345-

19 NOV, USAPL Longhorn Open, Kim Beckwith, 8216 Burleson Rd., Austin, TX 78744, (512) 385-5420

19 NOV, Omaha Open (Full, BP, DL, Push-Pull) Keith Machulda, A.V. Sorensen Rec. Cntr., 4808 Cass, Omaha, NE 68132, (402) 444-5596

19 NOV, 15th USAPL ID State/ Open/Bill's Bad Ass BP, Bill Davis, 1800 Garrett Way #19, Pocatello, ID 83201, (208) 233-8035

19 NOV, The Allentown YMCA BP/DL Competition (Allentown YMCA/YWCA, 425 S. 15th St., Allentown, PA 18102) Mike Laudenberger (610) 434-9333
19 NOV, Sacramento Open PL/Push-Pull/BP/DL/Strict Curl Championships (Sacramento, CA) Chip Conrad bodytribefitness@hotmail.com or

Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, (941) 697-7962, fax (413) 828-6102, scott@apa-wpa.com

19 NOV. AAPF Southern States.

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19 NOV, YMCA Nationals
(Austin, TX) We accept all
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Cramer/PLJ, P.O. Box 300966,
Austin, TX 78703,
www.powerlifting-journal.com
19 NOV, 100% Raw World BP
(Currituck, NC) (252) 3395 0 2 5

www.rawpowerlifting.com, rawlifting@aol.com

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, sonlight@netcare-il.com,

www.sonlightpower.com
19, 20 NOV, USAPL MA/RI
State Open PL Championships,
Greg Kostas, Box 483, Whitman,
MA 02382, (781) 447-6714
20 NOV, ADFPF Indiana State/
Michigan Open (full power & BPGranger, IN), Anson Wood, (574)
903-4586, info@e-normous.biz,

26 NOV (NEW DATE), NASA Kansas City Regional, Jim Duree, 5619 Pawnee Ave., Kansas City, KS 66106, (913) 626-1141, 6 2 6 - 1 1 4 2, jduree 7086@aol.com, www.lenexastrenghtandfitness.com NOV, WSA Men & Women Worlde, USSA Rev. 844

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

John Ford, (650) 303-7518 **2 DEC,** USAPL Kentucky State/
Blue Grass Open (powerlifting, BP, open and raw - Henderson, KY)
S&M Fitness, 201 N. Gum,

Harrisburg, IL 62946, Mark Motsinger (618) 252-0881 or Paul White (270) 831-1261, smfit1@hotmail.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, MARTINJ.DRAKE@BOEING.COM 3 DEC, USAPL Ketchikan Powerlifting Meet, Doug Gregg, 1225 S. Pt. Higgins Rd., Ketchikan, AK 99901, (907) 247-8463

3 DEC, USAPL Kentucky State/ Blue Grass Open PL/BP, Mark Motsinger, 201 N. Gum St., Harrisburg, IL 62946, (618) 252-0881

3 DEC, Glass City Bench Blast & Deadlift (men's, women's, teen's, masters - Sylvania Powerhourse Gym, 3350 N. Holland-Sylvania Rd., Toledo, OH 43615) Jimmy Momany, Meet Director (419) 917-3833 or (419) 843-7100, for meet poster and map email heavywear@aol.com

3 DÉC, USAPL Nation's Capital Holiday Classic (Tower Fitness Club, Vienna, VA) Steve DeBenedittis, (703) 761-6094, towerfitness@erols.com, www.strengthsport.com or Anita

Tallarico, (703) 587-0727, atallarico@icfconsulting.com

3 DEC, USAPL TN State Championship & Appalachian Open, Alex Campbell, 615 Swimming Pool Rd., Hampton, TN 37658, (423) 725-2415

3 DEC (CORRECTED DATE), USAPL Clemson Challenge (full power & BP), Jon Mouzon, 101 Sycamore Dr., Clemson, SC 29631, (864) 844-0083, www.carolinastrength.org

3 DEC, USAPL Nation's Capitol Holiday Classic, Anita Tallirico, 9232 Brian Dr., Vienna, VA 22180, (703) 587-0727

3 DEC, 7th Annual Big Bench Shootout (men, women, teen, jr., submaster, master, all ages) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, (603) 352-8590

3 DEC, APF New Hampshire Record Breakers BP (men, women, teen, jr., submaster, master, all ages) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, (603) 352-8590

3 DEC, Red Swain Memorial Open PL & NC State BP (raw and equipped divisions, national qualifier) John Howie, Enterprise Workout Center, 209 Myers St., Monroe, NC 28110, (704) 289-4940, jfhowie@carolina.rr.com
3 DEC, Walker's Gym Deadlift Classic (Hopewell, VA) Barry Walker, 220 E. Broadway, Hopewell, VA 23860, (804) 458-

3 DEC, USAPL Ed Nellor Memorial HS Championships, Jim Hart, 4418 NW 50th, Lincoln, NE 68524,

APF/AAPF/WPO Schedule

November 19th, AAPF Southern States, Kieran Kidder

December 3rd-4th, APF Southern States, Jax, FLA, Kieran Kidder

25,26 March 06, APF Junior National & Maine State PL/BP, Chris Wiers, 14 Fern St., Auburn, ME 04210, 207-777-3393

12,13,14 May 06, APF Master, Submaster & Junior Powerlifting Championships, Russ Barlow, 175 Kennebec Trail, Turner, Maine 04282, 207-225-5070

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

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APC 52nd Annual Iron Man Open Powerlifting & Bench Press Challenge (open, masters, teenage, women, junior) Mr. Iron Man, Ms. Iron Woman, Over 40 Mr. Iron Man, (Fresno, CA) Bob & Kim Packer 559-658-5437, 322-6805

(402) 470-3672 **3 DEC**, Ed Nellor Memorial

Collegiate Championships, Jim Hart, 4418 NW 50th, 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, II.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 253-5429,

sonlight@netcare-il.com, www.sonlightpower.com 3,4 DEC, APF Southern States (Jacksonville, FL), (386) 734-

3128, worldpowerlifting.org 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, (678) 817-4743, wnpf@aol.com 4 DEC, SLP Missouri Christmas

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STREETADDRESS_

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\$40.00 ADULTS

\$20.00 HIGH SCHOOL

\$30.00 SENIORS (65+)

\$10.00 SPECIAL OLYMPICS

For Kids BP/DL Championship (Poplar Bluff, MO) SLP, 122 W. Tuscola, IL 61953, (217) 253-5429, sonlight@netcarel.com, www.sonlightpower.com 4 DEC, 13th Annual Raw

"Coal Country" Classic (separate SQ, BP, DL contests. Open divisions and all age groups divisions for both men and women - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, (814) 765-3214,

9-11 DEC (REVISED NEW DATE), WDFPF World PL Championships (Turin, Italy) jm-gedney@wiu.edu

9-11 DEC, USAPL American Open PL/Invitational BP (Philadelphia, PA) Robert Keller, rhk@verizon.net, 384-4472,

www.purepowerlifting.com 10 DEC, APF PowerQuest Strength Ironman Classic (must lift APF to be eligible for cash prize. non APF lifters welcome, BP-DL single event and Ironman Push Pull Days Inn, Fremont, OH) Rob Twining, Meet Director, (419)

World Natural Powerlifting Federation (WNPF)

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SEX CHECK ONE: LIFETIME DRUGFREE

(678) 817-4743

UPCOMING SLP COMPETITIONS

19 NOV - SLP Kentucky State (Louisville, KY) 3 DEC - SLP Christmas for Kids (Mattoon, IL) 4 DEC - SLP Christmas for Kids (Poplar Bluff, MO) 12 NOV - SLP Christmas Open (Glenwood, AR)

Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

outlawbarbell@yahoo.com, Mention PowerQuest to receive

10 DEC, USAPL Indiana State Meet, Mike Robertson, 9636 Ladson St., Fishers, IN 46038, (765) 713-5462

10 DEC, 7th Immaculate Heart of Mary Holiday BP/DL/Ironman, Ron Deamicis, 6531 New Rd., Youngstown, OH 44515, (330) 792-6670

10 DEC, APA/Sam Houston Tom McCullough Open. tom_mccullough@txpowerscene.com, Sam Houston High School, 9400 Irvington Blvd., Houston TX,

10 DEC, 18th Annual Elkhart BP Classic, Jon Smoker, 30907 CR 16, Elkhart IN, 46516, (574) 674-

10 DEC, 5th Annual Pocket Samson's Christmas BP (men's & women's classes/divisions) Island Athletic Club, 448 Kent Narrows Way N., Grasonville, MD 21638, (443) 340-8918 (9-11 pm EST) 10 DEC, USAPL Midwest Senior States (Omaha, NE) Tim Anderson,

FILL OUT ENTIRE APPLICATION AND MAIL WITH FEE TO:

WNPF, PO BOX 142347, FAYETTEVILLE, GA 30214

687-4182. timanderson@huntel.net.

10 DEC, SLP ARKANSAS CHRISTMAS OPEN BP/DL CHAMPIONSHIP (Glenwood, Ar.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcareil.com, www.sonlightpower.com 10 DEC, IPA Christmas Carnage (Leesport, PA) Full Power, BP/DL, Gene Ruchlak Jr., 143 2nd Ave., Royersford, PA 19468, (610) 948-

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, (678) 817-4743, wnpf@aol.com

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

17 DEC, APF South Carolina Championship (full power and bench - Irmo, SC) Will Millman APF/AAPF SC Chairman, (843) 886-5366, Shelter223@aol.com, www.worldpowerliftingongress.com, www.sorinex.com

17 DEC, River Valley BP (Horseheads High School, Horseheads, NY) Ed Patten, 27 Arcadia Rd., Elmira, NY 14904, (607) 733-4997 **17 DEC,** USAPL Eastern USA

PL/BP/Ironman/Raw/Assisted (Holiday Inn, Culpeper, VA) John Shifflett, P.O. Box 9941. Stanardsville, CA 22973, (424) 985-3932, valifting@aol.com or Will at (434) 985-6858

17 DEC, 3rd Annual BP/DL Classic (Leighton, PA) Robert Eckhart, (610) 377-5852

18 DEC, APF/AAPF Snake River Bench Meet (Idaho Falls, ID) Mike Higgins (208) 521-3434, (208) 5 2 0 - 8 7 7 3 ,

lucukan@enter.net

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

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

7 JAN, APF/AAPF Windy City Ironman (Velocity Sports Performance, Willowbrook, IL) Eric Stone

thestone@chicagopowerlifting.com 7 JAN, Florida Police/Fire (Full power, push-pull, BP - Lake Mirror Complex, Lakeland, FL) FL Police/ Fire Hdqtrs. (800) 354-3536, Jim Gaczewski (813) 782-7965, Jack or Debbie at Deb's Gym (863) 683-9300, jana@lawgames.org, alert@tampabay.rr.com, debsgym@verizon.net

14 JAN, APF Michigan Bench for Cash. Jim Harbourne, 1018 Coolidge Ave., Clawson, MI 48017. (313) 610-2019,

27-29 JAN, 2005 AAU Worlds (3 lifts) and International **Bench Press Contest (Holiday** Inn, Richmond, VA) VA PL Assoc., 1811 Southcliff Road, Richmond, VA 23225, aaupower@aol.com

11 FEB, New Castle's 15th Annual BP Championships (open, masters, raw, teen, women) Chuck Ullrich, 214 E. Garfield Ave., New Castle, PA 16105, (724) 658-7529

11 FEB, NASS Braggin' Rights District 5 & 6 High School Strongman Championships (teens Samford University, Birmingham, AL) Jeff Green, Andrews Sport & Fitness, 700 Montgomery Hwy., Suite 100, Birmingham, AL 35216, (205) 817-6811, (gym) (205) 823-4745

11 FEB, APC Bench Press Nationals (Holiday Inn, Warner Robbins, GA) L. B. Baker. (770) 725-6684 or (770) 713-0 8 0

www.americanpowerliftingcommittee.com 11,12 FEB, NASA Ohio State High School/Teenage Nationals PL/BP/PS/PP (Springfield, OH) Greg Van Hoose, RR1 Box 166, Ravenswood, WV 26164, (304) 273-2283, gvhl@wirefire.com,

18 FEB, WABDL Penn-Ohio-New York Regional BP/DL Championships World Qualifier (Beaver Falls, PA) Charles Venturella (724) 654-4417

18,19 FEB (revised date), USAPL Florida State PL (Florida Gulf Coast University, Ft. Myers, FL) Jim Dundon, (239) 590jdundon@fgcu.edu, www.geocities.com/floridausapl 25 FEB, APF Northeastern Open BP (Ramada Inn Conference Center, Manchester, NH) Jamie Fellows & Dave Follansbee, 865

UPCOMING WNPF MEETS DRUG FREE POWERLIFTING

3,4 DEC - WNPF Drug Free for Life/ Battle of the Countries - Orlando, FL, Troy Ford, 678-817-4743, wnpf@aol.com

10 DEC - WNPF New Jersey State/ Open, Bordentown, NJ, Troy Ford -678 817-4743 or wnpf@aol.com

PO BOX 142347, Fayetteville, GA 30214, 678-817-4743 or wnpf@aol.com, website - members.aol.com/wnpf

Second St., Manchester, NH 201-2411 03102, (603) 626-5489, www.americanpowerlifting.com, nhbodybuilding@yahoo.com

4 MAR, USAPL S. Dakota PL/ BP, Jeff Blindauer, 5912 W 56th St., Sioux Falls, SD 57106, (605)

4 MAR. APC Southeastern High School Powerlifting Invitational (teen-Birmingham, AL), Jeff Green, Birmingham Barbell/Andrews Sport & Fitness, 700 Montgomery Hwy., Suite 100, Birmingham, AL 35216, (205) 817-6811, (205)

823-4745 (gym) 18 MAR, 2nd APF/AAPF Alabama Open PL/BP (open to any APF/AAPF lifters, larger warmup area - Econolodge Conference Center, Attalla, AL) Buddy McKee. AL Chairman, (256) 442-4002 or (256) 613-2753 or Stace Beecham at Gold's Gym Rainbow City, (256)

18 MAR, All Church Powerlifting Contest (men, women, ages 12 and up) Pastor Pete Amerman, Hillside LBC, 113 S. Hillside Ave., Succasunna, NJ 07876, (973) 5 8 4 - 7 4 1 0 , pamerman@hillsidelbc.org 18,19 MAR, USAPL

18,19 MAR, Pennsylvania State (Ramada Plaza Hotel, Clarks Summit, PA) Janel Brown, (570) 585-5260 janelbrown@brownsgym.net

19 MAR, Lawrence Co. Super BP/DL, Iron Man, Iron Maiden raw or equipped, all classes, trophies 1st-5th, \$30 entry fee (free meet t shirt), Charles Venturella, 718 Mabel St., New Castle, PA 16101. (724) 654-4117

25 MAR. ADAU Maryland State Raw & Drug Free Single Lift Championships (drug tests, awards for best SQ, BP, DL, age, weight -Hagerstown, MD), Kevin Prosser (301) 573-7853, jkprosser@yahoo.com

www.angelfire.com/pa/bigal 25 MAR, USAPL Washingto State, Richard Schuller, 12916 475th Ave. SE, North Bench, WA 98045, (206) 280-8122

25 MAR, AAU Bench Press Nationals (Best Western Conference Center, 5625 O'Donnell St., Baltimore, MD 21224) Brian Washington, 265-8264. (410)Brian@usbf.net

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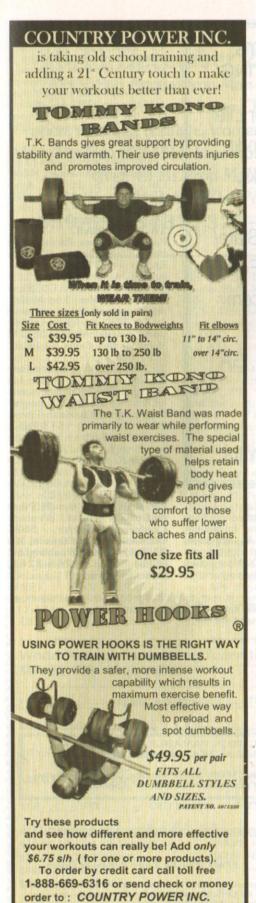
By signing this application I agree to submit or give permission for my son/daughter to submit to an drug testing procedures during or after a competition by Officials of 100% RAW. I hereby also agree to accept the results of such testing and will not challenge the results in anyway. I further agree 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

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signing this membership application, I have chosen to compete in Powerlifting at my own risk.

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

SIGNATURE/PARENTS SIGNATURE IF UNDER 18_



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25 MAR, AAU Eastern Regional Ironman/Ironwoman Open (Best Western Conference Center, 5625 O'Donnell St., Baltimore, MD 21224) Brian Washington, (410) 265-8264, Brian@usbf.net 25 MAR, AAPF Frank Kostyo Memorial, All American Gym, 309 W. Main St., Lakeland, FL 33815, (863) 687-6268 25, 26 MAR, USAPL 2006 Bench Press Nationals, Daniel Gaudreau, 155 S. Dearborn Circle, Aurora, CO 80012, (303) 475-3366 25, 26 MAR, APF Junior & Nationals & Maine State PL & BP Championships, Chris Weirs, 14 Fern St., Auburn, ME 04210, (207) 777-MAR, Mass State Open High School Powerlifting Championships. Greg Kostas, (781) 447-6714 and Rene Moyen, (401) 934-2040 or (401) 527-3711. www.newenglandusapl.com, www.nextlevel-fitness.com MAR, IPF/NAPF North American Regional Open (San Juan, Puerto Keller, Robert rhk@verizon.net, (954) 790-2249 1 APR, ABA Arkansas State Bench Press (Little Rock, AR) D.D. Nichols, 2122 Misty Circle, Benton, AR 72015, (501) 860-1,2 APR, Iron House Classic/IPA Full Power & BP (Newark, OH) Mike Maxwell 704-4747, www.ironhousezanesville.com 2 APR, 7th Pittsburgh Area Monster BP/ DL (men, women, all divisions/classes, cash prizes) Mike Barravecchio, 152 Dover Dr., Moon Township, PA 15108, (412) 8.9 APR Power Palooza 9 (Leesport, PA) Full Power, BP/DL. Gene Rychlak Jr., 143

2nd Ave., Royersford, PA 19468, (610) 948-7823

9 APR (REVISED DATE), New England Raw PL/BP/DL, Joe Reeves, 45 Falcon Ln., Cranston, RI 02921, (401) 952joemusclehead@cs.com, www.reevesnutrition.com

13-16 APR, USAPL Collegiate Nationals (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, 790-2249,

www.geocities.com/floridausapl 15 APR, USAPL Richmond Open PL & BP Championship (60 lifter limit, open to all out of state lifters) Phillip Battle, P.O. Box 9713, Richmond, VA 23228, (804) 301-2196, P Battle@hotmail.com

19-23 APR, IPF Pan-American Men's & Women's Masters BP (Miami, FL) Robert Keller, rhk@verizon.net, (954) 384-4472, www.ipfworlds.com

19-23 APR, IPF World Men's & Women's Masters BP (Miami, FL) Robert Keller, rhk@verizon.net,

(954)384-4472, www.ipfworlds.com 22 APR, WABDL Florida State BP &

DL, All American Gym, 309 W. Main St. Lakeland, FL 33815, (863) 687-6268 APR, USAPL Illinois State/Great Rivers Open (powerlifting, BP, open, raw Harrisburg, IL) Mark Motsinger, S&M Fitness, 201 North Gum St., Harrisburg, IL 62946, (618) 252-0881

APR. Arkansas State BP (Little Rock, AR) D.D. Nichols 2122 Misty Circle, Benton,

AR 72015, (501) 860-6851

6 MAY, APC Excalibur Classic Powerlifting & Bench Press Championships (open, novice, masters, teens, women

Birmingham, AL) Jeff Green, Birmingham Barbell, Andrews Sport & Fitness, 700 Montgomery Hwy. Suite 100, Birmingham, AL 35216, (205) 817-6811, (205) 823-4745 (gym)

12-14 MAY, APF Master, Submaster & Junior Powerlifting Championships, Russ Barlow, 175 Kennebec Trail, Turizer, ME 04282, (207) 225-5070

13 MAY, USAPL Florida State HS PL (Ft. Lauderdale, FL) Robert Keller, rhk@verizon.net, (954) 384-4472, www.geocities.com/ floridausapl

14 MAY, USAPL Florida State BP & DL (Ft. Lauderdale, FL) Robert Keller, rhk@verizon.net, (954) 384-4472, www.geocities.com/ floridausan

26-28 MAY, WDFPF European Single Lift Championships (Varese, Italy) jmgedney@wiu.edu

MAY, New England States Open Powerlifting Championships. Greg Kostas, (781) 447-6714 & Rene Moyen, (401) 934-2040, (401) 527-3711. www.newenglandusapl.com, www.nextlevel-fitness.com

6 JUL, USAPL National Governing Body (NGB) Meeting - Miami, Florida, www.usapowerlifting.com, (260) 248-4889. usapl@fwi.com

7-9 JUL (NEW DATE), USAPL Men's Senior National Powerlifting Championships (Miami, FL) Robert Keller rhk@verizon.net, (954) 790-2249, www.geocities.com/ floridausapl

7 JUL, USAPL Women's US (Open) Invitational owerlifting Championships (Miami, FL) Robert Keller (954) 790-2249, www.geocities.com/

8 JUL, USAPL Men's US (Open) Invitational Bench Press Championships (Miami, FL) Robert Keller (954) 790-2249, www.geocities.com/

15,16 JUL, AAU National Powerlifting Championships (Oklahoma City, OK) Rickey Dale Crain, 3803 North Bryan Rd., Shawnee, OK 74804, (405) 275-3689, rcrain@charter.net

15-22 JUL, Gay Games Powerlifting (register by 15 JUL 05 for out of competition testing program - Chicago, info@GayGamesChicago.org, www.GayGamesChicago. org

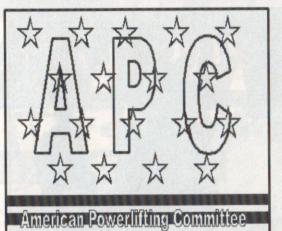
JUL, USAPL/USOC Palm Beach County Tropical Games BP & DL (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, (954) 384-4472, www.geocities.com/floridausapl



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July 7, 8, 9, 2006, APC National Powerlifting and **Bench Press Championships** Sacramento, Ca.

For more information: www.americanpowerliftingcommittee.com IronDawg Power: www.irondawg.com

3 SEP, USAPL Florida Qualifier Contest (Ft. Lauderdale, FL) Robert Keller, (954) 790-2249, rhk@verizon net

10 SEP, United We Stand BP-DL, Iron Man, Iron Maiden, raw or equipped, all classes, trophies 1st-5th. \$30 entry fee, free meet t-shirt, Charles Venturella, 718 Mabel St., New Castle, PA 16101, (724) 654-4117 **14,15 OCT, WDFPF Single Lift**

Worlds (Bendigo, Australia) jm-gedney@wiu.edu

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

1-5 NOV, GPC World PL/BP (Gent, Belgium) LB Baker (770) 725-6684 or (770) 713www.globalpowerliftingcommittee.com, www.americanpowerlillingcommittee.com 10-12 NOV, WDFPF World PL

(Cork, Ireland) gedney@wiu.edu 1-3 DEC, USAPL American Open, Lance Slaughter, 4437 S. Centinela Ave., Los Angeles, CA 90066, (310) 995-0047

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ADFPF Mission Statement: To provide all amateur athletes with legitimate drug-tested powerlifting, Strongman/woman, Highland Games competition through local, regional and national championships, while encouraging the growth of international amateur drug-free competition. To insure that the ADFPF as well as all ADFPF competitions are governed with integrity and by the highest standards of meet structure, officiating and organizational administration.

Conditions of Membership: As a condition of ADFPF membership, I commit to obeying all ADFPF rules, policies, drug testing requirements and procedures. Additionally I agree to UNANNOUNCED Out-of-Competition and Target Drug Testing. I understand the rules, regulations and drug testing procedures are at times subject to change and as a condition of continued membership, I agree to obey all such changes. I will voluntarily submit to any ADFPF and/or WDFPF drug testing procedures as stated in their rules. I understand that my ADFPF membership may be revoked, temporarily or permanently suspended and/or denied for my failure to obey ADFPF/WDFPF rules, regulations and/or drug testing procedures. If I 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 the positive test regarding my membership.

As a condition to ADFPF membership, I understand and accept that I am prohibited from using any substance or "doping method" banned by the ADFPF/WDFPF. I accept sole responsibility for what I take into my body and should I consume a banned substance unknowingly and test positive for that banned substance, I shall be solely responsible for consumption of that banned substance and shall accept the

If I am suspended from membership for any reason, including testing positive for a banned substance or doping method, I permit the ADFPF and the WDFPF to publish my name as a suspended member and/or member who is suspended for testing positive for a banned substance or doping method on the internet, in Powerlifting USA, in RAW POWER, or any other publication that the ADFPF and WDFPF

Signature		If Unde	er 21 yrs., Parent Initial	Date		Prior Registration No
Name	SELECTION SEEDS	Phone_		E-mail		
Address		Sideral India of Co. La	City		State	Zip Code
Date of Birth	Gender	U.S. Citizen?	ADFPF Registered Club N	Member		

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The ADFPF offers a NON-ACTIVE MEMBERSHIP for coaches, meet directors or officiate who want to join the ADFPF but who WOULD NOT BE ALLOWED TO COMPETE nor would they be DRUG TESTED. The Non-active ADFPF Membership Fee is \$20.00. (It is possible to change the NON-ACTIVE membership into an ACTIVE membership with an additional fee of \$75.00 to cover the cost of a

Non-active ADEPE Membership Fee \$20.00 Paid via (CIRCLE ONE): CASH CHECK made out to the ADEPE MONEY ORDER made out to the ADEPE All membership cards expire on December 31st of the year purchased with the exception of cards purchased in NOVEMBER which shall be valid through the following year. All payments to the ADFPF

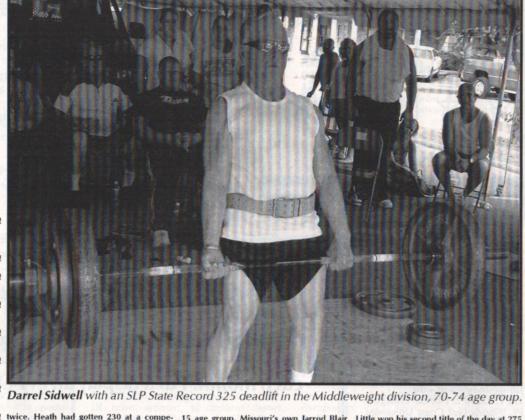
SLP Superman Classic 11 JUN 05 - Metropolis, IL WOMEN D. Bassett 375 Master (40-44) 148 lbs 198 lbs T. Wentworth 390 4th-160! 220 lbs. Hillard Wheel Chair 242 lbs. McIntyre 530 H. Logsdon 198 lbs. 242 lbs. Centers L. Morgan 4th-425 132 lbs. P. Little 470 170! 181 lbs. 308 lbs. 330! 4th-345! 4th-550 220 lbs. DEADLIFT I. Stafford WOMEN 242 lbs. een (13-15) 455! I. Lawson 132 lbs. Teen (13-15) 132 lbs. Greer MEN Blair 200! SHW 132 lbs D. Kennedy 181 lbs 275 lbs. P. Little 470! Teen (13-15) 4th-500! Submaster Blair SHW 4th-360! Southerland Master (40-44) 198 lbs. Master (45-49) 181 lbs R. Cox Master (55-59) 275 lbs R. Richey 165 lbs Master (45-49) . Green Master (70-74) R. Dickerson 310 165 lbs

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Master women's 40-44/148 class, firstless
Master women's 40-44/

Dave Bassett won at 181with 375, followed . SIU Bodybuilding Champion! At 198 it Wentworth with 390,

575 and 585, just missing each weight due

Best Lifter Bench: Chad Hillard. Best Lifter Deadlift: Brandon Williamson. The personal best 160 fourth attempts. Beth Son Light Power Superman Classic was held at the Superman Cleberation. Many held at the Superman Celebration. Many thanks to the Metropolis Chamber of Commerce for once again sponsoring this event. And thanks to Butch Adams and Lars Linquist, at Metropolis Athletic Club & Spa, for their continued efforts. In the bench press event, Heath Logsdon again won the wheel chair 114 division, finishing with his opener of 205, after a new state record attempt with 215 failed service. The state of the state of the state of the four competition, and just this win at submaster/shw. In the master men's 40-44 age division Bruce Stevens got his first official 500 bench on his final attempt. This also bettered the state Strong and beautiful too! In the novice men's division each of the four competitors set state records for their respective tors set state record for their respective tors set state record for their respective tors set state record of the day at 181, setting his second state record of the day at 181, setting his second state record of the day as well, with his 350 pull. For the 13-15 it was first official 500 bench on his final attempt. This also bettered the state the state of the state took the title at 55- record at 45-49/181 for the win there. 59/308 with 400. In Larry Greer also broke his own state the open division record at 55-59/165 with his 365 final pull. The darling of the deadlift competi-tion was seventy year old Darrel Sidwell. Darrel set the state record at 70-74/165 by a 385 pr fourth. Darrel set the state record at 70-74/165 Dave is the current with his 315 third, followed by a personal best 325 fourth. Darrel, who has a severe hearing problem, due to years of operat-ing heavy equipment, is great to tease and cheer on. Always a crowd favorite! In the making just his open division Brandon Williamson won at opener. Also just getting in his opener was 220 and best lifter trophy for the competition. Taking the win winner, Lance at 308 was Darrin Chandler, who finished Hillard. A lifter with with a strong 565. Thanks to my son Joey unlimited potential, Lance finished with 535, struggling with his final attempts of Morgan Jefferies and Jerrah Stafford. This years event was saddened by the loss of Anthony Clark, who passed away on May to shirt problems. 22, at the age of 38. Anthony had been an Once Lance gets some active part of the Superman Celebration quality time to train the past several years. This was high-in his shirt, we'll see lighted by his exhibition 730 double over 600 from the boy! bench press, in a single ply shirt, in 2002. In the 242 class it was Anthony will be missed by those who knew Stacy McIntyre over him and the thousands of lives he touched John Centers 530 to with his ministry. This year's Superman 400. John came back Classic is dedicated to his memory. (Thanks with a successful to Dr. Darrell Latch for providing these fourth of 425. Phillip contest results to Powerlifting USA)





Randy Richey with a SR 540 BP @ 275, 40-44. (photographs courtesy of D. Latch)

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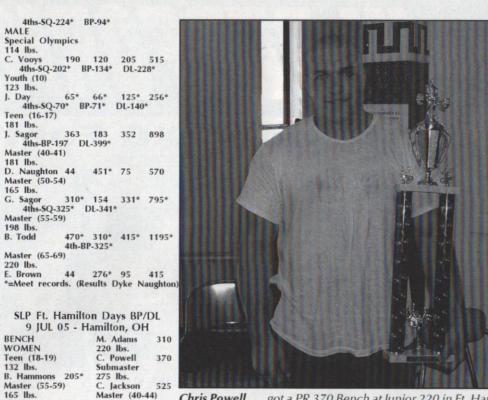
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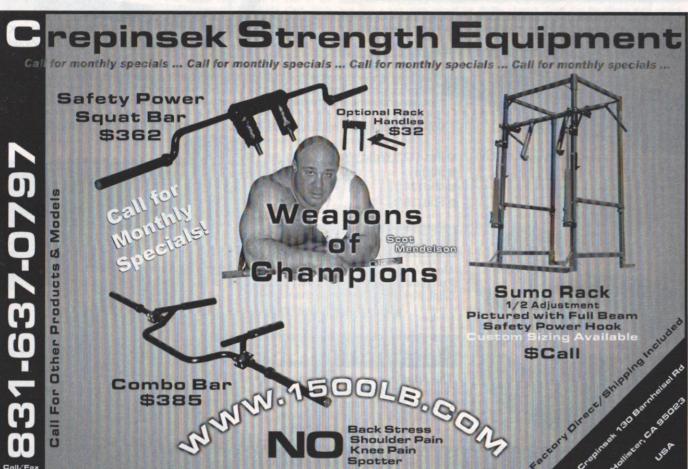
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FEMALE	SQ	BP -	DL	TOT	Master (55-59	
Teen					165 lbs.	102
148 lbs.					M. Harmon	95*
R. Mayer	230	138	100	468	MEN	
	4th-B	P-145*			Novice	
Master (45-	49)				275 lbs.	
132 lbs.					M. Meadows	425*
J. Cannizza	ro 110*	81*	157*	348*	Teen (16-17)	
4ths-SQ-	136*	BP-91*	DL-17	2*	220 lbs.	
Master (55-	59)				I. Carl	285
122 lbs.					Junior	
S. McCallio	n 212	86*	232	538*	181 lbs.	



Master (40-44) 242 lbs.	Chris Powell	got a PR 370 Be	ench at Juni	or 220) in Ft. Ham	ilton
K. Robbison 465						
275 lbs.	Master (65-69)	P. Newton 385	* D. Meng	370	K. Robbison	465
S. Vickery 630	* SHW	Police/Fire/Open	4th-380		W. Grant	365
J. Ritzler 530	J. Telljohn 405	181 lbs.	220 lbs.		J. Trusty	335
Master (50-54)	Master (70-74)	B. Bartels 385	* J. Watson	450	275 lbs.	
242 lbs.	242 lbs.	Open	4th-500		J. Maxwell	475
B. Sellman 350	V. Banks 285*	165 lbs.	J. Nichols	425	S. Nagel	430
275 lbs.	Police/Fire/40-44	S. Blue 315	242 lbs.		308 lbs.	
C. Peer 335	308 lbs.	198 lbs.	S. Tanner	600	A. Fails	550



Master (40-44)

365* L Leonhardt 425 DEADLIFT 4th-400* Master (40-44) WOMEN Teen (13-15) 242 lbs. J. Brausch E. Ritzler 100* 275 lbs. S. Vickery 123 lbs. Master (65-69) 220 lbs. E. Ritzler 150* 4th-185* WOMEN T. Hall 450 Teen (18-19) Police/Fire 132 lbs. 275 lbs. J. Patrick **B.** Hammons MEN Novice 275 lbs. S. Baker 450 M. Meadows 425* 275 lbs. S. Nagel J. Maxwell 560 Teen (13-15) 510 C. Brausch 405* SHW C. Brausch 405° SHW
Teen (16-17)

*=Son Light Power Ohio state records.
Best Lifter Bench: Scott Vickery. Best
Lifter Deadlift: Scott Vickery. The Son

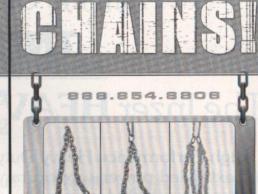
Light Power Ft. Hamilton Days Bench Press/Deadlift Championship was held at Samson's Gym in Hamilton, Ohio. Thanks once again to Darris and Cathy Sparks for hosting this event and to Darris, Paul Newton, Jason Leonhardt, Wee Man and others who helped with the loading, spotting and judging of the competition. In the bench press event Brittany Hammons won at teenage women 18-19/132, breaking the Ohio state record there with her 205 opener. Her second attempt with 225 failed just at the top, and a final with 255 stopped just off the chest. Marianne on set the state record at 50-54/165 with her final attempt of 95. In the men's novice division, Mike Meadows set the state record with 425, while Josh Carl got a new pr at 16-17/220, with 285. Matt Adams also got a new personal best at junior 181 with 310, and first-time competitor Chris Powell won at junior 220 with a personal best 370. Clarence Jackwith a personal best 370. Clarence Jackson won at submaster 275, making just his opener of 525. Keenan Robbison won at 40-44/242 with 465, this being Keenan's first competition. At 40-44/275 it was best lifter Scott Vickery with a new state record of 630. Second place went to Jeff Ritzler who finished with a personal best 530. Bill Sellman won at 50-54/242 with 350 while Charlin Pager took the 275 class 350 while Charlie Peer took the 275 class with 335. At 65-69/shw it was master legend Jeff Telljohn for the win, finishing with a strong 405. Another legendary lifter, Virgil anks, set the Ohio state record for the 70-74/242 class with his easy 285 opener. Two other attempts with 300 came within inches of locking out! In the police & fire/40-44/308 class, Paul Newton broke his own state record with a great 385 final attempt. A fourth with 405 was close, but just out of the groove. Brian Bartels, one of the great lighter police lifters, won at police & fire/181 with a solid 385. That's thirty pounds over double-bodyweight! In the open division Stephen Blue won at 165 with 315 while Danny Meng got in all four of his attempts in at 198 to finish with a double-bodyweight 1380. Jason Watson had his greatest com-petition to date, making his first ever 500 bench on his fourth attempt. In picture-perfect form and after missing the groove with 475 on his third attempt, Jason smoked that 500. Congradulations Jason! smoked that 500. Congradulations Jason:
In second place at 220 was Jim Nichols,
lifting raw, finishing with 425. In the 242
class we had four competitors. Taking the
title was Stephan Tanner with a great 600
bench. Second place went to Keenan
Robbison with 465, followed by Wesley
Creat with 365 and 11. Texts who had Grant with 365 and J.J. Trusty, who had some problems with his shirt and had to finish the competition raw with 335. First time competitor Josh Maxwell won at 275 with 475 over Steve Nagel, who finished with his opener of 430. Another firsttimer, Allen Fails, won at 308 with 550 while Jason "Sissy-Boy" Leonhardt took



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the title at shw with an easy 440. In the deadlift competition we had the "sister act" of Emily and Elizabeth Ritzler. At Brittany Hammons with a SLP State Record 205. (Latch photos)

only eight years of age, Emily, all fiftytwo pounds of her, set the state record at
13-15/97 with 100! Elizabeth, age eleven,
set the record at 13-15/123 with 185! First

record of the day, finishing with 290. (I'm
not sure, but I think Brittany is from
set the record at 13-15/123 with 185! First

record of the day, finishing with 290. (I'm
not sure, but I think Brittany is from
SLP Ohio State Championships. (Thanks to
Sweden, with those long blond braided

Dr. Darrell Latch for these meet results)

pigtails, and the fact that she rarely speaks. She probably knows very little English, but she is a great lifter!) Mike Meadows also won his second title of the day and set his second state record at novice 275 with 500. Cody Brausch won at 13-15/220 with a new state record of 405 while Josh Carl set the state record at 16-7/220 with his 365 third and 400 fourth attempts. Joe Brausch, a great strongman competitor lifting in his first deadlift meet, won at 40-44/242 with 550. Scott Vickery, having some grip prob-lems, only got in his opener of 700 at 40-44/275. But that was still good enough for his second best lifter award of the day! Tom Hall, in his first competition, set the state record at 65-69/220 with a great 450 pull. Then at police & fire 275 it was James Patrick, breaking his own state record there with 610. In the open division Steve Baker won at 242 with 450, this being Steve's first competition. At 275 Steve Nagel redeemed himself with the win over Josh Maxwell 560 to 510. Steve's 560 was a new personal best for him. Then at shw Jamie Denlinger broke his old state record of 480 with his first official 500

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25 JUN		Glens		NY					
BENCH		Open							沿直产
WOMEN		L. Yo		405		100	50 TH		SE W
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220 lbs. WOMEN	60	BP BP	DL	TOT	B. Mimnaugh	-			
123 lbs.	SQ	Dr	DL	101	Teen (18-19)				A RECAL
					E. Korbel	575	485	475	1535
Open	475	250	320	1045	Master-I	3/3	403	7/3	1333
J. Burke 132 lbs.	4/3	250	320	1045	J. Howell	625	425	640	1690
In Inc.					275 lbs.	023	423	040	1030
Open	205	180	245	710	Open				
S. Young	285	180	245	/10	M. Harris	650	585	585	1820
MEN					R. Fishbein	500	375	415	1290
181 lbs.						300	3/3	413	1290
Open	-0-	265	455	1225	Teen (16-17) Addenbrooke	705	520	620	1845
P. Nicholson	505	365	455	1325	Junior	703	320	020	1043
Teen (16-17)	275	225	425	1025		650	460	590	170
T. Aldrighetti	3/5	225	425	1025	T. Irving 308 lbs.	650	400	390	170
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C. McClure	255	305	400	960	G. Russo	805	605	515	1925
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J. McVicar	660	610	610	1880	Open T. Barbaccio	615	640	615	1870
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M. Twitchell	500	350	550	1400	(Thanks to Sar				
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C. Sierotnik	520	375	470	1365					
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L. Bagnoli	405	305	405	1115	6 AUG	05 - 1	Boca I	Raton.	FL

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Jalen Mimnaugi	h pulled 170 at the
	a meet (McCaslin)

B. Mimnaugh	-	-	-	-
Teen (18-19)				
E. Korbel	575	485	475	1535
Master-I				
J. Howell	625	425	640	1690
275 lbs.				
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M. Harris	650	585	585	1820
R. Fishbein	500	375	415	1290
Teen (16-17)				
Addenbrooke	705	520	620	1845
Junior				
T. Irving	650	460	590	170
308 lbs.				
Open				
G. Russo	805	605	515	1925
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L. Deutsch	-01	1-	-	SHIO
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T. Barbaccio	615	640	615	1870
This meet was	held	at Adir	ondack	Barbell.
Thanks to Sar	ndi Me	Caelin	for the	rosulte)

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Open		C.	Briley	491
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N. Posey		441	502	942
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T. Walyus		-	452	-
275 lbs.				
P. Donahue		468	-	-
J. Jordan		540	590	1130
Thank you to	all of	the lif	ters, sp	ectators,
referees, spott	ers/loa	ders, a	and to t	he scor-
ing table staff	. A spe	ecial th	ank you	u to our
sponsors Elite	Fitne	ss Syst	tems, H	lardcore
Fitness, and	Orland	o Barb	pell. (Th	anks to
Southside Bar	bell fo	or pro	viding i	results)

Teen (18-19)

502

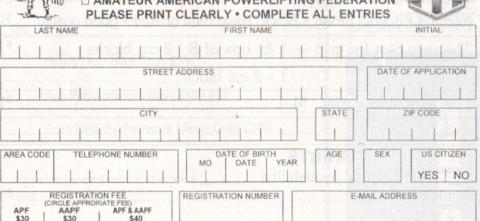
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BENCH		MEN		
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L. Anderson		57.5	122.5	262.5
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High School				
C. Wingert	25	37.5	75	137.5
MEN				
114 lbs.				
High School				
Z. Sprague	30	65	115	210
165 lbs.				
Master-1				
B. Anderson	65	117.5	187.5	370
Pure				
B. Anderson	65	117.5	187.5	370
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J. Hunn	75	145	192.5	412.5
275 lbs.				
Junior			408 8	400 =
S. Green	60	145	197.5	402.5
Novice			407.	400 5
S. Green (Thanks to Ri		145		

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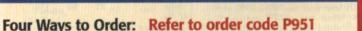
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17-1	8 JUN (05		K. Baker	65	_	_	Juniors				Submasters-1			
WOMEN	BP	DL	TOT	Masters-1				114 lbs.				132 lbs.			
Juniors				114 lbs.				J. Klotzke	175	205	380	C. Azium	70	145	215
148 lbs.				M. Weber	75	190	265	123 lbs.				148 lbs.			
E. Morin	70	_	_	165 lbs.				P. Brankin	100*	120	220	T. Hahn	95	160	255
181 lbs.				A. Hernandez	65	165	230	132 lbs.				165 lbs.			
H. Felles	90	210	300	MEN				G. Cook	105*	180*	285*	B. Smith	105	155	260
220 lbs.				123 lbs.				E. Saguin	70	160	230	181 lbs.			
N. Riggs	105*	185*	290*	C. Johnson	140	300	440	148 lbs.				T. Eller	225	305	530
242	,			G. Griffith	140	200	340	A. Copeland	140	320	460	J. Whiteside	150	300*	450
S. Dunn	80	190	270	148 lbs.				E. Utnage	120	190	310	220 lbs.			
Intermediate				G. Mata	55	100	155	B. McWhorter 120	180	300		T. Strack	-	-	-
181 lbs.				165 lbs.				165 lbs.				242 lbs.			
C. Rangel	100	_	_	T. Hanlon	105	135	240	C. Scott	160	400	560	H. Luken	80*	-	-
Submasters-1				S. Smith	300	-	-	T. Jordan	115	225	340	275 lbs.			
114 lbs.				181 lbs.				R. Fryman	190	120	310	D. Phillips	120	260	380
S. Collazo	70	160	230	M. McCarthy	100	105	205	B. Salzer	110	195	305	308 lbs.			
148 lbs.				R. Colvin	60*	140*	200*	F. Kajdanowski	75	130	205	B. Stroud	205	350	555
L. Newbury	55	75	130	B. Yokam	_	_	_	181 lbs.				Submasters-2			
165 lbs.				198 lbs.				J. Smith	170	290	460	148 lbs.			
C. Kelly	90	115	205	J. Jakes	150	300	450	198 lbs.				T. Hahn	120	205	325
198 lbs.				242 lbs.				T. Fiedler	150	300	450	198 lbs.			
L. Penkas	95	70	165	S. Waynauskas	120	265	385	M. Garland	145	275	420	R. Levinthal	160	240	400
308 lbs.				A. Smith	130	185	315	D. Morgan	100	270*	370	D. Bergl	110	135	245
S. Campbell	135	330	465	J. Andres	80	150	230	M. Dickson	100	240*	340	J. Petty	75	80	155
Submasters-2				275 lbs.				V. Jorden	120*	-	_	242 lbs.			
97 lbs.				B. Albert	10	200	300	220 lbs.				D. Schmitt	70	-	-
J. Pintozzi	50	-	-	308 lbs.				D. Hitchcock	185	350	535	275 lbs.			

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Conditions Of Membership: As a condition of membership to USAPL, lagree to foliow and obey all rules, regulations, and drug testing procedures of USAPL. If urther agree that the rules, regulations, and drug testing procedures as a condition of continued membership. I agree that my membership to USAPL, lagree to foliow and obey all 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. 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 for what I take into my body and that should I consume a banned substance unknowingly, and test positive for it that banned substance, I shall be solely responsible for the consumption of that banned substance and donate and consumption of that banned substance and donate and consumption of that banned substance or doping method. Internet, in Powerlitting USAP, or any other publication that USAPL so chooses.

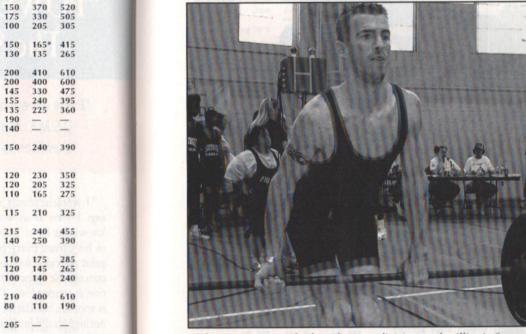
SIGNATURE:	30万万世上上上	If under 21 yrs., Parent Initial:	Date:	Prior Reg. #	mar 29,024	
Name:		Phone: ()	E-Mail:	ROALS AROAS	OR SEE	
Address:		City:	State:	Zip Code:	inel a large	
Date Of Birth:	Age: Sex: l	J.S. Citizen? USAPL Registered (Club Represented:			
		High School Division (Full year hru May 31) - \$15.00 Upgrade fro			Non-	
Competing Divisions: (please cir High School - Full Year Hi			r (20-23 yrs.) Master	(40 yrs. & up) Collegiate	Military	Police
USAPL Merchandise: (please cir •Polo Shirt - \$35.00(s-xl) \$37.00(x •White Referee Designation Polo- •I ifter Classification Patch - \$5.00	xl & up) (size qty)(cc \$30.00(s-xl) \$32.50(xxl & up)	(size qty) *Logo Pa	ry, red, black, yellow, purple, atshirt - \$30.00(s-xl) \$32.00(atch - \$5.00 (qty) (Shpg	od & up) (size qty) for patch: .50)	wanese of	

Check/Money Order # Credit Card: Visa-Mastercard-Discover Exp. Date Card # Cardholder Signature: All memberships expire 12 months from date of purchase.



Membership Price: \$ Merchandise Total: \$ Merchandise Shipping: \$4.00 Total Purchased: \$_

(White Original - National Office * Yellow - Seller's Copy * Pink - Lifter's Copy)



Ricky Fryman won the bench press division at the Illinois Summer Games, and then made three successful DLs to finish 3rd place overall.

T. Beeverts	9-4	-	News
SHW	0.45	440	
W. Hopkins	245	410	655
Masters-1			
165 lbs.			1.00
T. Lynch	155	245	400
181 lbs.			
M. Affeto	85	210	295
198 lbs.			
T. Donahue	170	320	490
220 lbs.			
C. McDaniels	185	340	525
J. Cruz	130	290	420
S. Black	100*	205	305
A. Perez	80	120	200
275 lbs.			
L. Woods	170	300	470
SHW			
M. Brown	185	440	625
J. Fajdich	185	350	535
Masters-2			
123 lbs.			
L. Tanaka	75	100	175
132 lbs.			
B. Seeforth	90	155	245
198 lbs.			
R. Bridges	75	_	PERMIT
	Each Ju	ne, mo	ore tha

R. Bridges 75 — co-venue director. April and Bethany both judged and spent part of Friday loading. 3,700 athletes, 1,500 coaches, 2,300 families, and 2,000 volunteers from throughout llimois converge on the campus of Illinois State University for the annual Special Olympics Summer Games. The games are huge, but then Illinois is the birth place of Special Olympics, with the first International Special Olympics Games held at Chicago's Soldier's Field in 1968. Six of the 19 Special Olympics sports are offered Chicago's Soldier's Field in 1968. Six of the 19 Special Olympics sports are offered at Summer Games, including Aquatics, Gymnastics, Track & Field, Bocce, Soccer, and naturally, Powerlifting. This year, 113 Special Olympics Athletes participated in the two-days of powerlifting, setting new standards of excellence and steadily raising the bar of excellence. Both Shannon Open Compbell, and Todd Eller, representing K. Scott. Campbell and Todd Eller, representing K. Scott Region 2, continued to be just outstanding. MEN Shannon pressed up 135 pounds in the bench and 330 pounds in the deadlift for a 465 total. All three were the heaviest lifts of the meet. Todd, who switched from R. Austin of the meet. Todd, who switched from swimming, was letter perfect in posting a 530-pound total. Things were exciting in several division. The 165-pound Junior Division saw Ricky Fryman win the bench press with a lift of 190. Corey Scott came in second in the bench, but won the deadlift and combined total with a 400-pound of special thank you and combined total with a 400-pound A special thank you goes to all of my help: deadlift and a 560-pound total. There was also a switch of places in the 242-pound Teen Division where Anthony A. Smith edged Steve Waynauskas 130-120, but Nov. for the Pine Tree State. (Russ Barlow)

Waynauskas won the deadlift 265-185 to win the combined gold medal 385-315. The switch was down a little in the 220-pound junior class where Donald Hitchcock won the bench and finished second in the deadlift, but still won the combined gold deadlift, but still won the combined gold with a 535. Edgar Gosa placed second in the bench and Anthony Carlson was third at 150 pounds. Carlson won the deadlift with a 370-pound effort, while Gosa finished third in the deadlift, giving Carlson the Silver medal and Gosa the bronze. This year's meet also featured a demonstration of squats for coaches and athletes, with the addition of the third discipline, which is already at the national and international level, set for the future of Illinois Special Olympics powerlifting. Once again, a large contingency of Natural Athlete Strength Association power-lifters from Clay County worked the annual event. NASA lifters making the trip were Jason and Linda Sanders and their son Jacob; April Henson, Callie and Andy Lake, Bethany Schwaninger, Kay Lamb, Diana Rutland, and Mable Smith, who served as co-venue director. April and Bethany both

17 SEP 05 - Turner, ME R. Austin 352 Popovich Master (40-49) 300 T. Petrino DL TOT BP 202 385 587 Master (40-49) 501 628 1130 352 303 655 165 275 441 600 1102 424 672 441 667 226

23 JUL 05 - W.	Palm	Beach	, FL	B. Walde	120	160	280
BENCH	Open			Master-3 (60-69)	120	100	200
MEN		drich	217.5		140	102 5	332.5
67.5 kgs.	125+		217.0	P. Currey Master-4 (70-79)	140	192.3	332.3
Master-1 (40-49)	Open	ngs.			105	142 E	247.5
A. Nishkoch 137.5		ot a	170	B. Tinkler	105	142.5	247.3
	DEAD		1/0	90 kgs.			
90 kgs.	WOM			Open	107 5	265	462 5
Master-1 (40-49)				R. Laitris		265	
	70 kg		FO)	M. Brown	137.5	187.5	
100 kgs.		r-1 (50		J. Landau	_	260	260
Open	W. Ar	aujo	92.5	Teen (16-17)			
C. Calvano 200	MEN			J. Greenburg	142.5	177.5	320
Collegiate	90 kg	s.		Master-1 (40-49)			454
	Open		10/250/12	T. O'Maile	140	210	350
Master-3 (60-69)	M. Br		187.5	M. Brown		187.5	
A. Speach 140	110 k			T. Caffery	130	65	195
110 kgs.	Junior	(20-23	1)	100 kgs.			
Collegiate	J. LaF	lamme	242.5	Open			
R. Hayne 170	Maste	r-2 (50	-59)	J. Calloway	-		_
Master-2 (50-59)	L. Bue	cchioni	220	Collegiate			
C. Steele —	125+	kgs.		K. Robinson	180	227.5	407.5
Master-4 (70-79)	Open			Master-1 (40-49)			
J. Kluft 155	A. Co	sta	215	J. Calloway	_	100	TO S
125 kgs.				Master-2 (50-59)			
WOMEN	BP	DL	TOT	D. Grossman	_	_	183_
Collegiate	DI	DL	101	110 kgs.			
				Open Open			
75 kgs.	47.5	115	162.5	M. Brith		nlimi	A STATE OF
J. Wiersma	47.3	113	102.5	J. Dundon	207 5	267.5	475
MEN				T. Hand	135	185	320
60 kgs.					133	103	320
Teen-1 (14-15)				Master-1 (40-49)	207 5	267.5	475
J. Szparaga	-	_	_	J. Dundon			
67.5 kgs				M. Eschbach	1/2.5	215	307.3
Teen-2 (16-17)	200			125 kgs.			
J. lanno	90	162.5	252.5	Open			
75 kgs.				M. Minster	155	222.5	377.5
Open			and the last	Teen (18-19)			
G. Wright	155	267.5	422.5	M. Fernandez	160	250	410
Teen-1				Master-1 (40-49)			
N. Prisco	60	117.5	177.5	M. Minster	155	222.5	377.5
Teen-3 (18-19)				125+ kgs.			
A. Prisco	_	177.5	177.5	Open			
C. Daley	105	147.5	252.5	A. Costa	170	215	385
82.5 kgs.				Master-1 (40-49)			
Open				A. Coasta	170	215	385
B. Walde	120	160	280	MEN SQ	BP	DL	TOT
Teen-1 (14-15)	-113	4777	11 11 11	National Quaifier			
Z. Mercado	132.5	210	342.5	90 kgs.			
Teen-3 (18-19)		Euro		Master-1 (40-49)			
M. Joseph	132.5	310	342.5	T. Caffrey 65	65	65	195
Junior (20-23)	132.3	310	342.3	(Thanks to USAPL fo		The State of the Landson	
Junior (20-23)				(Thanks to OsATE 10	provid	and and	· courts)
THE RESERVE OF THE PARTY.	STATE SALES	Married St.	STATE OF THE OWNER, TH		Section 1	1	

R. Starling

USAPL/USOC Tropical Games

LOUIE SIMMONS' REVERSE HYPER





Roller Hyper

112.5 187.5 300

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Larry Garr 30 JUL 05 -				J. Witt G. Petrides Jr			000 85
FEMALE	BP	DL	TOT	(Thanks to Bri	ian W	ashington for res	sults)
123 lbs.	Dr	DL	101				
IM (40-49)					The state of		
T. Petrides	95	200	295		lowa	State	
148 lbs.	33	200	233	16 APR	05 -	Oskaloosa, IA	
BNH-A Open				BENCH		Teen	
K. Dennis	125	123	125	WOMEN		B. Whaley	305
D. Grimes	110		110	114 lbs.		M. Cerruto	285
IM Open			3 12	W. Haban	100	K. Thompson	250
K. Dennis	125	220	345	123 lbs.		R. Shafrath	230
D. Grimes	110	225	335	Master-1		K. McCauley	230
165 lbs.			000	I. Simbro	125	M. Day	200
BNH-A Open				132 lbs.		220 lbs.	0.00
A. Carter	115	Major.	115	Master-2		Teen	
MALE				K. Thibodeau	75	L. Daly	300
132 lbs.				148 lbs.		R. Mosbah	290
DL (40-49)				Open		I. Michalski	255
J. Marchio		420	420	D. Chambers	145	C. Wanken	230
148 lbs.		420	420	198 lbs.	. 45	J. Place	195
				Open Open		242 lbs.	
BNH-A Open	250		250	R. Power	135	Teen	
J. Singleton	230	district of	250	198+ lbs.	.33	T. Childs	365
BNH-A (50-59)	250		250	Open		D. Knipfel	260
J. Singleton 181 lbs.	250	947 F	250	A. Olsen	170	C. Allen	195
				MEN	170	275 lbs.	
BNH-A Open	210		310	114 lbs.		Teen	
J. Gardner	310	H. FRI	285	Teen		L. Brandel	350
J. Rafinello BNH-R 914-16)	285	-	205	B. Schimp	135	Mollenbecfo	225
The same of the sa	240		240	C. Denison	95	L. VanDyker	215
A. Lebrun	240	NOTE THE	240	B. Frank	95	R. King	205
BNH-A (40-49)	205		285	123 lbs.	93	132 lbs.	203
J. Rafinello	285	THE	285	Teen		Novice Novice	
DL Open		600	600		185	K. Shultz	215
R. Green	-	600	600	A. John 132 lbs.	103	148 lbs.	213
DL (50-59)			600	Teen		Novice	
R. Green	-	600	600	The same of the sa	215	P. Derr	245
IM (14-16)	0.40	250		K. Schultz	215 145	165 lbs.	245
A. Lebrun	240	350	590	J. Slocum	135	Novice	
IM Open	245		770	T. Frank		C. Kellner	235
B. Denny	315	455	770	148 lbs.		181 lbs.	233
198 lbs.				Teen	245		
BNH-A Open			277	M. Simons	245	Novice	240
A. Bailey	375	-	375	T. Wilks	205	B. Cox	340
BNH-A (40-49)		000		A. Crumes	175	Open	245
R. Williamson 230	-	230		G. Hepke	175	J. Towsley	345
IM (17-19)	4.00	205		J. Winters	140	P. Kramer	325
J. Mata	150	385	535	165 lbs.		D. Hutcheson	
220 lbs.				Teen	200	J. Brown	245
DL Open	- 45	oly I-		W. Chesling	290	Master-1	225
R. Tamburello —	510	510		P. Mier	275	M. Donahue	325



Jeff Donnels and Darle Mosley at the Iowa State Meet (W. Hammes)

S. Mingus 242 lbs.

Novice

T. Frank

K. Sales

K. Grams

Open J. Donels

I. Wires

G. Hathawa

Submaster

J. Donels

Master-1

J. Mathews 275 lbs.

D. Skipper

Novice

Open Hudson

Submaster

DEADLIET

WOMEN

Master-2

114 lbs.

Lewellen

B. Phillips D. Doobay

Master-1

Master-3

220 lbs.

Novice

I. Brose

S. Reiner

L. Carter

I. Bailey 325 S. Mingus 315 Submaster

J. Becker J. Bailey

T. Prati 305 Master-1

335 K. Denison

310 Master-2

225 R. Lahodney D. Mosley

Novice

A. Regan J. Wells

ASSOCIATION OFFICE COPY

Open D. Doobay

B. Claussen

M. Donahue

B. Carlough

D. Grimshaw 198 lbs.

275 250

175

A. Hicks

I. Elmore

Coonley

181 lbs.

198 lbs.

Teen

Bickford

Open R. Lahodney

D. Mosley

R. Hennigar

S. VanDusen 210

365

385

380

405

385

375

485

	380	W. Haban	200	T. Callen	570	
		148 lbs.		165 lbs.		
		Master-3		Novice		
	435		190	A. Davis	275	
	350	165 lbs.		J. VanDusen	145	
	350			Open		
	345	N. Walther	95	C. Messamak	240	
	343	MEN	93	MEN	240	
	600	114 lbs.		114 lbs.		
	400	Teen		Teen		
	375	C. Schultz	175		240	
y	3/3		175	C. Denison		
	600	B. Frank		B. Schimp	225	
	600	L. Schultz	145	132 lbs.		
		148 lbs.		Teen		
	400	Teen		I. Spath	315	
		G. Hepke	305	J. Slocum	225	
		165 lbs.		148 lbs.		
	405	Teen		Teen		
		A. Hicks	425	J. Winters	250	
	435	W. Chesling	400	165 lbs.		
		C. Kellner	365	Teen		
	385	242 lbs.		P. Conley	230	
		Teen		181 lbs.		
		T. Childs	500	Teen		
		181 lbs.		J. Conley	420	
		Open		A. Korth	310	
		P. Kramer	525	198 lbs.		
		R. Schryver	425	Teen		
		198 lbs.	-	R. Shafrath	335	
		Novice		Novice	1000	
		A. Reagan	350	J. Bunnell	475	
		Submaster	000	Master-3		
		P. Cossolotto	405	S. VanDusen	405	
		220 lbs.	403	220 lbs.	403	
B	Fee	Master-1		Teen		
	3.50	K. Denison	545	C. Wanken	405	
20	5.50	Master-3	343	242 lbs.	403	
			405	Teen Teen		
		J. Ites	405		F10	
25	00.0	242 lbs.		D. Knipfel	510	
20	0.00	Open		J. Michalski	360 335	
		G. Hathaway	575	C. Conklin		
25	.00	J. Wires	570	C. Allen	330	
		S. Pendgraft	500	Novice		
V2	ilable	275 lbs.		C. Comes	515	
30	.00	Open	a Light	Master-1	HUUD	
m	unteer	C. Driscoll	625	J. Matthews	480	
-	diffeet	TRAP DEADLE	IFT	275 lbs.		
S	No	WOMEN		Teen		
-		132 lbs.		R. Darnell	400	
		Master-2		R. King	385	
		K. Thibodeau	185	L. VanDyke	355	
	No	148 lbs.		J. Mollenbec	330	
		(Thanks to W	ayne	Hammes for resi	ults)	
20	rating	The state of the s				

哪	> Fo > AA Me prii	r information U membersh embership be mary coverage	on registration a hip provides each nefits include and ge) for all proper	on form. Complete all are and program, call 1-800 h member with an oppo- ccident insurance (which rly sanctioned AAU eve	l-AAU-4USA. ortunity to particip h is secondary ar nts and supervise	art One to the address shoate in AAU events. Indis applicable after any ed practices of member cl	ubs.			
Specific details on coverage can be obtained from your leads to the specific details on coverage can be obtained from your leads to the specific details on coverage can be obtained from your leads to the specific details on coverage can be obtained from your leads to the specific details on coverage can be obtained from your leads to the specific details on coverage can be obtained from your leads to the specific details on coverage can be obtained from your leads to the specific details on coverage can be obtained from your leads to the specific details on coverage can be obtained from your leads to the specific details on coverage can be obtained from your leads to the specific details on coverage can be obtained from your leads to the specific details on the specific details of the specific details on the specific details on the specific details on the specific details of the specific details on the specific details on the specific details on the specific details of the specific details on the specific details of the specific details on the specific details of the specific details on the specific details on the specific details of the sp					r local AAU Association. Adult Athletes in the Following Sports. Baseball, Biathlon, Basketball, Broomball, Cycling. Kayak, Gymnastics, Modern Pentathlon, Multi-Events					
Youth Athlete Coach Volunteer or Official Adult Athletes in the Following Sports			10.00 12.00 12.00 50orts: 10.00	14.00 Not Available	(Decathlon, Pentathlon), Physique, Soltball, Surling, Trampoline & Tumbling, Triathlon, and Weightlifting Adult Athletes in the Following Sports: 20.00 Field Hockey, Flag Football, Hockey (toe and Roller).					
Aerobics, Badm Diving, Fencing, Challenged, Rad	inton, Ba Golf, Ju	aton Twirling, Bound Rope, Physial, Rowing, Sailing	wling, Canoe, Cross cal Fitness, Physical	Country.	Adult Athletes Chinese Martial A	Nater Polo and Wrestling s in the Following Sports: Arts, Judo, Jujitsu, and Karate frion Athletes	Not Available	Not Available		
AAU National Headquaters c/o The Walt Disney World Resort				MEMBERSHIP CATEGORY CHECK	CHECK ONE: Athlete (30.00 Coach Official	35.00 Volunteer			
PO Box 10 Lake Buena	*	, FL 32830			Club No.:	uth Program Adult Progr Club Name:	am Added Benefi E-Mail	tYes No		
THE AI	MATEU	R ATHLETIC	UNION OF THE U	INITED STATES, INC.	ARE YOU ALREADY	COVERED WITH HEALTH & ACCIL	DENT INSURANCE?	Yes No		
Date of Birth	Age	Sex Male Female	Application Date	Social Security Number		e bound by the AAU Co				
First	HI	Middle	Last	FEXIL COY	and the relea	ase and indemnity of the lues, I certify that I have n	e AAU. By payi	ing my annual cted of any sex		
Address	1.10			LAUS CAUL	approval) thro	lony; or, if so, I must app ugh the AAU National Office	ce.	valskitt		
City		JUNE 1	State	Zip Code	NOTE: Parent	Guardian signature require	ed if member und	er 18 years old.		
County Phone (With Area Code)			Signature Parent/Guardian	ohme gyde ol poy est	The Contract of the contract o	to the distance of the				

IPA PA State/NE Regional 10 SEP 05 - New Oxford, PA WOMEN SQ BP DL TOT AM Master (45-49) SHW B. Cullen MEN 400 190 375 965 AM Teen 165 lbs. B. Parthemer 350 200 400 950

B. Crowe	650	480	570	1700
C. Lambert		400	500	1400
198 lbs.				
A. Keiderling	470	200	450	920
Submaster				
220 lbs.				
L. Rutecki	525	375	525	1425
242 lbs.				
B. Schlag	450	315	435	1200
Master (40-44	4)			
198 lbs.				
	525	315	475	1315
275 lbs.				
M. Locondro		390	450	1385
Master (45-49	9)			
181 lbs.				
F. Piermattei		465	565	1710
Master (60-6	4)			
198 lbs.	MARK			
J. Schmuck	540	305	450	1235
Pro Open				
220 lbs.	1	and the same		4050
V. Cook				
(Thanks to Ge	ne Ryc	hlak, J	r., Mee	Direc-
tor & IPA PA	State	Chairm	an, for	results)
0	71		I D	D/DI
Beast of (
9 JUL (05 - Y	ounge	sville,	PA

500 500 WOMEN 56 lbs. 9 yrs. old K. McCaslin C. Phillips JFitzsimmons 400 Submaster 181 lbs. Open K. Goliszek 308 lbs. 350 BEI WO Tee 535 S. McCaslin MEN 325 D. Spry S. Costello 520 Master 132 lbs. 500 B. Godden Open SHW A. Searer 220 Open S. Lewis Teen 600 A. Searer 148 lbs. 220 DEADLIFT WOMEN Master 98 lbs. S. Gee Teen (13-15) 165 lbs. S. McCaslin 170 Teen (16-17) 181 lbs. Lauffenburger 290 181 lbs. Open K. Goliszek Open T. Carrington 360 S. McCaslin 365 MEN M. Bratton 305 132 lbs. Teen M. Coulter Jr. 250 M. Bratton 305 198 lbs. 198 lbs. M. Wolfley 635 Master T. Myers C. Frantz 500 242 lbs. Teen (13-15) 400 475 P. Foti Teen (16-17) G. McEwen T. Sweitzer 225 242 lbs. 275 lbs. Open B. Fields Open C. Phillips 650 Teen (13-15) 585 250 P. Foti Teen (16-17) Fitzsimmons 530 Submaster G. McEwen 235 Fitzsimmons 308 lbs. Master C. Seeker 275 lbs. 530 Open Costello 600 SHW Open M. Coulter 755 Open S. Lewis (Thanks to Sandi McCaslin for results)

Ray 133

R. Daly, Jr. 308 lbs.

Teen (16-17)

242 lbs.

181 lbs.

Submaster

T. Tesiero

B. Dussault

WOMEN

Amateur Submaster

. Daly

Open 132 lbs.

Amateu

D. Levers

220 lbs. N. Fraas

Junior

242 lbs.

Open 198 lbs.

J. Bronk

M. Furman

MEN

Ladewski

Youth (age 10)

Teen (18-19)

275 lbs.

D. Gunnerson 315

R. Gunnerson 365

W. Fosmire 300

C. Scarincio 585



Sarah McCaslin AKA Deadlift 275 lbs. Wench competed at the Beast of J. Rosato Chrome \$ Steel meet. (S. McCaslin) Raw Open



				Melway	4 318
Last Name	First	Initial	New Member	Renewal	Exp. Date
Street Address		City		in the light	
State or Providence	Zip Code			Country	H HE
Telephone	Email Address		Date of Birth	Age	Sex
				Pro	Am
Sign if above answers are correct. Pa	arents sign if under 18 years.		Date	SC(Rfull) un 190 - sul 1 110- 20Xelek	
Registration Fee: Adult S.	30 ~ High Schoo	and Specia	al Olympics	\$25	

Payment is accepted in the form of cash or money order. Payment can be made to your state chairman. Payment can be mailed to: IPA, c/o Mark Chaillet, 190 Arsenal Rd., York, PA 17404

I ayment can be an	and the same of the same of					
	Power Team 05 - PA	275 lbs. D. Kingwater 480 Submaster	420	480	1380	SHW M. Miller 1200 455 500 2155 Open
ENCH	Master (40-45)	220 lbs.				275 lbs.
OMEN	SHW	D. Barker —	_	-	-	H. Sargent
en (age 13)	J. Galligan —	Master (40-44)				Open Junior
32 lbs.	Master (45-49)	198 lbs.				308 lbs.
Daly 225	275 lbs.	A. Yvars 640	370	595	1605	J. Todd — — — —
aw Master (50-54)	J. VanAlstyne 600	Master (44-49)				This meet is dedicated in memory of
23 lbs.	Master (60-64)	SHW				Robert J. Van Alstyn. "Did you ever know
Shults 105	242 lbs.	T. Brown 555	300	580	1435	that you are my hero? You're everything
w Master (55-59)	A. Kirby 330	Master (65-69)				I want to be, your courage and strength,
32 lbs	Police	220 lbs.				your lover and devotion; you're every-
Horender 95	220 lbs.	R. Furman 440	335	475	1275	thing to me and I thank you for that."
EN	R. Hess 555	Professional				(Thanks to Veronica Taylor for providing
mateur pen	Professional Open	Open				these meet results to Powerlifting USA)
20 lbs.	148 lbs.					MARKET THE REAL PROPERTY AND ADDRESS OF THE PARTY AND ADDRESS OF THE PA
Young 465	J. Ceklovsky 475					ONE OF BOX A
75 lbs.	165 lbs.			1		ycles emphasizing Energy, Anabolic,
Putnam —	R. Hillyard 390	THE FUTURE OF	SOCRES N	TRITION		
een (14-15)	181 lbs.	em em em em em em em		7 画 日本		and Growth phases. This is real
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460

600

K. Dean

Junior 242 lbs.

Submaster

198 lbs.

S. Rabine

308 lbs.

V. Vardine

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450 240 375 1065

120 50 125 295

500 325 505 1330

775 650 652 2077

525 300 575 1400

385 355 460 1200

Master (45-49)

DI TOT

330

525

385

SQ BP

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	Open							
	275 lbs.							
	H. Sargent	-	-	_				
	Open Junior							
	308 lbs.							
)5	J. Todd	_	-	_	-			
	This meet is	dedic	ated i	n men	nory of			
	Robert J. Van							
15	that you are my hero? You're everything							
	I want to be,							
	your lover a							
75	thing to me							
3	(Thanks to Ve							
	these meet r	esuits	o row	ermun	5 USA)			



Poor gains? Hit a training plateau? You might not need a new exercise program, and you might not even need to increase your calorie intake. Even if you know a lot about what to eat, you could be missing out on the "t" dimension (as in time) ... like WHEN to take in those nutrients. That's what is revealed by two totally credible scientists - John Ivy Ph.D. and Rob Portman Ph.D. in their new book NUTRIENT TIMING. These two break down each 24 hour period into 467, Camarillo, CA 93011.

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 that 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

69

DL Open R. Tamburello —

DL (40-49)

IM (17-19)

IM (40-49) M. Bennett

BNH-A Open

O. Shor

242 lbs.

I. Witt

IM Open

510 510

385 625

500 -

625 625

1010

500

235 505 740

WABDL House of Pain 23 APR 05 - Mesa, AZ WOMEN 1 Lense 542* Law/Fire 407 Master (40-47) D. Smith. III Master (68-74) Christopher 259 181 lbs. Law/Fire McEwen 209 Christopher 259 Master (54-60) I. McHenry 451 B. Heriford 275* S. Taylor Master (61-67) 584 K. Able 123 lbs. E. McEwen P. Holloway 710 4th-115 308 lbs. Open 148 lbs. I. Pritchett Submaster (34-39) B. Heriford 275 259 lbs. 551 165 lbs. T. Hafner I. Zamora 275 lbs. 4th-451! P. Holloway 710 MEN Teen (16-19) 132 lbs. Class-1 165 lbs Salazar 396 D. Salazar 181 lbe WOMEN Master (54-60) M. Early 198 lbs 148 lbs. B. Heriford 198 L. Lense 220 lbs. Master (61-67) R. Becsei C. Garcia 573 E. McEwen 78 4th-82* 259 lbs. Law/Fire Master (40-47) . Garcia Fahrenbruch 490 J. McHenry 352 I. Laija T. Hafner 551* 123 lbs. 220 lbs. 275 lbs. Christopher 126 529 R. Becsei 341 Master (54-60) 220 lbs.

4th-540*

4th-468*

Junior (20-25)

286 J. McHenry 352

259 lbs.

126 V. Garcia

198 H. Hafner

435* J. Pritchett

330 Master (40-47)

198 lbs.

369* Law/Fire

385 R. Budd

347 Law/Fire

Rudy Lozano breaks WABDL bench press records. (Namea Designs)

562*! 181 lbs. D. Judd

363

502*

Law/Fire

J. Hinrichs

A. Martinez

Master (40-46)

4th-330*

259 lbs.

165 lbs

198 lbs.

L. Banks

259 lbs

R. Solar

275 lbs.

F. Johnson

M. Stanford

Welker

Master (47-53)

451

473

369

275 lbs.

R. Lozano

198 lbs.

242 lbs.

Open 148 lbs.

198 lbs.

J. Harrison

D. Smith, III

Master (68-74)

I. McEwen 198

D. Knapp 3 Master (61-67)

363

374

336

L. DeAlva 468

M. Desrosiers 551

S. Hoekstra 600

Wadekamper 446

P. Halloway 551

I. Pritchett 473

Submaster (34-39)

4th-468

651

451

S. Iordan

259 lbs.

4th-618*! Stanford 602*

242 lbs

259 lbs.

WARDI.	WORLD AS	SOCIA	tion for ATION (ADLIFT)	OF BI	ENCHI	PRESSERS
Last Name	First Nat	me		Initial	Renewal Y N	Current Card # (If Renewal)
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Registration Fee: Adults \$25 Teens \$15 Make checks payable WORLD ASSOCIAT PRESSERS AND DE P.O. Box 27499 Golden Valley, MN 5	ION OF BENCH ADLIFTERS	In re to su by V	testing. cognizing th bmit to any	e need f testing p	or drug usa procedures and shall	ets will be subject to age detection, I agree deemed appropriate accept the results
If under 18, have paren	t initial	Sign	ature		-	

Hinrichs 562* 132 lbs. A. Zweig 176* P. Holloway 551 Teen (16-19) 132 lbs. 651*! I. Salazar S. Jordan Teen (13-15)

*=State Records, !=World Records, Fifty six lifters competed at this event. The most inspirational lifter was Doc Lense, who is recovering from Prostate cancer, and he just simply set a World Record in the deadlift, at (61-67) 198 with 542.2, to show everybody his recovery is complete. I was really worried about Doc Lense. He is a great guy and both he and his wife have been very helpful at the Arizona meets. Another deadlifter, who put on one of the most amazing deadlifting performances I have ever seen, was Imelda Zamore Andujo of Chihauhau, Mexico. She weighted 149 and opened up with 391, then broke Leonetta Richardson's World Record of 419 with a 420. Then she did 440.7, then a picture perfect very hard fought 451.7. she uses conventional style and she's tall and slender, 5'8" or 5'9". There is nothing in her physique that says she can't pull over 300 lbs. Other deadlifts of note: Todd Hafner, who set a class-1 state record at 259 with 551. Kyle Able, who set a class 1 record 584 at 275. Donald Judd set an Arizona record 385.7 at (61-67) 181. Two women set state records: Betty Heriford at master (54-60) 148 hauled in an Oregon record 275.5 and Erna McEwen set California record 115.5 at master (61-67) 123. World Records in the bench were equally impressive. Rudy Lozano set a WR 383.5 in master (61-67) 181. Rudy's goal is to ench 400 at age 70. He is 66 now. Scott Wesley Jordan, who is as big as a house (about 350) put up a World Record 651.3 in submaster superheavy. Jeff Hinrichs set a World Record 562 in law/fire submaster 259. Jeff had a work commitment and wouldn't take the drug test. He has on e year to enter another WABDL contest and be tested or he loses his World Record. That is a WABDL rule. That rule only applies if someone was asked to take a drug test and either couldn't stick around of they left a contest early and didn't bother to ask the meet director or me if they needed to be tested. Lifters know that only the very best lifters in a meet get tested in WABDL, contrary to what the internet police may say. Scott Hoekstra set a World Record 618.3 at open 259 and passed the drug test for the second time. Scott finished second at the world's with a 606, until the drug test results came back and he was elevated to World Champion and returned his World Record 617, which was broken with 622,but again the person that beat him flunked the test. Betty Heriford also set a World Record bench with 198.2 in master (54-60) 148. Other impressive benches in class-1 242 and Todd Hafner's 468.2 in class-1 259. Jerry Pritchett got a state record 413.7 in junior 308. Jerry brought



Leonard Lense D.C. record setter.

and his mother Suzi made sandwiches for the staff. However, Jerry was primed for a World Record deadlift of 755 in Junior 308, but got sick before he deadlifted and had to drop out. In class-1 bench, Michael Early set an Arizona record 435.2 at 181. That's very good weight for that weight class. Randy Budd set an Arizona record 369.2 at 198 and he also set an Arizona record in law/fire master (40-47) age group. In master men, Alex Martinez set an Arizona record 330.5 in master (40-46) 165 class. In master (40-46) 259. Mark Stanford set an Arizona record 502.6 and he had more in him. Ron Matheson who has had to drop out of three meets due to training injuries, finally got to a meet and was ver impressive with an Arizona record 391.2 in master (61-67) 198, not too far from Ken Anderson's World Record 424. Daniel Smith III put up a nice 363.7 in master (61-67) 242. In submaster 259, Todd Hafner set an Arizona record 468.2 and then leff Ainrichs obliterated it with 562. Patrick Holloway had an off day with 551. He's done 600.7. His deadlift wasn't on either. He pulled 710.7, but he's done 766. Aaron Zweig set an Arizona record with 176.2 in the bench at teen (13-15) 132. There were three other good deadlifters from Chihauhau, Mexico in addition to Imelda Zamora Ardujo. David Salazar Flored pulled 462.7 at 165 with impeccable form. Carlos Garcia Chacon pulled a gut buster 600.7 at 220 in class-1, and his form was perfect also. Jorge Salazar Flores pulled 396.7 at 132, at the age of 18. All four of the Mexican lifters used conventional style and I did not see any flaws in their technique. I want to thank our sponsors Rick Brewer of House of Pain, Mike Lambert of Powerlifting USA, Neal Sprice, Odd Haugen, and Jim Starr of Apex Fitness Group, Pete Alaniz and Ken Anderson of Titan Support Systems, Gus Samuelson and Mike Rockoff of Universal Nutrition, Matt Lamarque of Bovine Strength Systems, Chet Groskreutz of Ivanko Barbell, Shawn Madere of GLC Direct, makers of the best joint formula on the planet, Dave Tate and Jim Wendler of Elite Fitness, and CSS Photo Design with Keith Lemm. The judges were Nico Feliciano, Rocky Girgg, Tom Manno, Mike Desrosiers. Holly was the scorekeeper. Gus Rethwisch was the MC, and Raquel Rethwisch took tickets. Lawrence

RENCH

FEMALE

165 lbs

Masters

Novice

181 lbs.

198 lbs.

C. lones

FEMALE

181 lbs

Master

Guest A. Centers

Novice

SHW

Junior

Masters

I. Koenig

G. Kelly MALE

123 lbs.

McWhirt

S. Dzurnak 225 160

D. Miskinis 210 135

B. Centers

MEN

Open

D. Sutherland 120

McWhirt

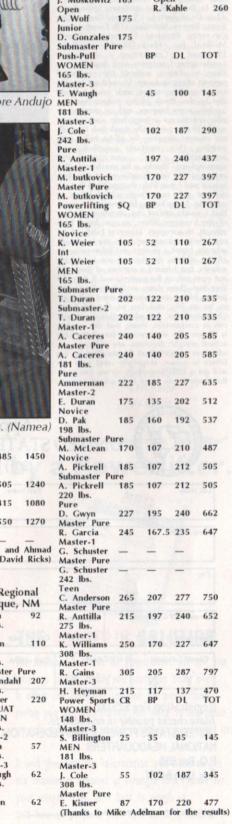


			Ohio		132 lbs. T-3
27 Aug	05 - 0			H	C. Ferre
NCH		220 I			148 lbs.
MALE		MAST			Novice
5 lbs.		T. St	riverson	440	K. Wene
asters		242	bs.		Open
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oen		Mast	ers		181 lbs.
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McWhirt	230	165	275	670	242 lbs.
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asters					B. West
Koenig	135	140	275	535	D. Mad
Kelly	200	135	230	565	275 lbs.
ALE					Junior
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1 ALERON IS					Masters
Miskinis	210	135	305	650	B. Wag

Scott Hoek	stra	bench	ned a	WABE	DL World Rec	ord	618 IL	bs. (N	ame
R. Horn 132 lbs.	330	275	335	870	M. Ridgeway ! SHW Junior	565	420	485	145
C. Ferree	340	245	415	1000	D. Brown	380	355	505	124
148 lbs. Novice	100	105	245	600	Master K. Vance Novice	385	280	415	108
K. Weneck Open	180	185	315	680	D. McGlothen:	385	335	550	127
S. Lewis 165 lbs.	325	260	375	960	Masters P. Aracre		_	_	_
Junior D. Craigo T-3	_		_	_	Best Lifters: Je (Joe) Atef. (res				
J. Gloyd 181 lbs.		225	405	-	NASA Ne	w A	Mexico	Regi	onal
Masters M. Cury	450	250	525	1165	10 SEP 05				
198 lbs. Open	430	230	323	1103	PS BENCH WOMEN		E. Ke 181 I	en	92
Sensenbaugh Masters	500	365	455	1320	148 lbs. Master-2		Junio M. Ke		11
Sensenbaugh C. Jones	500	365	455 410	1320	E. Keen 181 lbs.	42	MEN 165 I		
220 lbs. Masters					Junior M. Keen	55		aster undah	
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B. Hughes 242 lbs. Open	VENAS CIRCLE	LINEARS LINEARS	505	Inserti	Submaster Pur S. Grundahl 220 lbs.	e 127	PS SC WON 148 I	MEN	
A. Atef Junior	680	475	605	1965	Submaster Pur K. Parker	e 187	Maste E. Ke		57
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D. Madewell 275 lbs. Junior	a True	405	635	on open be	Master Pure E. Kisner PS DEADLIFT	170	E. W	augh	62
J. Lorenzetti Masters	500	325	505	1330	WOMEN 148 lbs.		Junio M. K		62
B. Wagner	585	480	605	1670	Master-2		MEN		



Team Mexico with Gus Rethwisch, including Imelda Zamore Andujo MEN



K. Parker

Master-1

220 lbs.

275 lbs

Master-1

308 lbs.

B. powell

B. powell

K. Williams

Submaster-1

Police/Fire

Master-4

G. Schuster

A. Saraguard 147

170

165 lbs.

MEN

181 lbs

Master Pure S. Grundahl

PL BENCH

Vharra

I. Ybarra

T. Ybarra

Master-3

ubmaster Pure

Moskowitz 165

K. Able

198 lbs.

308 lbs.

. Pritchett

Law/Fire

Open 220 lbs.

181 lbs.

R. Lozano

Junior (20-25)

McHenry

4th-511

Master (54-60) 275 lbs.

D. Knapp 3 Master (61-67)

584*

501*

380

440

123 lbs.

MEN

Class-1

165 lbs.

M. Farty

R Rudd

220 lbs.

R. Becsei

C. Garcia

S. Taylor

242 lbs.

D. Salazar 181 lbs.

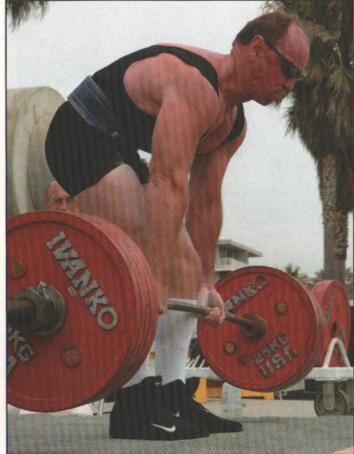
Christopher

B. Heriford

USPF Rhode Island High School 20 MAR 05 Cranston, RI

165 lbs. Lazzareschi 225 BP DL TL SQ 165 lbs. Lazzareschi 475* 300* 475* 1250* 405* 350* 440* 1195* A. Vargas 308 lbs.

S. Dandurand 450* 265* 350* 1065* *=RI state records. As always, I would first *=RI state records. As always, I would first like to thank all my sponsors, Spine Tech, a.k.a. Dr. Robert A. L'Europa, Ocean State Gym, Reeves Nutrition, TJI Construction, Coventry Physical Therapy & Sports Medical, Inc., Mark D'Iorio MetLife, Elmwood Countertop, DeCesare Landscaping/Concrete, and Supplements Plus. As always, without the continued support of my sponsors, I would not be able to put on this contest each year. I would like to also thank all my judges, spotters, loaders, score keepers, and my announcers who are always a huge help each year. I would like to personally thank Bob Connell, my co-meet director, for all his help with putting this contest together and maintaining our new website, www.ripl.org. Thanks a lot my friend. This year was the first installment of the High School and I was little disappointed that we did not get more high school lifters to compete. I was hoping by running this meet that I would attract the attention of some of the younger lifters, in our local high schools, to our sport. However I did not get much help and support from the local high schools. I sent a posters and information to all the athletic directors of our local high schools, but I heard a number of them did not even put up the posters, and if they did they took them down as fast as they were put up. I hope over time this meet will g to be as big and fun as the RI State Championships, for which this meet was run in conjunction. Being that this contest school weight divisions are all open, so



is all new, the state records for all the high Jody Woods deadlifted a successful 4th at the Venice Beach Push-Pull

who ever competed set the standard for the Schools could compete with individuals rolling for this contest. Hopefully we will lifters to come. Hopefully next year we and teams against each other, to see who see you again next year so we can make will get a little more help so we can grow this contest into large high school contest.

and teams against each other, to see who see you again next year so we can make this meet bigger and better. Have a great competitor who came out to get the ball year. (Thanks to Ted Isabella for results)

lunior (19-23 242 330 573 K. Radon 123 lbs. 203 270 473 148 lbs. 132 264 115 270 M. Sparango M. Silva Master (50-59) 181 lbs. 104 231 336 198 lbs. K. Polansky 181 363 545 MEN Junior (13-15) 181 lbs. l. Gordon 181 374 556 220 lbs. R. Garcia S. Southard 248 Junior (19-23) 165 lbs. 165 308 473 D. Avila 330 584 914 K. Sanderson 451 N. Bryant Open 148 lbs. 231 501 733 V. Tanabe 165 lbs. 518 771 181 lbs. L. Sparango R. Robles 330 446 777 446 716 198 lbs. 617 1036 4ths-BP-442 DL-628 352 496 848 S. Myers 479 A. Acevedo 540 562 914 876 485 854 1251 1234 710 R. Perkins 705 617 1179 975 551 P. Collard

USPF Venice Beach Push-Pull

6 AUG 05 - Venice, CA

WOMEN

123 lbs

148 lbs.

S. Lucchesi

M. Sparange

RP DI TOT

203 270 473

300 103.			
S. Cartwright	622	661	1284
P. Abbott	501	739	1241
B. Meek	473	551	1025
J. Johnsen	253	507	760
J. Pritchett	473	473	755
Master (40-49)			
198 lbs.			
J. Woods	418	617	1036
TOTAL STATE	4ths-BP-442	DL-6	28
220 lbs.			
J. Dean	236	462	699
242 lbs.			
J. Dentice	369	485	854
275 lbs.			
R. Perkins	529	705	1234
Master (50-59)			
220 lbs.			
K. Croxdale	380	562	942
308 lbs.			
B. Meek	473	551	1025
Master (60+)			
198 lbs.			
D Lazana	260	440	010

State Single Lift Bench Records set: Kate Radon, 198+ Junior 20-23, 242 bench, Karen Polansky, 198 Master 55-59, 181 bench, Gretchen Slover, 181 Master 50-54, 104 bench, Scott Cartwright, 308 Submaster 35-39, 622 bench, Ron Perkins, 275 Master 45-49, 529 bench, Jody Woods, 198 Master 45-49, 442 bench, Rudy Lozano, 198 Master 65-69, 369 bench. State Single Lift Deadlift Records set: Monica Silva, 148 Master 40-44, 270 deadlift, Kate Radon, 198+ Junior 20-23, 330 deadlift, Karen Polansky, 198 Master 55-59, 363 deadlift, Gretchen Slover, 181 Master 50-54, 231 deadlift, Raymond Garcia, 220 Junior 13-15, 391 deadlift, Paul Abbott, 308 Open,



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Registration Fee \$25.00 Make checks payable to and Mail to: UNITED STATES POWERLIFTING FEDERATION NATIONAL HEADQUARTERS P.O. Box 650 Roy, Utah 84067

NOTE: \$10 SPECIAL FEE APPLIES TO: Special Olympians; High School with proof of enrollment; and inmates when paid with institution check. All USPF sanctioned meets will be subject to drug

In recognizing the need for drug-usage detection, I agree to submit to any testing procedures deemed appropriate by the USPF or its agents and shall accept the results and consequences of such tests.

If Under 18 have Parent Initial

Master Blaster Rudy Lozano benched 369 @ 198 @ 60+ in Venice.

739 deadlift, Ron Perkins, 275 Master 45-49, 705 deadlift, Jody Woods, 198 Master Kaleb Sanderson, 181 Junior 20-23, 584 198 lbs. 45-49, 628 deadlift, Rudy Lozano, 198 deadlift, Patrick Holloway, 275 Submaster J. Hernandez Master 65-69, 440 deadlift. American Single 35-39, 710 deadlift, Rudy Lozano, 198 242 lbs. Lift Bench Records set: Sabra Lucchesi, Master 65-69, 440 deadlift. Thanks to all B. Bartos 123 Master 45-49, 203 bench, Karen of our valuable help at the meet. Scott Q. Doudera Polansky, 198 Master 55-59, 181 bench, Layman, State Referee, Chuck LaMantia, 275 lbs. Kate Radon, 198+ Junior 20-23, 242 bench, National Referee, Announcer, Jack Hughes, S. Hoekstra Scott Cartwright, 308 Submaster 35-39, International Referee, Jim Merlino, Na- D. Varela 622 bench, Ron Perkins, 275 Master 45-49, tional referee, Kevin Meskew, National B. DeWeese 529 bench, Rudy Lozano, 198 Master 65- Referee, Steve Denison, National Referee, P. Connell 69, 369 bench. American Single Lift Deadlift Gary Ridgeway, National Referee, David 308 lbs. Records set: Kate Radon, 198+ Junior 20- Foster, State Referee, Bill Ennis, Interna- D. Marr 23, 330 deadlift, Monica Silva, 148 Master tional Referee. Spotter/Loaders: Venice P. Abbot 40-44, 270 deadlift, Karen Polansky, 198 Beach Staff. (These meet results provided SHW Master 55-59, 363 deadlift, Gretchen to Powerlifting USA by Steve Denison) A. Ramsey

2 IUL 05 - Fullerton, CA A. Patalano Master (45-49) SHW B. Fletcher 308 lbs. M. Asp Master 242 lbs. (40-44)148 lbs Master (55-59) D. Knapp Master (60-64) MEN Junior (13-15) 198 lbs. 242 lbs. Smith III 413 lunior (16-17) Master (70-74) 148 lbs P. Goodman I. Andres DEADLIET 358 WOMEN J. Hoffman Junior (18-19) 308 lbs. N. Wright 347 B. Fletcher 165 lbs. 165 lbs M. Asp 3 Master (40-44) A. Saffaie T. Lopez 181 lbs. 264 148 lbs. M. Sparango 259 MEN Junior (13-15) 402 D. Horine P. Goodman 314 1 Hoffman 611 N. Wright Open 181 lbs. L. Sparango 220 lbs. J. Coats 242 lbs. 424 Q. Douder M. Bartos 523

USPF Koloseum BP/DL

Master (45-49) 275 lbs. S. Denison P. Connell 242 lbs. K. Booth B. DeWeese O. Urbina Master (55-59) B. Mayock 429 Master (65-69) P. Abbott 198 lbs. L. Manly Master (40-44) 220 lbs. 4th-160 M Tronske 479 Best Lifter Women's Bench: Mari Asp. Best Lifter Men's Bench: Scott Hoekstra. Best Lifter Women's Deadlift: Mari Asp. Best Lifter Men's Deadlift: Paul Abbott. State Single Lift Bench Records set: Mari Asp, 165 Open Women, 341 bench. Monica Sparango, 148 Master 40-44, 132 bench, Sparango, 148 Master 40-44, 132 bench, Jonathan Hoffman, 220 Junior 16-17, 358 bench, Scott Hoekstra, 275 Submaster 35-39, 611 bench, Dan Varela, 275 Master 55-59, 540 bench, Art Ramsey, SHW Master 45-49, 523 bench, Dan Smith, 308 Master 45-49, 501 bench, Daniel Smith III, 242 Master 60-64, 413 bench, Jim Andres, 148 Master 70-74, 176 bench, State Single Lift Deadlift Records set: Monica Sparango, 148 Master 40-44, 259 deadlift, Drew Horine, 198 Junior 13-15, 385 deadlift, Jonathan Hoffman, 220 Junior 16-17, 407

deadlift. Nathan Wright, 308 Junior 18-19

474 deadlift, American Single Lift Bench

Records set: Mari Asp, 165 Open Women, 341 bench, Scott Hoekstra, 275 Submaster 35-39, 611 bench, Dan Varela, 275 Master

55-59, 540 bench, Daniel Smith III, 242

Master 60-64, 413 bench, American Single Lift Deadlift Records set: Monica Sparango

148 Master 40-44, 259 deadlift, lonathar Hoffman, 220 Junior 16-17, 407 deadlift, Nathan Wright, 308 Junior 18-19, 474

deadlift, Thanks to all of our valuable help at the meet, Milos Sarcev, Promoter. Steve

Denison, Meet director, National referee

Don Haley, International referee, Jin

Merlino, National referee, Kevin Meskew, National referee, David Foster, State ref-

eree, Koloseum Gym staff for spotting and loading. (results courtesy Steve Denison)

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	105 lbs.			ionzale	
	Open B. Cabrera	105		Teste	
	198 lbs.	105	(33-	ionzale 39)	2 455
-	(40-49)		No	Test	
	C. Cobb	240	н. 1	imbs	585
	MALE 105 lbs.		275 (40-	IDS.	
-	(11-12)			ichie	500
	C. Dantzler	60	DEA	DLIFT	
	148 lbs. (60-69)		FEM		
	R. Gidcumb	225	114 Ope		
	165 lbs. (40-49)			abrera	220
-	(40-49)		132		
	C. Smith 181 lbs.	345	Ope	n Morriso	n 250
	Open Tested		(13-		. 250
1	. Burdette	1100	L. C	reer	175
	(18-19) I. Atwood	350	165		
	50-59)	330		n Teste Aeeks	300
i	D. Hamby	400	181		
	4th-405			n Teste	
	(40-49) I. Brown	360	MAL	elair	300
	198 lbs.	300	105		
	unior Tested		(11-	12)	
	Cbarbonneau	425)antzle	r 150
	Open Tested B. Highnote	465	148		
		425		idcumb	345
	70-79)	40-	165		
	C. Casaneda 220 lbs.	185	(50-		370
	Open Tested		181	lbs.	3/0
1	B. Kelley	625	Ope	n Teste	
	16-17)			asaned	la 395
	3. Carson (60-69)	365	198 One	n Teste	d
	Churchman	365		bonne	
-	50-59)			or Test	
	f. Boyer	465		bonne: Tested	au 525
	242 lbs. Open Tested			axson	500
	. Centers	350	1 dist	u.a.son	300
	4th-375				
	Sub No-Test P. Waters	1000			
	WOMEN	SQ	BP	DL	TOT
	105 lbs. 11-12)		THE PERSON	A Court	A THE R
		4.00		405	
	6. Biddle	160	105	185	450
(123 lbs. 40-49)				
	. Talley	325	165	305	795
	132 lbs.				
ì	Open Tested P. Burnett	315	180	280	775
I	P. Burnett C. Tallion	270	165	270	705
	148 lbs.				
	40-49) 6. Keddy	300	175	365	840
	165 lbs.				
(Open	250			
	R. Phillips 181 lbs.	350	TO SHO	345	Tabele
(16-17)				
1	A. Biddle	275	135	260	670
-	Jnl				
	13-14) 1. Biddle	215	125	265	600
	MEN	BOLL		011	
	105 lbs.				
(9-10) . Llewellyn	105	40	120	265
	11-12)	103	40	120	203
(C. Danzler	100	60	150	300
	23 lbs.				
	unior . Warren	330			
	48 lbs.	-			
(60-69)				
	R. Gidcumb	350	225	345	920
	40-49) R. Broeg	400	270	400	1070
1	65 lbs.				
(50-59)				
1	0. Hamby 181 lbs.				THE P
	Open Tested				
(. Sesler	610	345	530	1485
		570	295	545	1410
	. Finlayson 198 lbs.	530	330	515	1375
(Open Tested				
	3. Highnote	550	465	470	1485

WPA Worlds 7,8 MAY 05 - Nashville, TN

	UAPC Power	lifting ™ Applica	tion • PO B	ox 40, Bogart,	GA 30622		
		<u>i</u>	rondawg.com	partering with V			
and drug testing procedures I agree that my membership submit to any drug testing pr the test are conclusive and I As a condition o to stay current with any UAP consume a banned substanc consequences of that test.	ss a Condition of mambiaership to Living and subject to change at any time may be revoked temporarily or pe procedure that UAEP/GAWPC has further agree to accept the consect membership to UAPC. Understa C/AWPC banned substance or dop to unknowingly and test positive for lace of the mambiership for any reason 2.	and that I agree to obey manently, suspended and proved in its rules and reg quences of that positive te nd and accept that I am p aing method, including the r that banned substance,	any new or changed slor denied for my fai julations and drug ters st regarding my men irohibited from using see most recently bar I shall be solely resp	rules, regulations and drug lure to obey UAPC/AWPC r string procedures. If I do te abership, any substance or doping a ned. I further accept sole onsible for the consumption	a testing procedure rules, regulations ar st positive for bann method that is bann responsibility for w n of that banned su	is as a condition of and drug testing proved substance, I agreed by UAPC. It is that I take into my bubstance and shall a	continued members cedures. I voluntaril ree that the results o my sole responsibilit ody and that should accept the results ar
SIGNATURE	I registed	If under	21 yrs. Parent In	itial:Date	2:	Prior Reg. #	
Name:	THE PERSON OF	Phone: (_E-Mail:		
Address:	AND THE PARTY OF	City:		Stat	e:	Zip Code	
Date of Birth:	Age:	Sex:U.S. Ci	tizen?U	APC Registered Club Re	presented:		
Membership Price	es: (please circle all that apply)	• Adult - \$30.00	High School	Division (Full year, any	meet) - \$15.00	Special Olymp	oian \$10.00
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Cash/Check/Money Order	#	chase		Harman H. Racht 220 hrs L. B. Bressahn	Membershi	p Price \$	Market And

S. Whaley	600	335	540	1475	B. Dewalt	775	455	576	1725	Bench Press				
Charbonneau	450	425	525	1400	Submaster					(Thanks to W	Vade Joh	nnson	for the	results)
B. Rapp	790	525	625	1940	J. Maggart	700	485	580	1765					
B. Highnote	550	465	470	1485	Subs Tested									
(16-17)					J. Weigant	600	440	485	1415	AD.	C Dani	!!!	(1,0)	
B. Carson	575	365	560	1500	275 lbs.						C Regio			yestilen st
Junior					Open Tested					27 AL	JG 05	- Ath	ens, G	A
Charbonneau	450	425	525	1400	T. Nash	735	425	565	1725	BENCH		Oper	Tuber.	
Submasters					Subs Tested					MEN		D. N		212.5
J. Smith	635	500	500	1635	T. Nash	735	425	565	1725	(13-15)			amson	185
(50-59)					Open Non-Te	est				M. Knight	120		amson	103
L. Henderson	500	310	500	1310	T. Vaughn	765	500	680	1945	(16-17)	Die one			
(70-79) Tested	1				C. Stanley	615	430	600	1645	S. Lambert	132.5			
	425	200	395	1020	Junior					(40-44)				
220 lbs.		7.03		la de la constant	Z. Darnell	615	365	495	1475	D. Moore	212.5			
Open Tested					308 lbs.					K. Dean	157.5			
R. Wood	725	535	565	1825	(50-59)					MEN	SQ	BP	DL	TOT
T. Johnson	490	320	450	1220	R. Beach	405	425	500	1335	60 kgs				
(40-49)				ASL 000		4th-D	L-525			(16-17)				
M. Brown	550	350	540	1440	Subs					R. Johnson	110	80	117.5	307.5
B. Campbell	525	355	405	1285	F. Veilleux	600	_	_	_	75 kgs				
242 lbs.	525	000			SHW					Open				
Open					(18-19)					N. Wilson	205	150	227.5	605
W. Barabas	665	460	675	1800	I. Ward	625	575	500	1700	100 kgs				
Open Tested	000		0,0	.000	Best Lifter F		Sherr	v Talle	v. Best	Open				
J. Maggart	700	485	580	1765	Lifter Lightwe					T. Niblett	272.5	160	272.5	705
B. Dewalt	775	455	576	1725	Lightweight: J					140 kgs				
P. Dean	600	500	555	1655	Press Heavy:									
K. Robertson	925	55	55	1035	Tested Heavy:						280	_	22000	
Junior	343	33	33	1033						(Thanks to L.		er for	sending	results)

American Powerlifting Committee (APC) www.americanpowerliftingcommitte.com P O Box 40 Bogart, Ga. 30622

As a member I agree to follow and obey all the rules, regulations, and procedures of the American Powerlifting Committee.

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NASA C	rand	Nation	nals (k	(g)	148 lbs.					220 lbs.				
16 IU	L 05 -	Selme	er, TN		D. Heald		42.5	72.5	115	J. Bezucha	227.5	166	235	628.5
PS BENCH		165 lb	The state of the s		Master Pure					242 lbs.				
MALE		R. Cla		110	148 lbs.					J. Bell	240	163.5	227.5	631
lunior		198 lb			D. Heald		42.5	72.5	115	Z. Calhoun	207.5	115	207.5	530
165 lbs.		B. Bra		217.5	Pwr Sports	CR	BP	DL	TOT	275 lbs.				
l. Brown	160	Master			MALE			TO VIEW		J. Cogswell	260	186	240	686
Master-3		165 lb			High School					B. Cogswell	180	130	192.5	502.5
220 lbs.		P. Mil		122.5	148 lbs.					Junior				
C. Wooten	155	Master			I. Wade	47.5	117.5	182.5	347.5	181 lbs.				
Submaster		181 lb			181 lbs.					O. Benefield	182.5	150	182.5	515
Pure		T. Pric		150	B. Cooper	62.5	102.5	175	340	198 lbs.				
275 lbs.		PL SQ			T. Mills	50	87.5	147.5	285	D. Majure	266	127.5	256	649.5
	185	MALE			198 lbs.					Master-1				
PS CURL	.00	Guest			J. Carpenter	42.5	105	200	347.5	165 lbs.				
MALE		198 lb	s.		Int					G. Reichert	250	152.5	250	652.5
Int		W. Ag		227.5	165 lbs.					198 lbs.				
181 lbs.			1 Only		R. Clark	52.5	82.5	152.5	287.5	J. Gooch	212.5		205	527.5
A. McGaha	62.5	Maste			198 lbs.					N. Benefield	177.5	117.5	187.5	482.5
Master Pure	-	165 lb			B. Bradley	65	165	235	465	275 lbs.				
198 lbs.		S. Fic		155	Master-1					M. Akins	227.5	163.5	237.5	628.5
B. Wansley	70	Int			181 lbs.					Master-2				
PS DEADLIFT		181 lb	is.		E. Coutu	65	135	190	390	165 lbs.				
MALE		A. Mc		157.5	242 lbs.					Butterworth	197.5	95	195	487.5
Master-1			ster p		R. Dilworth	82.5	182.5	245	510	Master-3				
275 lbs.		220 lb			Maser-2					220 lbs.				
M. Akins	237.5	D. Ho	ffman	172.5	198 lbs.					R. Finch	202.5	132.5	202.5	537.5
PS SQUAT			Pure		H. Heald	55	110	170	335	Master Pure				
MALE		242 lb	os.		220 lbs.					198 lbs.				
High School		I. Rose		182.5	B. Beerman	62.5	140	235	437.5	N. Benefield	177.5	117.5	187.5	482.5
148 lbs.		Maste	r-1		242 lbs.					242 lbs.				
I. Wade	155	242 lb	os.		E. Akins	72.5	160	217.5	450	B. Wilson	297.5	222.5	285	805
198 lbs.		J. Rose	e	182.5	Master-3					Nat				
I. Carpenter	125	Maste	r-3		165 lbs.					198 lbs.				
Int		220 lb	os.		P. Miller	47.5	80	150	277.5	J. Gooch	212.5	110	205	527.5
		R. Fin	ch	132.5	Master Pure					Open				
Push Pull		BP	DL	TOT	181 lbs.					165 lbs.				
MALE					T. Price	47.5	147.5	155	350	G. Reichert	250	152.5	250	652.5
Junior					Submaster-2					Pure				
165 lbs.					220 lbs.					220 lbs.				
J. Brown		160	230	390	T. Tucker	82.5	155	287.5	525	J. Abnee	280	162.5	267.5	710
Submaster Pu	ire				308 lbs.					242 lbs.				
181 lbs.					J. Crone Jr.	85	192.5	265	542.5	B. Wilson	297.5	222.5	285	805
E. Joseph		115	195	310	Submaster Pu	ure				308 lbs.				
242 lbs.					220 lbs.					F. Gant	252.5	182.5	307.5	742.5
R. Nicosia		195	300	495	T. Tucker	82.5	155	287.5	525	Submaster-1				
Submaster-2					308 lbs.					220 lbs.	200	162 -	267 5	710
220 lbs.			20-		J.Crone Jr.	85	192.5	265	542.5	J. Abnee 308 lbs.	280	162.5	267.5	/10
T. Tucker		155	287.5	442.5	Teen						252 5	100 5	207 5	740 5
Open					181 lbs.					F. Gant		102.5	307.5	742.5
308 lbs.		400 5			D. Board	62.5	120	175	357.5	Submaster Pu	ire			
J. Crone Jr.		192.5	265	457.5	Youth					181 lbs.	145	115	195	455
Master-1					SHW					E. Joseph 220 lbs.	145	115	195	433
181 lbs.		400	400	225	J. Belue	22.5	32.5	70	125	I. Abnee	280	162 5	267.5	710
E. Coutu		135	190	325	Powerlifting	SQ	BP	DL	TOT	242 lbs.	200	102.5	207.5	710
Master-2					MALE					R. Nicosia	282.5	105	300	777.5
198 lbs.		110	170	200	High School					275 lbs.	202.5	193	300	111.3
H. Heald		110	170	280	123 lbs.	10-	(7-		227.	D. Franks	207 5	197.5	255	750
Master-3					J. Stablein	105	67.5	155	327.5	Teen	297.5	197.3	233	750
220 lbs.		122 5	202.5	225	165 lbs.	1/7-	110 -	100 -	462 5	148 lbs.				
R. Finch 181 lbs.		132.5	202.5	333	L. Hoffman				462.5	I. Hamm	157.5	92 5	147 5	397.5
l. Shoaf		120	165	285	A. McGarry	150	105	175	430	181 lbs.	137.3	32.3	147.3	337.3
FEMALE		120	103	203	198 lbs.	266	127.5	256	649.5	O. Benefield	182 5	150	182.5	515
					D. Majure I. Terrell	177.5		160	432.5	198 lbs.	102.3	100	102.3	3.0
Master-2					I. I orroll	1//.3	33	100	434.3	170 1031				

NIACA Cound Nationals (kg)

APPLICATION FOR REGISTRATION World Powerlifting Alliance American Powerlifting Association



First Name	Last Name	Middle Initial	Today	's Date
Street Address	City	Car DB Dc	State	Zip Code
Telephone Number	E-Mail address	Spa Spa Specific	Date	of Birth
Sex Social Sec	urity Number Signa	nture (Parent if und	ler 18 ye	ars old)

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D. Majure	266	127.5	256	649.5
220 lbs. J. Bezucha	227.5	166	235	628.5
242 lbs. J. Bell	240	163.5	227.5	631
275 lbs. J. Cogswell	260	186	240	686
WOMEN	200	100	240	000
Int 198+ lbs.				
M. Garrett Master Pure	165	95	180	440
123 lbs. R. Hedrick	0.5	F2 F	107 5	245
Open	03	32.3	107.3	243
198+ lbs. M. Garrett	165	95	180	440
(Thanks to Ri	chard I	Peters f	or the	results)

The second secon		te Bench Pre	
30 JUL	05 - 5	. Burlington,	VI
WOMEN		C. Ryan	365
Open		E. Johnson	360
H. Sardonis	140	J. Roberts	350
B. Empuerto	125	242 lbs.	
R. Bose	130	P. Williamso	n 440
K. Messrer	95	D. Gregory	430
MEN			425
Teen		P. Thomen	380
J. Shanks	320	S. Walters	365
R. McLaren	280	275 lbs.	
K. Wilcox	205	J. Miller	595
Open		Bernier, Jr	295
132 lbs.		SHW	
R. Gagne	235	C. Cadorette	420
148 lbs.		Master (35-5	0)
T. Good	240	K. Mattson	550
165 lbs.		M. John	420
D. Sgrai	330	B. Kernoff	365
181 lbs.		D. Sgrai	330
M. Berby	370	R. Gagne	235
B. Kernoff	365	D. Mitchell	355
P. Bianchi	350	B. Cseh	255
B. Cseh	255	K. Bean	240
198 lbs.		Grandmaster	(51-60)
M. John	420	P. Williamso	
D. Currier	380	E. Johnson	360
D. Mitchell	355	R. Blow	340
M. McEntee	350	J. Burrows	270
J. Bonilla	300	Senior	
R. Ricard	275	Grandmaster	(61+)
220 lbs.		R. Cseh	220
K. Mattson	550		
Post Lifton	Lacon	Miller Overal	Lann

Winner: Lydonville Viking Power Team. For the first annual bench press meet, it was a huge success. Thanks to Rick Poston. Rick is now back promoting after 14 years. Rick promoted the Florida state bench press championships from the 1980's to 1991. Welcome back, Rick. The late Debra Poston once held the World Record for best bench press of all time, 332.5 in 1985. Congratulations to all competitors. Also, thanks to Powerlifting USA for posting these results. (results courtesy Rick Poston)

APA Iron Warrior Open

10 5	EP 05	Bartow, FL	
BENCH		242 lbs.	
MEN		J. Skerry	350
Master III		308 lbs.	
Churchman	380	C. Dixon	535
A. Speech	315	Open	
L. Lichtle	260	308 lbs.	
Drug Free		K. Helm	450
198 lbs.		DEADLIFT	
C. Lui	435	MEN	



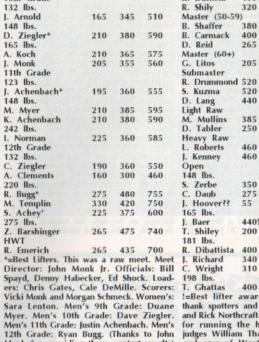
Blake Luce at the APA Iron Warrion



					242 lbs.			
		-			I. Norman	225	360	585
11.	1.	11		E.	12th Grade			
Nancy Win	nship	pulls i	nBart	ow, FL	132 lbs.			
ANTERSTANCE A	and sale,				C. Ziegler	190	360	550
Open		165	lbs.		A. Clements	160	300	460
275 lbs.		L. Li	ichtle	130	220 lbs.			
P. Barnes	550	Mast	er I		R. Bugg*	275	480	755
308 lbs.		J. Ly	nch	123	M. Templin	330	420	750
K. Helm	600	Mast	er III		S. Achey'	225	375	600
CURL		L. Li	ichtle	130	275 lbs.			
MEN Drug Free		J. M	ay 4th-110	100	Z. Barshinger HWT	265	475	740
Push-Pull		BP	DL	TOT	R. Emerich	265	435	700
Submaster					*=Best Lifters.	This was a	raw me	et. Me
M. Franz Drug Free		450	500	950	Director: John Spayd, Denny	Habecker, I	Ed Shoc	k. Loa
275 lbs.					ers: Chris Gat			
D. Silverbloo	om	385	135	520	Vicki Monk and			
WOMEN 148 lbs.	SQ	BP	DL	тот	Sara Lenton. Myer. Men's	10th Grade	Dave	Ziegle
N. Winship 198 lbs.	135	85	221	436	Men's 11th Gra 12th Grade: R	yan Bugg.	Thanks	to Joh
R. Friedman	165	115	221	501	Monk for prov	iding these	contest	result
		4th-E	L-225					
MEN					110101	m	-	
Drug Free						Twin Citi		
220 lbs.					13 AUG (05 - Rosen	nount,	MN
B. Luce	580	400	600	1580	BENCH	198		
Open					WOMEN		Colbath	165
275 lbs.				4760	148 lbs.		letcher	115
K. Mink	650	480	630	1760	C. Trucano	65 D I	illogga	rd 80*

Teen (13-15) 275 125 370 770 4th-SO-290 Teen (16-17) B. Palant 340 260 335 960 Teen (18-19) 385 265 415 1065 M. Faas 295 195 420 910 R. Carr Submaster D. Daubert 675 535 600 1810 4th-SO-700 700 275 650 1625 R. Smith F. Hollander 335 285 455 Best Lifters: Full Power: Donald Daubert, Push-Pull: Mike Franz, Bench Press: Chris Dixon, Deadlift: Keith Helm, Curl: Lee Lichtle. A very special thanks to the Gym of Bartow, Florida for hosting this great event. I would also like to thank all the referee's, spotters, and loaders for doing an outstanding job and Florida APA State chairman Brian Highnote for bringing equipment, judging, updating the state records that were being set at this meet right on the spot, and giving a free seminar to many of the new lifters after the meet was over. Talk about dedication to the spot of the seminary. sport! Lifters ranged in age from 14 (Ray Lynch) to 72 (Nancy Winship) and all of the lifters managed to set some state records with Nancy setting several master World Records as well. Lots of spectators showed to cheer the lifters on. (Thanks to Scott Taylor, APA President, for these results)

Lebanon County High School 11 JUN 05 - Fredericksburg, PA WOMEN BP DL TOT 123 lbs. 80 215 295 S. Lenton 114 lbs E. Dreibelbis 165 250 Mid. A. Leibig 85 155 240 9th Grade 185 315 500 D. Myer*



D. Colbath 165 C. Fletcher D. Lillegaard 80*

192*

R. Lislegard

BP DL TOT

142 342

170 142 180 492

265 167 260 692

167 110 187 465

222 157 222 602

100 227* 292* 605

B. Maness S. Shiley R. Shiley

Master (40-49)

225 155

75

Edwards 205 170 222 600

*=State Records. (results courtesy USAPL)

15th Weightlifting Unlimited BP

23 APR 05 - Winchester, VA

270

75

285

242 620

155

150

I. Little

SQ

132 67

250 227

225 415 640

. Walme

MEN

WOMEN

114 lbs.

198+ lbs.

132 lbs.

MEN

I. Drenth Open/Junior 165 lbs.

S. Timomer

J. Icenhour J. Palen

R. Kolbeck

Master (40-49)

165 lbs

I. Carlin

G. Grahn

M. Ricker

220 lbs.

RENCH WOMEN

B. Graube M. Oliver

R. Shiley

Master (50-59)

220 lbs I. Canton

S. Rausch

Open/Master-1

10th Grad

R. Robinson

S. Zerbe

R. Dattista

580!

350

400

320

400

265

205

520

440

250

460

460

350

275 55

220 lbs

242 lbs.

R. Tabler

275 lbs.

Heavy

Novice

C. Daub

165 lbs.??

J. Cook 181 lbs.??

I. Richard

C. Wright

L. Brown 198 lbs.??

B. Drumm

B. Carmark

J. Shifflett

325

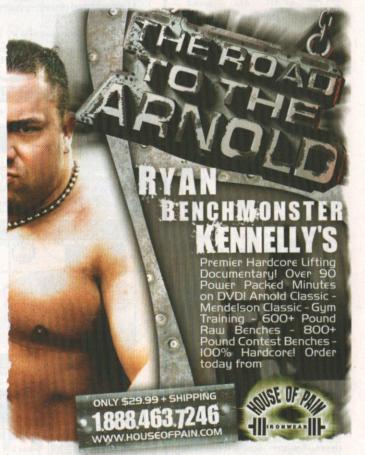
BENCH

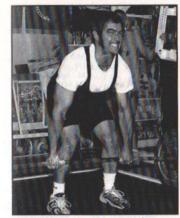
275 lbs.?? 440! B. Yonker 200 R. Dibattista 310 providing these contest results)

WOMEN M. Sparkman 270 308 lbs. 525 165 lbs 320 157.5! UL M. Sparkman DEADLIFT Master (65 69) 600 WOMEN D. Rawe 400 MEN 198 lbs. 380 123 lbs Master (65-69) Open & Sub V. Williams 100 D. Rawe Submaster (35-39) 132 lbs. Junior (13-15) K. McCartan 110 V. Williams 132 lbs. Junior (13-15) K. McCartan 67.5 180 340 181 lbs. McCoy 310 Master (60-64) Master (45-49) 225 L. Cramer 4th-128.5! T. Bruner 4th-321 320! Master (50-54) H. Meier 308 lbs. Open 220 lbs. Saunders 350! P. Leonard 295 Open Martinez 177.5 Submaster (35-39) P. Leonard 295 275 lbs. Open R. McCoy 252.5 P. Leonard 295 !=American Records. American Single Lift Bench Records set: Mari Asp, Van Will-iams. American Single Lift Deadlift Records 1. Glattas 400 1. Best Lifter awards. We would like to set: Tim Bruner, Carlton Saunders. Best thank spotters and loaders Jeff Hickerson Lifter Women Deadlift: Dorothy Rawe. and Rick Northcraft. Thanks to John Shifflett Best Lifer Men Deadlift: Carlton Saunders. for running the head table. Thanks to Best Lifter Bench Women: Mari Asp. Thanks judges William Thacker, Marty Macaboy, to all of our valuable help at the meet. Tim and one of West Virginia's strongest Bruner, Meet Director, National referee. powerlifters coming out of retirement, John Sanchez, National referee. Gene Tommy Everhart. A special thanks to Randy Bell, National Referee. Les Cramer, Na-Tommy Everhart. A special thanks to Randy Bell, National Referee. Les Cramer, NaBrooks for organizing a great 15th year, tional Referee. Marlene Bruner, Scorefor this contest. We hope to see everyone keeper, Tamra Owens, Scorekeeper, JD
next year for the 16th. Also, thanks to all
Weightlifting Unlimited members for helping make this meet a great success. (Meet
provided courtesy of Randy Brooks) diter. (Results courtesy Steve Denison)

USPF National BP/DL

13 AUG 05 - Austin, TX





Ben Brown from Massachusetts.

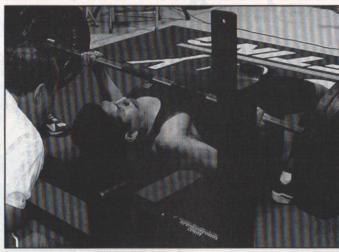
NASA Tri-State 30 JUL 05 - Flora, IL

BENCH 105 lbs Teen G. Brown 165 lbs. High School F. Brown Push/Pull 145! DL TOT 105 lbs. Teen G. Brown 165 lbs. 95 200 295! High School F. Brown 300 DL MALE TOT . Phillips 57.5 95 Masters-3 BP DL TOT FEMALE SO Pure Novice 175! 951 200 470.2! 148 lbs. High School A. Mizell 165 lbs. 135 80 190 405 High School F. Brown 315! 145 300 760 MALE 114 lbs. High School A. Lutman 225 115 265 605 105 240 545 132 lbs. High School. Harris 140 295 695 235 150 285 670 165 lbs. High Schoo A. Hall 405 215 405 1025 A. Winkle 385 High School R. Burlison SHW 350 195 375 920 High School T. VanNote 510 310 440 1280 198 lbs Intermediate 455 200 405 1060 C. Stumke Submasters-1 400 285 555 1240 198 lbs. Masters-2 490 335 440 1265 K. Pickens !=American Records. Quality over quantity has long been the heart of the NASA Tri-State Regional Championships. That's why when there were more than 50 lifters in 2004, a 50-lifter limit was placed on the number of entries. This year, only 16 competitors entered, resulting in plenty of time for each lifter to enjoy the experience. Benjamin Brown traveled half way across the country to enjoy a small meet. The result was the Massacussetts

lifting raw in the 181 Submasters-1 Division. Not only did Benjamin take home a plaque, he claimed the Outstanding Lifter Trophy with the 1240 total. He made nine of 10 lifts during the quick meet, capping off the day by dragging an American Submasters-1 Record effort of 561 to a locked out position. Young lustin Phillips, who entered the meet way back in March, stepped up from the Youth Division into the Teen Division to break all four existing State Teenage marks in Power Sports. Justin also took a plaque and trophy back to the Chicago suburb of Sugar Grove as the Outstanding Power Sports Lifter. Ron Corry, who like Justin, entered the meet at Greg VanHoose's March meet, had an excellent meet by anybody's standards but his own. The Master's-3 American Record in Power Sports Bench, was rock solid in locking out lifts of 275, 285 and 295, but couldn't get his long arms extending Mehro he tried to increase his American Record of 305 to 307.5. Still he added a State Record for regular bench press with his 295, plus claimed a Best Lifter to play the standard for Push/Pull, while going six-with his 295, plus claimed a Best Lifter day with a 200-pound deadlift, just short

posted an outstanding 1240 total, Felicia Brown made her powerlifting of double bodyweight. The Mustang Powlifting raw in the 181 Submasters-1 Dividebut at this meet. A member of the Flora erlifting Team, from Colfax, continued to sion. Not only did Benjamin take home a High School cheerleading squad, the 15- be a strong, drug free presence in Illinois

and a 1025 total. Once again, help and a 1025 total. Once again, help abounded with Tobey and Dr. Daryl Johnson driving up from Blytheville, Ark, to judge, plus Tobey spent a large portion of the day announcing. Keith Pickens was listed as a lifter, but spent a great deal of time talking and helping younger lifters, he being the most veteran of all the lifters. The father and son settleran of all me litters.
The father and son spotting team of Danny and Mitch Gill picked up help from Jason Sanders, while wife and mother Cheri worked the table and had results tabulated when the final fourth-attempt deadlift hit the floor Diana Rutland served as both hit the floor. Diana Rutland served as both announcer and attempt card person. April Henson made this her final appearance on the judging platform before leaving for Hawaii to be with her Marine Corps husband Adam. Dr. Frank Hettiger continued to be a fixture at the meet, serving as a judge and one of the major contribu-tors for the annual cheerleading fund raiser. Dr. Hettiger's two daughters, Jessica and Laura, will both be cheering for the University of Illinois this year. Laura also holds all the State Records for NASA's 123-pound High School Power Sports Division. This year's meet brought



Greg Rubio benched 255 @ 132 at the Iron Boy Bench Press Classic

slightly more than \$1,000 for the Flora High School cheerleaders. Next year's meet, which will continued to be the last Saturday in July, limited to the first 50 lifters. (Thanks to Smitty for these results)

Iron Boy BP Classic 10 SEP 05 - Clemmons, NC 4th-295

7	WOMEN		Intermediate	
	Raw 123 lbs.		J. Luckett Open	-
	Teen (18-19)		E. Shepard	195
	M. Shanks 165 lbs.	85	198 lbs.	
	165 lbs. Junior		Open B. Williams	450
	H. Johnson	140	Novice	150
	Novice	120	M. Stacey	365
	J. Wilkins 181 lbs.	130	Master (55-59 F. Summer	295
	Submaster		Teen (18-19)	
	H. Isbell 198 lbs.	155	T. Gordy H. Dunn	270 235
	Master (40-44	4)	220 lbs.	233
8	M. Boyles	180	Intermediate	405
C	MEN 148 lbs.		M. Banks 4th-440	425
	Open		Master (50-54	
1	R. Wess 165 lbs.	270	D. MacMillar Open	1370
١	Open		D. MacMillar	370
ı	M. Allah	340	Novice	
ı	4th-350 Novice		C. Brown Submaster	325
ı		320	R. Williams	275
ı	181 lbs.		Master (60-64	
ı	Master (60-64 J. Shoaf	265	K. Bayard 242 lbs.	230
ı	Novice	203	Open	
ı	S. Durham	-	K. Barnhardt J. Jennings	450 435
ı	198 lbs. Police/Fire		Master (40-44	435
ı	T. Isbell	410	M. Weaver	340
ı	Master (40-44		Master (55-59	
ı	D. Peeler 275 lbs.	325	K. Groves 275 lbs.	333
ı	Open	THE PARTY	Open	
ı	J. Smith C. Rabon	630	M. Belk Junior	565
ı	Master (40-44	1)	J. Logan	425
ı	C. Rabon	610	319 lbs.	.,
ı	319 lbs. Teen (18-19)		Master (45-49 T. McVicker	450
ı	D. Everhart	605	4th-460	2
ı	Submaster	F00	WOMEN	
ı	B. Weaver SHW	580	198 lbs.	
ı	Open	104	Master (40-44	
ı	M. Neal 4th-665	655	M. Boyles MEN	80
ı	Raw		114 lbs.	
ı	114 lbs.		Teen (12-13)	40
ı	Teen (12-13) T. Payne	75	T. Payne 148 lbs.	40
ı	4th-80		Teen (12-13)	
	Teen (14-15) A. Nelson	145	J. Haley 4th-55	45
	132 lbs.	143	181 lbs.	
I	Teen (16-17)		Master (40-44	
	C. Ladd 148 lbs.	145	B. Upchurch Master (60-64	
	Teen (12-13)		J. Shoaf	115
	J. Haley	100	198 lbs.	
	165 lbs. Open		Intermediate D. Ouzel	140
	K. Wilson	305	Master (55-59	9)
	Junior A. Wilson	250	F. Sumner 220 lbs.	145
	4th-260	230	Master (60-64	1)
	Teen (16-17)	0.15	K. Bayard	150
	C. Martin 4th-245	240	275 lbs. Master (40-44	D
	Police/Fire		C. Rabon	230
	A. Wilson	250	Open C. Pahon	220
	4th-260 181 lbs.		C. Rabon 319 lbs.	230
	Master (40-44		Master (45-49	
	B. Upchurch	305	W. Ferguson SHW	140
	Teen (18-19) J. Sheffield	285	Open	1940
			M. Neal	170
	Coast Rarbel	I One	eams: Open Raw en-north Star P	ride
	Bench Female	Outs	tanding Lifter: A	Maria
	Boyles. Benci	1 Male	Outstanding L	mter:
ſ	Joey Sillin. Be	nen 16	en Outstanding I	meet.

Joey Smith. Bench Teen Outstanding Lifter: Daniel Everhart. Biggest Bench Lift 220+: Michael Neal. Biggest Bench Lift 198 and Under: Barry Williams. (Thanks to Keith Payne for providing these contest results)

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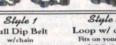
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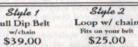












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ing author PAVEL originally introduced his Russian Kettlebell Challenge enhance the fighting capabilities of the US Marines, SWAT and Special Forces.

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Word quickly spread of the amazing effectiveness of Pavel's kettlebell training program for these elite units and

Now, thousands of others in the strength community are rediscovering the power of kettlebells to dramatically improve their lifts and performance.

One of the biggest proponents of kettle-bell training is World Super Heavyweight Powerlifting Champion Donnie Thompson, who recently had this to say about the strength-power of kettlebells:

"The kettlebells put so much mass on my upper body, and I couldn't get that with conventional weights. My shoulders were

ormer Russian Special Forces physical training instructor and best sell-helped me put on mass immediately.

Kettlebells hit hamstrings where I needed System to America as part of a program to them strong. They hit glutes were I needed them strong. And they do a tremendous amount of abs work. I'm not sure most people understand how much abs work kettlebells do. They are very beneficial.

> I honestly have not seen anything that 100% transferred over to a sport like kettlebells. I mean there is nothing about KBs that doesn't transfer over to powerlifting.

> I'm happy, because now I have something that I can do when I'm done powerlifting. I can do kettlebells all the way into my twi-

Kettlebells will never be easy. When you get stronger, your reward is to do a harder task. But I'll keep doing them to stay ahead of my powerlifting competition.

As a strength coach for football players that specialize in offensive and defensive line, the key is kettlebells. My kids train with bands and chains and stuff, but when we put the kettlebells on top of that, you are talking about a turbo-type of training. In four to five years, these kids are going to be dominating their opponents. They'll dominate to the point where other teams are afraid to play them."

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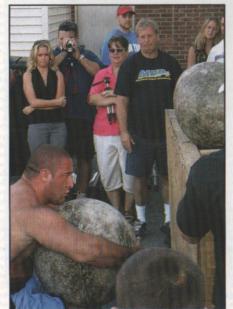
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2005 MHP NEW JERSEY'S STRONGEST MAN 2nd Year Strongman Contest Gives Back to the Community

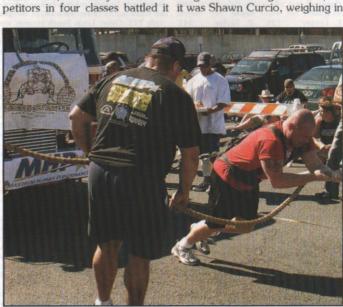


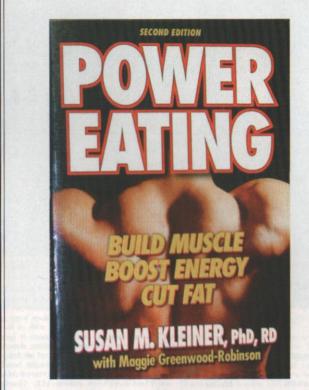
Montclair, NJ held the 2nd annual of events won. Judges used body-

out in five events: axle clean and press, farmer's walk, fire truck harness pull, tire flip medley, and the Atlas

The heavyweights saw a landslide victory by 300lb Doug "The Terminator" Kirby. Dougwon 4 or 5 events and coasted to another victory making this his fourth contest win in a row. In the lightweight division, Jamie Niewojma of the Linden Yard crew battled with NPC bodybuilder Chris Perticari for most of the contest, but Niewojma was able to come up with the victory. Perticari was the only lightweight to finish the fire truck pull.

The lightweight East Rutherford, NJ — On teen winners were brothers Nick September, 24th, professional and Mike Reo of Nutley, NJ, who strongman Cameron Gardner of both tied on final points and number MHP New Jersey's Strongest weight to decide the winner and Man amateur Strongman contest younger brother, sixteen year old at Strong and Shapely Gym in East Mike Reo, won by 2 lbs. The heavy-Rutherford, NJ. Thirty seven com- weight teens had a great battle, but





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excess of 300 lbs. and training out of Linden Yard in Hamilton, NJ who

Cameron Gardner, professional Strongman and contest orga-nizer said, "The amateur Strongmen have all done extremely well. In fact, the The 900 pound tires that they're flipping are the same size tires that the pros use!" All winners received a \$200 MHP supplement package. Half of the admission money raised went to the Red Cross for relief efforts with hurricanes Katrina and Rita, while the other half went to the East Rutherford Fire department.



							200					trongest on (Oper											
	Axi	E PRESS	FARMER	's WALK				TRUCK	Pull				TIRE M	EDLEY				ATLAS S	STONE	ES			
Competitor	No	. Score	Order	Distance	Time	e Score	Sub-Total	Order	Distance	Time	Score	Sub-Total	Order	No.	Time	Score	Sub-Total	Order	No.	Time	Score	Total	Place
Giammerresi	0	0	1	26	60	4	4	4	23	60	1.5	5.5	1	2	60.00	1	6.5	1	0	60	0	6.5	13
Cirby	11	13	13	100	14.4	1512	25	12	50	47.19	13	38	13	6	39.66	13	51	13	5	21.59	13	64	1
Beyers	7	10.5	10	100	16.3	1110	20.5	10	50	55	11	31.5	11	6	51.51	12	43.5	12	4	27.6	10	53.5	3
Ciefer	0	0	2	93	60	7	7	7	37	60	5	12	5	5	51.28	6	18	4	3	20.35	4	22	10
Downing	5	8	8	65	60	6	14	6	23	60	1.5	15.5	2	6	54.60	9	24.5	6	3	10.3	6	30.5	8
chweder	7	10.5	11	100	16.2	11	21.5	11	50	56.1	10	31.5	10	6	52.88	11	42.5	11	5	30.56	12	54.5	2
Oneil	1	3.5	3	0	60	0	3.5	1	38	60	7	10.5	6	4	28.40	3	13.5	3	3	19.5	5	18.5	11
Perkins	3	6	6	100	21.4	78	14	8	38	60	7	21	8	4	21.78	5	26	7	4	30	9	35	5
Guiliani	1	3.5	4	64	60	5	8.5	5	25	60	3	11.5	3	4	29.75	2	13.5	2	3	22.06	3	16.5	12
smith	6	9	9	6	60	2.5	11.5	3	38	60	7	18.5	7	6	57.20	8	26.5	8	4	34.9	8	34.5	6
Millheiser	4	7	7	100	18.5		16	9	50	48	12	28	12	6	53.40	10	38	10	4	19.8	11	49	4
Recco	8	12	12	100	13	13	25	13	26	60	4	29	4	4	24.18	4	33	9	0	60	0	33	7
Bossowski	2	5	5	6	60	2.5	7.5	2	45	60	9	16.5	9	6	58.05	7	23.5	5	4	50.7	7	30.5	9



Mike Hamby broke 700 at the WABDL Arkansas meet (Namea Designs)

WARD	I Ark	ansas State		(
				formerly held the World Record at 655. He
	05 -	Ft. Smith, AR		tried 661, but had trouble at the lockout.
DEADLIFT		Law/Fire		In teen 13-15/165, Chris Rayner set an
MEN		Submaster		Oklahoma record 424.2 and then went on
Class-1		220 lbs.		to set a World Record 326.1, with at least 15 more pounds in him. His coach is Terry
242 lbs.		J. Flynn	325*	
T. Doyle	540*	M. McCune	336*	
Junior (20-25) 275 lbs.		Master (40-4) 181 lbs.	6)	teen 13-15/198, Dustin Webb set an Arkansas record 342.6. Moving on to the bench,
J. Coin	451*	R. Blythe	253*	Jimmy Sayre set an Oklahoma record 441.8
Master (47-53)	4th-264		in class-1/308. In junior 132, Charles
259 lbs.		220 lbs.		Johnson set an Arkansas record with 303.
E. Morgan	622	T. Luce	429	At junior 275, Jason Coin set an Arkansas
Master (54-60)	242 lbs.		record 220. In law/fire master 40-47/259,
275 lbs.		T. Ward	529*	Robert Presley set an Arkansas record 336.
T. Morgan	529	Master (47-5)	3)	In law/fire master 48+/275, Ron Hood, o ne
Open		198 lbs.		of the greatest master benchers of all time,
259 lbs.		R. Mace	319*	put up 529. In law/fire open and submaster
T. Putman	_	220 lbs.		220, Marc McCune set an Arkansas record
Submaster (34	1-39)	N. Dwinell	479	336. In law/fire submaster 220, James
259 lbs.		275 lbs.		Flynn made an Arkansas record 325. Rob-
T. Putman	_	A. Webb	424	ert Preseley, Marc Cune, James Flynn, and
Teen (13-15)		309+ lbs.		the meet director Kevin Richmond, are all
105 lbs.		D. Jackson	259*	Arkansas state troopers. In master 40-46,
Z. Dwinell	170	Master (61-6)	7)	Ross Bylthe set an Arkansas record 264.5
165 lbs.		259 lbs.		at 181. At 242, Tracy Ward is much
C. Rayner	424*	J. Duckett	363*	improved with an Arkansas record 529 and
198 lbs.		Master (68-7	4)	was named the Outstanding Master Lifter.
D. Webb	325	165 lbs.		Moving on to the master 47-53/198,
4th-342*		H. Hager	220*	Raymond Marc set an Arkansas record
BENCH		181 lbs.		319.5 at 220. Nick Dwinell had trouble
MEN		T. Lewis	259	with his first and second attempts, but
Class-1		Open		finally got o the board with 479.5, but short
165 lbs.		309+ lbs.		of his Oklahoma record 490.5. At super,
D. Tyrrell	352	M. Hamby	705*	Danny Jackson set an Arkansas record
181 lbs.		Submaster (3	4-39)	259. In master 61-67/259, Jimmy Duckett
K. Sawyer	314	165 lbs.		set an Oklahoma record 363.7. In master
259 lbs.		P. Silva	402*	68-74, Harold Hager set an Arkansas
T. Putman		D. Tyrrell	352	record at 165 with 220.2. In open men, Mike Hamby opened with 661 weighing
275 lbs.		4th-361*		345 and missed due to uneven lockout.
W. Trentham	374	181 lbs.		Then he came back and made it, then he
308 lbs.		K. Sawyer	314	went to an easy 705.2 for an Oklahoma
J. Sayre	424	198 lbs.	0.00	record. In submaster 165, Darrin Tyrell set
4th-441		V. Dobbs	259	an Oklahoma record 361.3, but Paul Silva
Junior (20-25)	1000	259 lbs.		of Arkansas set an Arkansas record 402.2
132 lbs.	070	T. Putman	-	to beat him. At 308, Jimmy Sayre set an
C. Johnson	270	308 lbs.	121	Oklahoma record 441.8. Jimmy keeps im-
4th-303*		J. Sayre	424	proving every meet. In teen 13-15/114,
275 lbs.	2224	4th-441*		Brandon Davis set an Arkansas record
J. Coin	220*	Teen (13-15)		176.2 and as mentioned earlier, Chris
Master (40-47	,	114 lbs. B. Davis	176*	Rayner set a World Record at 16-15/165
259 lbs.	336*		176	with 326.1, and was ably coached by Terry
R. Presley	336	165 lbs.	22618	Putakin??. The judges were Ron Hood,
Law/Fire		C. Rayner	326!	Jimmy Duckett, Cale Sherwood, and Austin
Master (48+)		Teen (16-19) 148 lbs.		Webb. The MC was Gus Rethwisch. Kevin
275 lbs.	E20		203	Richmond and William Winkley made it all
R. Hood	529	B. Harvey M. Luce	214	happen. The main sponsor was House of
Law/Fire Open		M. Luce	214	Pain. (Results provided byGus Rethwisch)
220 lbs.				parties of the Administra
M. McCune	336*			WARDI House of Pain World Cup
*=State Reco	rds. !=1	World Records	This	WABDL House of Pain World Cup
		most in Arkansa		30 APR 05 - Dallas, TX

Cup

was the first WABDL meet in Arkansas, and	30 APR 0.	5 - Dallas, TX	
33 lifters showed. The meet director were	WOMEN Submaster 105 lbs. J. Ocampo 286	Class-1 148 lbs. A. Fernandez — 181 lbs. M. Pellnger 518 198 lbs C. Bell 628	

242 lbs.		K. Cook	_	sn
W. Smith	462			th
R. Morgan	440	Submaster		m
259 lbs.		220 lbs.		th
J. PolloCk	429	P. Arriaga	413	tir
G. Hutchison	407	259 lbs. C. Sherwood		Re
Junior (20-25) 220 lbs.		C. Snerwood		Er
E. Gunn	750!	S. Ross	534	Sc
Master (47 53		Master (40-46		Ja
198 lbs.	Torrett.	165 lbs.		SU
J. Mauldin	507	K. Cook	_	se
220 lbs.		198 lbs.		an
D. Burlingame	617	D. Moser	-	be
Master (54-60)	M. Arrendell	501	cr
165 lbs.		J. Frickey	436	he
J. Christian	462	K. Mauer 259 lbs.	308	th
Open 181 lbs.		D. Mann	512	of
J. Ojeda	490		"."	fi
198 lbs.	430	J. Stewart	672	te
C. Bell	628	SHW		W
	628	T. McKinney	-	43
220 lbs.				re
D. McClean	661	J. Mauldin	336	in
D. Burlingame	9	M. Berteaux	457	la
617	201	Master (47-53)	52
Submaster (34 181 lbs.		220 lbs.	363	In
M. Pettinger	518	Burlingame 259 lbs.	303	be
Teen (16-19)	310	R. Duncan	440	bu
165 lbs.		Master (54-60		W
K. Battey	374	165 lbs.		Te
220 lbs.		D. Brigance	187	w
J. Calvo	534	198 lbs.		hi
BENCH		J. Parsons	341	th
WOMEN		220 lbs.		th
Law/Fire		D. Bell	380	lik
Open		259 lbs.	470	of
114 lbs.	121	G. McCoy	479	in
L. Levine Submaster	121	S. Finegan		lif
105 lbs.		G. Knight	435!*	to
	137	308 lbs.		Bi
Master (40-46		Rosborough	429	qu
106 lbs.		Master (61-67		sa
T. Schrank	137	220 lbs.		C
Open		B. Bassman	363	W
114 lbs.		SHW		he
L. Levine	121	B. Taylor	341	01
MEN Class 1		Open 191 lbs		38
Class-1 132 lbs.		181 lbs. T. Jewett	501	C
D. Kearny	_	J. Ojeda	352	50
148 lbs.		198 lbs.		m
A. Fernandez	286	J. Whitney	523	kı
165lbs.		C. Bel	501	w
S. Grisham	375	M. Arrendell		W
4th-380		J. Gardner	496	40
D. Smith	352	Mil-Homens	496*	L
181 lbs.		220 lbs.		th
K. Sawyer	325	C. Matthews	558	W
4th-330		242 lbs.	622	cl
198 lbs. C. Bell	501	E. Wright 259 lbs.	022	C
J. Frickey	436	J. Erickson	619!	N
220 lbs.		B. Bell	651	ta
M Rortoaux	457	275 lbs.		w
P. Daniela	424	S. Finegan	-	W
P. Arriaga	413			5
D. Skeens	381	J. Stewart	-	SL
4th-402		308 lbs.		aı
242 lbs.				pi
L. Holley				
	402	M Morrow	-	re
Gibson	- 402	M Morrow	8431	re ka
Gibson W. Smith	380	M Morrow T. Meeker	843! 4-39)	re ka
Gibson W. Smith R. Morgan		M Morrow		ki 10 W
Gibson W. Smith	380	M Morrow T. Meeker Submaster (3- 181 lbs.		re ka
Gibson W. Smith R. Morgan 259 lbs. J. Pollock 275 lbs.	380 325	M Morrow T. Meeker Submaster (34 181 lbs. K. Sawyer 198 lbs.	4-39)	re ki
Gibson W. Smith R. Morgan 259 lbs. J. Pollock 275 lbs. C. Smith	380 325	T. Meeker Submaster (34 181 lbs. K. Sawyer 198 lbs. J. Whitney	4-39)	re ka 10 W pi
Gibson W. Smith R. Morgan 259 lbs. J. Pollock 275 lbs. C. Smith 308 lbs.	380 325 341	M Morrow T. Meeker Submaster (3-181 lbs. K. Sawyer 198 lbs. J. Whitney 242 lbs.	330 523!	re ki
Gibson W. Smith R. Morgan 259 lbs. J. Pollock 275 lbs. C. Smith 308 lbs. J. Sayre	380 325 341 — 424	M Morrow T. Meeker Submaster (34 181 lbs. K. Sawyer 198 lbs. J. Whitney 242 lbs. P. Pamel	4-39) 330	re ki
Gibson W. Smith R. Morgan 259 lbs. J. Pollock 275 lbs. C. Smith 308 lbs. J. Sayre S. Mala	380 325 341 — 424 402	M Morrow T. Meeker Submaster (3-181 lbs. K. Sawyer 198 lbs. J. Whitney 242 lbs. P. Pamel 259 lbs.	4-39) 330 523! 650!	re ki
Gibson W. Smith R. Morgan 259 lbs. J. Pollock 275 lbs. C. Smith 308 lbs. J. Sayre S. Mala Junior (20-25)	380 325 341 — 424 402	M Morrow T. Meeker Submaster (3- 181 lbs. K. Sawyer 198 lbs. J. Whitney 242 lbs. P. Pamel 259 lbs. S. Ross	4-39) 330 523! 650! 534	re ki
Gibson W. Smith R. Morgan 259 lbs. J. Pollock 275 lbs. C. Smith 308 lbs. J. Sayre S. Mala Junior (20-25) 220 lbs.	380 325 341 — 424 402	M Morrow T. Meeker Submaster (3- 181 lbs. K. Sawyer 198 lbs. J. Whitney 242 lbs. P. Pamel 259 lbs. S. Ross C. Sherwood	4-39) 330 523! 650! 534 452	re ki
Gibson W. Smith R. Morgan 259 lbs. J. Pollock 275 lbs. C. Smith 308 lbs. J. Sayre S. Mala Junior (20-25) 220 lbs. E. Gunn	380 325 341 — 424 402 468	M Morrow T. Meeker Submaster (3-181 lbs. K. Sawyer 198 lbs. J. Whitney 242 lbs. P. Pamel 259 lbs. S. Ross C. Sherwood T. Meeker	4-39) 330 523! 650! 534 452 843!	re ki
Gibson W. Smith R. Morgan 259 lbs. J. Pollock 275 lbs. C. Smith 308 lbs. J. Sayre S. Mala Junior (20-25) 220 lbs.	380 325 341 — 424 402	M Morrow T. Meeker Submaster (3- 181 lbs. K. Sawyer 198 lbs. J. Whitney 242 lbs. P. Pamel 259 lbs. S. Ross C. Sherwood	4-39) 330 523! 650! 534 452	re ki
Gibson W. Smith R. Morgan 259 lbs. J. Pollock 275 lbs. C. Smith 308 lbs. J. Sayre S. Mala Junior (20-25) 220 lbs. E. Gunn D. Skeens	380 325 341 — 424 402 468	M Morrow T. Meeker Submaster (3-181 lbs. K. Sawyer 198 lbs. J. Whitney 242 lbs. P. Pamel 259 lbs. S. Ross C. Sherwood T. Meeker E. Morrow J. Sayre Teen (13-15)	4-39) 330 523! 650! 534 452 843! 501	re ki
Gibson W. Smith R. Morgan 259 lbs. J. Pollock 275 lbs. C. Smith 308 lbs. J. Sayre S. Mala Junior (20-25) 220 lbs. E. Gunn D. Skeens 4th-402	380 325 341 — 424 402 468 381	M Morrow T. Meeker Submaster (3- 181 lbs. K. Sawyer 198 lbs. J. Whitney 242 lbs. P. Pamel 259 lbs. S. Ross C. Sherwood T. Meeker E. Morrow J. Sayre	330 523! 650! 534 452 843! 501 424	re ki

242 lbs

Law/Fire

P. Lattanzi

Law/Fire

SHW

Teen (16-19)

165 lbs.

K. Battev 181 lbs. B. Bond

220 lbs.

Open 165 lbs. K. Cook

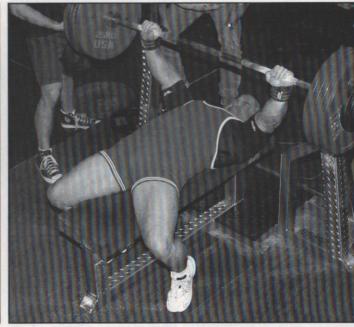
551

*=National Records. !=World Records. The big story of this meet was Tiny Meeker smoking 843 in the bench, after missing it ne first time. Tiny has bombed in many neets in different federations, but not on his day. It was the highest bench of all ime, in a single ply shirt and drug free to soot. He weighed in at 296.6. Other World tecords in the bench were set by John ridson, who did 619.4 at open 259, to beat cott Hoekstra's record by one pound. ames Whitney set a World Record in abmaster 198 with 523.5. Patrick Parnel t a World Record in submaster 242 with easy 650.2. James Whitney is one of the est benchers in WABDL with a 534.5 to his redit, weighing only 198.8. In law/fire, e may be the best pound for pound with ne exception of Matt Lamarque. In teen 6-19/181, Trey Jewett set a World Record ighter and very tough mentally, for a eenager. A National record in the bench vas set by Gene Knight in 54-60/308 with 35.2. Ernie Mil-Homens set a Canadian ecord 496 in open 198. Texas state records in the bench were set by Pete Lattanzi in w/fire master 48+, at superheavy, with 23.5. Steven Ross had a break through neet with 534.5 in law/fire submaster 259. master 47-53/259, Rich Duncan is Texas est with 440.7. In master 61-67 superheavy uddy Taylor is the best Texas has to offer ith 341.5. Teresa Schrank is the best exas lady in master women 40-46/105 with 137.7. James Whitney, in addition to is law/fire World Record, is at the top of e heap in open 198 in Texas with 523, and hat covers some very good Texas lifters ke Hoss Rhoton and Patrick Thomas. In pen 220, Chad Mathews put up a Texas ize lift with 556.5. There's no finer Texan that category. At open 242, Eric Wright fted a modest size Texas steer with 622.7 be best in the lone star state. At open 259, rian Bell is another tough Texan who uietly popped 551 to stand tall in the addle in Texas. And finally, Matt De La ruz, who is only 14, is a Texas yearling vanting to become a Texas bull and showed e's not too far away with 192.7, weighing nly 122. Other Texas bench records were et by Shawn Grisham in class-1, with 80.2 on a 4th and Chad Bell that humorist owboy, who tongue in cheek popped 01.5 at class-1 198. Chad will always nake you laugh somehow, you just never now how! Louisiana records in the bench ere set by Jason Frickey in class-1 198, ith 436.3. David Skeans in class-1 220 did ouisiana record. Jason Frickey also set he Louisiana record in master 40-46/1998 ith that 436.3. A Colorado bench record as set by Mike Berteaux with 457.2 in lass-1 and master 47-53 at 220. Mike has ompeted in about 13 different states in VABDL. His job in homeland security akes him all over. Oklahoma records vere set by Kevin Sawyer in submaster 181 vith 330.5. Joseph Parsons 341.5 in masater 4-60/198 and Cale Sherwood 452.8 in ubmaster 259. And, of course, John Erikson and Geno Knight who were mentioned reviously with world and national records espectively. David Brigance set an Aransas record with 187.2 in master 54-60/65. Moving onto the deadlift, the only World Record set was Eric Gunn who bulled a huge 750.6 in junior 220! Eric is fighter - not somebody you would want o meet in an alley. State records were set Michael Pettinger from Illinois in class-



Tiny Meeker was pleased with his 843, but wants 900, if not more!!



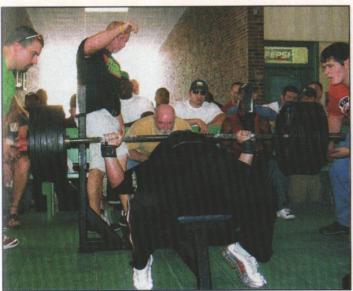


Among the Top Performers at the WABDL House of Pain World Cup were Trey Jewett and, above, James Whitney (Namea Designs photos)

1/181 with 518. And, Chad Bell in class-1/
188 pulled a Texas size record 628.2 and went crazy afterwards to show his satisfaction. As I said before, Chad is never boring and he is fun to watch. He really gets into his lifting, as do all of the gurb room to spare. He pulled it on heart. Jonna Ocampo, in her first meet, coached by Gus Samuelson, pulled a high co-efficient Texas record 286.5 in submaster 105. Jonna is Bovine Strength Systems supplied the planes of the best boxers in Texas train. Gus were Jim Shody parts. I want to thank Jason of House of Pain, for makers of the best joint formula on the opponents various body parts. I want to thank Jason of House of Pain, for makers of the best joint formula on the hotel is now called the Turtle Bay sponsors were Rick Brewer of House of Pain, for makers of the best joint formula on the hotel is now called the Turtle Bay sponsors were Rick Brewer of House of Pain, for makers of the best joint formula on the hotel is now called the Turtle Bay sponsors were Rick Brewer of House of Pain, for makers of the best joint formula on the hotel is now called the Turtle Bay sponsors were Rick Brewer of House of Pain, for makers of the best joint formula on the hotel is now called the Turtle Bay sponsors were Rick Brewer of House of Pain, for makers of the best joint formula on the opponents various body parts. I want to thank Jason of House of Pain, for makers of the best joint formula on the popponents various body parts. I want to thank Jason of House of Pain, for makers of the best joint formula on the sum opponents various body parts. I want to thank Jason of House of Pain, for makers of the best joint formula on the popponents various body parts. I want to thank Jason of House of Pain, for makers of the best joint formula on the popponents various body parts. I want to thank Jason of House of Pain, for makers of the best joint formula on the popponents various body parts. I want to thank Jason of House of Pain, for makers of the best joint formula on the popponents vario

WOMEN'S FOR THE RECORD

AAU Open	APA Open	APC Open	APF Open		NASA Open	USAPL Open	USPF Open	WNPF Open
285 R. Fish 150 L. Barnes 285 L. Barnes 665 R. Fish		132 S. Biddle 71 S. Biddle 154 S. Biddle 358 S. Biddle	308 Benford 171 Benford 337 Benford 795 Benford	97 SQ 97 BP 97 DL 97 T		330 A. Robbins 170 L. Oliver 358 S. Scheffler 799 A. Robbins	303 C. Jones 178 A. Leverett 363 N. Belliveau 782 A. Leverett	190 Newman 120 Wright 215 Newman 510 Newman
280 A. Hudson	250 A. LaComb	303 A. Leverett	343 Barlow	105 SQ	192 Choy	352 J. Maile	330 P. Box	259 Gedney
154 N. Anderson	160 K. Fazzone	176 A. Leverett	209 Simmons	105 BP	132 Choy	214 J. Maile	212 A. Delmore	170 Goodman
319 C. Baqui	272 A. LaComb	325 A. Leverett	347 Benford	105 DL	270 Maxwell	403 J. Maile	402 M. Jones	305 Goodman
700 S. Conca	620 A. Lacomb	793 A. Leverett	887 Simmons	105 T	573 Choy	947 J. Maile	859 M. Jones	705 Goodman
340 D. McKinney	332 M. Kirkland	402 Kirkland	451 Sommers	114 SQ	297 Fry	369 S. Hartwig	402 M. Jeffrey	270 Whidden
200 D. McKinney	225 L. Pitts	176 Kirkland	248 Jeffrey	114 BP	126 Fry	214 S. Hartwig	248 M. Jeffrey	154 Whidden
385 J. Davis	345 M. Kirkland	352 Kirkland	407 Jeffrey	114 DL	275 Fry	413 Y. Change	435 D. Rowell	292 Zintmaster
890 J. Davis	835 M. Kirkland	931 Kirkland	1052 Jeffrey	114 T	677 Fry	964 J. Maile	1008 M. Jeffrey	699 Whidden
358 Kelii	400 J. Burkey		443 Weisberger	123 SQ	292 H. Hughes	380 M. Amsden	422 C. Boudreau	330 Schneidmill
220 Kelii	275 A. Blakley		281 Weisberger	123 BP	209 Yamashita	271 A. Awalt	253 M. Jeffrey	180 Schneidmill
380 B. Lee	320 K. Austen		440 Myers	123 DL	382 Yamashita	418 L. Adams	485 C. Boudreau	330 Schneidmill
953 Kelii	990 A. Blakley		11202 Jeffrey	123 T	873 Yamashita	1014 M. Amsden	1151 C. Boudreau	840 Schneidmill
330 H. Doolittle	400 A. Blakley	336 L. Thorpe	556 Avigliano	132 SQ	385 Tucker	446 B. Altizer	457 R. Shafer	340 Schneidmill
240 C. Boudreau	302 A. Blakley	176 L. Thorpe	284 Liggett	132 BP	209 Tucker	308 B. Altizer	292 R. Mathias	190 Schneidmill
455 C. Boudreau	320 K. Austen	308 L. Thorpe	485 Liggett	132 DL	407 Tucker	425 C. Nogle	479 R. Shafer	360 Schneidmill
1010 C. Boudreau	1062 A. Blakley	821 L. Thorpe	1234 Avigliano	132 T	1003 Tucker	1118 B. Altizer	1146 R. Shafer	865 Schneidmill
352 K. Walford	495 A. Vaughan	451 S. Baldwin	529 Liggett	148 SQ	413 Scheffler	518 P. Ribic	508 R. Shafer	350 Ulrich
248 K. Walford	305 A. Vaughan	303 S. Baldwin	352 Suzuki	148 BP	222 Scheffler	330 P. Ribic	292 V. Steenrod	215 Ulrigh
451 K. Walford	450 A. Vaughan	446 S. Baldwin	524 Dangerfield	148 DL	404 Scheffler	545 P. Ribic	538 R. Shafer	370 Sams
1052 K. Walford	1200 A. Vaughan	1201 S. Baldwin	1295 Ortega	148 T	1032 Scheffler	1388 P. Ribic	1245 R. Shafer	870 Ulrich
390 J. Loya	475 D. Ernie	352 VanDeusen	589 Vandeweghe	165 SQ	429 Scheffler	479 R. Phelps	537 T. Rohal	402 Musser
248 K. Walford	355 D. Ernie	235 VanDeusen	396 Erney	165 BP	225 Scheffler	300B. Wessler	363 J. Harrell	230 Musser
512 K. Walford	480 D. Ernie	314 VanDeusen	534 Dodd	165 DL	418 Scheffler	507 K. Walford	552 T. Rohal	440 McCloud
1129 K. Walford	1275 D. Ernie	903 VanDeusen	1444 Vdeweghe	165 T	1069 Scheffler	1256 P. Ribic	1355 T. Rohal	1050 Stevens
426 L. Belsito	455 K. Bergman	402 K. Packer	622 Mills	181 SQ		529 J. Watkins	551 T. Rohal	445 Bostick
253 K. Roberts	375 K. Allen	187 K. Packer	402 Grimwood	181 BP		314 J. Watkins	352 B. Priest	255 Bostick
451 L. Belsito	505 K. Bergman	358 K. Packer	589 Reshel	181 DL		507 J. Watkins	518 T. Rohal	450 Coates
1100 L. Belsito	1170 K. Bergman	947 K. Packer	1537 Mills	181 T		1350 J. Watkins	1350 T. Rohal	1130 Bostick
485 V. Hembree 308 V. Hembree 452 V. Hembree 1245 V. Hembree	500 K. Allen 395 K. Allen 505 K. Allen 1315 K. Allen		634 Swanson 383 Harrell 604 Reshel 1565 Swanson	198 SQ 198 BP 198 DL 198 T	413 Ewing 231 Ewing 440 Ewing 1084 Ewing	507 L. Look 280 K. Louque 490 L. Look 1240 L. Look	557 S. Corson 363 J. Harrell 501 L. Costanzo 1339 L. Costanzo	
507 V. Hembree	371 E. Trevorah	181 H. Biddle	843 Swanson	SHW SQ	396 Boutte	628 L. Willett	611 J. Trujillo	450 Pole
308 V. Hembree	305 K. Franklin	93 H. Biddle	507 Swanson	SHW BP	242 Springer	402 L. Willett	336 J. Trujillo	303 Pole
523 V. Perry	450 P. Curry	209 H. Biddle	644 Swanson	SHW DL	451 Springer	501 C. Price	523 L. Costanzo	450 Pole
1289 V. Hembree	970 S. Summers	485 H. Biddle	1924 Swanson	SHW T	981 Springer	1521 L. Willett	1409 J. Trujillo	1105 Pole



Stephen Elmore	Best Lifter, with	his 600 BP at the	e SciFit meet	(Joe D.)

Stephen Eli			with h	is 600 BP at	the Sc	iFit m	neet (J	oe D.)	G. Mendoza Supers Open	182.5	147.5	200	530
Sc	i Fit o	f GA BP		(40-44)		(40-44	0		(20-23)				
	P 05 -	Macon, GA		F. Becker Raw	152.5	K. Ryd	ler	250	J. Wehrman Open Raw	260	227.5	272.5	760
WOMEN Light		Open M. Driggers		Yarborough	205	(55-59)		K. Studevant (55-59)	287.5	185	327.5	800
C. Coker Heavy	100	C. Guilnut Novice	375	275 lbs. Open		R. Beu	ich	192.5	R. Beuch	207.5	192.5	227.5	627.
	105	J. Patzer 220 lbs.	335	Ironman		BP	DL	TOT	Out of State 198 lbs.				
		Novice		WOMEN					Open				
Master		T. Niblett	405	Out of State					A. Campbell	235	147.5	237.5	620
Light I. Fair	210	Raw	405	114 lbs.					220 lbs.				
		B. Brown	375	(45-49)				C. (2)	Open				
L. McCormicl	(185			K. Muttart		42.5	102.5	145	J. Vititoe	287.5	215	250	752
Medium	400	R. Kelley	245	148 lbs.					(14-15)				
P. Newsome	420	Open	420	(40-44)			-404	de lanear	R. Burt	230	85	247.5	562.
Heavy		D. Patterson	430	P. Johnson		40	107.5	147.5	(45-49)	in the same		I die	
B. Coleman	315	242 lbs.		In-State					D. Currence	275	205	275	755
W. Buckley	405	Novice		97 lbs.					(Thanks to Jol				
Teen		A. Hamilton	425	(20-23)					(Titulina to joi		nett 10	mese	
Light		Open		D. Lane		30	80	110					
J. Benson	520	M. Harris	440	MEN									
165 lbs.		A. Hamilton	425	Out of State					44	.S.P. 1	Duck D	11	
Novice		275 lbs.		198 lbs.									-
T. Golden	350	Novice		Open					26 FEI	3 05 -	Warr	en, M	E
Raw		S. Love	430	M. Jones		175	247.5	422.5	MEN		BP	DL	TOT
R. Campbell	280	Open		In-State					148 lbs.				
R. Baretti	225	S. Elmore	600	148 lbs.					N. Thompson		185	315	500
181 lbs.		M. Webb	480	Open Raw					D. Bridges		150	325	475
Raw		308 lbs.		(45-49)					165 lbs.				
J. Ryan	315	Open		D. Wilson		142.5	230	372.5	D. Pratt		250	405	655
W. Deal	245	R. Baggley	515	165 lbs.					L. Kelly		200	425	625
J. Morrison	235	SHW		Open					181 lbs.				
Open		Open		I. Cook		87.5	137.5	225	G. Dares		275	500	775
S. Taylor	430	C. Stephens	485	WOMEN	SQ	BP	DL	TOT	C. Vann		235	505	740
198 lbs.		W. Williams		123 lbs.	-		A Pro	118	A. Camden		285	450	735
(Thanks to Sc	i Fit of	Georgia for	results)	Open					198 lbs.				
, , , , , , , , , , , , , , , , , , , ,	onis si	I was a second	OF THE LAND	A. Sommers	130	60	140	335	T. Meggison		320	555	875
				G. Manuel	115	62.5	152.5		S. Benner		285	365	650
				(50-54)		02.5		330	I. Gauthier		_		_
USAPL	Virgin	nia State (kg	g)	K. Schmeets	102.5	60	125	287.5	220 lbs.			Willes !	
20 AUG 0	5 - C	narlottesville	VA	MEN	102.3	00	123	207.5	P. Randall		375	600	975
BENCH		220 lbs.	,	148 lbs.			Iden		J. Cox		360	525	885
				Open Raw					G. Neild		320	520	840
148 lbs.		Open	207 5		SERVICE COL				K. Corey		295	405	700
Open Raw		R. Rogers	207.5		160	142.5	220	532.5	T. Woodman		225	405	630
(45-49)		242 lbs.		D. Wilson	160	142.5	230	332.3			223	403	030
	142.5		260	Open					242 lbs.		215	605	920
198 lbs.		D. Shifflett	260	(55-59)	105	107 -	227 -		T. Trask		315	450	785
(50-54)	132.5	F. Schuetz	222.5	J. Harrop 181 lbs.	195	107.5	227.5	530	J. Grant D. McCluske		335 275	470	745
A. Statman													

(Thanks to Jane & Al			
SHW L. Millett	250	300	550
308 lbs. S. Ramsdell	295	500	795
D. Sproul	290	405	695
275 lbs. R. Bishop	3151	500	815



Connor Dantzer - competed at the WPA World Bench Press, Deadlift, and Strict Curl Championships, and then followed up with an appearance on ABC's "Tony Danza Show", breaking his own world .s record in the deadlift. 11 year old Connor is a 4 time world powerlifting champion and holds 11 US national titles in judo and powerlifting. (photo courtesy of Dantzler)

WPA World BP/DL/SC

2-3 OC	T 05	Hanover, PA		
BENCH		B. High note	450	
FEMALE		N. Kress	425	
165 lbs.		Open		
K. Roberts	225	B. Highnote	450	
MALE		Master II		
105 lbs.		J. Wolbers	390	
Youth		220 lbs.		
J. Bingham	105	Drug Tested		
Youth		D. Griffith	425	
114 lbs.		Bodenbender	415	
N. Robertson	62	W. Skillings	350	
148 lbs.		Submaster		
Master I		Bodenbender	415	
D. Alba	360	Master I		
Master II		W. Skillings	350	
S. Gee	310!	Master II		
Master III		M. Levin	385	
L. Cardon	340!	275 lbs.		
181 lbs.		Drug Tested		
Submaster		C. Cregger	300	
J. Baer	505*	308 lbs.		
198 lbs.		Drug Tested		
Drug Tested		T. Petrino	700*!	

FLAT RATE SHIPPING rate of \$5.95! Orders over \$150 shipped FREE

(65-69) W. Breeden 198 lbs.

(45-49)

Raw (50-54) D. Morris

B. Lindsey

220 lbs. Open J. Beck

(40-44)H. Gerard

G. Stang 242 lbs. Open A. Harmon F. Schuetz

Raw (40-44)

F. Becker

137.5 90 182.5 410

242.5 157.5 237.5 637.5

150 80 192.5 422.5 212.5 177.5 215 605

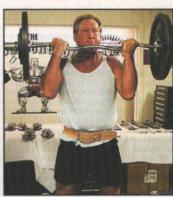
300 235 290 825 195 182.5 217.5 595

100 250 295 645

(60-64) M. Nichols 162.5 125 207.5 495 275 lbs.







& Larry Cardon with their awards Kathy Roberts benches, and .. John Bosley in the curl competition.

B. Tucker	500	Charbonneau	535	
Master 1		Open		١
T. Petrino	700!	P. Forgone	600	1
B. Tucker	500	Submaster		١
Open		P. Forgone	600	
B. Tucker	500	STRICT CURL		
DEADLIFT		MALE		1
MALE		114 lbs.		
105 lbs.		Open		1
Youth		C. Dantzler	32	1
C. Dantzler	155	165 lbs.		
Drug Tested		Drug Tested		۱
C. Dantzler	155	E. Scheming	155!	1
181 lbs.		B. Edwards	150	
Submaster		Master I		J
J. Baer	-	E. Scheming	155!	1
Drug Tested		B. Edwards	155	ı
A. Mort	500	Open		
198 lbs.		E. Scheming	155	1
C. Hood	425	220 lbs.		1
Master II		Drug Tested		
J. Wolbers	580	W. Skillings	160	ı
220 lbs.		Charbonneau	125	d
Drug Free		Submaster		

Bodenbender 140 W. Robertson 160 W. Skillings 160

W. Robertson 160
Master I
W. Robertson 160
Tony Petrino, Kathy Roberts, Wendy Edwards for doing an outstanding job. The meet went very smooth. Several 11 year olds showed up to compete in the youth 1112 division. They were surprisingly good
115! little lifters, and they had better form than
a lot of adult lifters. It is unfortunate that Drug Tested
!=Master World Records. *=World Records.
Bench Press Best Lifter: Tony Petri no.
Bench Press Best Lifter: Tony Petri no.
Cardon. Deadlift Best Lifter: Jon Wolbers.
Strict Curl Best Lifter: Ed Scheming. Strict
Curl Master Best Lifter: Don Joy. A great
weekend of lifting took place and several
records were set. I have not listed them all
as I am not finished researching the records
that were set however they should be listed
on the APA website soon. Special thanks to
Dan of Club 2000 and Joe Sauble for all
their efforts getting this event ready to be
a top quality meet. I would also especially
like to thank the spotters and loaders who
did a great job and referee's Nick
Tsournoumis, Joe Sauble, Brian Highnote,



Jon Wolbers-represented Canada. (this page photos courtesy Scott)

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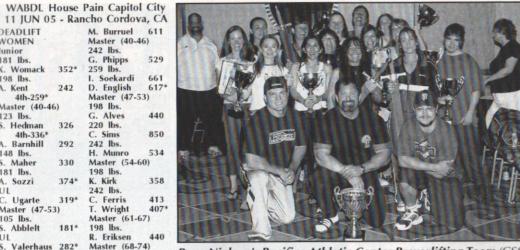
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Rene Nielson's Pacifica Athletic Center Powerlifting Team (CSS)

J. McEwen	225				
4th-231*		4th-198*		275 lbs.	
Open		198 lbs.		M. Womack	700*!
242 lbs.		D. Plank	187*	Law/Fire	
I. Soekardl	622	S. Vaterlaus	-	Master (40-47)
308 lbs.		Master (61-67)	1000	259 lbs.	523
D. Freeland		123 lbs.		J. Yoder	523
Special Olym	pics	R. McEwen	82	4th-530*!	
181 lbs.	220	4th-85*		A. Clayton	4/9
M. Rentfrow	220	Open 114 lbs.		275 lbs. W. Faulkner	534*1
4th-248 220 lbs.		K. Asnenson	220*!	Law/Fire	334 .
Z. Tichiva	270	123 lbs.	220 .	Master (48+)	
4th-292	270		209*	200 11-	
D. Cooley	214	A. Barnhill	159	M. Johnson	-
4th-220		148 lbs.		B. Sabin	507*
242 lbs.		S. Armstrong	220	Law/Fire	
	259	G. Gandotti		Open	
4th-270		181 lbs.		242 lbs.	
A. Foslar	242	K. Womack	337	D. Anedondo	545*
4th-284		4th-352*!		SHW	
SHW		Special Olym	pics	F. Delatorre	584*
J. Mayes	347	198 lbs.		Law/Fire	
4th-358		M. Atkins	88	Submaster	
Submaster (34	4-39)	Submaster		242 lbs.	
220 lbs.		97 lbs.		D. Arredondo	
A. Tortorelli	601	A. Vallejo	159*!	Master (40-46	5)
4th-606*		114 lbs.		181 lbs.	
242 lbs.		K. Asnenson	220*!	B. Levering	
I. Soekardl	622	123 lbs.	1754	U. Jara	303
V. Shaw	461	J. Breguine	176*	220 lbs.	205
Teen (13-15)		148 lbs.	2224	DeGennaro	
114 lbs.	148*	J. Watts UL	232*	McLaughlin 242 lbs.	204
T. English 123 lbs.	140	T. Riley	231*	G. Phippe	429
T. English	292*	Teen (16-19)	231	A. Clayton	363
148 lbs.	292	148 lbs.		259 lbs.	303
M. Phipps	292	K. Phipps	148	D. English	490*
4th-303*		4th-154*		Master (47-53	
					1
181 lbs.	418*	MEN		181 lbs.	
181 lbs. T. Jimenez	418* 270	MEN Class-1		181 lbs. P. Janoff	352*
181 lbs. T. Jimenez A. Lindsey	270	MEN Class-1 165 lbs.	424*	181 lbs. P. Janoff 198 lbs.	
181 lbs. T. Jimenez A. Lindsey O. Scarborou	270	MEN Class-1 165 lbs. C. Siewong	424* 297	181 lbs. P. Janoff	352*
181 lbs. T. Jimenez A. Lindsey	270 gh 385	MEN Class-1 165 lbs. C. Siewong J. Mayes		181 lbs. P. Janoff 198 lbs. G. Alyea 220 lbs. C. Sims	352*
181 lbs. T. Jimenez A. Lindsey O. Scarborou M. Mokuau	270 gh 385	MEN Class-1 165 lbs. C. Siewong		181 lbs. P. Janoff 198 lbs. G. Alyea 220 lbs.	352* 401*
181 lbs. T. Jimenez A. Lindsey O. Scarborou M. Mokuau 4th-391*	270 gh 385 380	MEN Class-1 165 lbs. C. Siewong J. Mayes 181 lbs.	297	181 lbs. P. Janoff 198 lbs. G. Alyea 220 lbs. C. Sims	352* 401* 56*!
181 lbs. T. Jimenez A. Lindsey O. Scarborou M. Mokuau 4th-391* D. Narigi	270 gh 385 380 473 374	MEN Class-1 165 lbs. C. Siewong J. Mayes 181 lbs. K. Herzlk 220 lbs. A. Jauregui	297303383	181 lbs. P. Janoff 198 lbs. G. Alyea 220 lbs. C. Sims L. Wyckoff H. Munro 259 lbs.	352* 401* 56*! 363
181 lbs. T. Jimenez A. Lindsey O. Scarborou M. Mokuau 4th-391* D. Narigi J. Hedman	270 gh 385 380 473	MEN Class-1 165 lbs. C. Siewong J. Mayes 181 lbs. K. Herzlk 220 lbs.	297 303	181 lbs. P. Janoff 198 lbs. G. Alyea 220 lbs. C. Sims L. Wyckoff H. Munro 259 lbs. J. Masten	352* 401* 56*! 363 385
181 lbs. T. Jimenez A. Lindsey O. Scarborou M. Mokuau 4th-391* D. Narigi J. Hedman 242 lbs. T. Peterson 259 lbs.	270 gh 385 380 473 374 578*	MEN Class-1 165 lbs. C. Siewong J. Mayes 181 lbs. K. Herzlk 220 lbs. A. Jauregui R. Gioria 242 lbs.	297 303 383 303	181 lbs. P. Janoff 198 lbs. G. Alyea 220 lbs. C. Sims L. Wyckoff H. Munro 259 lbs, J. Masten R. Sanchez	352* 401* 56*! 363
181 lbs. T. Jimenez A. Lindsey O. Scarborou M. Mokuau 4th-391* D. Narigi J. Hedman 242 lbs. T. Peterson 259 lbs. M. McKee	270 gh 385 380 473 374	MEN Class-1 165 lbs. C. Siewong J. Mayes 181 lbs. K. Herzlk 220 lbs. A. Jauregui R. Gioria 242 lbs. R. Budd	297 303 383 303 380	181 lbs. P. Janoff 198 lbs. G. Alyea 220 lbs. C. Sims L. Wyckoff H. Munro 259 lbs. J. Masten R. Sanchez SHW	352* 401* 56*! 363 385
181 lbs. T. Jimenez A. Lindsey O. Scarborou M. Mokuau 4th-391* D. Narigi J. Hedman 242 lbs. T. Peterson 259 lbs. M. McKee BENCH	270 gh 385 380 473 374 578*	MEN Class-1 165 lbs. C. Siewong J. Mayes 181 lbs. K. Herzlk 220 lbs. A. Jauregui R. Gioria 242 lbs. R. Budd S. Pena	297 303 383 303 380 551*	181 lbs. P. Janoff 198 lbs. G. Alyea 220 lbs. C. Sims L. Wyckoff H. Munro 259 lbs. J. Masten R. Sanchez SHW J. Minahan	352* 401* 56*! 363 385 - 501
181 lbs. T. Jimenez A. Lindsey O. Scarborou M. Mokuau 4th-391* D. Narigi J. Hedman 242 lbs. T. Peterson 259 lbs. M. McKee BENCH WOMEN	270 gh 385 380 473 374 578*	MEN Class-1 165 lbs. C. Siewong J. Mayes 181 lbs. K. Herzlk 220 lbs. A. Jauregui R. Gioria 242 lbs. R. Budd S. Pena J. Laija	297 303 383 303 380 551* 468	181 lbs. P. Janoff 198 lbs. G. Alyea 220 lbs. C. Sims L. Wyckoff H. Munro 259 lbs. J. Masten R. Sanchez SHW J. Mfnahan Master (54-64	352* 401* 56*! 363 385 - 501
181 lbs. T. Jimenez A. Lindsey O. Scarborou, M. Mokuau 4th-391* D. Narigi J. Hedman 242 lbs. T. Peterson 259 lbs. M. McKee BENCH WOMEN Junior	270 gh 385 380 473 374 578*	MEN Class-1 165 lbs. C. Siewong J. Mayes 181 lbs. K. Herzlk 220 lbs. A. Jauregui R. Gioria 242 lbs. R. Budd S. Pena J. Laija	297 303 383 303 380 551* 468 314	181 lbs. P. Janoff 198 lbs. G. Alyea 220 lbs. C. Sims L. Wyckoff H. Munro 259 lbs. J. Masten R. Sanchez SHW J. Mfnahan Master (54-6) 181 lbs.	352* 401* 56*! 363 385 - 501
181 lbs. T. Jimenez A. Lindsey O. Scarborou M. Mokuau 4th-391* D. Narigi J. Hedman 242 lbs. T. Peterson 259 lbs. M. McKee BENCH WOMEN Junior 181 lbs.	270 gh 385 380 473 374 578* 462*	MEN Class-1 165 lbs. C. Siewong J. Mayes 181 lbs. K. Herzlk 220 lbs. A. Jauregui R. Gioria 242 lbs. R. Budd S. Pena J. Laija J. Lindsey J. Villegas	297 303 383 303 380 551* 468 314 429	181 lbs. P. Janoff 198 lbs. G. Alyea 220 lbs. C. Sims L. Wyckoff H. Munro 259 lbs. J. Masten R. Sanchez SHW J. Mfnahan Master (54-6) 181 lbs. J. Alvarez	352* 401* 56*! 363 385 - 501
181 lbs. T. Jimenez A. Lindsey O. Scarborou M. Mokuau 4th-391* D. Narigi J. Hedman 242 lbs. T. Peterson 259 lbs. M. McKee BENCH WOMEN Junior 181 lbs. K. Womack	270 gh 385 380 473 374 578*	MEN Class-1 165 lbs. C. Siewong J. Mayes 181 lbs. K. Herzlk 220 lbs. A. Jauregui R. Gioria 242 lbs. R. Budd S. Pena J. Laija O. Lindsey J. Villegas M. West	303 383 303 380 551* 468 314 429 413	181 lbs. P. Janoff 198 lbs. G. Alyea 220 lbs. C. Sims L. Wyckoff H. Munro 259 lbs. J. Masten R. Sanchez SHW J. Mfnahan Master (54-61 181 lbs. J. Alvarez 220 lbs.	352* 401* 56*! 363 385 - 501 - 0) 319
181 lbs. T. Jimenez A. Lindsey O. Scarborou M. Mokuau 4th-391* D. Narigi J. Hedman 242 lbs. T. Peterson 259 lbs. M. McKee BENCH WOMEN Junior 181 lbs. K. Womack 4th-352*!	270 gh 385 380 473 374 578* 462*	MEN Class-1 165 lbs. C. Siewong J. Mayes 181 lbs. K. Herzlk 220 lbs. A. Jauregui R. Gioria 242 lbs. R. Budd S. Pena J. Laija O. Lindsey J. Villegas M. West J. Gaudem	297 303 383 303 380 551* 468 314 429	181 lbs. P. Janoff 198 lbs. G. Alyea 220 lbs. C. Sims L. Wyckoff H. Munro 259 lbs, J. Masten R. Sanchez SHW J. Mfnahan Master (54-6) 181 lbs. J. Alvarez 220 lbs. D. Marba	352* 401* 56*! 363 385 - 501
181 lbs. T. Jimenez A. Lindsey O. Scarborou M. Mokuau 4th-391* D. Narigi J. Hedman 242 lbs. T. Peterson 259 lbs. M. McKee BENCH WOMEN Junior 181 lbs. K. Womack 4th-352*! 198 lbs.	270 gh 385 380 473 374 578* 462*	MEN Class-1 165 lbs. C. Siewong J. Mayes 181 lbs. K. Herzlk 220 lbs. A. Jauregui R. Gioria 242 lbs. R. Budd S. Pena J. Laija O. Lindsey J. Villegas M. West J. Gaudem 259 lbs.	303 383 303 380 551* 468 314 429 413	181 lbs. P. Janoff 198 lbs. G. Alyea 220 lbs. C. Sims L. Wyckoff H. Munro 259 lbs. J. Masten R. Sanchez SHW J. Mfnahan Master (54-6) 181 lbs. J. Alvarez 220 lbs. D. Marba 275 lbs.	352* 401* 56*! 363 385 - 501 - 0) 319
181 lbs. T. Jimenez A. Lindsey O. Scarborou M. Mokuau 4th-391* D. Narigi J. Hedman 242 lbs. T. Peterson 259 lbs. M. McKee BENCH WOMEN Junior 181 lbs. K. Womack 4th-352*! 198 lbs. L. Vaterlaus	270 gh 385 380 473 374 578* 462* 337	MEN Class-1 165 lbs. C. Siewong J. Mayes 181 lbs. K. Herzlk 220 lbs. A. Jauregui R. Gioria 242 lbs. R. Budd S. Pena J. Laija O. Lindsey J. Villegas M. West J. Gaudem 259 lbs. J. Masten	303 383 303 380 551* 468 314 429 413	181 lbs. P. Janoff 198 lbs. G. Alyea 220 lbs. C. Sims L. Wyckoff H. Munro 259 lbs. J. Masten R. Sanchez SHW J. Mfnahan Master (54-66 181 lbs. J. Alvarez 220 lbs. D. Marba 275 lbs. VanBrocklin	352* 401* 56*! 363 385 - 501 - 0) 319 402
181 lbs. T. Jimenez A. Lindsey O. Scarborou M. Mokuau 4th-391* D. Narigi J. Hedman 242 lbs. T. Peterson 259 lbs. M. McKee BENCH WOMEN Junior 181 lbs. K. Womack 4th-352*! 198 lbs. L. Vaterlaus Master (40-44)	270 gh 385 380 473 374 578* 462* 337	MEN Class-1 165 lbs. C. Siewong J. Mayes 181 lbs. K. Herzlk 220 lbs. A. Jauregui R. Gioria 242 lbs. R. Budd S. Pena J. Laija O. Lindsey J. Villegas M. West J. Gaudem 259 lbs. J. Masten 308 lbs.	303 383 303 380 551* 468 314 429 413	181 lbs. P. Janoff 198 lbs. G. Alyea 220 lbs. C. Sims L. Wyckoff H. Munro 259 lbs. J. Masten R. Sanchez SHW J. Mfnahan Master (54-6) 181 lbs. J. Alvarez 220 lbs. D. Marba 275 lbs. VanBrocklin R. Lincoln	352* 401* 56*! 363 385 - 501 - 0) 319 402 - 485*
181 lbs. T. Jimenez A. Lindsey O. Scarborou M. Mokuau 4th-391* D. Narigi J. Hedman 242 lbs. T. Peterson 259 lbs. M. McKee BENCH WOMEN Junior 181 lbs. K. Womack 4th-352*! 198 lbs. L. Vaterlaus Master (40-44) 105 lbs.	270 gh 385 380 473 374 578* 462* 337 187*!	MEN Class-1 165 lbs. C. Siewong J. Mayes 181 lbs. K. Herzlk 220 lbs. A. Jauregui R. Gioria 242 lbs. R. Budd S. Pena J. Laija O. Lindsey J. Villegas M. West J. Gaudem 259 lbs. J. Masten 308 lbs. B. Alex	297 303 383 303 380 551* 468 429 413 396	181 lbs. P. Janoff 198 lbs. G. Alyea 220 lbs. C. Sims L. Wyckoff H. Munro 259 lbs. J. Masten R. Sanchez SHW J. Mfnahan Master (54-6) 181 lbs. J. Alvarez 220 lbs. D. Marba 275 lbs. VanBrocklin R. Lincoln Master (61-6)	352* 401* 56*! 363 385 - 501 - 0) 319 402 - 485*
181 lbs. T. Jimenez A. Lindsey O. Scarborou M. Mokuau 4th-391* D. Narigi J. Hedman 242 lbs. T. Peterson 259 lbs. M. McKee BENCH WOMEN Junior 181 lbs. K. Womack 4th-352*! 198 lbs. L. Vaterlaus Master (40-4: 105 lbs. D. Brown	270 gh 385 380 473 374 578* 462* 337 187*!	MEN Class-1 165 lbs. C. Siewong J. Mayes 181 lbs. K. Herzlk 220 lbs. A. Jauregui R. Gioria 242 lbs. R. Budd S. Pena J. Laija O. Lindsey J. Villegas M. West J. Gaudem 259 lbs. J. Masten 308 lbs. B. Alex Junior (20-25)	297 303 383 303 380 551* 468 429 413 396	181 lbs. P. Janoff 198 lbs. G. Alyea 220 lbs. C. Sims L. Wyckoff H. Munro 259 lbs. J. Masten R. Sanchez SHW J. Mfnahan Master (54-61 181 lbs. VanBrocklin R. Lincoln Master (61-6 181 lbs.	352* 401* 56*! 363 385 501 0) 319 402 485*
181 lbs. T. Jimenez A. Lindsey O. Scarborou M. Mokuau 4th-391* D. Narigi J. Hedman 242 lbs. T. Peterson 259 lbs. M. McKee BENCH WOMEN Junior 181 lbs. K. Womack 4th-352*! 198 lbs. L. Vaterlaus Master (40-4) 105 lbs. D. Brown 123 lbs.	270 gh 385 380 473 374 578* 462* 337 187*! 6)	MEN Class-1 165 lbs. C. Siewong J. Mayes 181 lbs. K. Herzlk 220 lbs. A. Jauregui R. Gioria 242 lbs. R. Budd S. Pena J. Laija O. Lindsey J. Villegas M. West J. Gaudem 259 lbs. J. Masten 308 lbs. B. Alex Junior (20-25) 132 lbs.	297 303 383 303 380 551* 468 314 429 413 396	181 lbs. P. Janoff 198 lbs. G. Alyea 220 lbs. C. Sims L. Wyckoff H. Munro 259 lbs, J. Masten R. Sanchez SHW J. Mfnahan Master (54-61 181 lbs. J. Alvarez 220 lbs. D. Marba 275 lbs. VanBrocklin R. Lincoln Master (61-6 181 lbs. G. Hawkins	352* 401* 56*! 363 385 - 501 - 0) 319 402 - 485*
181 lbs. T. Jimenez A. Lindsey O. Scarborou M. Mokuau 4th-391* D. Narigi J. Hedman 242 lbs. T. Peterson 259 lbs. M. McKee BENCH WOMEN Junior 181 lbs. K. Womack 4th-352*! 198 lbs. L. Vaterlaus Master (40-4) 105 lbs. D. Brown 123 lbs. S. Hedmin	270 gh 385 380 473 374 578* 462* 337 187*!	MEN Class-1 165 lbs. C. Siewong J. Mayes 181 lbs. K. Herzlk 220 lbs. A. Jauregui R. Gioria 242 lbs. R. Budd S. Pena J. Laija O. Lindsey J. Villegas M. West J. Gaudem 259 lbs. J. Masten 308 lbs. B. Alex Junior (20-25) 132 lbs. M. Lauricella	297 303 383 303 380 551* 468 314 429 413 396	181 lbs. P. Janoff 198 lbs. G. Alyea 220 lbs. C. Sims L. Wyckoff H. Munro 259 lbs. J. Masten R. Sanchez SHW J. Mfnahan Master (54-6) 181 lbs. J. Alvarez 220 lbs. VanBrocklin R. Lincoln Master (61-6) 181 lbs. G. Hawkins 198 lbs.	352* 401* 56*! 363 385
181 lbs. T. Jimenez A. Lindsey O. Scarborou M. Mokuau 4th-391* D. Narigi J. Hedman 242 lbs. T. Peterson 259 lbs. M. McKee BENCH WOMEN Junior 181 lbs. K. Womack 4th-352*! 198 lbs. L. Vaterlaus Master (40-4: 105 lbs. D. Brown 123 lbs. S. Hedmin 132 lbs.	270 gh 385 380 473 374 578* 462* 337 187*! 6) 174*! 209*	MEN Class-1 165 lbs. C. Siewong J. Mayes 181 lbs. K. Herzlk 220 lbs. A. Jauregui R. Gioria 242 lbs. R. Budd S. Pena J. Laija O. Lindsey J. Villegas M. West J. Gaudem 259 lbs. J. Masten 308 lbs. B. Alex Junior (20-25) 132 lbs. M. Lauricella 4th-270*	297 303 383 303 380 551* 468 314 429 413 396	181 lbs. P. Janoff 198 lbs. G. Alyea 220 lbs. C. Sims L. Wyckoff H. Munro 259 lbs. J. Masten R. Sanchez SHW J. Mfnahan Master (54-61 181 lbs. J. Alvarez 220 lbs. D. Marba 275 lbs. VanBrocklin R. Lincoln Master (61-6- 181 lbs. G. Hawkins 198 lbs. R. Erikson	352* 401* 56*! 363 385 501 0) 319 402 485*
181 lbs. T. Jimenez A. Lindsey O. Scarborou M. Mokuau 4th-391* D. Narigi J. Hedman 242 lbs. T. Peterson 259 lbs. M. McKee BENCH WOMEN Junior 181 lbs. K. Womack 4th-352*! 198 lbs. L. Vaterlaus Master (40-4) 105 lbs. D. Brown 123 lbs. S. Hedmin 132 lbs. S. Rosenquisl	270 gh 385 380 473 374 578* 462* 337 187*! 6) 174*! 209*	MEN Class-1 165 lbs. C. Siewong J. Mayes 181 lbs. K. Herzlk 220 lbs. A. Jauregui R. Gioria 242 lbs. R. Budd S. Pena J. Laija O. Lindsey J. Villegas M. West J. Gaudem 259 lbs. J. Masten 308 lbs. B. Alex Junior (20-25) 132 lbs. M. Lauricella 4th-270* 165 lbs.	297 303 383 303 380 551* 468 413 396	181 lbs. P. Janoff 198 lbs. G. Alyea 220 lbs. C. Sims L. Wyckoff H. Munro 259 lbs. J. Masten R. Sanchez SHW J. Mfnahan Master (54-61 181 lbs. J. Alvarez 220 lbs. D. Marba 275 lbs. VanBrocklin R. Lincoln Master (61-61 181 lbs. G. Hawkins 198 lbs. R. Erikson 242 lbs.	352* 401* 56*! 363 385 501
181 lbs. T. Jimenez A. Lindsey O. Scarborou M. Mokuau 4th-391* D. Narigi J. Hedman 242 lbs. T. Peterson 259 lbs. M. McKee BENCH WOMEN Junior 181 lbs. K. Womack 4th-352*! 198 lbs. L. Vaterlaus Master (40-4t) 105 lbs. D. Brown 123 lbs. S. Hedmin 132 lbs. S. Rosenquist 148 lbs.	270 gh 385 380 473 374 578* 462* 337 187*! 6) 174*! 209* 121	MEN Class-1 165 lbs. C. Siewong J. Mayes 181 lbs. K. Herzlk 220 lbs. A. Jauregui R. Gioria 242 lbs. R. Budd S. Pena J. Laija O. Lindsey J. Villegas M. West J. Gaudem 259 lbs. J. Masten 308 lbs. B. Alex Junior (20-25) 132 lbs. M. Lauricella 4th-270*	297 303 383 303 380 551* 468 314 429 413 396	181 lbs. P. Janoff 198 lbs. G. Alyea 220 lbs. C. Sims L. Wyckoff H. Munro 259 lbs. J. Masten R. Sanchez SHW J. Mfnahan Master (54-61 181 lbs. J. Alvarez 220 lbs. D. Marba 275 lbs. VanBrocklin R. Lincoln Master (61-6- 181 lbs. G. Hawkins 198 lbs. R. Erikson	352* 401* 56*! 363 385 501 — 402 485* 303 297* 338
181 lbs. T. Jimenez A. Lindsey O. Scarborou M. Mokuau 4th-391* D. Narigi J. Hedman 242 lbs. T. Peterson 259 lbs. M. McKee BENCH WOMEN Junior 181 lbs. K. Womack 4th-352*! 198 lbs. L. Vaterlaus Master (40-4: 105 lbs. D. Brown 123 lbs. S. Hedmin 132 lbs. S. Rosenquist 148 lbs. S. Rosenquist 148 lbs. S. Maher	270 gh 385 380 473 374 578* 462* 337 187*! 6) 174*! 209*	MEN Class-1 165 lbs. C. Siewong J. Mayes 181 lbs. K. Herzlk 220 lbs. A. Jauregui R. Gioria 242 lbs. R. Budd S. Pena J. Laija O. Lindsey J. Villegas M. West J. Gaudem 259 lbs. J. Masten 308 lbs. B. Alex Junior (20-25) 132 lbs. M. Lauricella 4th-270* 165 lbs. J. Alves	297 303 383 303 380 551* 468 413 396	181 lbs. P. Janoff 198 lbs. G. Alyea 220 lbs. C. Sims L. Wyckoff H. Munro 259 lbs. J. Masten R. Sanchez SHW J. Mfnahan Master (54-6) 181 lbs. J. Alvarez 220 lbs. D. Marba 275 lbs. VanBrocklin R. Lincoln Master (61-6 181 lbs. G. Hawkins 198 lbs. R. Erikson 242 lbs. M. Bonifield	352* 401* 56*! 363 385 501 — 402 485* 303 297* 338
181 lbs. T. Jimenez A. Lindsey O. Scarborou M. Mokuau 4th-391* D. Narigi J. Hedman 242 lbs. T. Peterson 259 lbs. M. McKee BENCH WOMEN Junior 181 lbs. K. Womack 4th-352*! 198 lbs. L. Vaterlaus Master (40-4) 105 lbs. D. Brown 123 lbs. S. Hedmin 132 lbs. S. Rosenquist 148 lbs. S. Maher 181 lbs.	270 gh 385 380 473 374 578* 462* 337 187*! 6) 174*! 209* 121	MEN Class-1 165 lbs. C. Siewong J. Mayes 181 lbs. K. Herzlk 220 lbs. A. Jauregui R. Gioria 242 lbs. R. Budd S. Pena J. Laija O. Lindsey J. Villegas M. West J. Gaudem 259 lbs. J. Masten 308 lbs. B. Alex Junior (20-25) 132 lbs. M. Lauricella 4th-270* 165 lbs. J. Alves 181 lbs.	297 303 383 303 380 551* 468 314 429 413 396 ——————————————————————————————————	181 lbs. P. Janoff 198 lbs. G. Alyea 220 lbs. C. Sims L. Wyckoff H. Munro 259 lbs. J. Masten R. Sanchez SHW J. Mfnahan Master (54-61 181 lbs. J. Alvarez 220 lbs. D. Marba 275 lbs. VanBrocklin R. Lincoln Master (61-6 181 lbs. G. Hawkins 198 lbs. R. Erikson 242 lbs. M. Bonifield Master (68-7	352* 401* 56*! 363 385 501 — 402 485* 303 297* 338
181 lbs. T. Jimenez A. Lindsey O. Scarborou M. Mokuau 4th-391* D. Narigi J. Hedman 242 lbs. T. Peterson 259 lbs. M. McKee BENCH WOMEN Junior 181 lbs. K. Womack 4th-352*! 198 lbs. L. Vaterlaus Master (40-4t) 105 lbs. D. Brown 123 lbs. S. Hedmin 132 lbs. S. Rosenquist 148 lbs. S. Maher 181 lbs. A. Sozzi	270 gh 385 380 473 374 578* 462* 337 187*! 209* 121 110	MEN Class-1 165 lbs. C. Siewong J. Mayes 181 lbs. K. Herzlk 220 lbs. A. Jauregui R. Gioria 242 lbs. R. Budd S. Pena J. Laija O. Lindsey J. Villegas M. West J. Gaudem 259 lbs. J. Masten 308 lbs. B. Alex Junior (20-25) 132 lbs. M. Lauricella 4th-270* 165 lbs. J. Alves 181 lbs. J. Nunes	297 303 383 303 380 551* 468 314 429 413 396 ——————————————————————————————————	181 lbs. P. Janoff 198 lbs. G. Alyea 220 lbs. C. Sims L. Wyckoff H. Munro 259 lbs. J. Masten R. Sanchez SHW J. Mfnahan Master (54-61 181 lbs. J. Alvarez 220 lbs. D. Marba 275 lbs. VanBrocklin R. Lincoln Master (61-61 181 lbs. G. Hawkins 198 lbs. R. Erikson 242 lbs. M. Bonifield Master (68-7 165 lbs.	352* 401* 56*! 363 385 501
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198 lbs. 203 Master (75-79) J. Page 220 lbs. 165 lbs. R. Fornachon 214 242 lbs. Open 132 lbs. 286 L. Webb 512 4th-292* 165 lbs. R. Bradshaw Teen (13-15) A. DaVila 242 lbs. 114 lbs. . English I. Hunter 123 lbs. S. Pena D. Tubridy 551 512 Minahan III 181* B. Church 391 J. Peroz T. English 148 lbs. 143 259 lbs. 512 I Webb M. Phipps 181 lbs. 137 D. Freeland 622 SHW R. Bradshaw 677 C. Cappo A. Lindsay N. Tuffanelli 650 Teen (16-19) Special Olympian 220 lbs. 181 lbs 165 7 Tichava A. Singh J. Hedman D. Cooley 314 242 lbs. 159 K. Brott A. Foster I. Souza 137 SHW B. Bulko 209 220 lbs. I. Mayea ıbmaster (34-39) A. Kimmel 4th-226* 165 lbs. 242 lbs. A. Davilla 435 181 lbs. J. Pritchett 303* rectly perceived that I was trying harder to please the strongmen contestants. Plus, the first place prize was \$800 and second was \$500. Needless to say, I will never put on another outdoor event, or one at a YMCA J. Pritchett 303* meets outdoors, and they don't usually work. If the weather cooperates, it can be

> doesn't, it's hell. At most of the outdoor area has to be your focus as a meet meets I've seen there is a seating problem, and no judging lights (thumbs up and thumbs down is very hokey). And, it's either too hot or too cold, and sooner or later it will rain. The lifters sooner or later it will rain. The litters deal with serious sunburn as there's usually no canopy or shade, and there's nothing to drink in the warm-up area. The lifters might have to deal with wind, then the weigh-in cards and score sheets blow all over the place. In high school gymnasiums, the biggest complaints are that bleachers are a terrible place to sit for four to eight hours, or longer. When the lifters warm-up they need a chair with a back on it so they can zone in between warm-up attempts and platform at-tempts. So what are the benefits of a hotel? It's a one stop service. The lifters check in, then they weigh in. If the hotel has a restaurant, they eat there. Or in this case, there are at least five restaurants within two blocks and one very good reasonably priced restaurant within walking distance, called Brookfield's. Then the lifters go to their rooms and zone. I knew lifters like John Kue, Wayne Bouvier, Walter Thomas, and Bill Kazmaier that went to

their room and ordered room service, took the phone off the hook, and they didn't talk to anyone until the meet was over. They were really in a zone. Then they'd wake up, eat breakfast in the hotel, and if it's an all day meet, they'd stay in their room and their workout partner would keep an eye on the progress of flights and then he or she comes and says, "It's time." If the meet is not in a hotel, they'd park, weigh in, get back in their car and drive to their hotel.

Then the lifters would park, check into the hotel, go to a restaurant, park, eat, go back to the hotel, park again, and maybe find a decent parking spot, maybe not, if they found parking. Then the lifters go to the meet, park, maybe go to rules briefing, maybe wait, but either way they end up walking around and stay on their feet. Or they sit on the floor, or sit on the ground or bleachers, trying to get comfortable, but never really do. By the time it came to lift, they are either sunburned, or stiff from sitting in an uncomfortable position. If the lifter is 35 or under, it's probably not that big a deal. I know one guy who owns a small gym and he brings a big motor home and cooks food for his lifters. That works just fine except they sit in the meter home and fine except they sit in the motor home and lifters are coming in and out and just saying hello, or small talk, which gets the lifters out of their focus. My first meet was in a hotel. The Turtle Bay Hilton Hotel on March 11, 1977, 28 years ago. Every meel I ran in a hotel was either a very good meet or minimal complaints. I ran a meet at a YMCA in Pasadena, California, in 1988. It was the worst meet I ever put on. The YMCA came through with none of its promises. Half my help didn't show, no judging, no lights, terrible warm-up area, nothing to drink in the warm-up area, and terrible trophies because the YMCA reneged on their promise to pay for trophies. I had 55 lifters, none of them ever came back to one of my meets. I had two very successful strong run contests combined with bench press and deadlift, in Bend, Oregon. They were three day events. It was by far the hardest I ever worked at putting on an event. It was twice as much work as a six day World Championship in a hotel. It was all outdoors on the grounds of the Bend Riverside Motel, with the beautiful DeSchutes River running right by. We had a three day attendance of 204. We tried charging for tickets but because it was outdoors there was no door control. We also had a dynamite bikini contest. The bottom line is after two great events and three more just regular bench press and deadlift contest, none of the benchers and deadlifters ever came back. They correctly perceived that I was trying harder or a gymnasium. A high school auditorium might work because it will have comforta fun and relaxed atmosphere. But if it able seats. Nevertheless, the warm-up



Rudy Lopez' photograph(Namea) should have appeared with the results of the Sept. 04 San Jose meet, but the Watts and Womack images were mistakenly run in that report

director, with plenty of water for the lifters either furnished by a hotel or a tub of iced bottled water, and plenty of chairs. Outdoor platforms are probably the biggest complaint I hear because of platforms being on grass. If it is on a cement slab, it's doable. I had a World Championship at the Nugget Hotel in Reno, Nevada, in 2000, and we had 540 lifters. About 200 never came back. I was promised a ballroom when I signed the contract and instead I got a celebrity showroom, which was great for the spectators. It was like opera house or a fine lavish hall for a city symphony. But the warmup area was very cold, maybe 55 legrees, due to a ventilation problem and it was very crowded. The a lot of lifters. We gave the hotel a lot of business and even after Jonah Ascuaga, the owner of the hotel personally set up a meeting with me and begged me to comeback, I didn't

because I know I had let my lifters down. When you've got lifters paying \$500 down. When you've got lifters paying \$500 to come form all over the up to \$1500 to come form all over the country and other parts of the world, you have to make it worth their while. A novice fan once asked me, "Do you give prize money?" I said no and he said, "Why would they come?" every meet director should ask themselves that question before they put on a meet. Now on to the lifting! In class-1 deadlift at 259, Gary Stevens set a California record 540. Daniel Martine and the parts of the world, you have to make it worth their while. A novice fan once asked me, "Do you give prize money?" every meet director should ask themselves that question before they put on a meet. Now on to the lifting! In class-1 deadlift at 259, Gary Stevens set a California record 540. Daniel Martine path of the proposed of the parts of the world, you have to make it worth their while. A novice fan once asked me, "Do you give prize and in submaster valves the conventional style deadlift. In master wormen 123, a reliferable force of 347, a reliferable force full Bird Colonel, set women (61-67), Rae McEwen, who is 67 and any federation. In submaster women 123, a reliferable force full Bird Colonel, set women (61-67), Rae McEwen, who is 67 and any federation. In submaster women (61-67), Rae McEwen, who is 67 and a retired Air Force Full Bird Colonel, set women (61-67), Rae McEwen, who is 67 and a retired Air Force Full Bird Colonel, set women (61-67), Rae McEwen, who is 67 and a retired Air Force Full Bird Colonel, set women (61-67), Rae McEwen, who is 67 and a retired Air Force Full Bird Colonel, set women (61-67), Rae McEwen, who is 67 and a retired Air Force Full Bird Colonel, set women (61-67), Rae McEwen, who is 67 and a retired Air Force Full down. When you've got lifters paying \$500 Record 282. There's not too many women the Fire master (40-47) 275, Walk Faulkner, who has a bad back no less, still managed to set a World Record 710 and then limped firmy Peterson set a California record as he chooses. At super 450, Roy Bradshaw, in the Inzer Gear, Mike Lambert of Powerlift-was as he chooses. At super 450, Roy Bradshaw, in the Inzer Gear, Mike Lambert of Powerlift-was he chooses. At super 450, Roy Bradshaw, in the Inzer Gear, Mike Lambert of Powerlift-was he chooses. At super 450, Roy Bradshaw, in the Inzer Gear, Mike Lambert of Powerlift-was he chooses. At super 450, Roy Bradshaw, in the Inzer Gear, Mike Lambert of Powerlift-was he chooses. At super 450, Roy Bradshaw, in the Inzer Gear, Mike Lambert of Powerlift-was he chooses. At super 450, Roy Bradshaw, in the Inzer Gear, Mike Lambert of Powerlift-was he chooses. At super 450, Roy Bradshaw, in the Inzer Gear, Mike Lambert of Powerlift-was he chooses. 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At super 450, Roy Bradshaw, in the Inzer Gear Mike Lambert of Powerlift-was he chooses. At super 450, Roy Bradshaw, in the Inzer Gear Mike Lambert of Powerlift-was he chooses many exposes on worker satisfaction or lack there of, in the work place. In his first contest, 1-1/2 years ago, he did a 225 junior men, Mark Lauricella set a Califorda a 285 bench. Now his bench is over 300. In master (68-74) 165, John McEwen set a California record 231. He and his wife are both retired Colonels in the Air Force. In master women (40-46) 123, Suzanne Hedman set a California record 210 the dead to boot. His sister, Kelly womack, Pushed 352.2 for a World Record women, Alexandra (40-46) 181 Anette Sozzi set a California record 270 at 132. In junior 165, John over 300. In submaster women womack pushed 352.2 for a World Record 655.7, and at super, Roy Bradshaw women, 40-461, 181 Anette Sozzi set a California record 270 at 132. In junior 185, John over 300. In submaster women womack pushed 352.2 for a World Record 677.7. In submaster 180-461, 181 Anette Sozzi set a California record 270 at 132. In master women 181. They both passed Vallei set a World Record on the dead to boot. His sister, Kelly women, Alexandra 40-461, 181 Anette Sozzi set a California record 270 at 132. In master women was a constant of the couldn't budge it. It of only one inch. Michael over 500. In submaster 422, James Hunter set a world world Record 655.7, and at super, Roy Bradshaw women, Alexandra 40-461, 181 Anette Sozzi set a California record 270 at 132. In junior 185, John over 500. In submaster 400 and his wife are both retired Colonels in the grows and the couldn't budge it. It of only one inch. Michael over 500. In submaster 422, James Hunter set a World Record 655.7, and at super, Roy Bradshaw world Record 677.7. In submaster 400-461, 400-461, 181, Anette Sozzi set a California record 270 at 132. In junior 185, John over 300. In submaster 400 and his wife are both retired Colonels in the grows and the couldn't budge in the c a retired Air Force Colonel, set a California record 130. In open deadlift, Dave Freeland pulled 655.7. Dave supplied the spotters, loaders, and loaded up the warmup weights and benches. He also brought them down from Gold's Gym in Rancho Cordova. In open women 97, Alexandra Vallejo set a California record in the dead with 282. At 123, Jeanne Braguine set a California record 347, which is some serious weight for her weight class. In Special Olympics men. Mark Rentfrow set views for the spot of the serious weight for her weight class. In Special Olympics men. Mark Rentfrow set views father each california record 354. set a California record 31.2. In teen men (13-15. Nevada state record were set by George bob Levering putting up 501.5 at 181. It was possible to the lift that I wanted to see the most was up to to be. He opened at an easy 468 and following: Trevor English came real close at 501.5 twice. He will get to the Worlds, to be sure. At 259, Darwin master (47-53) 181, Paul Janoff got a Michael Mokulu 198.2 California record of George's boys set Ne-



Jamie Tovar likewise should have had his photo in the Sept. 04 report. (Namea Designs)

46) 259, Darwin English set a Nevada state In class-1 165, Craig Saewong set a Hawaii over bodyweight. Suzanne Hedman set a Portland, Oregon. (Thanks to record 617.2. In master (54-60) 242, Dr. record 424.2. At 242, Steve Pena, who is California record 209, and at 181, Kelly Rethwisch for providing the meet record 209, and at 181, Kelly Rethwisch for providing the meet record 209, and at 181, Kelly Rethwisch for providing the meet record 209, and at 181, Kelly Rethwisch for providing the meet record 209, and at 181, Kelly Rethwisch for providing the meet record 209, and at 181, Kelly Rethwisch for providing the meet record 209, and at 181, Kelly Rethwisch for providing the meet record 209, and at 181, Kelly Rethwisch for providing the meet record 209, and 200, and 20 Thomas Wright set a Nevada record 407.7. blind, was huge with 551 and tried 606, Womack set a World Dr. Wright is a behavioral scientist at the which would have made him the first blind Record 352.5. Both Kelly University of Nevada, and has written person to ever bench 600, but it was too and her brother Michael many exposes on worker satisfaction or much. Then he tried 661, which I thought do real heavy lock outs (40-46) 181, Anette Sozzi set a California in junior women 181. They both passed Vallejo set a World record 374.7 with a "Katie Bar the Doors" drug tests. In junior women 198, Lauren Record 159.7 at 97 lbs., come hell or high water effort and a look of absolute determination. Carla Ugarte In law/fire master (40-47) men bench, Jim set a World Record 220 of absolute determination. Carla Ugarte In law/fire master (40-47) men bench, Jim set a World Record 220 set a California record 319.5 and she's Yoder improved greatly with a World at 114. At 123, Jeanne 6'1", so she pulls the bar a long way. In master women (47-53) 105 deadlift, Sherry Abblelt set a California record 181.7. bad back kept him from benching at least 148, her teammate Jeanne Sherry had a huge two page spread on her Sofe. In law/fire (48+), Bruce Sabin finally Watts, who had set a lifting in her home town paper of Napa, benched 500 and popped a 507 for a World Record 402 California. Still in master (47-53) at 198+, California record in the 308 class. In law/ deadlift, fought her way Sue Vaterlaus set a California record fire open, Derek Arrendondo set a California record 282.1 in master (61-67) 123, Rae McEwen, nia record with 545.5, and at super, Frank 232.3 at 198+, Tina Riley a retired Air Force Colonel, set a California Delatorre set a California record 584. set a California record Special Olympics men, Mark Rentfrow set Alves's father got a California record of George's boys set Nea Special Olympian record of 248. At 220, 407.7. At 220, Clinton Sims was earth vada records: Andrew Zach Tichava seta Special Olympian record
292 at 220, in the dead, and in Special
Olympian women, Megan Atkins pulled
of 535.6. Scully had just set the World Jim Pritchett got his first 209 at 198. In submaster 220, Al Tortorelli set a California record 606. In submaster women 97, Alexandra Vallejo set a World (54-60) 275, Robert Lincoln, who has his daughter Karina, got a

own key club type gym, was impres- Nevada state record 154.2. California sive with 485, and a California state records in the bench at teenage record. In (61-67) 198, Roy Erickson set by John Minahan III, who is set a Nevada record 297.5. In mas-ter women (40-46) 105, Desiree lbs. master bencher, did 181.7 in teen (13-Brown set a World Record 174 and 15) 123, and Thomas Jimenez did 242.5 at underneath her petite pretty frame (13-15) 181. I want to thank Jim Presley and roars a tiger. She won't quit. At 123, his wife Peach, who put me up at their home Suzanne Hedman set a California for a couple of days after the Sacramento record 209.2, almost 100 over her meets. Jim and Peach unbowed all the own bodyweight. In master women trophies and set them up on four eight foot (47-53) 165, Mary-Ann VanDam set tables. Peach sold tickets at the door, 226 At 198, Diana Plank set a California warm-up room. Gary and Elma Thomas ran record 187.2. Mary Ann VanDam, the weigh-in room. They always have a Diana Plank, Desiree Brown, Jeanne smile for everyone, Jody Woods and Mike Moors brought warm-up benches, we had Alexandra Vallejo, Jeanne Braguine, Alexandra Vallejo, Jeanne Braguine, Iree warm-up platforms. We had 144 Suzanne Hedman, Sabrina lifters. I was the MC, and Terry Luehrs was Armstrong, Silvia Maher, and Annette the head judge for the bench and deadlift. Sozzi are all coached by Rene Nielson at Pacifica Athletic Center. Rene says he programs every training rep and insists on perfect form on every rep. Every one of his deadlifters and benchers exhibit that perfect forma and they all do conventional style deadlift. In master Keith Lem from CSS Sports provided the processor of Pacifical Control of Pacific and With The Company of the Control of the December of the Control of the Cont



Mike & Kelly Womack (CSS Photo Design)

DEADLIET

242 lbs.

259 lbs Soekardi

198 lbs.

220 lbs.

242 lbs.

K. Kirk

242 lbs

198 lbs

165 lbs.

C. Ferris

. Wright

R. Eriksen

242

292

330

374*

319*

282*

328

292

203

282*!

250

429

99

G. Phipps

D. English

WOMEN

Junior 181 lbs.

198 lbs.

A. Kent

K. Womack

§ Hedman

A. Barnhill

S. Maher

181 lbs.

A. Sozzi

105 lbs.

123 lbs

Open 97 lbs.

123 lbs.

C. Ugarte

Abblelt

R. McEwen

A. Vallejo

. Braguine 4th-347*

S. Hedman

A. Barnhill

G. Gendotti

M. Adkins

Submaster

A. Vallejo

123 lbs.

148 lbs.

. Watts

123 lbs.

MEN

Class-1

165 lbs.

181 lbs.

J. Maysa

K. Herzik

242 lbs.

M. West

6. Pena

165 lbs.

198 lbs.

Law/Fire Master (40-47) 165 lbs.

A. Pulizzi

D. Lindsey

G. Stevens

. MacGregor 523

D. Martinez 606

mior (20-25)

4th-501* J. Alves

V. Karpenko 451 220 lbs.

T. Mendoza 501

L. Esquivel 352

Soekardi 881

D. Martinez 606*

W. Faulkner

Master (48+)

M. Burruel

Law/Fire

275 lbs

308 lbs.

Law/Fire

1. Braguine

S Armstrong 341

Special Olympics

4th-209

4th-347*!

4th-402*!

Teen (18-19)

K. Phipps 4th-259

148 lbs.

Master (47-53)

Master (61-67)

. Valerhaus 282*

4th-259*

Master (40-46)

4th-336

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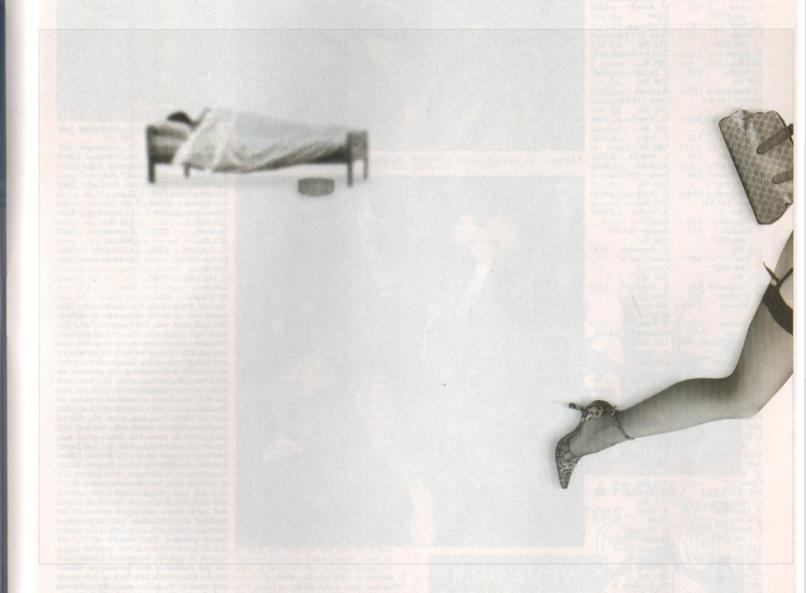








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WARDI Court North and DD/DI

		orthern BP/L lympia, WA)L		
BENCH .		J. Jenkins	360 220		
Disabled		4th-225*			750
97 lbs. L. Garcia	82	C. Wu 220 lbs.		52 1	
Teen (13-15)	02	B. Amendale	314	131	151
105 lbs.		M. Ireland	435	THE STATE OF	131
S. Moorman 198 lbs.	115*!	B. Reynolds 242 lbs.	374	MA	
K. Carpenter	110	K. Engelke	_	TA TOTAL	
Teen (16-19)		T. Pennella	418		A TH
97 lbs. L. Garcia	84*	B. Rogers 259 lbs.	391		
Law/Fire		T. LaFora	381	A TOTAL	
Submaster		308 lbs.			- N
132 lbs.		W. Carpenter		LINE STATE	038
L. Lamp 4th-170*!	165	M. Klindt SHW	656*		
M. Fied	121	E. Aleaga	-	Missi	
L. Lamp 4th-170*	165	Teen (13-15) 132 lbs.		11	11
R. Unson 165 lbs.	132	T. Clendaniel 148 lbs.		1111	
T. Jacobs 198 lbs.	192	J. Brown 220 lbs.	178		
J. Woodridge Master (40-46 105 lbs.		B. Seath Teen (18-19) 148 lbs.	281		
C. Moorman 148 lbs.	165	D. Tienda 181 lbs.	200		
K. Franks 181 lbs.	115	C. Luna 198 lbs.	259		
D. Backiel 4th-167*	159	S. Franks A. Xubin	275 358	Above	Vic
M. Clairmont 4th-166*	154	Junior (20-25) 220 lbs.		1	12
P. Michaels	154	J. Odell	391	100	
Master (47-53	1)	259 lbs.			
114 lbs.		R. Valley	451*	15	111
A. Hooson	115*	Law/Fire		15 E	
I. Pantial	171	Master (40-47)	1111	

B. Reynolds

R. Niemitz

Law/Fire

Submaster

R. Niemitz

A. Somera

V. Aleaga M. Klindt

148 lbs

198 lbs.

220 lbs. K. Doerfler

242 lbs.

259 lbs.

275 lbs.

242 lbs.

S. Mathis

259 lbs.

F. Hofar

K. Smith

308 lbs. M. DeWitt

165 lbs. T. Bohn

198 lbs. B. Hill

B. Miller 308 lbs.

R. Smith SHW

D. James

LaFors

Master (54-60)

G. Holzinger 338 M. Stevens

Master (61-67) 198 lbs.

Seath

T. Pennella

N. Brewer

West

Aleaga

Master (47-53)

428

485

369 385

236

264

S. Selstrom

Master (40-46)

242 lbs.

165 lbs.

Law/Fire

220 lbs.

242 lbs.

187

220

166*

4th-176*!

4th-192*

N. Carpenter 116

148 lbs.

165 lbs.

N. Huxley

M. Huston

M. Lewis

Master (54-60)

148 lbs. S. Anderson

. Lestuka

M. Goett B. Heriford

P. Robey

198 lbs.

148 lbs.

Open 105 lbs.

114 lbs.

I. Pantiat

132 lbs.

R. Unson

C. Hansen

Disabled

220 lbs.

148 lbs

165 lbs.

P. lordan

A. Somera 181 lbs.

C. Hague T. Swisher

198 lbs.

B. Kunkel

J. Jenkins

4th-225

W. Crossen III

330*

369

225.7

MEN

B. Heriford

M. Turner

C. Moorman

4th-176*

S. Moorman 115

I. Hill

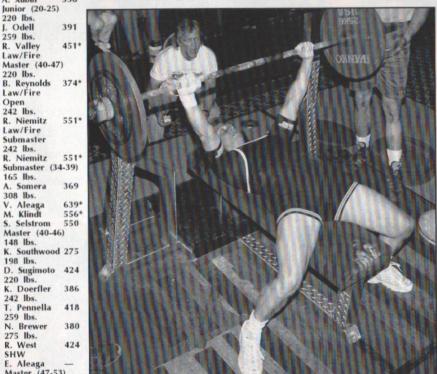
4th-209*

4th-99*

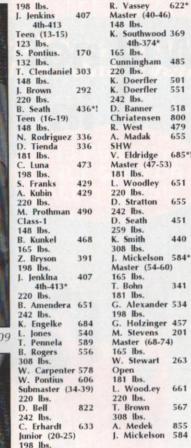
Master (68-74)

181 lbs.





		K	AW	T)			Milk	
	Master (68-74	1) .	4th-203		T. Jacobs	352	M. Lewis	
	220 lbs.	221	Teen (13-15) 123 lbs.		1 Wooldridge	214		(1)
					Masten (40 46	1	149 lbe	
	181 lbe		P. Fao 148 lbs. A. Fled	170	132 lbs	,	L. Lastuka 165 lbs.	25
	P lames	492	A. Fled	192	R. Kilby	248	165 lbs.	
	4th-501*	472	198 lbs.		148 lbs.		D. Backiel	
,	220 11-		K. Carpenter	281*	148 lbs. K. Frank	214	314*!	
	T. Stark	503*	UL		181 lbs.		181 lbs.	
	242 lbs.		K. Sua	314	181 lbs. D. Baekiel	264	M. Goett	
	S. Mathis 259 lbs.	451	Teen (16-19)		S. Southwood Master (47-53	275	B. Heliford 4th-331*!	
	F. Hofer	465	L. Garcia	192	114 lbs.		P. Robey	24
	308 lbs.		4th-203*		A. Hooson	281	Master (61-6	7)
	J. Mickelson	501	lunior		4th-293*!		198 lbs.	
	SHW		181 lbs.		4th-293*! J. Morris	236	J. Hill	
	V. Eldridge	501	L. Elliott	352*	148 lbs.		198*!	
	DEADLIFT		Submaster		T. Lee	309*	Open	
	WOMEN		132 lbs.		165 lbs.		132 lbs.	
	Disabled		M. Fled	292	N. Huxley	336*		29
	97 lbs.		M. Fled 4th-303*		UL		MEN	
	L. Garcia	192	165 lbs.		M. Huston	275	Disabled	



622*

551

518

479

685*!

655

451

440

201

567

578* L. Hartson 220 lbs. *=State Records. !=World Records. This venue was of world championship caliber. The ballroom was 7500 square feet. The food and service in the restaurant was excellent. The lounge featured a live jass band and the view from both the restaurant and lounge was of big Douglas firs, a lake, and a wild deer roaming the grounds on occasion. The rooms were five star and were very reasonable, at \$79. In the deadlift in class-1, Jonathan Jenkins of Montana, set a state record 413.2 at 198, and he only has one arm! He has a prosthesis that he straps onto the bar and pulls perfectly even. His bench press was equally as impressive, with the bar being perfectly straight on a 235 bench. Other notable deadlifts in class-1 were Brian Amandola of Washington, who pulled 551 at 220. At 242, Tom Pennella pulled 589.5 in a dog race. Kegan Engelke was second with 584, Ben Rogers was third with 556.5, and Larry Jones was fourth with 540. In disabled men, lonathan lenkins pulled a Montana state 413.2 at 198. Lisa Maria Garcia pulled a 203.7 deadlift at 97, and she is blind. She has set regular open sne is blind. She has set regular open records in both the bench and deadlift, and she got started at the Washington School for the Blind with Rob Peck as her coach and mentor. In junior men, Ryan Vessey pulled a Washington record 622.5 at 259. Leonard Harison pulled a Washington 253 record 578.5 at 198. At junior 181, Lisa Elliot set a women's deadlift record for Oregon with 352.5. In master men (40-46) deadlift, Kajohn Southwood set a Washington record 374.7, and at super Vince Eldridge came back from a serious hop injury to pull a World Record 685.4 in master (40-46). In master (47-53) 220, 48 David Stratton, the World Record holder with 677, ripped 655.7, but couldn't break his own World Record. Joe Mickelson set a Washington record 584 at 308. Joe works for the Department of Water for greater Seattle and has a 70 hour work week, but his lifts continue to climb. At 181, Leaman 292 Woodkey pulled a 661 but was nowhere near his World Record 705. In master

women (47-53) 114, Anita Hoeson set a



Lisa Maria Garcia pulled 203 lbs. @ 97 (CSS photos)

World Record 293.1 deadlift with perfect form. She's just getting started. At 148, Ita Pantilat set a Washington record 176.2 Terry Lee set a Washington record 308.6. and she was also trained by Donna Delleree Terry has been competing for about 15 years. At 165, Nadine Huxley set a Wash-Babes." At 181, Betty Heriford set an years. At 165, Nadine Huxley set a Washington record 336. Nadine is your typical Oregon record 209.2. In submaster men, works on a farm type. Very wholesome, healthy and strong. At (47-53) 198+, Marilyn Lewis set a Washington record 314. She is coached by Joe Head, who is very successful and inspirational and coaches out of Headquarters Fitness in Seattle. In master 551 for third. In submaster women 132, women (54-60) 165. Dana Rackiel set a lawie lamp put up a Washington record. women (54-60) 165, Dana Backiel set a Laurie Lamp put up a Washington record World Record with 314. Betty Heriford 170.7. In law/fire master (40-47) 220, also set a World Record with 331.6 at 181 Brian Reynolds set a Washington state with a "never say die" effort. Betty has set record 374.7. In law/fire open and law/ five World Records in Mesa, Arizona, fire submaster, Richard Nienritz was Pasco, Washington, and now in Olympia in large with 551 at 242 for Washington a span of three months. She also set a World Record bench of 209.2. In master deadlift fire submaster 132, Lauri Lamp set a (61-67) 198, Janice Hill set a World Record World Record 170.7. In master men, the 198.2. In submaster women, Megan Fied only state record set was by Joe set a Washington record set a Washington Mickelson, who set a Washington record 303. In submaster men, the WABDL 523.5 in master (47-53) 308. Will Crosson record 303. In submaster men, the WABDL 523.5 in master (47-53) 308. Will Crosson Co-Chairman for Washington, Dr. Don Bell who runs and owns a very good gym in time in three years, due to shoulder problems, and put up a 523.5 in master (47-53) 259. He had the World Record 220. He also runs a fine WABDL meet every year in Aberdeen at the end of September. Carl Erhardt continues to improve and hauled in 633.7 at 242. In teen men (13-15) and the Wardl Record 115.5. Sarah and her mother Christine Moorman, are the 220. Ren Seath nulled a Washington record only mother daughter team in WABDL. 220, Ben Seath pulled a Washington record only mother daughter team in WABDL 436.3. At (16-19) 181, Cesar Luna, who is to hold World Records. In teen women coached by one of the great deadlifters of (16-19) 97, Lisa Marie Garcia continues all time, Bull Stewart, won best teenage lifer with 473.7. In teen women (13-15) 84.7. she has been blind from birth and 198, Karolann Carpenter, coached by her she, along with Sarah Moorman, were brother Bill, who squats 700 and benches outstanding lifters in teen women. I 500, set a Washington record 281. In (16-19) 97, Lisa Marie Garcia pulled a Wash. Eitness who brought all the warm under the state of the sta brother Bill, who squats 700 and benches 500, set a Washington record 281. In (16-19) 97, Lisa Marie Garcia pulled a Wash-ington record 203.7, which was also a disabled World Record. Moving on to the bench in class-1, Barry Kunkel set an Oregon record 330.5 at 148 and Mitch Klindt set a Montana record 556.5 at 308. In junior men 259, Ryan Vessey set a things that take a tremendous amount of Washington record with 451.7. In master Washington record with 451.7. In master pressure off a meet director. He also women (40-46) at 181, Dee Jaye Backiel set brings 25-30 lifters to the World's every a Washington record 167.4, edging out year and about 15 to the National's. his Melanie Clairmont, who also had set the team Headquarters Fitness, won the record with 166.3. They traded state team title at the World's once and tied records twice. In master women (47-53) for first another time. He won the team 114, Anita Hooson set a Washington record title at the National's this year. The 115.5, but then Ita Pantilat came along and did a World Record and Washington record Terry Luehrs, Don James, Brian Baertlein. 176.2 for the win. At 148, Terry Lee set a The MC was Dr. Don Bell and Gus Washington record 192.7, and at 165 Rethwisch. James Partch was the plat-Nancy Carpenter set a Canadian national form manager. The platform bench was record with 176.2, but Nadine Huxley beat supplied by Matt Lamarque and Bovine her with a huge 220.2 Washington record. Strength Systems. The platform weights At (47-53) 198+, Margie Huston and Marilyn were supplied by Chet Groskreutz of Lewis traded Washington records until Ivanko. Other sponsors were Neal

World Record 209.2. In master broken a World Record in five consecutive world master (61-67) 148 and master (68-74) 148, couldn't keep her meet string of World Records going and only got 132.2. In open men 181, Ryan Harris, who is trained by Terry Luehrs, set an Oregon record 501.5 and came Record 530.1. Todd Stark set a Washrecord 503.7 at 220. Todd

continues to make

improvements. In open 308, Joe Michelson got

Margie Huston came out on top with 187.2. Spruce, Jim Starr, and Odd Haugen of Margie is trained by Donna Delleree. In Apex Fitness Group, Ken Anderson and master (54-60) 181, Betty Heriford, who Pete Alaniz of Titan Support Systems.

owns a greenhouse Brent Mikesell of Iron Gladiator, Keith Lem 220 lbs. and is an expert in hybrid plants, set McKeefee of House of Pain, Gus Samuelson T. Tucker and Mike Rockoff of Universal Nutrition, 275 lb. Shawn Madere of GLC Direct, the Best Junior (61-67) bench 198, Joint Formula on the Planet, and Date Tate S. Green Janice Hill set a and Jim Wendler of Elite Fitness Systems, R. Grace Washington record the distributors of The Metal Shirt, bench, Novice 99 lbs. Marcia deadlift, and squat suits. (Thanks to Gus Turner, who has Rethwisch for providing the meet results) MEN

					1 een 97 lbs.				
Dautla	allia	Classi	a (lea)		R. Bean	35	25	55	115
	sville				114 lbs.				
25 SEP	05 - B	artles	ville, ()K	D. Cichon	150	115	92.5	357.5
BENCH		PS BE	NCH		165 lbs.				
220 lbs.		MEN			J. Cox	75	42.5	85	202.5
Pure		220 II	os.		242 lbs.				
M. Romero	260		r Pure		J. Allison	140	87.5	170	397.5
308 lbs.		G. No		155	Junior				
Junior		259 II			114 lbs.				
J. Armstrong	185				D. Cichon	150	115	92.5	357.5
165 lbs.		S. Gr		147.5					
Submaster-1		Novic			242 lbs.				
N. Hoiser	102.5	S. Gr		147.5	J. McKay	200		195	520
Push-Pull		BP	DL	TOT	J. Burke	232	160	202.5	594.5
MEN					Submaster Pu	ire			
220 lbs.					242 lbs.	1300	No. land		lau.
Submaster-1					J. Burke	232	160	202.5	594.5
T. Tucker		160	292.5	452.5	Submaster-1				
Master-1					165 lbs.				ALC: CI
M. Bean		147.5	245	392.5	N. Hoiser	125	102.5	135	362.5
Master Pure					Master-1				
M. Bean	-	147.5	-	392.5	220 lbs.				
MALE	CR	BP	DL	TOT	M. Hearing	215	172.5	192.5	580
165 lbs.					242 lbs.	200	100	407	
Master-3					J. McKay	200	125	195	520
G. Maguire	61	95	130	286	Master-3				
198 lbs.					165 lbs. G. McGuire		95	130	225
Teen	40		100	225	Master Pure	_	95	130	225
	40		185	225	242 lbs.				
Submaster-1		177.	270	F00 F	J. McKay	200	125	195	520
J. McDougal	75	177.5	2/0	522.5	J. Mickay	200	125	195	320
F A A	A A								

160 292.5 537.5

62.5 147.5 195 405 67.5 140 250 457.5

DL

TOT

62.5 147.5 195



. Crossen Jr 523 220 I. Mickelson 523* 220 242 259 308 SH 292 DE 490 Dis

WNPF Upstate New York 17 SEP 05 - Clyde, NY SOUAT Equipped 242 lbs. (40.49)Lifetime E. Winter **PWRCURL**

J. Mitchell 70! SHW 242 lbs. S. Rogers 145! 242 lbs. P. Didas (50-59)D. Baench TOT RP DL Ironman Equipped 198 lbs. (60-69)V. Peterson 295! 470! 765! 220 lbs. 415! 560! 975! 360! 435! 795! Salan

Lifetime M. Kenny 242 lbs. (50-59)SHW (40-49)450 500 M. Harling Raw 165 lbs. (35-39)235! 340 575! I. Sykes (40-49)P. Didas 405! DL Equipped FEMALE 123 lbs. (50-59)175!* 105!* 185!* 465!* A. Kauhus MEN 148 lbs. (50-59)405! 255 360 1020 D. Brochev 165 lbs. Lifetime Elsberry

198 lbs. Lifetime 550 350 525 1425 W. Evans (40-49)420! 250! 410! 1080! R. Thompson 220 lbs. Lifetime 600 350 550 1500 R Pearo (50-59)300! 245! 350! 895! D. Werth

425! 375!* 480! 1280!

(50-59)

Flsberry

242 lbs. Lifetime 670! 500! 600 1770! 275 lbs. Lifetime 550 500 525 1575 Wnuk

=State Records. *=American Records. The Lancaster Bowling Center and Restaurant in Clyde, New York, was the location once again for the W.N.P.F. Upstate New York Powerlifting Meet. Although the turn out was light everyone had a great time and strong lifting was done by all the competitors. The only female lifter was Arlene Kaoous who set all new state and American records in the masters division. In the mens equipped divisions long time Lifter Dennis Brochey set a new state record in the 148 lbs. masters division. Johnny Elsberry came back after spending some time in bodybuilding competition to set new state records and an American record in the 165 lbs. lifetime and masters divisions. 198 lbs. lifter William Evans did some strong lifts winning the lifetime division as did Ronald Thompson in the masters division setting w state records. 220 lbs. master Doug Werth set all new state records in the masters division and Ron Pearo came back this year turning in another strong perfor-mance in the lifetime division.242 lbs. lifter Eric Winter set new state records in the lifetime division along with taking best lifter and winning the squat only class with a state record. In the equipped Ironman competition 198 lbs. master lifter Vince

Harling also did some strong lifts winning Brigham-Baet 105 60 125 300



425 375! 480! 1280! 23 Year Old SAM BYRD locks out his final deadlift to produce the 5th highest total of all time at 198 (2149) at the APF Georgia State (M. Soong)

their divisions with Salamone setting all new state records. In the raw divisions, Jamis Sykes and Patrick Didas set new M. Sparango 102.5 80 125 307.5 state records with some fine lifts winning their divisions. Didas also set a state record in the powercurl. Equipped Benche Steve Rogers and James Mitchell Jr d some strong lifts in their divisions settin new state records and raw bencher Die Baench also did a strong lift in the master raw class. Thanks to all the lifters when the strong lift in the master raw class. urned out for the meet and all the peop who helped make it a success. Speci thanks to Steve and Michell Rogers ar Rich from the Lancaster Bowling Center (Meet results courtesy of Ron Deamic

AAPF/APF Si	n City Ironfest
	s Vegas, NV (kg
BENCH	220 lbs.
FEMALE	J. Bachmeier -
luniors (20-23)	242 lbs.
275 lbs.	R. Girard 29
K. Radon 115	C. Dexter 26
MALE	275 lbs

tors. The only female lifter was Arlene	FEMALE	J. Bachmeie	r —
Kaoous who set all new state and American	Juniors (20-23)	242 lbs.	
records in the masters division. In the mens	275 lbs.	R. Girard	290
equipped divisions long time Lifter Dennis	K. Radon 115	C. Dexter	260
Brochey set a new state record in the 148	MALE	275 lbs.	
lbs. masters division. Johnny Elsberry	Master (40-44)	E. McLaugh	lin
came back after spending some time in	220 lbs.	250	
bodybuilding competition to set new state	G. Hayes —	T. O'Neill	230
records and an American record in the 165	242 lbs.	A. Franco	_
lbs. lifetime and masters divisions. 198 lbs.	E. White 247.5	Submasters	(35-39)
lifter William Evans did some strong lifts	Master (45-49)	242 lbs.	
winning the lifetime division as did Ronald	181 lbs.	M. Swank	275
Thompson in the masters division setting	T. Hendron 92.5	275 lbs.	
all new state records. 220 lbs. master Doug	Masters (60-64)	P. Collard	245
Werth set all new state records in the	198 lbs.	308 lbs.	
masters division and Ron Pearo came back	R. Friksen —	D. Marr	227.5
this year turning in another strong perfor-	Open (Seniors)		
mance in the lifetime division.242 lbs.	B. Mendoza 257.5		
lifter Eric Winter set new state records in	FEMALE SQ	BP DL	TOT
the lifetime division along with taking best	Masters (50-54)		
lifter and winning the squat only class with	114 lbs.		
a state record. In the equipped Ironman	W. Haban 52.5	47.5 75	175
competition 198 lbs. master lifter Vince	Masters (55-59)		
Peterson set all new state records as did	114 lbs.		
220 lbs. lifetime lifter Michael Kenny who	Brigham-Baet 105	70 125	300
also took the best lifter award. Master	Open (Seniors)		
Lifters Frank Salamone and Maurice	114 lbs.		
the state of the s	D. ! - L D 1 10"	60 125	200

ng	165 lbs.				
te	H. Harper	185	_	165	350
ers	220 lbs.				
lid	E. Lawson	210	117.5	155	482.5
ng	MALE				
ck	Master (50-54	1)			
ers					
ho		275	190	230	695
ole))			
ial	275 lbs.				
nd	D. Varela	345	250	272.5	887.5
er.	308 lbs.				
is)			242.5	275	847.5
	Masters (60-6	4)			
	198 lbs.				
	L. Lense	-	-	-	-
	Master (65-69))			
1	181 lbs.				
	D. Martin	200	120	180	500
	220 lbs.				
	J. Ites		137.5	190	475
0	Open (Senior	s)			
0	181 lbs.				
	L. Sparango	180	140	212.5 197.5	532.5
	D. Messella	192.5	127.5	197.5	517.5
	R. Rhinegart	- TO 10	-	-	OTT HE
0	198 lbs.			ad Jila	ALL D
	T. Eriksen	222.5	177.5	237.5	637.5
9)	R. Eriksen	To still	Total Inc.	-	-
	J. Williams	OF ode	T. Carlot	TTE	-380
5	220 lbs.		March 1	Dub h	
	J. McDonald			215	
5	A. Reagan	150	147.5	190	487.5
	242 lbs.				
7.5	J. Mancini		162.5	January.	455
	A. Zavala	365	(Thomas	STORY!	365
	L. Rictor	o Title on	edite ma	OT While	Total
r	275 lbs.	0.00	240	205	010
	S. Burgess	375	240	295	910
	E. McLaughli	n	320	250	250
	820		000	250	040
	T. O'Neill	332	230	250	812
1	J. Saldivar	227.5	247.5	227.5	
	M. Baeta	275	100	230	605
	D. Helfyre	260	165	237.5	602.5
	R. Lee	242.5	145	175	562.5
1	308 lbs.				

330	242.5	275	847.5
297.5	215	282.5	795
250	182.5	235	667.5
	330 297.5 250	330 242.5 297.5 215 250 182.5	330 242.5 275 297.5 215 282.5 250 182.5 235

Best Lifters Men: Brian Meek, APF, and Dan Martin, AAPF. Best Lifters Women: Chris Brigham-Baeta, APF, and Chris Brigham-Baeta, AAPF. (Thanks to Tim Daley, Head Scorekeeper, for these meet results

APF/AAPF Georgia State (kg) 10 Sept 05 - Woodstock, GA

175

250

275 lbs.

R. Flynn

Open 181 lbs.

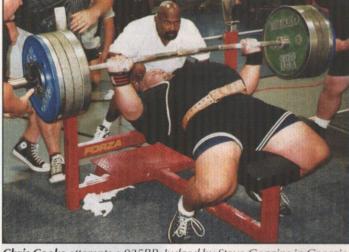
J. Gupton 198 lbs.

182.5

207.5

J. Oliver	132.5	R. Wri		205
Master			lmet 1	80
181 lbs.	220	242 lb		265
S. Smola! R. Cowser	215	275 lb	ely	203
220 lbs.	213	D. Boy	vman!	310
R. Edwards	235	J. Daly		192.5
MEN	SQ	BP	DL	TOT
Teen	-			
198 lbs.				
J. Benson	272.5	227.5	235	735
275 lbs.				
D. Atkins	330	240	230	800
Masters				
181 lbs.	as Sami	Sale vin	L. S. Link	2000
R. Layman	176	125	237.5	
J. Moore	210	170	190	570
242 lbs.	TO !			
R. Proctor	260	190	242.5	692.5
275 lbs.		-	000	
A. Hoot	327.5	250	290	867.5
Open				
165 lbs.		40-	200	792.5
J. Gordon!	307.5	185	300	499.5
M. Huntavar	167.5	147	185	499.5
181 lbs.	400	235	302.5	937.5
Harrington!	305	207.5		799.5
G. Cook 198 lbs.	303	207.5	20/	799.5
S. Byrd	415	250	310	975
R. Hicks	310	230	260	800
L. Hodges	290	227.5	245	762.5
K. Westhoven		157.5	272.5	672.5
220 lbs.				
J. Covick	305	240	287.5	832
C. Bowles	265	197.5	232.5	
M. Rufail	240	172.5		657.5
B. Bleau	260	145	202.5	
242 lbs.				
S. Radford	340	272.5	295	907.5
B. Gardner	285	242.5	240	767.5
M. Christie	260	177.5	272.5	710
Z. Friewald	200	162.5	240	602.5
275 lbs.				
R. Slate	365	247.5	295	907.5
T. Bowman	320	230	320	870
308 lbs.				
P. Deaver	247.5	172.5	227.5	647.5
SHW		No cite la		
B. Wood	362.5	227.5	272.5	862
!=Best Lifters.	The th	ird stra	light Al	T-/AAPF
GA State Me	et was	a true	succe	ss with
novice caliber	lifters	sharin	g the p	Diatiorm
and mingling	with c	urrent	PL Sup	perstars,
all-time recor	a hold	ers and	regen	us. Our
bench only d	ivision	proved	Bront	Pauley
again. Ninete	en ye	ar old	brent	rauley

stunned the packed gymnasium as he vaporized a 551 3rd attempt with room to spare. AAPF Master lifter Scott Smola, 42, benched 370 @ 198 in March and obviously got serious and dropped a weight class, got serious and dropped a weight class, earning lwt. BL with a freaky 484 @ 181. A young David Bowman, 256 pounds and humble, muscled up the hwt. BL 683 bench and rode 705.5 halfway up to impress many onlookers. I must thank elite 800+ BP club member Chris Cooke from NC for bringing the unsuspecting crowd to their feet with three very close attempts at an unbelievable 925 pounds. As the powerlifters began to warm up on the two monolifts provided in the warm up area one could see they were going to be in for a treat on Sept. 10th, 2005. It was a who's who of PL champs, past and present with renown statistician Michael Soong present to document the action. NGBB lifter and APF Senior Nationals runner up Jon Gordon crushed several AAPF drug tested records and finished with



Byrd from Chattanooga, TN looked like a professional bodybuilder and, in only his second PL contest ever, annihilated an all-time best SQ of 914 @ 198. Under the watchful eye of coach Steve Goggins, Sam showed calculated balance in the other disciplines and rounded out the day with 2149 @ 198, the 5th highest total in history! There were many other awesome perfor-mances but I must mention multi-time IPF World Champion George Herring return-ing to the 3 lift arena after a 13 year absence. George is a GA lifting legend and has performed some outstanding feats in the WABDL recently but it was great to see him take a 953 SQ for a ride on this day. Honestly, Mr. Herring is stronger than ever but didn't have enough practice with his Boss suit and Monolift to finesse the weight for 3 whites. I hope to see him again. McAuliffe making 1868 at 198, We also welcomed FL guest lifter Big Jim Hoskinson at a rock hard 300+ bodyweight. Jim has executed nine 1000+ SQ in his relatively short PL career with a best of total at 242 bwt. Nick Best won the 1091 @ 308. He came to wake GA up to 2 titanic efforts at the magic 500 kgs. (1102) SQ mark but failed to make depth, smiled and enjoyed the rest of the meet. I think everyone appreciated the spacious venue, high quality lifting equipment and the fair, consistent judging by card holding APF judges and we'll plan to make 2006 even better! (results by Jon Grove, owner North Georgia Barbell Club and APF State Chair)

USPF Rhode Island Police/Fire 20 MAR 05 Cranston, RI

BENCH		308 1	bs.	
MEN		B. Tu	cker	500*
Submaster		Open		
198 lbs.		198 1	bs.	
R. Salter	480*	R. Sa	lter	480*
Masters		275 I	bs.	
275 lbs.		Lazza	resch,	Ir 560*
Lazzaresch,J	r 560*	308 1	bs.	
		B. Tu	cker	500*
MEN	SQ.	BP	DL	TOT
Master				
198 lbs.				
L. Stravato	315*	285*	410*	1010*
198 lbs.				
L. Stravato	315*	285*	410*	1010*
*=RI state rec	ords. A	s alway	s, I wo	uld first
like to thank				
a.k.a. Dr. Rob	ert A.	L'Europ	a, Oce	an State
Gym, Reeves				
Coventry Phys				
cal, Inc., Marl				
Countertop, I				
crete, and Su				
without the co	ontinue	d suppo	ort of n	y spon-
sors, I would				
MANAGER AND ASSESSMENT OF THE PARTY OF THE P	ALCOHOLD DE LOS MANAGEMENTS	CALONY .	The same of the sa	CONTRACTOR OF STREET

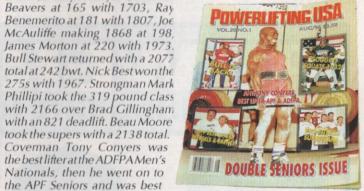
Nationals, then he went on to

the APF Seniors and was best

lifter there also. Among the

BACK ISSUE OF THE MONTH

Back Issue of the Month - August we ban all lifting equipment in his reviewed the sixth Senior National 1996 - this was a special double article on page 16. Rob Wagner's Championship, with some great Seniors issue covering both the interview by Stephan Korte was pictures of John Cole. Ramon ADFPA Men's Nationals and the continued in part two. Doug Dubuque gave us a report on the APF Senior Nationals. At the Daniels revisited the concept of Asian Championships. We also ADFPA Men's Nationals held in restpause intraining. Our workout had reports of the EPF and EBC St. Louis, the winners included of the month was by Danny European Championships. Bob Steve Snyder, Dave Weiss, Brad McMillan, who has done some Hise II told us about the Bob Olson, Tony Convers, Martin



champions at the APF meet in remarkable bench pressing as a inspiring. We've have a shot of all-Atlanta were: Amy Weisberger master lifter, coming back from a around lifting star Rex Monahan won the 123s with a 1030. Debra pec tear to hit 600. Fred Glass, carrying the Olympic torch in Erney took the 165s with a 1344 veteran masters champion, was northeast Colorado. On our TOP over Stephanie Vandeweghe's interviewed by Bob Gaynor, Louis 100 list for the 123 pound class, 1322. Conyers won the 148s with Simmons' article was on David Buterbaugh led in the squat 1769. Jay Roschiglione won the specializing in the deadlift. He with 540 and the bench press with 165s with 1796. Tom Rutigliano had some great pictures on how to 374, while Ernie Milan lead in the won the 181s with 1841. Jesse do dead stop squats, using the deadlift with 501 and in the total Kellum took the 198s with 2070. safety squat bar, and a shot of with 1234. Elsewhere on the Chuck Vogelpohl won the 220s Chuck Vogelpohl doing seated rankings, Mary Hetzel was 57th in with 2105. Steve Goggins took the good mornings using the buffalo the squat with 319. Alex Gallant 242s with 2399, including a 1032 bar. Stephan Korte also reviewed was 85th in the bench press at squat. Scott Warman won the 275s the worlds largest sporting good 198. Ellen Chaillet was 82nd in with 2243. Tom Waddle won the show, FIBO in Germany, where the deadlift with 340. Ellen Stein 308s with 2259, and lim Voronin Hollywood Henderson benched was 65th in the total with 815. You was the superheavy weight 639 with a show girl sitting on his can still get this issue and dozens champion with 2171. Marty leg, and Phil Farmer and Paul of others which are described on Gallagher, a national and world Austin pulled at 1496 two man pages 48-51 of this edition of

ing our new website, www.ripl.org. Thanks a lot my friend. This year was the first installment of the Police & Fireman championships. I have been asked numerous times through the years to run this show, so I finally did. However, I did not get the disappointing, but it is just the beginning for this contest. I hope over time this meet will grow to be as big and fun as the RI State Championships, for which this meet was run in conjunction. Being that this contest is all new, the state records for the Men's. Submasters, Masters and Women's divisions are all open, so who ever competed set the standard for the meet to come. We had only one competitor lifting that lifted in the Powerlifting portion of this meet. He was Louis Strayate He competed in the Powerlifting portion of this meet. He was Louis Strayate He competed in the Powerlifting portion of this meet. He was Louis Stravato. He competed in both and figure he would go for a little more with the Open and the Masters divisions. This 510 lbs., but it was not in the cards that day. was his finish meet lifting raw. At 42 to Billy went on to finish first in his class with years of age and in the 198's, he had a great that strong performance. Mike Garard day setting the new record mark for this came into this meet a rookie, competing for class. In the bench portion of this meet we the first time, but he came with a bench. Chris Cooke attempts a 925BP, Judged by Steve Goggins in Georgia.

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Chris Cooke attempts a 925BP, Judged by Steve Goggins in Georgia.

Chris Cooke attempts a 925BP, Judged

meet bigger and better. Have a great year. (Thanks to Ted Isabella for these results)

Peoples that he knew, the great 700 plus deadlifter in the 181 pound class, who was far ahead of his time. Bob Hise II passed away just before this article was published. Herb Glossbrenner's second of a two part article on the resurrection of Mike Cross continued in this edition, with some very interesting photos of Mike bodybuilding. Scott Warman talked about meet preparation, part two. We also had the remarkable story of Lisa Siddel, whose comeback from a brain tumor was very

contest each year. I would like to also master champion, proposed that deadlift. Herb Glossbrenner Powerlifting USA.

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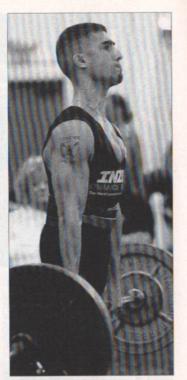
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Shant Sheklanian is one of the ranked lifters on this month's TOP 100 for the 132 lb. class. If you haven't seen your lifts published in a previous issue of PL USA, ask vourmeet director to submit them right away, so you can receive your rightful recognition on the upcoming POWERLIFTING USA rankings for your weight class.

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For standard 132 lb./60 Kg. USA lifters in results received from Sep/2004 through Aug/2005

650 Hawthorne, R..3/4/05 578 Williams, C..11/9/04 562 Washington, H..2/19/05 550 Kuhns, M..2/5/05 530 Kunns, M..Z/5/05 535 Stephen, C..4/2/05 485 Kupperstein, E..11/20/04 480 Morrow, J..7/23/05 470 Brubaker, D..3/12/05 457 Richey, S..5/14/05 457 Ladewski, k J..6/4/05

451 Phillips, A..1/29/05 451 Wong, P..5/6/05 450 Reed, R..4/2/05 425 Vaquera, M..4/2/05 420 Vega, M..4/2/05 420 Evans, A..4/2/05 415 Bourgoyne, C..11/6/04 415 Trejo, D..4/2/05 410 Pack, J..4/2/05

407 Conyers, D. 4/2/05 405 Martinez, R. 3/12/05 405 Wright, Alex. 4/2/05 405 Rivera, A. 4/2/05 402 Hile, J. 11/6/04 402 Smith, T. 1/29/05 402 Moreno, J. 4/16/05 400 Nogle, C. 11/13/04 400 Benjamin, J. 3/12/05 400 Reed, M. 4/2/05

400 Shaver, K..4/2/05 400 Limbrick, T..4/2/05 400 Stransky, N..4/2/05 400 Martinez, A..4/2/05 400 Vera, R..4/2/05 400 Douglas, K..4/9/05 396 Sheklanian, S..10/13/04 395 Carpenter, D..12/11/04 391 Bissen, J..3/26/05 391 Melancon, D..4/16/05

391 Kavarnos, J..5/20/05 391 Jones, K..5/20/05 390 Karbula, Z..3/11/05 390 Davila, D..4/2/05 390 Carter, P..4/2/05 390 Aguinaga, M..4/2/05 385 Cincotta..11/21/04 385 Wright, Ahron..4/2/05 385 Goolsby..4/30/05 385 Burke, H..6/4/05

380 Morello, J..11/6/04 380 Barerra, K..3/12/05 380 Middleton, J..3/12/05 380 Lagravenis, S..3/05 380 Langley, M..4/2/05 380 Lupe, M..4/2/05 375 Moran, J..3/5/05 375 Moran, J..3/5/05 375 Guzman, J..3/12/05 375 Delacruz, J..3/12/05

375 Hill, C..4/2/05 375 Edwards, J..4/2/05 375 Farmer, K..7/9/05 374 Ladnier, T..10/13/04 374 Hagendorf, J..4/16/05 370 Hayes..3/12/05 369 Contreras, M..4/16/05 365 Gulotta, B..11/6/04 365 Lewis, Z..4/2/05 360 Johnson, M..3/18/05

360 Rhodes, C..4/2/05 360 Naranjo, A..4/2/05 358 Hunn, J..3/12/05 355 Clark, Z..3/5/05 355 Herrera, S..3/12/05 352 Pagliaro, A..11/13/04 352 Niederkorn, R..1/29/05 352 Guaderrama, R..3/19/05 352 Trujillo, R..5/20/05 350 Walker, R..3/5/05

350 Eigermann, J.. 3/11/05 350 Bazan, B.. 3/12/05 350 Holcomb, T.. 3/18/05 350 Creel, B.. 3/19/05 350 Black, T.. 4/2/05 350 Russo, B.. 4/2/05 347 Tucker, T..6/18/05 345 Seals, K..11/6/04 345 Rivera, L..4/2/05

340 Pulvino, S..3/5/05 340 Williams, C..3/11/05 340 Akers, H..3/18/05 340 Jackson, S..3/18/05 340 Bird, C..4/2/05 340 Smith, L..4/9/05 340 Ferree, C..8/27/05 336 Davila, A..11/6/04 336 Carter, M..2/13/05 336 Franciscus, A..4/2/05

396 Unten, K..3/5/05 365 Goelz, B..12/11/04 355 Kuhns, M..2/5/05 341 Petrencak, S..12/2/04 341 Petrencak, S., 12/2/04 341 Wong, P., 2/12/05 336 Washington, H., 2/19/05 335 Morrow, J., 7/23/05 325 Melancon, C., 11/6/04 325 Williams, C., 11/9/04 315 Stephen, C., 4/2/05

314 Hawthorne, R..3/4/05 314 Ballard, R..8/13/05 303 Robertson, J..9/10/04 303 Johnson, C..5/4/05 292 Thompson, J..12/2/04 292 Thomure, J..6/11/05 285 Carpenter, D..12/11/04 285 Garvey, F..12/11/04 281 Richey, S..5/14/05 281 Guaderrama, R..6/18/05

280 Perry, M..12/04 275 Myer, B..3/19/05 275 Hagendorf, J..4/16/05 275 Ramos, A..4/30/05 275 Wilcox, J..6/18/05 275 Horn, R..8/27/05 270 Sheklanian, S..10/17/04 270 Garza, N..11/6/04 270 Gee, S..11/10/04 270 Hile, P..11/13/04

270 Brubaker, D..4/2/05 270 Pack, J..4/2/05 270 Pack, J..4/2/05 265 O'Steen, M..12/4/04 265 Helms, J..3/19/05 265 Tepper, S..6/25/05 264 Phillips, A..1/29/05 261 Phillips, C..11/13/04 260 Kupperstein, E..11/20/04 260 Shipman, D..11/27/04

260 Hayes...3/12/05 260 Reed, M...4/2/05 260 Shavers, K...4/2/05 259 Pogue, J...9/11/04 259 Smith, T...1/29/05 259 Hunn, J...3/12/05 259 Hunn, J...3/12/05 255 Seals, K...11/6/04 255 Abner, W...3/12/05 255 Wright, Ahron...4/2/05

255 Lewis, Z., 4/2/05 253 Southwood, K., 3/19/05 250 Stransky, N., 3/5/05 250 Penza, M., 5/21/05 248 Bourgoyne, C., 4/16/05 245 Rhodes, C., 4/2/05 245 Tran. 5/22/05 245 Ferree, C., 8/27/05 242 Gomez, S., 11/10/04 240 Ladewski, J., 1/8/05

240 Readores, H..3/26/05 240 Trejo, D..4/2/05 240 Smith, L..4/9/05 240 Cola, R..6/25/05 236 Bradley, G..11/3/04 236 Davila, A..11/6/04 236 Kavarnos, J..12/11/04 236 Adelmann, T..2/13/05 236 Aoyagi, S..4/16/05 236 Nash, M..4/16/05

235 Creel, B.. 10/17/04 235 Scanga, F.. 3/6/05 235 Benjamin, J.. 3/12/05 235 Martinez, A.. 4/2/05 235 Lamberson, J.. 4/3/05 235 Gagne, R.. 7/30/05 231 Jones, K.. 5/20/05 230 Pulvino, S.. 3/5/05 230 Vaquera, M.. 4/2/05 230 Evans, A.. 4/2/05

.d.3/11/05 230 Vera, R..4/2/05 3/12/05 230 Rivera, L..4/2/05 230 Dorsey, K..4/9/05 1/9/05 225 Lamb, F..9/11/04 4/2/05 225 Evans, M..10/23/04 4/2/05 225 Hadden, J..1/13/04 6/18/05 225 Catton, C..12/4/04 6/18/05 225 Daly, L..1/8/05 225 Swope, R..1/15/05

225 Bardley, G..2/26/05 225 Poske, C..3/19/05 225 Woody, B..3/19/05 225 Vega, M..4/2/05 225 Wright, Alex..4/2/05 225 Lee, W..4/16/05 225 Farmer, K..7/9/05 225 Valmojoa, J..8/13/05

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575 Kupperstein...11/20/04
562 Hawthorne, R...3/4/05
534 Washington, H...2/19/05
1432 Williams, C...11/9/04
510 Benjamin, J...3/12/05
505 Trejo, D...4/2/05
500 Morrow, J...7/23/05
500 Morrow, J...7/23/05
500 Morrow, J...7/23/05
500 Kephen, C...4/2/05
500 Morrow, J...7/23/05
179 Wong, P...2/12/05
1170 Brubaker, D...4/2/05
1170 Brubaker, D...4/2/05
1168 Phillips, A...1/29/05

462 Smith, T..1/29/05 455 Carpenter, D..12/11/04 455 Pack, J..4/2/05 451 Phillips, A..1/29/05 451 Wong, C..5/28/05 450 Islami, M..3/11/05 450 Vaquera, M..4/2/05 450 Hill, C..4/2/05 450 Goolsby..4/30/05 445 Reed, R..4/2/05 1160 Trejo, D..4/2/05 1145 Benjamin, J..3/12/05 1135 Carpenter, D..12/11/04 1135 Pack, J..4/2/05 1135 Richey, S..5/14/05 1124 Smith, T..1/29/05 1105 Vaquera, M..4/2/05 1102 Melancon, C..4/1/605 1102 Ladewski, J..6/4/05 1100 Reed, M..4/2/05

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425 Moreno, J..11/6/04 425 Nogle, C..11/13/04 425 Barerra, K..3/12/05 425 Abner, W..3/12/05 425 Shavers, K..4/2/05 425 Vega, M..4/2/05 425 Edwards, J..4/2/05 425 Edwards, J..4/2/05 424 Hunn, J..3/12/05 424 Ladewski, J..6/4/05 420 Karbula, Z..3/11/05 420 Eigermann, J..3/11/05 420 Langley, M..4/2/05 420 Bird, C..4/2/05 420 Legravenis, S..4/9/05 420 Marchio, J..7/30/05 419 Bloom, C..6/25/05 418 Wong, P..2/12/05 415 Beaty, K..5/14/05 415 Sheridan, J..5/21/05

1010 Rhodes, C..4/2/05 1008 Bissen, J..3/26/05 1005 Seals, K..11/6/04 1005 Barerra, K..3/12/05 1005 Langley, M..4/2/05 1003 Hagendort, J..4/16/05 1003 Jones, K..5/20/05 1000 Cincotta..11/21/04 1000 Karbula Z. 3/11/05 1000 Karbula, Z..3/11/05 1000 Lewis, Z..4/2/05 415 Ferree, C..8/27/05 413 Sheklanian, S..10/17/04 410 Cincotta..11/21/04 410 Herrera, S..3/12/05 410 Delacruz, J..3/12/05 410 Evans, A..4/2/05 407 Pierce, V..11/6/04 407 Bissen, J..3/26/05 407 Melancon, C..4/16/05 1000 Ferree, C...8/27/05 995 Abner, W...3/12/05 995 Guzman, J...3/12/05 995 Davila, D...4/2/05 995 Rivera, A...4/2/05 990 Gulotta, B...11/6/04 990 Vera, R...4/2/05 986 Guaderrama, R...6/18/05

405 Seals, K..11/6/04 405 Gulotta, B..11/6/04 405 Rhodes, C..3/5/05 405 Spiekermann, ..5/21/05 402 Nash, M..4/16/05 402 Brown, O..7/9/05 400 O'Steen, M..12/4/04 400 Kuhns, M..2/5/05 400 Williams, C..3/11/05 400 Guzman, J..3/12/05 980 Lupe, M..4/2/05 980 Aguinaga, M..4/2/05 980 Edwards, J..4/2/05 980 Smith, L..4/9/05 975 Herrera, S..3/12/05 975 Delacruz, J..3/12/05 975 Legravenis, S..4/9/05 970 Hile, J..11/6/04 970 Islami, M..3/11/05 970 Douglas, K..4/9/05

970 Penza, M.5/21/05 970 Trujillo, R..7/30/05 965 Middleton, J..3/12/05 960 Eigermann, J..3/11/05 960 Black, T..4/2/05 955 Cola, R..6/25/05 953 Aoyagi, S..4/16/05 953 Bloom, C..6/25/05 950 Pulvino, S..3/5/05 950 Farmer, K..7/9/05 400 Hernandez, T., 3/12/05 400 Mayes, J., 3/12/05 400 Stransky, N., 4/2/05 400 Black, T., 4/2/05 400 Smith, L., 4/9/05 396 Richey, mS., 5/14/05 395 Martinez, R., 3/12/05 395 Honesto, P., 4/2/05 391 Forte, M., 5/21/05 390 Kammueller, B., 3/11/05

390 Johnson, N. 3/11/05 390 Martinez, A. 4/2/05 390 Davila, D. 4/2/05 390 Naranjo, A. 4/2/05 390 Naranjo, A. 4/2/05 385 Hankins, K. 12/4/04 385 Hughes, H. 2/13/05 385 Clark, Z. 3/5/05 385 Douglas, K. 4/9/05 385 Hill, K. 4/9/05

947 Nash, M..4/16/05 945 Morello, J..11/6/04 945 Rivera, L..4/2/05 945 Hill, K..4/9/05 945 Spiekermann, K..5/21/05

945 Spiekermann, K..5/2 945 Spiekermann, K..5/2 942 Burke, H..6/4/05 941 Davila, A..11/6/04 940 Naranjo, A..4/2/05 940 Bird, C..4/2/05 940 Russo, B..4/2/05

936 Contreras, M. 4/16/05 935 Williams, C. 3/11/05 925 Creel, B. 10/17/04 925 Clark, Z. 3/5/05 925 Walker, R. 3/5/05 925 Hernandez, T. 3/12/05 925 Tran. 5/22/05 922 Evans, M. 6/18/05 920 Bazan, B. 3/12/05

385 Aoyagi, S..4/16/05 385 Rein, J..5/14/05 385 Penza, M..5/21/05 385 Debois, D..5/21/05 385 Cola, R..6/25/05 380 Morello, J..11/6/04 380 Kalif, F..11/6/04 380 Pulvino, S..3/5/05

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NEXT MONTH... TOP 148s

CORRECTIONS ... Ron Yard should have been credited with his 735 bench press achieved at the IPA Worlds on the TOP 20 of All Time for the 275 lb. class. As well, Aaron Lawrence's 2410 total in the 308 lb. class was not reflected on the All Time TOP 20 list for the 308 lb. class in the Oct/05 issue of PL USA. Rich Edinger's 700 deadlift was not reflected on the TOP 100 for the SHW class, in the Aug/05 edition of PL USA. D. Flesh should have been listed for 749 424 600 1774 in the 198 lb. class in the results we pubilshed for the APF Florida State Meet. Vince Tanabe should have been credited with a 529 lb. deadlift, performed at Venice Beach on August 9th, 2003 on the TOP 100 list for the 148 lb. class during that time period, as confirmed by the Venice Beach Recreation Department. If you find errors in our lists or results, let us know at POWERLIFTING USA Errors Department, Post Office Box 467, Camarillo, California 93011 for analysis and a corresponding correction







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