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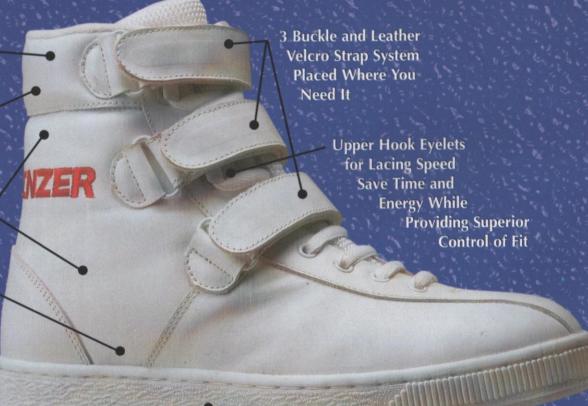
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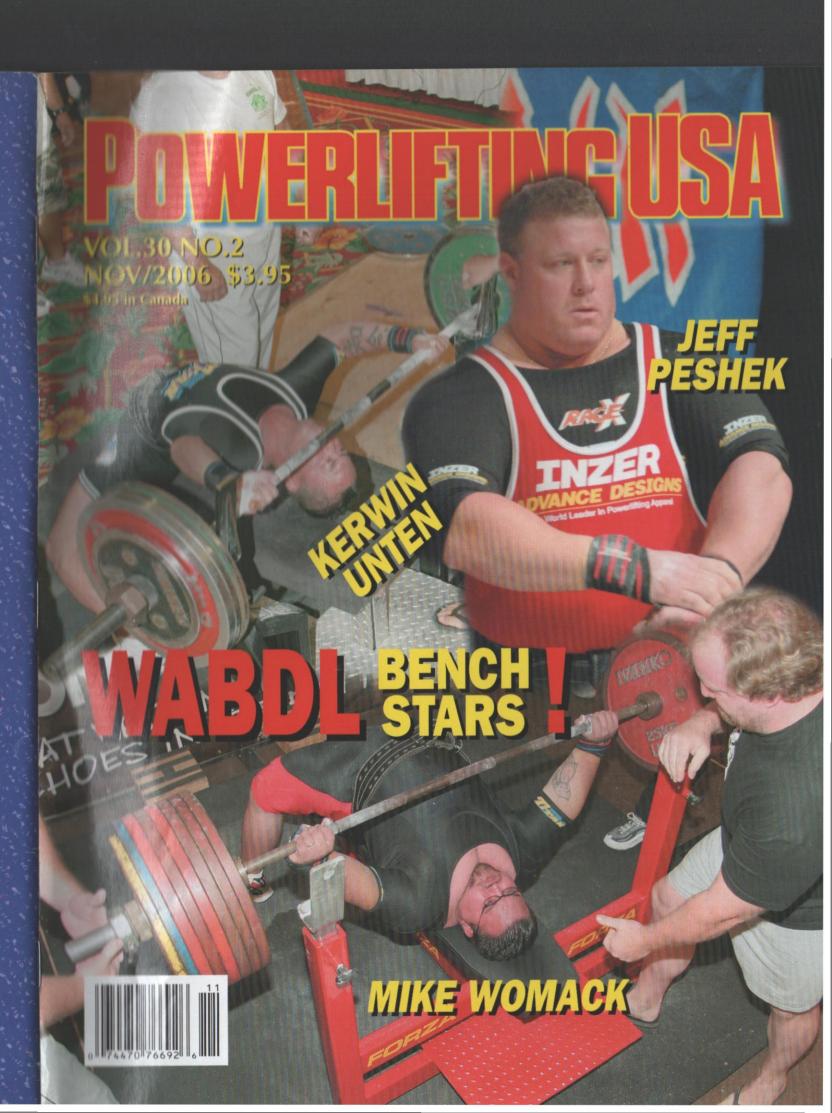
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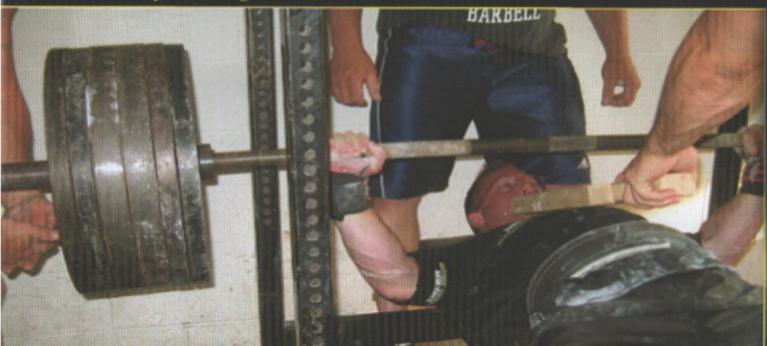
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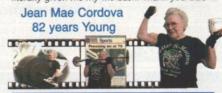
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"...the most important people in the production of this publication are the many hundreds of lifters, fans, meet directors, advertisers, and administrators who have made enormous contributions to its success, .... through their own love for the sport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

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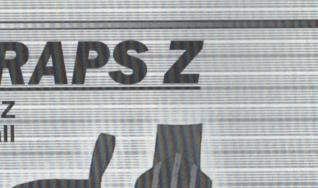
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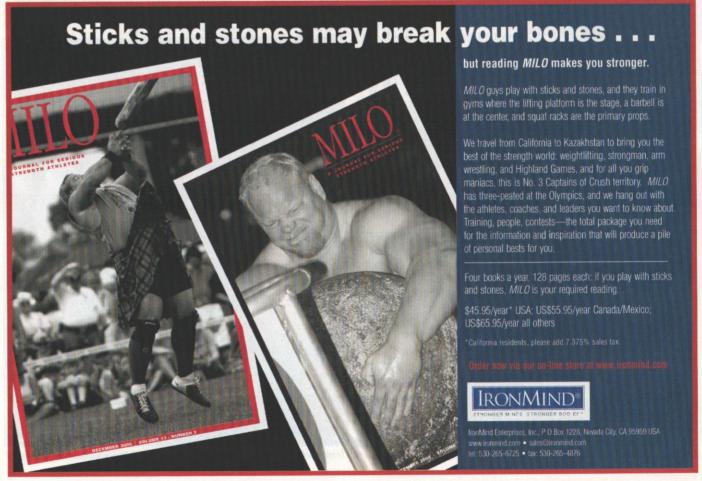


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BENCH

FEMALE Teen (18-19) Chudin-RUS 209 Sergienk-RUS 121 Nekipelo-RUS 374 Stoyanov-RUS 297 Zhigulin-RUS 286 105 lbs Teen (16-17) Podelko-RUS 99 Teen (18-19) unior (20-23) Slavina-RUS 99 Utemov-RUS 374 lunior (20-23) Avdeev-RUS 352 Kuzneco-UKR 198 Dimurin-RUS 286 Zotova-RUS 154 eransk-RUS 463 Dzina-RUS 148

Rode-RUS 440 Shuvalov-RUS 391 143 Shtin-RUS Voronova-EST 121 114 lbs. Golubco-RUS 363 Master (40-44) Junior (20-23) Alyabeva-RUS137 Osipyan-RUS 220 Master (45-49) Lopatin-RUS 275 165 lbs. Open Mihaylova-RUS 170 Gileva-RUS 132 een (16-17) Bogatire-RUS 308 Ermakov-RUS 253

330

Pleshkov-RUS 385

123 lbs. Teen (18-19) Konkin-RUS 237 Gass-RUS 148 Blinov-RUS Stepanovich-RUS 187 Pavlov-RUS lunior (20-23) Fomenok-RUS 143 132 lbs. Aliev-AZE Aliyev-AZE Teen (18-19) Poteshki-RUS 132 Muhtaro-RUS 385 Open Kurlov-RUS

Bemova-RUS 248

Kulagina-RUS 248 148 lbs. Yakovlev-LAT 352 Master (40-44) Open Raputa-RUS 220 Truhnin-RUS 286 Master (45-49) 165 lbs. Stoyanov-RUS 264 Open Master (60-64) Umerenk-RUS 154 Chepec-RUS 407 181 lbs. 181 lbs.

Open Sablina-RUS 209 Teen (16-17) Markelo-RUS 286 MALE Teen (18-19) 114 lbs. Romanov-RUS 396 Junior (20-23) Caculin-RUS 374 Abdiev-RUS 220 Mikaelyan-RUS

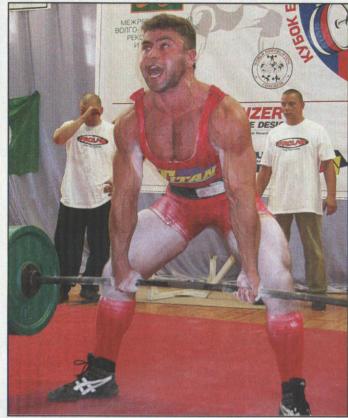
Artemev-RUS 319 123 lbs. Teen (13-15) Junior (20-23) Popov-RUS 496 Dyachen-RUS 396 Kosyashnikov-RUS

Teen (18-19) Lashukov-RUS 209 Koshkin-RUS 540 Open Artemev-RUS 341 Ushakov-RUS 507 Shiraliev 479 Kuchin-RUS 325 Shhuplov-RUS 446 132 lbs. Teen (13-15) Sargsyan-RUS 297 Teen (16-17) Ispiryan-RUS 275 Barabano-RUS242

Varlamo-RUS 429 Bogatkov-RUS 374 Dzhafaro-AZE — Baumer-FST Master (40-44) Rodionov-RUS — Master (45-49) Ivanniko-RUS — Teen (18-19) Karavaev-RUS319 Zinin-RUS Master (50-54) Junior (20-23) Koit-EST Vartanov-RUS 363 Master (55-59)

### WPC European Cup 16-20 AUG 06 - Togliatty, RUS WPC EUROPEAN CUP Paley-RUS 529 Podelko-RUS 529

Teen (16-17)
Mammed-AZE 286 as told to Powerlifting USA by Yuri Ustinov Ponomar-RUS 540 Bobrov-RUS 463



Stephan Novikov deadlifting at the WPC European Championsihps

Shisterov-RUS363 Hlopeny-RUS 374 Roshhupk-RUS319 198 lbs. Teen (13-15) Begizov-RUS 281 Handzhy-RUS — Teen (16-17) Nikolaev-RUS 176 Junior (20-23) Mazalov-RUS 496 Bezuglov-RUS 479 Chernev-RUS 457 Borshhev-RUS 429 Luchina-RUS 363 Chernov-RUS -

Chadkov-RUS 617 Abitov-RUS 578 Muran-RUS 297 Ponomar-RUS 573 Biserov-RUS 270 Mamedo-RUS 562 Permyak-RUS 529 396 Gaak-RUS Baumer-EST 507

Bemov-RUS 496 220 lbs Gonchar-RUS 479 Teen (16-17) Serebren-RUS 463 Hasdan-RUS 457 Zaycev-RUS 463 Teen (18-19) Gerasev-RUS 424 Dovgany-UKR 396 Suslin-RUS 374 Solomahi-RUS 308 Kolesnik-RUS — Oleynik-UKR 308 Suslin-RUS 374 Kolesnik-RUS — Romanko-RUS — Master (40-44) Lib-RUS

Purgin-RUS 479 589 Mirzaya-RUS 424 Fedyaev-RUS 584 Alekseev-RUS 264 Kargapolov-RUS Master (45-49) 540 Nochvin-RUS 479 Bogdanov-RUS Master (50-54) 529 352 Tyurikov-RUS 507 9) Chebotar-RUS 496 Master (55-59) Mercalo-RUS 352 Open Master (60-65) Vokarev-RUS 264

Master (65-69)

Junior (20-23) Mardanov-AZE

Otavin-RUS 606 Gromov-RUS 595 Ibragimo-AZE 562 Smolyak-RUS 551 Kurochki-RUS 540 Barannik-RUS 529 Denisov-RUS 507 Zaharev-RUS 507 Chistyak-RUS 485 Baharev-RUS 463 Royanov-RUS 446 Chizhov-RUS 446 Kiselev-RUS 446 Evtushen-RUS — Tambovc-RUS — Poletaev-RUS — Nikanoro-RUS-

Master (45-49)

Fadeev-RUS 374

lemchin-RUS 341

Chepurn-RUS 330

Maslov-RUS 347

Martiros-RUS 341

Goldman-RUS 330

Pestiche-RUS 363

Kubata-RUS 562

Macur-RUS 545

Shlikov-RUS 485

Gorbach-RUS 661

Kushnar-RUS 661 Tretyak-RUS 633

Bodriv-RUS 617

Rahmano-RUS 584 Starodub-RUS 584

Kazance-RUS 578

Surkov-RUS 551

Muhin-RUS 551 Aleksand-RUS 529

Rakchee-RUS 529

Plotnikov-RUS485

Kunichen-RUS 474 Malishev-RUS 463

Luchkov-RUS 562

Pavlyuk-RUS 440 FEMALE SO

Master (40-44)

Majuri-RUS

nior (20-23)

Zemerov-RUS 396

Maksimu-RUS 507

Dobriy-FST 374

Kravcov-RUS 782

Maksimo-RUS 716

Snigirev-RUS 622

Bulgakov-RUS 622

Gulyaev-RUS 617

Brazhkin-RUS 595

Selichev-RUS 573

Semin-RUS 573

Master (40-44) Pomeshh-RUS —

lunior (20-23)

Laptev-RUS 573

Kozirev-RUS 639

Cvetkov-RUS 606

Hrushhy-RUS — BP DL TOT

Master (65-69)

Bolshov-RUS -

Master (70-74)

Teen (18-19)

242 lbs.





Officials: (left to right) Andrey Butenko (WPC/WPO Canada Presi-Levon Sargsyan squatted himself a new WPC Teenage World Record dent, Mike Sweeney, Yury Ustinov (WPC/WPO Russia - President)



Oleg both worl	dreco	ord ho	lders.
Medvede-RUS 396	220	396	1014
Fomenok-RUS 314	132	292	738
132 lbs.			
Teen (18-19)			
Poteshki-RUS 319	126	303	749
Open			
Bemova-RUS 463	247	402	1113
148 lbs.			
Junior (20-23)			
Pilipchat-RUS 396	176	402	975
Open			
Umerenk-RUS 314	154	314	782
165 lbs.			
Open			
Povolock-RUS 507	264	451	1223
181 lbs.			
Open			
Sablina-RUS 242	198	275	716
MALE			
114 lbs.			
Open			
Artemev-RUS 352	320	341	1014
123 lbs.			
Teen (13-15)			
Kosyashn-RUS 264	104	297	666
Teen (18-19)			
Evseev-RUS 385	198	341	925
Lashukov-RUS319	198	308	837
Junior (20-23)			
Carahov-RUS 286	154	319	760
Open	W. Barry		
Chebotar-UKR 523	308	474	1306
132 lbs.			

Teen (13-15)

Tibilov-RUS 540	258	512	1311	Tomchin-RUS 722
Barabano-RUS352	242	330	925	Pastuhov-UKR 529
Teen (18-19)				Sadikov-EST —
Karavaev-RU\$396	313	396	1107	Shiraliev —
Slesarev-RUS 325	225	330	881	Master (40-44)
Junior (20-23)				Alekseev-RUS 297
Moklyak-RUS 363	154	374	892	Master (50-54)
Open				Koit-EST 485
Artemev-RUS 440	342	352	1135	198 lbs.
Bagin-RUS 485		_	485	Teen (13-15)
148 lbs.			403	Begizov-RUS 468
Teen (18-19)				Nikolaev-RUS 364
Nekipelo-RUS 584	352	562	1499	Teen (16-17)
Junior (20-23)	332	302	1433	Hacko-LAT 529
Petyanov-RUS 540	313	418	1273	Teen (18-19)
	313	410	12/3	Suholozo-RUS 529
Open	478	562	1659	Roshhupk-RUS440
Speransk-RUS 617	286		1212	Junior (20-23)
Musaev-AZE 440	200	485	1212	Novikov-RUS 815
Master (45-49)	207	407	1000	
Lopatin-RUS 352	297	407	1058	Bezuglov-RUS 727
165 lbs.				Borshhev-RUS 688
Teen (13-15)	407	207		Miller-RUS 507
Duskrya-RUS 286	187	297	771	Open
Teen (16-17)				Buhtiych-UKR 837
Bogatire-RUS 418	309	451	1179	Mamedo-RUS 793
Ermakov-RUS 341	253	352	948	Sharapov-RUS760
Teen (18-19)				Umerenk-RUS 661
Stoyanov-RUS 507	308	418	1234	Zaycev-RUS 617
Pavlov-RUS 474	330	396	1201	Goryuno-RUS 628
Ushakov-RUS 474	231	429	1135	Korolche-RUS 677
Blinov-RUS —	-	-	-	Master (45-49)
Golovko-RUS —	-	-	-	Dermeljo-EST 573
Junior (20-23)				Master (55-59)
Muhtaro-RUS 551	396	529	1477	Bobkov-RUS 595
Petyanov-RUS 606	308	474	1388	220 lbs.
Open				Teen (18-19)
Ayvazov-RUS 727	352	595	1675	Dovgany-UKR 881
Titov-RUS —	_	_	-	Junior (20-23)
Kokorev-RUS -	-	-	_	Klimenko-UKR 815
Master (40-44)				Ayvazov-RUS 749
Truhnin-RUS 551	374	507	1433	Tyurikov-RUS 749
Master (45-49)				Fedorenk-RUS738
Stoyanov-RUS 385	247	363	997	Evgrafov-RUS —
Master (60-64)				Tolpegin-RUS —
Chepec-RUS 440	402	418	1262	Open
181 lbs.				Grachev-RUS 881
Teen (18-19)				Smolyak-RUS 815
Romanov-RUS 738	396	551	1686	Zaycev-RUS 727
Caculin-RUS 639	363	661	1664	Kurkov-RUS 562
Druzhini-RUS 606	357	518	1482	Royanov-RUS 540
Mikaelya-RU\$551	352	485	1388	Kurochki-RUS 220
Junior (20-23)	332	403	1500	Master (40-44)
Sidorec-RUS 551	330	485	1366	Nikashin-RUS 694
Sidorec-ROS 331	330	403	1500	Master (45-49)
			-	111110101 (43-43)

Sargsyan-RUS 474 286 353 1113

Tibilov-RUS 540 258 512 1311

Tomchin-RUS 722

Master (50-54)

Master (60-64)

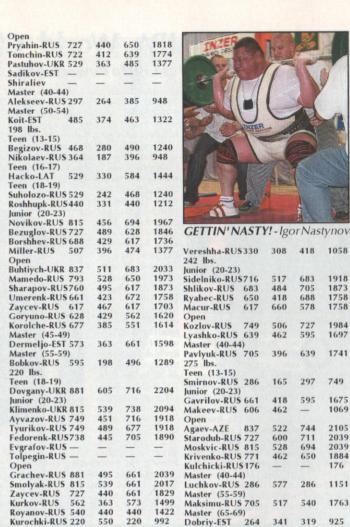
Nikashin-RUS 694 500 595 1791

Shamsutd-RUS573 308 551 1433

Nemchin-RUS 507 363 573

Chepurnov 474 319 485

Kazaryan-RUS474 286



660

462

Migalin-RUS 683 462 661 1807

Snigirey-RUS 771 616 716 2105

Open Nastinov-RUS 1025 220 220 1466

(thanks to Yuri Ustinov for these results)

578

711

650

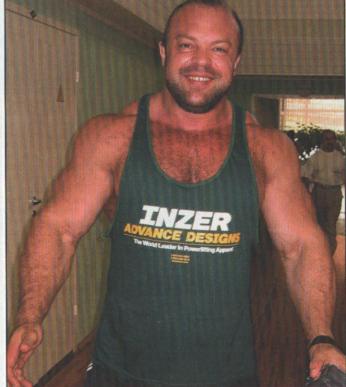
540 1763

595 1697

1758

2039

1884





309 lbs.

Open

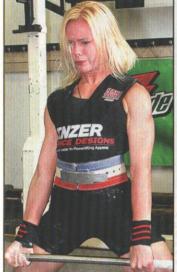
309+ lbs.

1444

1278

396

WPC Referees Solving Problems ... Vitaliy Ponomarev (RUS), Mike Vladimir "Russian Stud" Kravtsov overall, the best bench presser. Sweeney (USA), and Samir Shiraliev (AZB). Photos by Yuri Ustinov.



Amanda Harris hauls in a medal.

ce again the rattle of weight class. Gene plates and cheers from Rychlak, Jr. stole he crowd echoed the show moving through the halls of the York Barbell's an unbelievable Hall of Fame Building in legendary 1025 lb. bench Muscletown, U.S.A. Inkeeping with its attempt nearly heritage, York Barbell graciously halfway opened its historic doors to the IPA completion, on his Worlds by sponsoring its incredible third attempt! lifting facility. Many thanks! Bob Gatorade Hoffman, founder of York Barbell and quenched the unparalleled York Barbell Weightlifting made a return appearance, but this Women's and Teen 114 lb. division Woman's Professional Division. This Club to Olympic Medals in every time with the cooker trailer! York's with a 230 squat, 145 lb. bench and a tremendous performance wasn't

### **IPA World Championships** ••

as told to Powerlifting USA by ELLEN CHAILLET

proud to host the impressive collection brightly colored Outback cooker trailer of lifters who graced the center-stage was churning out more of their platformin the Hall of Fame Auditorium signature grilled food than imaginable at 2006 IPA World Powerlifting treating the entire crowd to a delicious Championships. I don't ever recall lunch. Weber Insurance, an avid having such a rock solid collection of supporter of the IPA and its meets, lifters gather at one

meet. The quality of all the lifters was exceptional. Two All-time Records were broken on the same day by Justin Graalfs with a 1085 lb. squat at a bodyweight of 241 lbs., and James Grandick with a 2600 lb. total in the 275 lb.



Olympics from 1932 through 1979. large lobby was filled with round York Barbell's founder also supported Powerlifting and would have been and Aussie inspired centerpieces. The sponsored the

meet tee shirts for the lifters and the staff. Our sponsors are so important to the lifters, the spectators and us. Their generosity helps make the meet an event, and locked into the memories of many for a lifetime





Angela Martinez ... L.A.'s pride.

Lifters arrived 225 lb. dead lift. Earning her a 600 lb. early on Saturday total taking home Best Lifter trophies to for both the Amateur Woman's Open begin the first and Teen Divisions. At only 15 years, day's lifting at Amanda has 50 meets under her belt 9:30 am. The and holds records in multiple Teen, Women powerlifting associations. Elaine and all Men's Grimwood never fails to give the weight classes audience a stunning performance through the 198 squatting an IPA record 365 lbs. lb. class lifted on followed by a 195 lb. bench and added a pioneer of exercise equipment, single lifters' thirst through their sponsorship Saturday. The meet kicked-off with an the icing with a 300 lb. dead lift for an handedly put the USA on the of Propel and Gatorade throughout amazing 15-year-old, Amada Harris, impressive, eight times bodyweight, international map coaching his then the weekend. Outback Steakhouse who set IPA records in the Amateur 860 lb. record total in the 105 lb.

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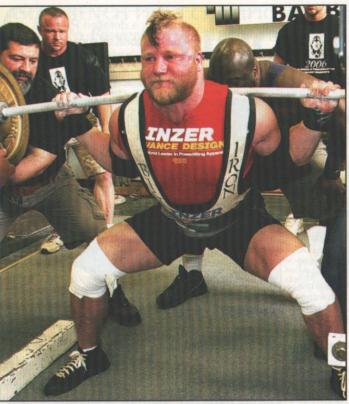


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enough to edge out Angela Martinez, LA Weightlifting Club, for the Professional Women's Best Lifter Award. Angela's awesome 535 lb. squat, 315 lb. bench and 505 lb. dead lift earned her three new IPA records finishing with a whopping 1355 lb. record total in the Woman's 198 lb. Pro Division. Kira Neuman earned respect on the platform on Saturday squatting 410 lbs., benching 235 lbs., dead lifting 325 lbs. earning her first place in the Professional Women's Open 148 lb. weight class. Joining the ranks of record-breakers was Bill Carson lifting in the Amateur Teen (18-19 years) 198 lb. Division. Bill pulled off a beautiful 700 lb. IPA record squat followed by a 400 lb. bench, totaling out with a 550 lb. dead lift. He finished the meet with an IPA record total of 1650 lbs. This placed him 1st with a best lifter trophy. I think we'll see big numbers from this young man for a long time to come. Andy Keiderling hailing from Chaillet's Private Fitness and coached by fellow lifter Vincent Cooke has come a long way in the past year. This 220 lb. 19-year-old proved hard work pays off with a 705 lb. squat, a 405 lb. bench and a 540 lb. dead lift. Great job, Andy! Kamali Downey is a product of LA Weightlifting Club's solid training, and just plain old fashioned hard work. Kamali made his team proud winning the Best Lifter trophy for the Amateur Men's Lightweight Division. Lifting in the Men's Open 181 lb. class, Kamali powered his way to first place with a 570 lb. squat, a 315 lb. bench, and a 500 lb. dead lift leaving a few pounds on the platform. Also from southern California is James Kegrice, the 198 lb. San Diegoan who owned the 198 lb. Pro Men's Open Division. James Kegrice, who also lifted in the Pro Men's Master (40-44) Division, came on strong with a 770 lb. squat a 445 lb. bench and nailed a 675 lb. dead lift to tie up the Best Lifter trophy for Pro Men's Lightweight Division. Jim McGlynn, Ft. Lauderdale, FL, proved that time stood still for 8 years since we saw him last lift in an IPA meet. Jim impressed us in 1998 in York at the Strength Spectacular winning a Best Lifter Award. Jim was back and just as strong as ever, lifting in the 198 Pro Men's Master (40-44) Division. The competition was stiff, but Jim managed to eek out five winning pounds with a 720 lb. squat, 455 lb. bench, narrowly

winning the first place position from James Kegrice with a record 720 lb. dead lift and an 1895 lb. total. Jim's total won him the Best Lifter Award in the Professional Men's Master Division. Brian Crowe has been lifting in IPA meets for at least 10 years, and never once has his lifting been a disappointment. Seemingly, Brian never has a bad day! Brian lifted in the Elite Amateur, 165 lb. Men's Open Division, July 22 was no aberration from his normal incredible meet. Brian managed to do what any lifter can only dream about, total over 10 times bodyweight! At a bodyweight of 165, Brian squatted 710 lbs., benched



Justin Graalfs jammed up a 1085 lb. squat weighing just 241 pounds.



lights registered a good lift. Justin finished with a 575 lb. bench, a 740 lb. Brian Crowe ... another big day in the Elite Amateur, 165 lb. class.



Gene Rychlak got some attention with his amazing 1025 lb. bench press attempt

for a few years, but apparently he never stopped training hard as is obvious by his fantastic lifts. John lifted in the 148 lb. Amateur Men's Master (40-44) Division. John was a man of steel squatting a 500 lb. IPA record fourth attempt, benching another IPA record 340 lbs., pulling 430 lbs. totaling an IPA record 1270 lbs. We were proud to introduce our newest of the older lifters on Saturday, George Sipe, Sr. also coached by his son in law Vincent Cooke. George was coaxed into trying his hand at powerlifting, of all things Heck, it's hard enough at the age of 30 years! George lifted in the 132 lb. Amateur Men's Master (70-74) Division and did a stellar job squatting 150 lbs. benching 90 lbs., and dead lifting 225 lbs. Congrats, George! Sunday was action-packed. The day opened with the 220 lb. and 242 lb. men's classes in the first session of lifting. Jim Rymiszewski who lifted in the 242 lb. Amateur Men's Open Division took home the Best Lifter trophy for the Amateur Men's Heavyweight Division. Jim took a smooth 750 lb. squat, a 435 lb. bench totaling out with a 650 lb. dead lift and an 1835 lb. total. See you at the Nationals lim. Vincent Cooke won the 220 lb. Professional Men's Open Division sneaking ahead of second place winner Scott Rowe by a mere 15 lbs. on the total. Vincent's lifts were impressive, as always, especially considering he helped move equipment to set up the meet on Friday, and coached two athletes on Saturday Vincent squatted a cool 800 lbs., benched 630 lbs., pulled 630 lbs., totaling 2060 lbs. to Scott's 2045 lb. total. To top it off, Vincent was still at York Barbell at 10 p.m. helping tear down and move equipment. The fight for the Best Lifter Award for the Professional Men's Heavyweight Division was historic, literally. Justin Graalfs weighing in at 241 lbs., squatted a monumental and All-Time Record breaking 1085 lbs. to break his existing All Time Record of 1047.2 lbs. Justin opened with 1040 lbs., moved to 1065 lbs., and as if that weren't enough, took a third attempt with 1085 lbs. The crowd thundered with applause and cries of astonishment when the judges'

465 lbs., dead lifted 585 lbs., and totaled, yep, you got it, 1760 lbs.! Also worth mention is the notable lifting by John Monk, Jr. We haven't seen John

> dead lift, and an unbelievable 2400 lb. IPA record breaking total. But it wasn't quite enough. Enter competition. What can be said about this man except it's possible he had more strength left! James Grandick traveled from NE to lift a boatload of weight, lames looks like a football linebacker weighing in at a trim 275lb. He stood up with a smoking 1050 lb. squat a crushing IPA Record 800 lb bench press, making a 750 lb dead lift. This man broke his All Time Record in the Total with a 2,600 lb. total. Hats off to a great lifter and the winner of the Best Lifter Award for the Professional Men's Open Heavyweight Division. In the

> > (continued on page 60)

### **POWER PROFILE**

a detailed PL USA look at some of the best lifters in the world

### **OTIS BROWN**

as told by Floyd Kucharski

"You're a superstar," an admiring TV reporter once told powerlifter Otis Brown.

His reply was concrete yet profound. "I'm not a superstar. I'm an athlete, and that's more important. I do it because I have respect, dedication, and love of the sport."

Brown's modesty not withstanding, many observers would agree with the TV reporter's assessment. Consider this: Brown, who stands 5-1 and walks around at a bodyweight of 126 pounds, is already lifting nearly ten times his bodyweight after only 18 months of training, and he is the first world champion in history which Chicago's public schools have ever produced, in any sport.

Otis made his public debut at the 2005 Chicago Bash in the teenage 132 pound division. Outfitted with nothing more than a wrestling singlet, running shoes, and a cheap store-bought belt, he set two national records with a 296 pound squat and 220 bench. For good measure, he tied a national record with a 402 pound deadlift. He received a thunderous ovation at the awards ceremony.

Four months later, he flew to Helsinki, Finland, for the WPC World Powerlifting Championships with his coach, 56-year-old Dimitre Gueorguiev, where he claimed a gold medal in the 132 pound open division and set a new world record with his 341 pound squat

Most recently, he won the "best lifter" award in the 60 kilo men's junior division at the 2006 AWPC World Championships held in Flint, Michigan, where his 264 bench press, 451 squat, and 468 deadlift drew applause and cheers from the spectator gallery. Coach

Gueorquiev predicts that, in time, Otis will lift eleven times his bodyweight, perhaps even twelve. This forecast cannot be taken lightly. "Mr. G," as friends call him, is an experienced and knowledgeable trainer. A marathon runner and former three time Bulgarian Olympic Track Coach, he graduated from Russia's Sport University in 1975 with a masters degree in physical education and coaching. He studied physiology, anatomy, biomechanics, and psychology. The pair first met at Chicago's South Side Occupational Academy, where Brown is a twenty-year-old senior and Coach G is athletic director. The academy is a school which prepares its 200 students for occupational careers after graduation. Today the two



Otis Brown and his coach, Dimitre Gueorguiev, celebrate a gold medal at the 2006 AWPC World Champonships in Flint, Michigan (photo by Kathy Flores)

have a special kind of relationship. "I call Otis

'Son,'" Says Mr. G, who arranged for the Finland trip with a \$1,000 sponsorship through Production Plus Technology, \$750 from the Chicago Teachers Union, and a \$250 personal check from the union's recording secretary. Coach G paid the remainder from his own pocket.

In the beginning, they prepared for the Chicago Bash by training in a locker room which measured six by nine, barely enough room to load a bar if the locker doors remained closed shut. There was no squat rack, only a deadlift bar and bench. They used a <sup>3</sup>4 inch piece of plywood for a deadlift platform, which was quickly destroyed. Coach G designed an

individualized program specifically for Otis. He immediately saw that Brown was blessed with two natural advantages:. He's short and lean. Plus, he's extremely quick.

Coach G started Otis off with light weights and high reps. "My goal in the first year was to prepare his muscles to handle the heavy work later," says Coach G, and they didn't push much heavy iron until a month before the Bash. Back then. Otis lifted high reps ninety percent of the time, and went heavier for only the remaining 10 percent. These days Brown trains six days a week. His routine stresses recovery time and also proper stretching. He still finds energy to play basketball, however, where he excels as a passer and dribbler.

Maris Sternberg, 24 time world champion and sometimes fellow traveler with Otis and Coach G, recalls the time they traveled to nearby Foster Recreation Center where Otis performed several lifts for a TV crew. After the interview concluded and the TV crew packed away its cameras, everybody thought it was time to go home. Everybody except Otis. "My cousin is over there," he pointed. "I'm going to play basketball," and away

he went, dribbling and passing like a young Globetrotter.

"Nobody who watched him that day had anything to say except 'Oh my God,'" recalls Sternberg.

Indeed, to some observers, this young man's prodigious strength does seem near miraculous.

"He's just fearless," says Sternberg. "He's one of those kids who's a natural. Look how deep he goes in the squat. He's just built for it, and he loves doing it."

At this point in Brown's training, the percentage of high to low reps has shifted to 50-50. In between sessions Brown consumes a diet of salads, fish, and pizza –

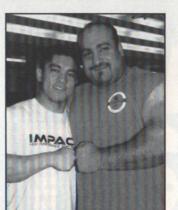
and no junk food. He doesn't eat much meat, and thus uses a whey supplement for protein.

"He's not using anything else. Nothing., No steroids, no testosterone. Nothing. He is absolutely clean and I am so proud of him," says Coach G, who predicts that "One day, Otis will beat the Russian powerlifters, and without steroids. This is my goal."

And why not? Otis Brown is focused, talented, and fearless. "He loves powerlifting. He carries it inside his world, and his heart, and his mind," says Coach G. At meets he is relentlessly dedicated and stands ready, belt around waist and hands chalked. And when Coach G asks "Are you gonna do it?" he always answers "yes." And then he walks out onto the platform and he does it.



Otis Brown makes short work of 468 pounds at the 2006 AWPC World Championships held in Flint, Michigan (photograph by GnL Productions)



The Iranians have arrived! .. (I-r) Richie Rosales (RP - 1st 82.5 kg, 205 kg. BP) with Ali Aliakbar (IRN, 1st 125+ kg., 285 kg. BP) photograph by Lorenzo.

PHILIPPINE GOLD RUSH

150 lifters from eight countries made it through airport transit-visa hassles and heightened security to attend the Asian Bench Press Championships in Manila August 19-21. The contest was held in the 10<sup>th</sup> floor ballroom of the Bayview Park Hotel on Roxas Blvd. That's across from the US Embassy, in rock-flinging distance of Manila Bay. Since World War Two, people

have dug up half the Philippines seeking treasure allegedly buried by the Japanese Army before it surrendered. No gold bars, coins or statues were found around the Bayview, but the home team raked in the lion's share of the first place medals.

The Philippines took full advantage of hosting the affair, with 24 women lifters and 33 men coming from across the archipelago. Contesting in Subjunior, Junior, Senior (open), and Masters 1, 2, and 3 categories, the local crew gathered 30 Golds, 10 Silvers and 9 Bronze medals, setting nine Asian records along the way. Japan sacked eighteen golds, by unofficial count, and Iran fourteen. Ten more golds were spread among Kazakhstan (5), India (3), Chinese Taipei (2), and Hong Kong (1). Pakistan's lone entry failed to medal.

The large Iranian team of 26 lifters, and large in that nineteen of them weighed 90kg or more, took the men's senior title. Ali Aliakbar age 29, 125+class, posted 285k, 627lbs, the biggest bench of the meet. Right behind him was countryman Mojtaba Malaki with 280, barely beating the clock with his last attempt and foregoing his wrist wraps to take the lift with five seconds left. Philippines were second in men's senior team scoring. Sub-Jrs winners were Kazakhstan, Jrs the P.L., M1 Japan, M2 Pl, and M3 Japan.

Many Asian greats were not present, such as Midote, Kodama, Sivokon, or Chao. Twenty-five percent of the lifters were Jrs and Sub-Jrs. Perhaps a lot of top people stayed home

to prepare for upcoming World Opens and Masters, and newer people were sent here for the international experience?

But many fine benchers did show. The P.I. were led by Richie Rosales' 205 Gold bench at 82.5. Bronze BP 75kg class medalist at the 2005 IPF Men's World, Richie weighed only 76.5 here. He was also all over the place as a meet director and general factotum.

Japan's Keisuke (Kayskeh) Takahashi had the highest co-efficient of the meet of 170.38, from a 220kg first attempt in the 67.5s.

### ASIAN BENCH PRESS CHAMPIONSHIPS as told to Powerlifting USA by Paul Kelso

He failed good efforts with 232.5. Gadzooks! Takahashi placed second to Sivokon at the March IPF World BP. The second highest of 162.301 came from Mehdi Fatemi of Iran. That's 272.5 at 110kg!

Big bench for women was Chinese Taipei's Hung Min Chu's 170 kg in the 90k class, co-efficient 148.72. She uses an extremely wide grip, a high arch, and is short-armed and thick torsoed, resulting in a stroke of LESS than three inches. At the risk of being uncharitable, the effort looked more like the "Bench Shrug" that I have written about elsewhere, than a competitive lift. However, Miss Hung cannot be faulted for her technique because she is lifting within the rules as they are written. And doing it well.

Speculation was rife about proposed rule changes designed to control arching or otherwise, and in the minds of some, to restore sanity in performing the bench press. Recommendations toward this end may be voted on at the November IPF Congress, but of what type is not yet known. Cynics suggest these changes are "anti-Japanese" rules, but many lifters from various countries use these techniques.

I suspect the lifters are already thinking about new techniques to overcome rumored rule changes. They'll try, anyway. Two World records went on the

Two World records went on the books, in Masters Three. Sixty-three year old Toru Magome of Japan hit 162.5, missing 170, in the 76.5s. I lived about twenty miles from Toru in Tochigi state for sixteen years, and saw him lift many times. The ageless retired farmer spends most of his time looking after his 97 year old father.

97 year old father.

Kim-Won Pok of Hong Kong, age
66, pressed out 87.5 for a men's 52kg M3
world record. Kim-Him Wong of H.K.
placed second in the senior 52s with a
95k lift. He is sixty. Hong Kong brought
only three lifters, two long of tooth, but
the H.K. group will host the next Asian
BP championships in 2008.

The Philippines made a clean
sweep of the Women's team awards—

sweep of the Women's team awards – Sub-Jr, Jr., Senior, M1 and M2. Adeline Dumapong had the second biggest women's bench of the show with 120kg at 90+, without a bench shirt!

Lily Pecante and Nina Oca were best lifters at M1 and M2 respectively. World 82.5 class M1 champ Pecante's bench continues to improve as she posted 110 kilos and had a near miss with 122.5. Her son Andrei Matias won the 82.5 Sub-Jrs. How many mother/son gold medal combos are there? 44k women: the Pl's Jinky Guion

and Yim-Hung Lam of H.K., both did 65k with Jinky first on weight. Both are physically challenged by leg problems, "differently abled" being the current politically correct term. Perhaps eight such lifters took part.

Ying is 48 and Jinky 35. Mon

DeBuque of Quezon City, owner of the highly successful Zest Power Gym there, and active in Paralympic lifting organizations, says they are "the last of the polio generation." Oral vaccine came late to Asia. Future competitors will be from spinal injuries, amputations, etc.

Powerlifting Association of the Philippines Prez Nick Cabalza and staff put on a fine meet and made a huge effort to publicize the affair, doing live radio interviews and appearing before meetings of the Philippine Sports Writers' Assoc. 4-5 newspapers ran stories and photos before and after the contest. I even got on a live TV sports panel show talking about powerlifting history.

Back at the show, an adjacent

Back at the show, an adjacent ballroom served as warm-up area – quite large and a good thing – as so many Iranians were lifting in the heavier classes on Monday and the whole team of 26 guys wanted to be backstage. The warm up room had four platforms, two with regular benches and one a special bench for the differently abled. I saw one Iranian guy on that empty fourth platform doing flip snatches as part of his warm up.

platform doing flip shatches as part of his warm up.

Officials planned to drug-test 15% of lifters here, including some "targeted" subjects. All Philippine lifters signed a pre-meet contract with the Powerlifting Association of the Philippines accepting to be banned for a period set by the IPF if found positive. No Philippine lifter to date (Aug. '06) has tested positive in international competition.

competition.

What was it like otherwise? Five days of intermittent showers didn't stop the 7-11 around the corner from doing huge business. Mini-bars in hotel rooms charged 65 pesos for cokes and beer. \$1.20 US was too high for many. The hotel forbade bringing in food and drink but everyone ignored the rule, including hotel guards who cared not.

Beggar kids and street salesman

were a pain out in the neighborhood. The hustlers hawked watches, pearls, silver dollars, guitars, belts - only the umbrella man had any customers that I saw. The peddlers lurked beyond the reach of hotel security and persisted. "Hey Joe, you got money, why don't you buy?"

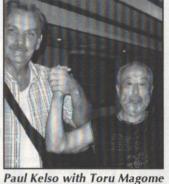
The assumption is that if you are

The assumption is that if you are a white man, you are an American, have money and are named Joe. The Japanese were targeted as well.

were targeted as well.

Don't be put off by that above. My Japanese wife Sumiko and I are enjoying ourselves in our new home here, having moved down from Japan in May. Filipinos are good sorts for the most part, kind and generous. The street people, the wildly decorated jeepney buses, remnants of Spanish-era architecture, lush vegetation and lovely mountains and beaches, contrasted by squalor side-byside with fine homes and opulence, make for a fascinating mix.

We had dinner the 20th with Susumu Yoshida and about ten Japan benchers,



Paul Kelso with Toru Magome (JPN) who set a World M3 record with 358 in the 148s. (Sumiko Kelso photograph)

trying kare-kare peanut soup with oxtails, and kilawing, spicy raw fish with onions, peppers and vinegar. Then came snails, bitter melon and okra veggies and crispy pata – ankle bone pork on the bone, all were good naturedly scarfed down. We tried the strong Red Horse beer but most quickly went back to San Miguel Pale.

SEEN & HEARD

\* Chinese Taipei hosts the Asian Powerlifting Championships next May in Kaohsiung. They'll have the World Games in 2009.

Games in 2009.
\* Two off-day Iran guys wearing APA t-shirts! Does Scott Taylor know about this?

\* Iranian lifting was organized in 1996

- but under the control of the weightlifters. PLrs were often stiffed on funds and equipment. First international trip to Uzbekistan in 2000. Had thirty members in the PL affiliate so they took everybody. Now have 400.

everybody. Now have 400.

\* Kazakhstan sub-jrs and juniors looked like a gang of small-town lowa high school kids. They won five golds and a silver, by my count. There are perhaps 18 million persons of German descent in Kazakhstan, whose forbears moved there for free farmland in the 1930s.

\* Iran team Prez Mani Khosravi became WM champ in 2002, 75k. Lived in USA almost 20 yrs – and attended University of Rhode Island.

\*IPF application for IOC recognition is back-burnered, according to several IPF officials.

IPF officials.

\* My radar picked up that a guy said to have two years experience was recently appointed Iran national coach and put all lifters regardless of age, weight or experience on the same program. Hawnh?

\* Miss Chao Chen Yeh, multiple 90+ world champ and BP WR setter, is now General Secretary of Chinese Taipei, Mr. Lin having retired. Her brother Chien Hsiung judged many flights here.

\* Changes in weight class, after weighins etc, and problems with pronunciation of Iranian and other names caused some confusion in lifting order.

\* Good to see Mr. Subratta Dutta of India

again. 400 lifters showed at India's Nationals a few weeks prior to his

contest. Lifting went from 7
a.m. till 2 a.m. for four days..
\* Many Iranians start with
heads off bench and lower it
to bench while pressing. Some
used grips with little fingers
inside the rings almost an
inch, indicating overhead
background.

\* Closing banquet featured two magicians and a troupe of young R & R dancers whose display of energy - and skin astonished all.

\* Replicas of Japanese Katana swords provided by Titan were awarded to "best lifters." How to get the swords on the planes and through security on the way home became the question.

AND CALL DADGE AND CONTRACT OF THE PARTY OF

(I-r) Nick Cabalza - PAP Pres., Lorenzo -M1 52kg 1st, Oca - M2 52 kg 1st, Subrutta Dutta - IND Pres. (Lorenzo photograph)

### WESTSIDE

#### **Explosive Leg Strength**

as told by Westside Barbell's Louie Simmons

When most people look at Westside training protocols, they automatically think of powerlifting, but the truth is the Westside system is used in track and field and in football at all levels. I am very proud to have a picture of Johnny Parker of the Patriots and Kent Johnston of the Packers on the Super Bowl field when they played each other in 1997. They both had spent a week at Westside to learn to implement some of our methods in their programs, Johnny Parker is now with the 49ers and recently spent a week again with the Westside guys.

Five major rugby teams from Europe have visited us and have hadgreat results. Pro boxers, MMA fighters, wrestlers, and more have used our system. Why? If nothing else, it was to produce stronger and more explosive leg strength.

Absolute strength controls all strength gains. Analysis of Hill's equation shows that speed of movement is dependent on absolute muscular strength: v = Ft/m. This can be found in Fundamentals of Special Strength Training in Sport (Verkhoshansky, 1986). Thomas Kurz, in Science of Sports Training, reported many ways to become more explosive, but the simplest is to increase absolute strength.

One must constantly raise one's work capacity. This is a must for jumping and squatting. Bompa (1996) states that it can take four years to perform high-intensity plumometrics.

Many books talk about methods and theories, but do not talk about results. I love to read those books too, but more importantly, I love increasing results. So, how do you build explosive

leg strength? This can be accomplished through the reactive method, jumping off hard and soft surfaces, overspeed eccentrics, box squatting, which causes a virtual force effect, and accommmodating resistance. There are two major components of explosive power: a fast rate of force development and increasing velocity. This applies to light objects, for example, a shot put, or a heavy object, for example, a max deadlift. Common sense and science tell us speed of movement is controlled by the amount of external resistance used. So, light weight looks fast, but can light weight alone move a 320 pound lineman backward? No. Lifting light weight will always produce a deceleration

We have extremely strong squatters at Westside: 1141 at

SHW, 1118 at 275, 1025 at 220, 905 at 181, and 575 by a female at 148, the latter four being world records. We are also very explosive: 50 inch box jumps, a box jump of 35 inches holding a pair of 70 pound dumbbells at 290 pounds, a jump from a kneeling position to the feet with 255 pounds on the back at a body weight of 255. How is this done?

The dynamic method is

essential. This will not increase maximal strength, but will increase the rate of force development and explosive strength. Here, box squatting is used for all squats. The box makes it possible to break the eccentric/concentric chain. The box height is just below parallel. The interval method is used. The rest between sets is 45-75 seconds. A three week pendulum wave is used. The percents used are 75, 80, and 85% of a max box squat record. Then wave back to 75% on the fourth week. As noted in Managing the Training of Weightlifters (Laputin and Oleshko), almost 50% of all lifts are at this percent for the snatch and clean/jerk and for us, the squat. To accommodate resistance, Jump-Stretch bands must be attached to the bar. A large load of bands will eliminate bar deceleration. They also increase the speed in the eccentric phase. An increase in velocity has an exponential effect on kinetic

We ran a test on Matt Smith, a SHW who at the time had a 930 squat. Matt box squatted 550 pounds consisting of all barbell weight in roughly 0.9 second, both eccentrically and concentrically. Then JumpStretch bands were attached to the bar in addition to

weight. The realized weight was 750 pounds at the top and 550 on the box. Because the bands pull the bar downward, the eccentric phase decreased to 0.5 second. The concentric phase was the same, 0.5 second. How did Matt do this with the added 200 pounds of band tension? Overspeed eccentrics. Matt has now squatted an official 1141 pounds. How's that for results?

Not only did bands increase kinetic energy, but the actual collision that occurs when contacting the box also produces kinetic energy. The same process occurs when a sprinter comes in contact with the track at full speed.

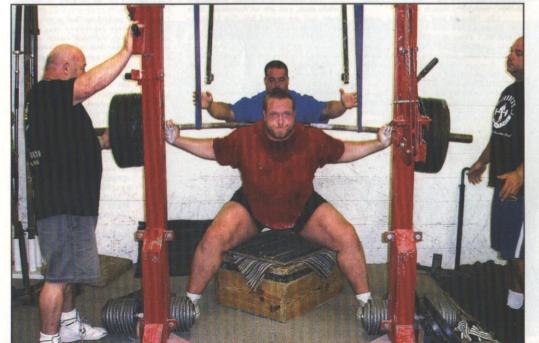
For speed strength work, 75% of the total load should be from bands and 25% from weight. The concentric speed should be 1.0 to 1.3 meters/second. This will work regardless of your strength level. For strength speed, the ratio of weight to band tension is 50/50. The bar speed will be about 0.4 to 0.5 meters/second. This is where one becomes incredibly powerful, after removing the bands. Using a large amount of bands creates an overspeed eccentric phase, causing tremendous reversal strength. Note: band strength must be great at the bottom of the lift.

To become more explosive, one must constantly become stronger. This is exemplified by the famous weight lifter Naim Suleymanoglu. His best clean/jerk was about 407 pounds, in comparison to his front squat of 518. Weight lifters are very explosive, yet to become more explosive, Naim became very strong, having a surplus of 20% in the front squat to his clean/jerk.

Another example is the throwing events. The object being thrown is constant in weight, yet the thrower is always trying to become faster and stronger. My friend Jud Logan, a four time Olympian in the hammer throw, was very strong and very explosive. His stats were as follows: 478 raw bench, 770 squat, 550x5 and 600x1 front squat, and 440 power clean. Like myself, in the 1980s his top strength grew, but his throws stagnated. Some of his East German friends suggested he push his box jumps up. As he improved to five jumps on a 52 inch box and a single jump on a 56 inch box at about 275 pounds body weight, his throws began increasing. experienced the same type of progress after I started to use the dynamic method in 1983.

Not only does concentric speed has to be increased, but so does the eccentric phase, which is the most important, as has already been discussed. Speed has to do with external resistance. That may be why Olympic lifts are popular for building explosive strength. But, if you do jumping, Olympic lifts are

(continued on page 64)



Matt Wenning training with bands while Louie Simmons watches closely. (photos courtesy Doris)



2006 has been a busy year for Jennifer Thompson in the Benching World. In May, Jen represented the USA at the IPF Worlds, in Hungary and placed 2nd. There's more to that story, so please read on. Then, in August, Jen traveled to Orlando to compete in the 100% RAW Nationals, winning her class and setting a new RAW World Record of 280 lbs. In September, Jen competed in her home state of North Carolina, taking first place in the USAPL Bench Press Nationals with a 319 lb. Record. Jennifer Thompson is a sife, mother & teacher who is 132 Pounds of Power!

5 x National Champion, 3 x IPF World Champion & Record Holder. Age: 33. Height: 5'5". Weight: 136 lbs. Weight Class: 132 lbs. Federations: USAPL, IPF & 100%

GS: First off, congratulations on your new IPF & 100% RAW World Records!

JT: Thanks Greg!
GS: I did say "IPF World Record", when & how did you find out about

### **INTERVIEW**

### JENNIFER THOMPSON **132 POUNDS OF POWER!**

as interviewed for PL USA by Greg Stott

JT: I found out the third week of September that the Russian woman I lost to at the IPF Worlds in May failed her drug test. This wiped out the World Record that she took from me, which I regained that same month at the USAPL Nationals where I added 5 lbs. to my new IPF World Record. GS: You're a wife, mother & teacher, that's a heavy load right

there, not to mention a World Champion Powerlifter, tell us a little about your family and how you've been able to make it all work?

JT: It involves a lot of juggling. I really enjoy being a teacher and I am lucky that my husband can be home in the mornings when I am gone. We have a 2 1/2 year old adopted son and a new baby that I delivered 9 months ago. I have my students come over to the

house after school to watch my kids so my husband Donovan and I can get some quality workouts in. I also have great neighbors that help us out with the kids. When all else fails they just play amongst the weights with us. GS: Did you enjoy lifting RAW in

Orlando, Fl this August?

JT: I did. It was nice to just get a few warm up reps in and then compete. No getting into equipment, and all that. It was also fun to show off my RAW strength. because I don't have many opportunities to do that.

GS: OK, you come back from Orlando after setting a new RAW World Record and you now have to get ready for the USAPL Nationals in your own home state, in just three weeks. How did you prepare for the that meet?

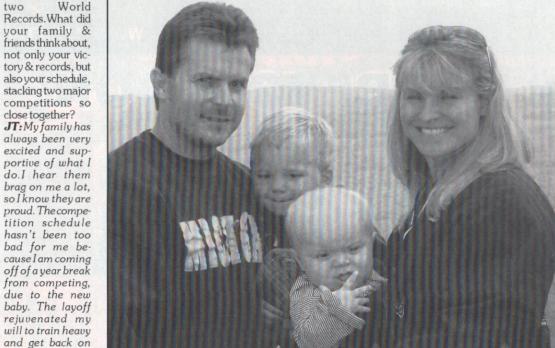
JT: The RAW lifting was for fun. It is something that I do in my workouts all the time, so it was a good warm up for the USAPL Nationals. As far as my lifting cycle went, I basically treated the 100% Raw meet as a heavy train-

> GS: Describe for us your day on the platform, in Orlando & in Charlotte?

JT: In Orlando, I had some specific goals. First, was to do double bodyweight raw. Next was to try to break the all time RAW World record for all weight classes, which was 275 lbs by a heavyweight. I was able to get 280 and missed 290 on a third. I didn't know it at the time but the 280@130 is the best Raw bodyweight coefficient in female history. Pretty Cool.

Charlotte was a little different. It was pretty crazy because I was the meet director as well. My goal was to just win Nationals to get a World Team spot. After I weighed in I was running around making sure everyone was in his or her positions and putting out fires whenever they arose. I didn't have a whole lot of time to worry about lifting. I was absolutely exhausted by the time I went to lift, but I looked out in the audience and saw all my students out there watching me - I knew I had to have a good day for them.

GS: In less than a



GS: In your last
TEAM iXL interThe Thompson Family ... (left to right) Donovah, Tucker, Broden, and Jenninfer (from Jen)

I try not to let him.

GS: Jennifer, you've shown that you can lift huge weights drug free! What advice do you have for athletes & coaches reading this interview in regards to why they should stay the drug free course? JT: That's simple: Health, Pride

and Competition. GS: What supplements & equip-

ment are you using currently?

JT: I use Quest Nutrition products. Idrink their Ana-Proprotein shake twice a day and take the Jack Stacked II twice a day as well. I've been an Inzer girl from the start. I use the Rage X bench press shirt, the Hardcore squat suit and Max DL suit. Inzer Products have always been good to me. GS: Tell us a little bit about your

diet? Describe what a typical day of food consumption looks like, as you're preparing to bench press nearly 2.5 times your bodyweight. JT: I am somewhat of a "supplement junkie". It makes life easier when you are working and raising kids. I start my morning with a protein shake with milk. I have a ProMax bar for a mid morning snack. I have a lean lunch. Another bar for an afternoon snack. A second shake after my work out, then when dinnertime rolls around it will be some sort of

eating is over-rated.

GS: What goals have you set for yourself in 2007?

chicken dish. Sounds boring, but

JT: I would like to win the USAPL Women's Powerlifting Nationals and earn a spot on the World Team. I would like to be able to win the IPF World Bench Press Championships, and put some more pounds on my world record. I would also like to hit a bench press of 300 pounds RAW.I was

close before I got pregnant & would like to finally get there. GS: What is your vision for the sport of Powerlifting?

JT: I would like to see it become less complicated and more united. If we could do that we would have a chance at getting into the Olympics. At least we would be more likely to see a big sponsor come in and get Powerlifting on ESPN and receive television coverage. If this would happen we could become a mainstream sport and I wouldn't have to watch the World

Series of Black Jack. GS: How has the sport of power lifting affected your everyday life?

JT: It is a really great hobby. It makes me feel good about who I am and who I want to be. I have developed some really awesome friendships that mean the world

GS: Do you feel Powerlifting should be an Olympic Sport and why?

JT: I would love to see it in the Olympics. We have such a huge nternational following already that it just makes sense. The Olympics is the ultimate in championhips, what a wonderful opportunity to be a part of history.

GS: What advice would you give to

a lifter just getting started in Powerlifting?

JT: It is important to find a mentor, someone who knows the sport and can help you with the equipment and exercises. It is easy to get hurt doing this, so it is important to know someone that has some experience in the sport. In addition, go to as many local events as possible. This is a great time to learn from others as well as learn something about your-

GS: Any final comments you'd like to make or people you'd like to

JT: Of course, I would love to thank my family and friends. Without their love and support this wouldn't be as much fun. I would not be where I am or who I am without my hus-band. He is my best friend and a wonderful father. I would also like to thank Inzer Advance Designs and Quest

Nutrition who continue to support me with their awesome products. And finally, thank you Greg, for the interview and the opportunity to showcase my strength, Drug Free as a TEAM iXL

GS: Jen, you truly are 132 Pounds of Power! The way you're living your life to the fullest by not only becoming a World Champion lifter, but a World Champion wife, mother & teacher is to say the least inspirational. Congratulations on all your recent victories and accomplishments. We're very proud to have you on our TEAM and I am confident that there's many more records, in your future!

Greg Stott is the Founder of TEAM iXL. An organization of Athletes worldwide on a mission to inform, motivate & demonstrate that There are No Limits Drug Free! For more info on Jennifer & other iXL SuperStars www.TEAMiXL.com. (c) 1994-2006 iXL Productions. All rights



tioned that the deadlift was your petition he tries to stay a fortyfavorite lift even though you're a five pound plate on each side ahead of whatever I am lifting and World Class Bencher. Please take a

minute and share with us why? JT: It is so much less complicated than a bench press. You really only have to worry about not hitching the bar and getting the weight off the ground. You just bend down and pull as hard as you can. The deadlift is all about guts and

I like that. GS: Please describe for us a bench workout, say mid competition cycle?

JT: We don't really cycle. Our system is pretty consistent. We split our program into a speed and

heavy week.

the competitive

month, you set a

new National and

On speed week: We start with raw singles, followed by 3 equipped single competition lifts to the max. This is followed by work sets with bands. We're pretty old school and still incorporate work sets on the incline and decline benchboth weeks. We then like to finish with some speed presses.

On heavy week: We start with a heavy static hold. This is then followed by work sets flat, incline and decline. All our works sets are 3 sets of 5 raw. Then we will finish with some negatives and upload

GS: Who are your current workout partners and or Coach?

JT: I have always lifted with my husband/coach Donovan. It is our time of the day to spend together and talk about our day or lifting. We help push and motivate each other. We have an ongoing com-



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### DR. JUDD

### EXCUSES, EXCUSES, EXCUSES as told by Judd Biasiotto Ph.D.

The Lighter Side

I went to my psychiatrist to be psychoanalysed
To find out why I killed the cat and blackened my
usband's eves.

He laid me on a downy couch to see what he could find, And here is what he dredged up from my subconscious mind:

When I was one, my mommie hid my dolly in a trunk, And so it follows naturally that I am always drunk. When I was two, I saw my father kiss the maid one day, And that is why I suffer now from kleptomania. At three, I had the feeling of ambivalence towards my

And so it follows naturally I poison all my lovers. But I am happy; now I've learned the lesson this has taught:

That everything I do that's wrong is someone else's fault.

ANNA RUSSELL

We make excuses. We make excuses for our failures, for our choices in life, for our dysfunctional thinking, and for our dysfunctional behavior. Actually, we produce excuses for just about everything that we do that does not work out the way we want it too. And we will blame everyone and everything for our

shortcomings...our parents, our society, our schools, our churches, even God and Satan if we have a mind to do so. These days we can even blame our genes for our shortcomings...I couldn'thelp it, I have BAIN DAMBAGE. There is just no end to the possibilities of excuse making.

Interestingly, the urge to make excuses starts early. Some research

has shown that nearly all children conjure up their first excuse by the tender age of two, if you can imagine that. Case in point, a two year old attending his grandfather's funeral punched the corpse when he walked by the casket. Immediately, the mother grabbed the child and said, "What are you doing?" The kid responded, "He hit me first." That's right, kids can say the darndest things and, yes, they can come up with some of the greatest excuses you ever want to hear. And it only gets better or worse, depending on how you look at it. The reality is we make excuses everyday ... "we" ... meaning you. Some psychologists contend that it is really not our fault because excuse-making is a built-in tendency of human nature to blame others for our faults ... which really gives us an excuse for .... well, making excuses.

Of course, some of us are better at making excuses than others. In fact, some of us are master excuse makers. Check these world class excuses out:

Your Honor, I stabbed my wife in the back 25 times to hide her suicide from our son.

When I got up this morning, I took two Ex-Lax in addition to my Prozac. I can't get off the john, but I feel good about it.

· A pedestrian hit me and went under my car. · Coming home, I drove in to the

wrong house and collided with a tree I don't have.

I pulled away from the side of the road, glanced at my mother-in-law, and headed over the embankment.

· Tom Robbins says: "Any one who goes to work everyday ... everyday ... is sick! So, I am calling in "well" to work today!

· I've used all of my sick days and I'm calling in dead.

· The dog ate my car keys. We're going to hitchhike to the vet.

· I just found out that I was switched at birth. Legally, I shouldn't come to work knowing my employee records may now contain false information.

 The other car collided with mine without giving warning of its intention.

· I prefer to remain an enema ... BAINDAMBAGE.

· An invisible car came out of nowhere, struck my vehicle, and vanished.

· It is not my fault; I was drunk.

Please excuse John for being absent on Jan. 28, 29, 30, 31, 32, and also 33.

· I don't know what you are talking about ...it wasn't me!

"No speaka English" After receiving the ticket.... "You son of a \*&^\%\$, you wrote me a ticket!" And here is one of my favorite excuses:

· What homework?

And my most favorite excuse:
 I am going to miss work today. My mother-in-law has come back as one of the Undead, and we must track her to her coffin to drive a stake through her heart and give her eternal peace. One day should do it.

Okay, so I was the one who used that excuse ... it is still good though. Actually, my most favorite excuse of all-time was given by Michael Spinks after Mike Tyson nearly ripped his head off in the first round of their heavyweight title fight. After the fight a reporter asked Spinks what happened. Spinks replied, "I wull lite a pissa with anchovy and estra cheez." Translated into English "I wull lite a pissa with anchovy and estra cheez."

Murderers can come up with some really great excuses ... the little man in my head told me to do it, the devil made me do it, God told me to do it. How about this one ... a dog told me to do it. I don't know about you, but if a freakin' dog told me to do something, I sure as hell wouldn't do it, especially kill someone. Heck, I wouldn't even fetch the paper for him.

Athletes are just as bad ... well, not as bad, but they can come up with some real humdingers. Besides the typical excuses ... it was too hot, too cold, too sunny, too overcast, my back hurt, my leg hurt, my arm hurt, etc, etc, etc ... athletes will blame their performance on such things as fortune, destiny, karma, luck, chance, biorhythms, eugenics, heredity, environment, para-psychic psychology, or any other condition that is beyond their

control. In fact, athletes have more anything else for that matter. As a country and a people, we are

Check these out for example:

My mother washed by lucky underwear.

 My dynamic equilibrium between my Yin and Yang lost unity, thereby throwing my whole system out of balance.

· My critical days for each one of my biorhythm cycles changed direction from positive to negative.

· My breast got in the way.

· My bra was too tight, and it kept riding up on me.

· I lost my Qi. (Chi)

· Victoria's married to Brad, who had a fling with Sharon, who's married to Nick, who slept with Phyllis, whose teenage son Daniel was wrongly accused of murder. Now tell me, how could I concentrate with all of that going on with The Young and the Restless.

I don't know why all of this excuse making would surprise anyone because we, as Americans, have a notorious reputation for not taking responsibility for our actions. In fact, the tendency to deny our shortcomings is the American way "Me wrong Hell pol" Have you

... "Me, wrong. Hell no!" Have you ever read the book, A Country of Victims? If not, you should. It will give you a revealing insight into America's inability to take responsibility for its own actions. The book arduously points out that Americans can not accept defeat or failure whether it's in sports, politics, economics, education, or

anything else for that matter. As a country and a people, we are constantly pointing fingers at everyone else, but never really owning up to our own shortcomings. Like our Lord said in the Bible, we tend to see the splinter in everyone else's eye, but we fail to see the log in our own. Of course, if there is no one to point at when we do something wrong, we come up with fifty million excuses why it wasn't our fault. It is never our fault

Now don't get me wrong. I am sure there are many people who are more 'sinned against '... at least ten or twelve ... than who have sinned, but even those individuals who are definitely headed for sainthood are not off the hook entirely. To some degree we are all responsible for our own actions. It doesn't matter if you are a world class excuse maker or just a novice, making excuses disempowers you by undermining and eroding your confidence. Using excuses only goes to reinforce any beliefs that you may have that you are incompetent, powerless, hopeless, weak, and ineffective. Part of the power of taking responsibility for our actions is that we silence the negative voices in our heads. When we spend our time thinking success, instead of thinking about excuses, we free up the emotional space formerly inhabited by self-doubt. Let's be honest, we all have voices

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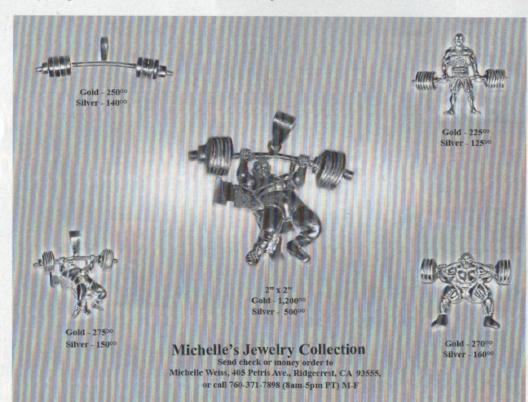
REVERSE HYPER

MACHINE

in our heads that undermine our faith and our abilities. We have to work on trading in those negative voices for supportive, more realistic ones. Successful people don't look for excuses. They look for opportunities. They know that there is always a way to make things work out. That's the type of mindset you need when dealing with

hardship. Excuses won't hack it. So, the next time you catch

yourself making an excuse, whether it is because you were defeated in sports, late for work, got rejected, or you just plain screwed up, gently remind yourself ... no excuses. In fact, why not just leave the excuse making to the professionals ... the politicians.





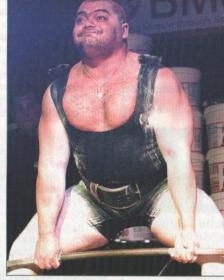
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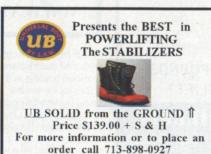
### POWER STUFF



Bill Carpenter is offering for sale the poster above for his APF Pro Bench Bash meet to be held on January 20th. All proceeds from the sale of this poster will go into the meet's cash awards pot. For further information, check out his site at www.apf-iowa.com



Yevgeny Yarymbash of the Ukraine set a new all time total record in the 275 lb. class (breaking the very recently set mark or Ron Yard - 2605) at the BMS Cup in Stuttgart, Germany with lifts of 1036 771 832 2635. (photograph is courtesy of Thomas Klose)



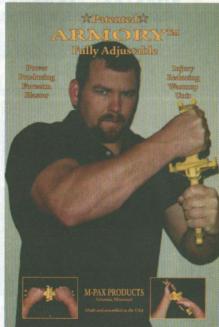


**Nick Marinis** broke a 24 year old record (held by James Rouse) when he made this 503 lb. bench press in the 181 lb. class at the APF Senior Nationals (CSS Photo Design)



**Dr. Jon Rock of Philadelphia** took first place in the 181 lb. raw weight class and won best overall lifter at the WNPF Nationals held in Ephrata, PA on May 21st. Rock broke the national record in the squat and in total.

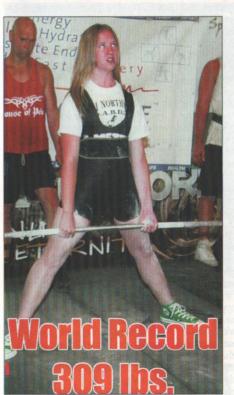
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Donnie Thompson's Wedding: was held in Chapin, SC at Lake Murray. Donnie's dad cooked 90 steaks and they all disappeared. According to Donnie: 'Tex and Spud ate 10 T-Bones between them. There were plenty of drinks and beer to go around and all the powerlifters and strongmen got full from food and beer. My mother and father, Don & Adrienne Thompson hosted the event and did a great job. The Mayor of Chapin filed the event and put it on Time Warner's access channel immediately for all to see. Donnie and his bride Heather said their vows on the dock in front of a small crowd of about 75 spectators. The dress was casual so the fat powerlifters would not pass out from the Carolina summer heat. Budd the bulldog was obnoxious and tried to bite all my friends. He was then locked up in the house. The newlyweds proceeded to Charleston, SC for the evening and spent their honeymoon on SeaBrook Island, SC.' Pictured, from left to right (including weight class!) Kevin McLeod-220, Cadillac-SHW, Hot Rod-308, Jason Lawson-275, Tim Fogle-308 masters, Donnie Thompson-SHW (in a TUX!), Mark Blackberg-bodybuilder, David McLeod-242, Tex Henderson-SHW, Spud Bartley-275, David Goff-220 masters & John Morrow-308. At the bottom is 'Buddy the Bulldog'. (photograph by Donna Goff, courtesy of Donnie)





THE WASS FAMILY - WABDL CHAMPIONS: Amanda Wass set her sixth WABDL World Recordsince March of 2005, with this 309.6 effort in Portland, OR on July 15th at the WABDL World Cup. Proud Papa Robert Wass also competed in the same meet, winning first place in the Masters 54-60, 220 lb. class with a 501 lb. lift. On December 1st, he will be 60 years of age. Both have been lifting in competition the same length of time, about a year and a half.



### POWER - RESEARCH

dedicated to bringing Science to the sport of Powerlifting

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 devel-

opment and muscle fiber composition, how does one exceed the other if they have equal training experience and technique? The fastest method can be found in the scientific improvement of muscle fiber recruitment. implemented over as brief a period of time as one day. Lift progress is both faster and more substantial when one increases the number of muscle fibers used in a given movement vs. simply their individual size or firing speed.

There are no direct connections between nerves and skeletal muscle fibers. There is a microscopic gap, a space, between motor neurons and the muscles they contract, referred to as the Neuromuscular Junction (NJ) or synaptic cleft. This is, for strength athletes, the essential "power gap

that must be bridged for strength development beyond muscular hypertrophy and training effect.

Char

STREE

Scot Mendelson is a big endorser of Body QUICK

occurs; the fibers in the tricep head

slide over themselves in a ratcheting

movement, shortening and extending

Without chemical stimulation from

a motor neuron, muscular contraction

cannot occur. Without optimal chemi-

cal stimulation, maximal strength out-

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.

searchers and scientists at the Univer-

sity 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 mo-

tor neurons, resulting in greater muscle

fiber recruitment and strength output.

As a sample of the former, re-

put cannot be generated.

TRA

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.

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

4) The electric current causes the release of calcium (Ca++) from the sarcoplasmic reticulum in the muscle. 5) The calcium contacts the contractile machinery of the muscle (actin and myosin), and muscular contraction This is of particular value within larger

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

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

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

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

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

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 1008 lbs., now has 9 world records to his credit and states: "BodyQUICK [the only acetylcholinebased 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 quat 565 [lbs.] in a competition. By using [neural acceleration] earlier this vear lachieved a 705 squat in competition. My bench went from 440 to 550 in the same cycle. My deadlift improved from 625 to 645. Today Isquatted 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 a cetylcholine 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

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

(www.getbodyguick.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 ASDAapproved 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++

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

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

Timothy Ferriss, ACSM, has been featured by media worldwide. including Maxim Magazine, The Philadelphia Inquirer, Amazing World News (Japan), and MTV. For more information on acetylcholine-based strength development and athlete case studies.

www.adaptagenix.com or www.getbodyquick.com

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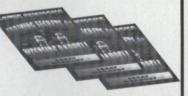
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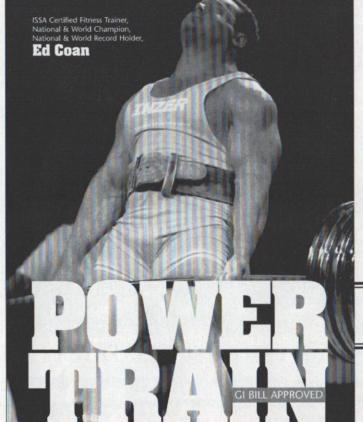
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### STARTIN'OUT

A special section dedicated to the beginning lifter

#### TRAINING TO AVOID INJURIES

#### as told to Powerlifting USA by Doug Daniels

The unfortunate thing about powerlifting is that injuries sometimes are easier to come by than strength gains, so it's important that we train with injury avoidance in mind. In this article we'll look at some common causes for injuries, and how they can be avoided.

Improper form is probably the number one reason for injuries. There are two major reasons for improper form. The first is not knowing how to correctly perform the lift or exercise; the second is the result of lifters' desire to use more weight or get more reps than the last workout. Using proper form requires a lot of discipline and courage. The proper form for each of the exercise must be performed on all reps of all sets. Learn to execute the lift properly on the light sets so this form can be carried through the heavy ones. Sometimes it may require using less weight to keep proper form, and that's where the courage comes in. Don't go mindlessly through your lighter sets, but concentrate on proper form. When squatting, keep your back as flat and erect as possible while keeping your chest out and elbows back. For the bench, lower the bar in a controlled manner to the chest. The deadlift is similar to the squat, keep the back flat and erect, lifting primarily with the legs.

Everyone cannot and should not perform the three lifts the same way. Individual body structure and flexibility require each lifter find their own optimal technique, which may change over time. Consult a coach for guidance and study other lifters and photos. Take videos of your lifting and evaluate them or ask a knowledgeable lifter for their opinion.

There's pressure to increase the weight or get one more rep each workout. Too often to get an extra rep or more weight the lifter may twist unnaturally during the lift and pull or tear something. Increase the weight or get the extra rep only when proper form can be maintained. One workout resulting in an injury can have infinitely more impact than getting one more rep using suspect lifting form.

Ballistic movements or extreme extension during an exercise are also injury culprits. Lifters train ballistically by crashing hard into the bottom of an movement hoping the momentum upward will give an extra boost to complete the rep. Some lifters perform squats or leg presses, this way. What can result are extremely sore knees and a possible pulled groin, and then they have to wear knee wraps because their knees are sore. Seldom do they ever realize that these ballistic moves are the cause of their pain.

Lifters abuse the bench press also. In order to get that extra bounce to complete the rep, lifters drop the bar down hard on the chest. This opens the lifter to possible rib cage injury. It may also place the lifter in bad position for the push upward and cause muscle strains or pulls. Muscle pulls can also occur when a lifter bridges their butt high off the bench in order to lift the weight. I've seen some lifters bridge so high that you could almost drive a Hummer under them. Keep your butt in contact with the bench at all

times. Use your benching muscles to lift the bar, not your legs and hips and bar bounce.

We always read that full extension and contraction are critical in getting max results. A lifter invites trouble when he stretches a muscle too far, too heavy, and too often. I agree a lifter should practice a full range of movement, but an exaggerated stretch or extension is asking for trouble. Control the weight to a comfortable extension or stretch. Get in a few warm-up sets with increasing range of movement as well as weight. Apply this to all your exercises remembering to lower the weight at a moderate speed and in a controlled manner.

Enhanced flexibility is important. Flexible muscles, joints, etc., can be keys to avoiding injuries. Many lifters balk at working flexibility thinking it's a waste of time. Not only can it decrease the incidence of injury, but also enhanced flexibility may allow a lifter to improve his lifting style and actually lift more weight! I suggest getting a book on flexibility for specific exercises and techniques, concentrating on hamstrings and shoulders. Work into stretching slowly. Don't try to achieve gymnastic-level flexibility the first day.

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Balanced torso strength can help decrease back injuries. By balancing torso strength, I mean work those abs. Deadlifts and squats both strengthen and wear down your lower back. Strengthening your abs will balance out your torso strength, allowing your abs to work with your lower back (erector) muscles to stabilize your body during just about all lifts. Crunches 3-5 times a week are a great choice as well as many weighted ab machines.

Overtraining can't be overlooked as a cause of injuries. In a quest of gaining size and strength, we sometimes do too much. Most mortal lifters can endure high volumes of training for only so long. When overtraining starts to set in, strength and energy levels can quickly tail off. Aches and pains mount and your concentration level decreases making us increasingly vulnerable to injury. My suggestion is to follow some of these quidelines:

- 1. Train each power lift no more than twice a week.
- 2. Take a 1-week layoff from weights every 12-16 weeks or after a major meet.
- 3. Limit your amount of sets and reps as well as amount of exercises; don't over train.
- 4. Don't use the same set/rep scheme for more than 4-6 weeks in a row. That way you can't overstress your body on heavy weight and low reps for too long of a time.

5. Supply your body with the nutrition and rest it needs to recuperate from injuries and normal training. Adequate water intake (4-8 glasses daily) should be mandatory.

Your general physical and emotional condition being can't be overlooked as a potential cause of injuries. If you're under the weather physically, your strength and recuperative abilities will be sub-par. Your level of concentration will not be where it should be. In that case, don't go too heavy or perform low rep sets; instead take a light or medium intensity workout. If you're really feeling out of it, skip your workout altogether. One or two missed workouts will not have any significant effect on your strength levels, but one unfortunate workout could end your training prematurely. Take a step back and start up again with a short easein period following any minor illness. Emotional stress can affect you just as much as a physical illness. If you're involved in a stressful situation at work or home, you will not be able to put your full concentration into your training. However, in some cases, a good workout can be great medicine to get your mind off your problems and channel that energy towards a productive goal. If you chose to workout during a stressful time, I strongly suggest taking it easy on the weights. Lower your intensity level a bit and live to lift another day.

If you ever are in doubt about an injury or pain, get medical attention before you resume training. Aches and pains are intrinsic to powerlifting, but you must listen to your body and learn to tell the difference between minor pains and more severe pains that require medical attention. If you chose to see a doctor. locate one with a sports medicine background. Regular doctors are not weight training savvy enough to guide a competitive powerlifter back into resuming training if and when the injury allows it. Always use proper exercise form and common sense in your training and get adequate rest and nutrition. Injuries still may occur, but you can lessen their frequency and severity. Injury avoidance should be an integral part of your training.

# HARD CORE GYM #59 It's Not The Gym Name, It's The Crew

as told to PLUSA by Rick Brewer, House of Pain



THE CREW ... watch out for these guys at the Gold's in Austin. (The People's Champ at right)

Last month we visited Iron Sport Gym, and I promised you that we would meet a real as ole this month. Inever break a promise like that! The weird thing is, this self-described a-hole also calls himself The People's Champion. Heck, even Herb Glossbrenner has called him that. Crazy!

First, a little trivia: who really is 'The People's Champion?' A lot of people claim this title; ranging all the way from Paul Wall (white rapper out of Houston, Texas), to Dwayne Johnson (The Rock, of WWF fame). Major props to The Rock for turning weightlifting & wrasslin' into a movie-star career, much like Gus Rethwisch (WABDL) did in year's past. Strangely enough, these two (Rock & Gus) shared a movie recently—when Gus provided the opening fighting-star scene for Return Of The Scorpion King. Cool, but unrelated to our current HC gym. Back to The People's Champion...

So many people claimed the *People's Champion* title, that there was a televised contest in 2003 – with events ranging from 'cell-phone throwing' to 'using a leaf-blower to chase a rooster through a maze the fastest.' This stuff is too crazy to make up – read about the PC contest online (through Wikepedia) if you don't believe me. I can't tell you who won this TV contest, because I didn't watch it. I didn't have to watch it, because Ialready knew *The People's Champion* was Tim Bruner, the guy everyone loves to hate.

He is easily the most-hated guy on all of the lifting forums, but it doesn't seem to bother him. He just laughs it off and goes on! And yes, he still calls himself *The People's Champion!* Once, his wife asked him 'why do people keep reading all of the stupid sh"t you post on goheavy.com, since so many people hate you?' He just laughed and told her "the 'roids make 'em want to get pissed off!" He may be a total nut, but you have to love the attitude!

Wherever he trains must be Hard Core! So, where does he train? I'll let him tell it:

"I would like to introduce the powelifting world to my gym and, more important, my lifting crew! But before we get started let's get a few things out of the way. Most of you know me as an a\*\*hole, big mouth and jerk! Well, if that is so, then all I can say is good; that saves a lot of time telling you about me! But what you may not know is most of my good qualities! Do I think I am the best! Of course, I train with the best equipment (INZER), I drive the best car in the world (BMW 740i), I eat the best food and wear the best workout clothes (Puma), best shoes (Vans), and most of all I have the some of the best sponsors I could ask for (Lambs Tire, Inzer Gear, and many that wish to be nameless for obvious reasons).

Hell. I even have the best wife a guy could dream of, along the greatest Mother in-law with the best kids, and - without a doubt - the cutest and sweetest grandkids a guy could ask for. Let's not forget the best of friends, best dentist, best Doctor, the best ortho Doctor, the best Chiropractor (Dr. Bob) and, hell, I even have the best dogs and cats in the world! I even live in the best city in America (Austin Texas), and that brings us to what this article is to be about where I workout at. Well, as you might have guessed, it's the best gym, not only in Austin, but in the country, and the world! Gold's Gym . yes, I know what most of all you knuckleheads are about to say, that's not HARD CORE? Gold's has mirrors and chrome and people who don't sweat! Well, in case some of you wannabes have not learned this by now, it's not the gym that makes lifters Hard Core, but the lifters that make the gym Hard Core!

Several years ago I trained alone and preferred it that way and then I realized that it took a lot out of my workout to load and unload my bar and so with that thought began THE CREW! GOLD'S GYM has been home to THE PEOPLES CHAMPION and THE CREW for about 5 years now and they have been nothing but topnotch and allow us to do pretty much whatever we want. We have chalk, and we carry our gym bags with us on the floor, and we have power racks, the best equipment (ICARIAN), 4 leapresses, tons of plates and dumbbells up to 150. Yes, there are TVs and music everywhere and a bunch of people who just keep in shape, but I guess the biggest thing we have proved is that POWERLIFTERS can and do belong mainstream! I would even go as far as to say I have not met one other person at Gold's that have ever complained about us!

It is well known that if you want to lift big, then "Austin 620 Gold's Gym" is the place! The Crew consists of a dozen or so lifters. We come in all ages and levels, the youngest and perhaps the toughest is Kevin "Gieco" McCarten, skinny but tough as nails. Then Justin (who just joined us) is 17 and is knocking on the door of 500 squat and deadlift. Then you have some of the old guys Mark "Nacho Libra" McCarten, whom I have known for way too many years and never gives himself credit, then Reggie "THE BULL" McCoy who is perhaps the strongest lifetime drug free lifter I know. Then there is Rod Corbin, who is just realizing how strong he may be, and then Ted Bruner who could be good if he trained more often. Then there is Mike and Micki Sheffler, who are without a doubt THE STRONGEST ARMS of the law; Tamara Owens who has been out for a while due to a new house. Then there is JD who is a CIA, Green Beret, Navy Seal, and a secret double agent all rolled up in one! So you can see my goal to get someone to load and unload my weights has worked and some days I think to myself that it is working too well!

The truth to getting stronger and bigger is real simple, come work out with us a few weeks and see your numbers go up! You train with the best, you use the best equipment, you think the best, and trust me, you will become the best! Many days I am told by others that I inspire them, and I can only reply that by me inspiring them they in turn inspire me! Now I need to get ready to kick some ass in golf, so for now ... I am out!"

Well, Tim is right about a few things for sure: (a) his wife is definitely a saint for putting up with him;

(b) if you train with stronger people, you will get stronger; and

(c) the Austin Gold's Gym sounds like a cool place to work out (I trained there a few times - during USPF Powerlifting meets a long time ago).

If you run across Tim in the gym, be sure to say hello. You can pick up his weights if you want — that's up to you. If you run across him at a PL meet, just ignore all the smack-talk; it don't mean nothing! If you run over him on the road, better back up and run over him again — he just won't stay down. (I have pictures of him doing one-legged squats after leg surgery.) We even included a few pictures of his PL crew—so you know who to look out for

Next month, we'll visit a gym with a REALLY strange name! It rhymes with KAPOW-like from a Batman comic book. Can you guess where it is?

Questions & comments about Batman: rick@houseofpain.com

#### BACK ISSUE OF THE MONTH

November 1997: On the cover we had the US Strongest Man contest. Some great powerlifters were present, Kaz was one of the announcers, and Hal Connolly was Director of events. It was shown on ESPN2 and was the qualifier for the World's Strongest Man competition, held at the same location. Louie Simmons article was, "You Gotta Train Heavy", as in

the maximum effort method. Herb Glossbrenner reprised the lifting at the 21st Senior Nationals. Winners included Joe Schmidt at 114, Jim Morgan at 123, Claude Handsor at 132, Bob Bridges at 148, Gene Bell at 165, Dan Gay at 181, Ed Coan at 198, Tony Pharr at 220, Dave Jacoby at 242, Tom Henderson at 275, and George Hechter at SHW. Dr. Judd's column joined the chorus from Hugh Cassidy, Larry Pacifico, and Marty Gallagher, to ban the squat. "Dr. Deadlift", Greg Zweig MD, was interviewed as was Judy Gedney. The world's fastest bench presser, Karl-Heinz Otto, was pro-filed by Stephan Korte. Otto did 43 reps with a 110 lb. dumbbell in 36 seconds, in June 1994, to win the title. Rick Gaugler was profiled by Herb Glossbrenner. Herb also had



of his AAU/ USPF Men's Senior Nationa Champions chronology for the heavyweight classes, 198 and above. We had Joe Scalzo's bench press rou tine, (420 at 148), and a photo powerlifter Kathy Roberts

with (then) Gov ernor George Allen. On our Top

100 for the 165 lb. class, the number one lifters were Rickey Crain with an 800 squat, Larry Miller with a 480 bench press, Dan Austin with a 672 deadlift, and Rickey again with an 1890 total. Elsewhere on the list. Gordon Santee, still active, was 98th for this 501 squat. Coach Paul Sacco was 70th with a 375 bench press. Brian Crowe was 72nd with a 545 deadlift. The cover person on our August 2006 issue of PL USA, Marcus Brandon, was 91st on this list with a 1344 total. You can still get this issue, and dozens of other collectible PLUSA back issue treasures

. so our listing on pages 44-47 of this issue, and don't forget to check out the special quantity pricing we have available. You can load up, for



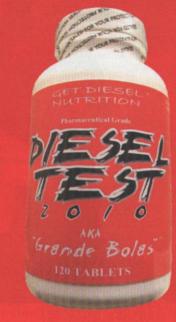


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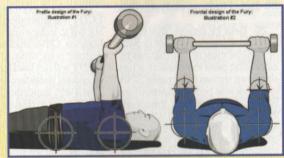


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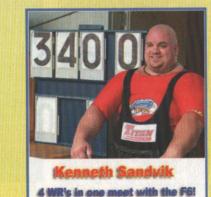
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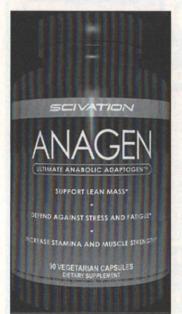
#### Travis's Secret!

Q: I loved the article on Phil Harrington's Kitchen. It really gave a thorough look into his eating practices. My question is about Travis Mash. I heard through the grapevine that he is taking a supplement called Anagen that is supposed to be awesome. I hear that it can really help your performance through nervous system recovery and more. Can you give me the info on exactly what it does? Thanks a lot. Yours in strength, Paul Johnson

A: Thanks for the kind words about the Phil Harrington article. I have had a lot of positive response about it. In regards to Travis, he does take a supplement called Anagen and for many reasons. Anagen is a Scivation product. Travis has been a Scivation sponsored athlete for several years. Anagen produces results you can see and feel. Let me explain some of the key ingredients in Anagen and then go through what they are each responsible for so you know exactly what it does.

#### 20-Beta Hydroxyecdysterone

20- Beta Hydroxyecdysterone has been shown to enhance growth of skeletal muscle cell cultures by increasing gene expression. It has also been shown to increase RNA synthesis and protein translation. For the lavmen out there, this means that it enhances protein synthesis, which leads to increased muscle growth. Here's another bonus male lifters are going to love. Ecdysterone has been shown to enhance sexual activity in both animals and humans. ECDY increases the body's ability to respond to stress by increasing acetylcholine esterase activity in the brain. This means that you will deal with the increased



### Nutrition

#### Power Nutrition Q & A

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

stress placed on the body by your intense training program and actually make gains instead of just wearing yourself down into a state of overtraining.

It has also been shown to help maintain healthy cholesterol levels. This is important since most powerlifters have elevated cholesterol and need to keep it in check.

Another major benefit is that it decreases glucose levels independent of insulin. This is important for those who suffer from insulin resistance, which after reviewing thousands of lifters, seems to be a majority.

To make it even more exciting, ECDY administration has not been shown to induce any side effects in humans. Other studies have shown no toxic response in animals either. ECDY will not lead to suppression of natural testosterone production. This is very important for those that don't want to disrupt their HPTA axis. The reason for this is that it does not bind to steroid hormone receptors. This means that the gains you get, you will not lose once you stop using it, which does happen with some other supplements.

Another bonus is the fact that athletes who compete in drug free competitions can use it without worry of failing a test since it contains no prohormones.

#### Rhodiola Rosea

Rhodiola Rosea has been categorized as an adaptogen by researchers. Adaptogens can help the body deal with increased stress. Through decades of research, scientists found that Rhodiola increases resistance to a variety of chemical, biological, and physical stressors. They found serious benefits for stimulating the nervous system, decreasing depression, enhancing work performance, eliminating fatigue, and preventing high altitude sickness. This super herb been shown to help protect against stress-induced damage and dysfunction in cardiovascular tissue. This is a major benefit for those who want to protect their heart. Rhodiola Rosea has been shown to protect cardiovascular tissue from stress-induced catecholamine release. To make this even better, scientists found

that it mitigates against adrenalineinduced arrhythmias in rats as well. Long term use of Rhodiola Rosea appears to have potential as an anticancer agent.

It has also shown promise in conjunction with some pharmaceutical anti-tumor agents to provide a synergistic effect that is much stronger that just using the drugs alone.

Rhodiola also stimulates the immune system. This includes specific direct stimulation of immune defenses.

It stimulates one of the most important types of immune cells, the Natural Killer Cells.

These cells are so important because they seek and destroy infected cells in our bodies so that we stay healthy.

Researchers have concluded that administration of Rhodiola Rosea activates hormone-sensitive lipase. This is important because it plays

a key role in breaking down the fat stored in adipose tissue so that you can burn it off.

Russian scientists have done clinical studies that showed that the combination of Rhodiola Rosea together with physical exercise can be a powerful tool in the activation of fat-tissue lipase hence resulting in the breakdown of stored fat as a fuel source.

A study by Georgian scientists showed clinical data that the intake of Rhodiola Rosea extract by obese subjects led to a mean weight loss of 19 pounds. This came out to an 11% reduction in bodyfat.

#### Bacopa Monnieri

This wonder herb has been used in India for hundreds of years for its numerous benefits to health and performance. Bacopa is also a powerful adaptogen helping the body recover from increasing levels of stress.

This makes it the perfect synergist to use with Rhodiola. This gives you a one-two punch that can't be beat when training all out.

It has also been shown to increase thyroid production. This is very important since this controls your metabolic rate and fat burning. In one study it was shown to increase thyroid levels by 40%.

Enhances memory function and mental clarity as well. I know that

you may think that you have no use for this since you may not be taking your GMAT test but it can help the quality of your mental focus when training in the gym.

Bacopa has also been shown to increase serotonin levels as well.

Bacopa has been shown to help calm the mind from stress and promote relaxation. This is something we all can use after a hard day at the office.

It has also been shown to help reduce anxiety. Anyone that suffers from this condition can attest that it can really cause a decrement in your training performance.

Another mental benefit to Bacopa is the fact that it actually increases activity in your brain cells.

Studies have shown that it can increase both short term and long term memory so you won't have to bug your wife about where the hell you left your wrap roller.

Has been shown to increase mental concentration and focus. In some countries it is the herb of choice used for children with ADD.

This is due to different studies that have shown promise of it helping children with this condition.

Numerous clinical trials have shown that it has no adverse effects so you don't have to worry about side effects.

Bacopa also has numerous benefits for you nervous system. Living a stress filled life and training hard can place tremendous strain upon this delicate system and you need to help keep it strong.

Bacopa has been shown to repair and cleanse your nervous system from the damage that you place on it day in and day out.

Bacopa contains saponins known as bacosides. I know for those not interested in the science end this may not sound important but keep reading.

Bacopa contains mainly Bacoside A and B. The reason these are so important are the effects they have not only on your performance but your health also.

These unique Bacosides have been shown to repair damaged nerve cell connections. This is done by increasing protein synthesis.

This leads to one very important function. It allows nerves to transmit signals more effectively

Anagen Profile

Serving Size: 1 Vegetarian Capsule

Servings per Container: 90. Ingredients - Cyanotis Vasa (100mg), 20-beta-hydroxy-ecdysterone HPLC tested (167mg) -Rhodiola Rosea (3% rosavins and 1% salidrosides) (100mg) - Bacopa Monniera (20:1 extract) (50mg)

Travis's Pre-Contest Cycle Week 1-2 -1 capsule with Breakfast, Lunch, Dinner, and Bedtime meal. Week 3-4 - 1

capsule with each meal for a total of 6 capsules. Week 5-6-1 capsule with each meal and another 2 postworkout for a total of 8 capsules. Week 7-12 - 2 capsules with each meal for a total of 12 capsules. The three key ingredients in Anagen help Travis get through those gut busting workouts and makes sure he recovers and handles the increased workload that his workouts call for. Anagen can be a very effective supplement not only for helping to increase lean muscle mass and strength but also to help deal with the ever increasing stress we place upon the body with our training program.

#### **How Fat?**

Q: My question is about bodyfat percentage. What do you feel is the optimal bodyfat percentage that male lifters should carry, from both a health and performance perspective? Is there a difference? Iknow that a lot of lifters carry way too much bodyfat and many say that it helps them lift more. What is your take on this? Shawn Jefferson

A: This answer will probably get me a lot of flak, but the truth must be told. I understand what you are saying on how lifters justify having too much bodyfat, thinking they are doing this to be come a better lifter. The fact is, for the squat and bench, when you gain weight



Anthony Ricciuto ..... this is the Man Behind NutritionXP3.com whether it is fat or muscle you will be able to lift more weight. This is not the case with the deadlift. I have seen with some athletes that their deadlift actually goes down when they gain weight, due in part to a reduction in flexibility. Since most males put weight on in their midriff this can put them into an inefficient pulling position. Adding bodyweight in the form of fat doesn't help the deadlift leverage-wise.

For male lifters I think the optimal amount of bodyfat should be in the range of 8%-15%. Most of you will have a heart attack in regards to the low end of the scale at 8%. You will go on and on how there is no way to maintain strength at that low level of bodyfat. For some lifters this may be true. If you take an endomorph with insulin

bodyfat while maintaining optimal strength, this will not become a reality. However, for those who are ectomorphic or pure mesomorph this can definitely be possible. I can offer several names of world class lifters who do function optimally at this low a bodyfat percentage. Two who come to mind are Phil Harrington and Ron Palmer. Both of these athletes I have worked with for years and I know exactly how their systems run. Even though both of them are very lean, their nutrition plans are as different as night and day. Genetics play a major role and not every lifter can do this, but I believe that with a proper nutrition and supplementation plan a large majority can. Remember, I have taken numerous lifters from around the world down a weight class or two and actually made them stronger in the process. More than you think can be accomplished in regards to competing with a lower bodufat percentage.

resistance and try to make him 8%

On the other side of the coin there are lifters who feel more comfortable carrying a little more bodyfat. These are usually endomorphs or meso-endo type lifters. The problem with these lifters is that they let this get out of control. "If adding 10 pounds of bodyfat is good for my bench press maybe I should add 40". This is where you reach a point of diminishing returns. In the beginning you will get stronger due to enhanced leverage, but once that phase is over, you tend to keep adding more bodyfat with little return in strength. This is how a lot of Superheavyweights have been created

Then they decide to go back to the 308s or 275s, because gaining weight wasn't all they thought it would be in regard to results. With the 15% cut off limit for male lifters, this provides more than enough room to carry a little extra love around your midriff and still feel strong. Any more than this and you will decline instead of improve. We are not talking pure weight gain here. We are talking fat gain. If a lifter comes to me and says he wants to gain 20 pounds I want to make sure that his nutrition plan is dialed in so that the majority of the weight gained is muscle and water, not fat. If a lifter gains 25 pounds of muscle and another gains 25 pounds of fat, who do you think will ift more?

Aside from technique and equipment, you can be sure that the guy that put on 25 pounds of solid muscle is going to be one hell of a lot stronger than the guy that decided to eat cookies and pie as staples in his nutrition plan. When you are trying to gain weight make sure you try very hard to put on quality tissue, not just rolls of fat like

so many lifters of vestervear used to do. In this age with the technology of performance taking new bounds on a daily basis we have to take advantage of an the nutritional sciences have to offer. Why is it lifters today don't wear the knee wraps and suits that were popular from the early 90's? If you did, you would be leaving a lot of pounds on the platform when you are competing against lifters who are wearing two ply canvas suits and the new knee wraps. Technology changes, and you have to take advantage of it. This also goes for the nutrition side of Powerlifting. Would you wear a bench shirt from 1985? Heck no, you wouldn't, because you know the ones made back then didn't provide nearly the spring that the ones today are producing. Why would you eat like a lifter from 1985 when you realize there are so many better ways to increase your performance and maintain your long-term health and lifting career?

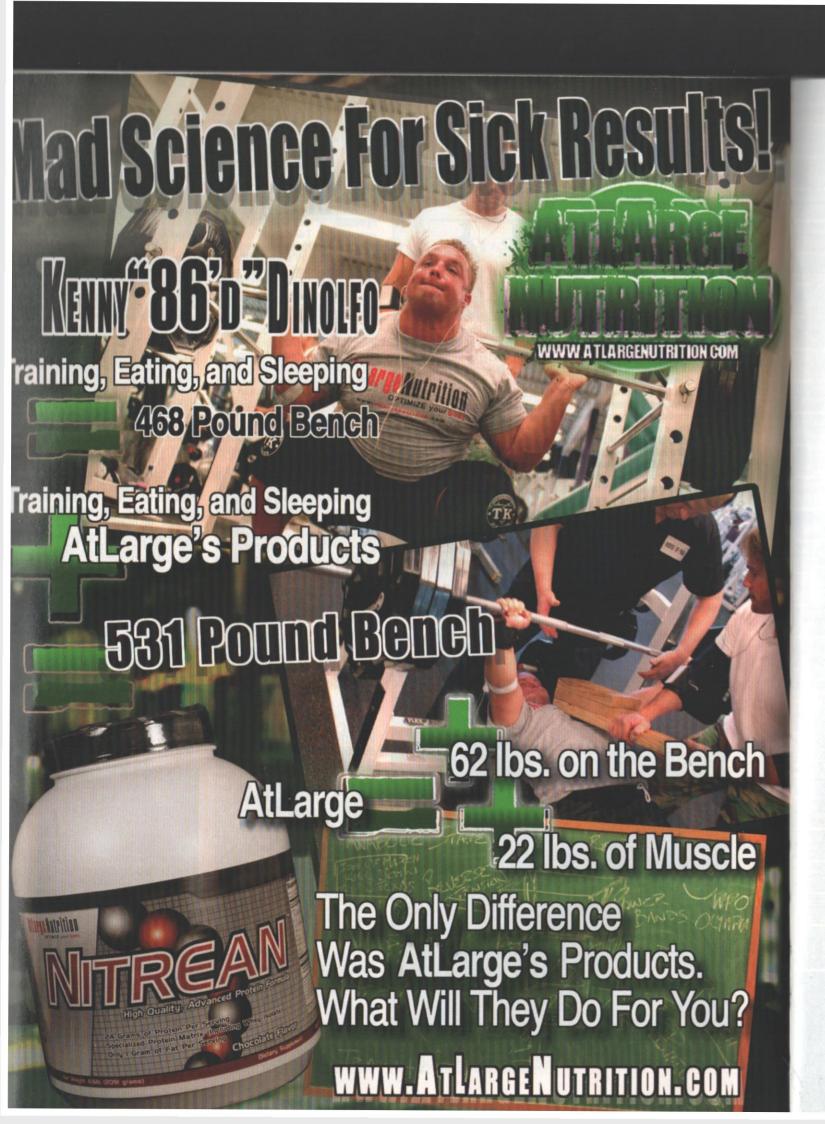
We have to look at the health side of the coin. Since most lifters suffer from health problems and the majority of those issues are not due to genetic dispositions but because of horrible eating and lifestyle choices, we have to realize how important health is. Keeping your bodyfat percentage lower will be in your best interest, for many reasons.

One, it will help you maintain a healthy cholesterol profile. How many lifters do you know with high cholesterol? Of the lifters I have done blood screening with I would have to say that dose to 80% suffer from this one problem alone. Next, it will help reduce your chances for Type II diabetes. This is another problem that is creeping up on a lot of lifters. Through my blood work with powerlifters, I see that a majority of them show significant signs of insulin resistance. Consider this a warning sign to clean up your act or Mr. Diabetes will be knocking on your door in the near future. This is a problem I see in well over 70% of the powerlifters that I work with. That is scary. So many lifters do not take their long term health seriously. It's like the issue doesn't exist and this is the worst attitude to have, because sooner or later you will have to pay the piper.

These are just two problems among at least a dozen that I can name. I may seem like your exwife, nagging you into oblivion, but truly I am only doing this for you own good. I want you to eat cleaner and monitor your health because it is important for everything, including how long you stay alive!

If you have any questions feel free to write me at aricciuto@nutritionxp3.com or check out my website at www.nutritionxp3.com

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### ASK THE DOCTOR

This column will feature questions on nutritional, performance and medical issues. Send your questions to me at Mauro@MetabolicDiet.com. I'll try my best to personally answer all questions sent to me within a few days of receiving your email.

Q: I am A 35 year old powerlifter, recently diagnosed with Facioscapulohumeral dystrophy, a form of muscular dystrophy. I am currently awaiting results of a DNA test to confirm it, but I am exhibiting symptoms characteristic of the disease; muscle weakness in the shoulder area, no muscle tone on my upper pectoralis muscles. All my lifts, but especially my bench, have suffered tremendously and I even have a difficult time lifting my arms over my head at this point. This is a slow, degenerative muscle disease. My father was recently diagnosed with it as well.

I have been researching supplements in an attempt to figure out what would be appropriate for me to take to build strength in the surrounding, unaffected muscle areas; and to build up muscles that most likely will deteriorate over time. I believe L-Glutamine, L-Arginine, L-Taurine are possible Amino Acids that could help, along with Creatine and Nitric Oxide. Very little research has been done, but Creatine and Albuterol have been experimented with yielding

I am just looking for some guidance and better understanding about supplements and what I should consider and what I should avoid. Thank you very much for your time. Sincerely, Scott

A: Because our knowledge on the therapeutic effects of different nutritional references is incomplete, I don't have a definitive answer for you as to what supplements are best for you to use. However, in my work I deal on a regular basis with issues surrounding the rehabilitation of injured and atrophic musculoskeletal tissues, and on an occasional basis with the issues surrounding the various muscular dystrophies.

My approach to both is evidence based as far as the existing literature, including extrapolating from our present knowledge base, and also draws heavily on my four decades of experience. At present my protocol initially involves the use of some of my nutritional supplements that I formulated to deal with maximizing strength and muscle mass and improving body composition, and also to deal with more complex issues and conditions. Depending on the condition, I may also implement certain pharmacological approaches.

As far as the use of nutritional supplements, I've been having some success on degenerative changes in muscle with a basic regimen of GHboost coupled with Amino, both taken three times a day - in the morning, before training and before bed. For info on both go to http:// www.mdplusstore.com/pdfs/ GHboost.pdf and http:// www.mdplusstore.com/pdfs/ amino.pdf . To supplement the above info I've attached some recent studies that are pertinent to the approach that I use. I've copied the citations and abstracts for these studies below so you can get the

gist of what the papers are about. On top of this basic supplement program I have found some additional improvement with the addition of ReNew (http:// www.mdplusstore.com/pdfs/ http:// www.mdplusstore.com/pdfs/ creatine.pdf), to deal with inflammation with the former and to boost energy mechanisms in the later. However, I haven't seen significant results with the use of Creatine Advantage and ReNew alone, without the use of GHboost and Amino. As such, I will only add these to the regimen if I get some results with the basic program.

Let me know the results of the DNA test. Best regards

Mauro Di Pasquale M.D. REFERENCES: PROC NATL ACAD SCI U S A. 2006 May 9:103(19):7315-20. Growth hormone promotes skeletal muscle cell fusion independent of insulin like growth factor 1 up-regulation. Sotiropoulo Menon RK, Kopchick JJ, Kelly PA, Pende M.

Growth hormone (GH) participates in the postnatal regulation of skeletal muscle growth, although the mechanism of action is unclear. Here we show that the mass of skeletal muscles lacking GH receptors is reduced because o a decrease in myofiber size with normal myofiber number. GH signaling controls the size of the differentiated myotubes in a cell-autonomous manner while having no effect on size, proliferation, and differentiation of the myoblast precursor cells. The GH hypertrophic action leads to an increased myonuclear number, indicating that GH facilitates fusion of myoblasts with nascent myotubes. NFATc2, a transcription factor regulating this phase of fusion, is required for GH action because GH is unable to induce hypertrophy of NFATc2-/- myotubes. Finally, we provide three lines of evidence suggesting that GH facilitates cell fusion independent of insulin-like growth factor 1 (IGF 1) up-regulation. First, GH does not regulate IGF-1 expression in myotubes second, GH action is not mediated by a secreted factor in conditioned medium third, GH and IGF-1 hypertrophic effects are additive and rely on different signaling pathways. Taken together, these data unravel a specific function of GH in the control of cell fusion, an essential process for muscle growth.

MUSCLE NERVE. 2006 JAN;33(1):66-77. Nutritional therapy improves function

PAYNE ET, YASUDA N, BOURGEOIS JM, DEVRIES MC, RODRIGUEZ MC, YOUSUF TARNOPOLSKY MA. Corticosteroid therapy for Duchenne muscular dystroph is effective but associated with long-term side effects. To determine the potential therapeutic benefit from four nutritional compounds (creatine monohydrate conjugated linoleic acid, alpha-lipoic acid, and beta-hydroxy-beta-methylbutyrate alone, in combination, and with corticosteroids (prednisolone), we evaluated the effects on several variables in exercising mdx mice. Outcome measures included grip strength, rotarod performance, serum creatine kinase levels muscle metabolites, internalized myonuclei, and retroperitoneal fat pad weigh In isolation, each nutritional treatment showed some benefit, with the combination therapy showing the most consistent benefits. Prednisolone and the combination therapy together provided the most consistent evidence of efficacy; increased peak grip strength (P < 0.05), decreased grip strength fatigue (P < 0.05), decreased number of internalized myonuclei (P < 0.01), and smaller retroperitoneal fat pad stores (P < 0.001). This study provided evidence for therapeutic benefit from a four-compound combination therapy alone, and in conjunction with corticosteroids in the mdx model of DMD.

NUTR REV. 2006 FEB;64(2 PT 1):80-8. Creatine monohydrate as a therape

PEARLMAN JP, FIELDING RA. In recent years, dietary supplementation with creatine has been shown to enhance neuromuscular function in several diseases. Recent studies have suggested that creatine can be beneficial in

(continued on page 42)

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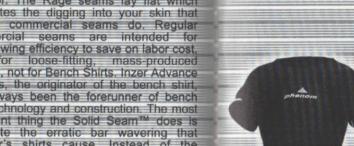
ST120 8" Diameter apx weight 23lbs......\$50.00 ST120 10" Diameter apx weight 42lbs.......\$55.00 ST120 12" Diameter apx weight 72lbs.......\$59.00 ST140 14" Diameter apx weight 116lbs......\$79.00 ST160 16" Diameter apx weight 175lbs......\$99.00 ST180 18" Diameter apx weight 240lbs.....\$109.00 ST200 20" Diameter apx weight 335lbs......\$135.00 ST210 21" Diameter apx weight 354lbs.....\$149.00 ST220 22" Diameter apx weight 400lbs.....S169.00 ST210 24" Diameter apx weight 476lbs.....\$169.00

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- Extra Reinforced front shoulder seams add . The RageX is the bench shirt for those who support and security for this radical design. want an immediate step up to stratospheres of bench press power because it is a MORE The combination of several new contours built AGGRESSIVE design than any other company into the pattern complement the already super knows how to make. This is not only about sleeve angle and elementary things such as that. · SOLID SEAM™ technology keeps the sleeves. It is about numerous details creating a where they are supposed to be, working in cumulative effect that is undeniably the best. The unison with the body, not jittering or faultering most Quality and Results are yours in the
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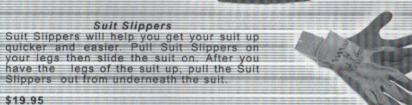
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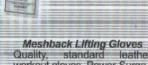


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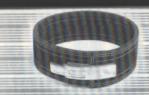
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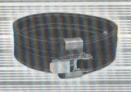
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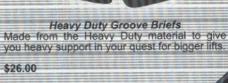


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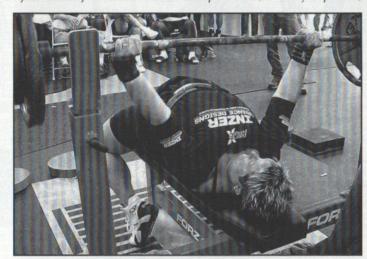
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	3/3	SHW	4000	K. Taylo
S. Kearney				165 lbs.
Open 5. Kearney		Open K. Helm	530	
Master I				W. Keith
D. Viars	375	M. Rodriguez J. Herring		Open/D
	3/3	Master I		M. Puck
S. Kearney 198 lbs.		M. Rodriguez		Master I
Open		Pro Cash/For		T. Conyo
R. Bivens	575	The state of the s	860	M. Puck
Open/DT	3/3	M. Allocco	630	181 lbs.
K. Goin		E. Rectenwal		Open/D
Master I			375	J. Beart
T. Avery	335		527	Submast
220 lbs.	333	DEADLIFT	341	V. Lysob
Master I		MALE		Master I
I. Solis	475	198 lbs.		J. Lynch
G. Boldissar	405	Master II		J. Lynch
R. McCloud	403	A. Reiss	405	L. Keith
Master III		220 lbs.	403	198 lbs.
B. Vastine	350	(18-19)		(16-17)
242 lbs.	330	G. Smith	540	S. King
Open Open		Submaster	340	Open/D
E. Rectenwal	d625	D. Lipka	505	B. Smith
	450	Open	303	Master I
Master I	430	S. Ribaudo	12.0-	J. Sansa
M. Lynch		242 lbs.		S. Kylis
Master II		Open/DT		A. Reiss
E. Fitzpatric	445	D. Poucher	600	J. Romos
Master III		Master II	000	Master \
	442*	P. Ryan	505	S. Monti
275 lbs.		Pro Cash/For		
Master II		T. Conyers		Open
	440	J. Bellemare		
J. Aquila	330	S. Ribaudo	_	(16-17)
				C Hood





Ryan Kennelly ... benched 860 in the open 308s (Scott Taylor photos)



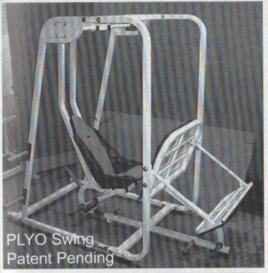


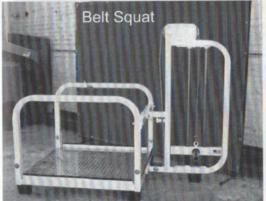
89 Years Young ... Stephen Montrose benched 140 in the 198 class.

B. Silk 345 255 420 1020 judging the event. I would especially like \*=American Records. Best Lifters: Margaret Kirkland, Tony Conyers, Ed Rectenwald, and Ryan Kennelly. Special thanks to Jon Romoser of World Gym, Fort Myers, for event. Several records were broken at the Romoser of World Gym, Fort Myers, for event with lots of awesome lifts being providing a great staff and equipment, which made the Nationals an efficient and given out in the Pro Cash division, which wars enjoyable event. Special thanks also is something the APA recently launched

# LOUIE SIMMONS' PRESENTS

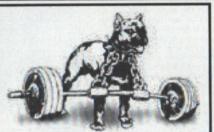
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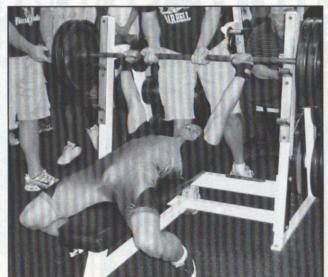
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SLP Big Bench at the French

IJUL	00 - 1	dempins, in	
BENCH		Teen (16-17)	
FEMALE		114 lbs.	
Teen (16-17)		B. Downen	175*
114 lbs.		4th-185*	
B. Downen	85*	Novice	
MALE		165 lbs.	
Novice		S. Newble	225*
SHW		4th-235*	
N. Slater	415*	MALE	
4th-425*		Teen (13-15)	
Teen (18-19)		148 lbs.	
198 lbs.		C. Yates	275
N. Velasco	355	4th-305*	
242 lbs.		165 lbs.	
C. Tucker	300*	J. Overton	305*
4th-315*		4th-315*	
275 lbs.		Teen (16-17)	
S. McAllister	315*	198 lbs.	
4th-345*		J. Raines	440*
Open		275 lbs.	
148 lbs.		J. Steward	485*
Paton-Gooch	260*	4th-505*	
4th-265*		Teen (18-19)	
165 lbs.		242 lbs.	
J. Sanders	250	C. Tucker	505*
220 lbs.		4th-530*	
T. Hamilton	415*		
308 lbs.		S. McAllister	505*
W. Sanders	410*		
DEADLIFT			
FEMALE			

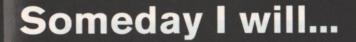
the competition. In the bench press event first time competitor Beth Downen set the Tennessee state record at 16-17/114 with 85. A final with state record at 16-17/114 with 85. A final with 95 should have gone, but slipped out of the groove halfway up. Another first-time lifter was Big Nekia Slater, who won at novice shw with 415, followed by a solid 425 fourth. This, the biggest bench of the meet, set the state record for the class. In the men's 18-19 age teenage division, it was Nathan Velasco for the win at 198 with 355. A fourth to tie the state record with 365 failed at the hotton. Corkell Turker, wen at 242 with new the bottom. Cordell Tucker won at 242 with new state records for his third (300) and fourth (315) attempts. It was Steve McAllister, setting the state record at 275 with 315, then a big 345 fourth. In the open division Eddie Patton-Gooch broke the state record twice, with his 260 third and 265 fourth attempts at 148. James Sanders, who lost thirteen pounds for this meet, finished who lost thirteen pounds for this meet, finished with his 250 opener at 165. Best lifter Trey Hamilton got a new pr and state record at 220 with 415, while William Sanders broke the state record at 308 with 410. The unique thing about this competition was that all of the benchers lifted raw! In the deadlift competition the records continued to fall, with each of the eight competitors setting new Tennessee state records for their respective classes. For the teenage women's 16-17/114 class Beth Downen continued her win-

T. Hamilton 415\* 275 lbs. 5. McAllister 505\* 5. McAllister 505\* W. Sanders 410\* DEADLIFT FEMALE \*=Son Light Power Tennessee state records. Best Lifter Bench: Trey Hamilton. Best Lifter Deadlift; Cordell Tucker. The Son Light Power Big Bench at the French Bench Overton won at 165 with 305, followed by a 315 proper state of the power Big Bench at the French Bench Overton won at 165 with 305, followed by a 315 proper state of the power Big Bench at the French Bench Overton won at 165 with 305, followed by a 315 proper state of the power Big Bench at the French Bench Overton won at 165 with 305, followed by a 315 proper state of the power Big Bench at the French Bench Overton won at 165 with 305, followed by a 315 proper state of the power Big Bench at the French Bench Overton won at 165 with 305, followed by a 315 proper state of the power Big Bench at the French Bench Overton won at 165 with 305, followed by a 315 proper state of the power Big Bench at the French Bench Overton won at 165 with 305, followed by a 315 proper state of the power Big Bench at the French Bench Overton won at 165 with 305, followed by a 315 proper state of the power Big Bench at the French Bench Overton won at 165 with 305, followed by a 315 proper state of the power Big Bench at the French Bench Overton won at 165 with 305, followed by a 315 proper state of the power Big Bench at the French Bench Overton won at 165 with 305, followed by a 315 proper state of the power Big Bench at the French Bench Overton won at 165 with 305, followed by a 315 proper state of the power Big Bench at the French Bench Overton won at 165 with 305, followed by a 315 proper state of the power Big Bench at the French Bench Overton won at 165 with 305, followed by a 315 proper state of the Patton-Gooch with a state record 265 BP @ open 148 proper state of the Patton-Gooch with a state record 265 BP @ open 148 proper state of the Patton-Gooch with a state record 265 BP @ open 148 proper state of the Patton-Gooch with a state record 265 BP @ open 148 proper state Press & Deadlift Championship was held at fourth. At 16-17 it was Joseph Raines with 440 while competitor was Steve McAllister, with the competition. We return to Riviera the Riviera Spa in Memphis, Tennessee. Jason Steward took the 275 class with 485, followed who actually had the most explo- on October 8; hope to see you all again Thanks to the staff there who helped with by a fourth with 505. Cordell Tucker got the biggest sive power of any of these young then. (Meet results by Dr. Darrell Latch)



### SUBMASTER MEN'S FOR THE RECORD

100% Raw	AAU	ADAU	APA-WPA		NASA	USPF	USPF California	WNPF
(35-39)	(35-39)	(35-39)	(33-39)		SM II (35-39)	(35-39)	(35-39)	(35-39)
	307 G. Murphy 203 G. Murphy 325 G. Murphy 826 G. Murphy		320 K. Snell 235 K. Snell 420 K. Snell 965 K. Snell	114 SQ 114 BP 114 DL 114 T	314 Murphy 203 Murphy 336 Murphy 854 Murphy	297 G. Murphy Jr. 302 G. Murphy Jr. 331 G. Murphy Jr. 826 G. Murphy Jr.		340 Snell 225 Snell 405 Snell 970 Snell
	430 K. Snell 285 T. Borgia 475 K. Snell 1160 K. Snell	346 S. Snyder 230 K. Snell 430 K. Snell 985 S. Snyder	300 G. Vezina 280 P. Nguyen 440 K. Snell 870 G. Vezina	123 SQ 123 BP 123 DL 123 T		429 G. Young 253 C. Kim 435 C. Kim 1008 C. Kim		355 Caston 285 Caston 365 Caston 1005 Caston
105 C. Simeone	529 Kupperstein	325 S. Snyder	565 D. Heath	132 SQ	473 Stroh	473 G. Young	352 Guaderrama	410 Caston
285 C. Simeone	285 R. Houle	215 S. Soukup	405 D. HEath	132 BP	297 Stroh	297 J. Arenberg	281 Guaderrama	310 Caston
540 J. Lineman	529 Kupperstein	402 S. Snyder	565 D. Heath	132 DL	485 Rorex	205 J. Arenberg	352 Guaderrama	460 Granato
1180 C. Simeone	1322 Kupperstein	931 S. Snyder	1535 D. Heath	132 T	1223 Stroh	1185 J. Arenberg	986 Guaderrama	1140 Granat
460 J. Hill	534 K. Scisney	425 J. Sermeno	685 T. Conyers	148 SQ	551 Reichert	540 L. Weinstein	540 S. Layman	555 Brown
355 J. Audia	325 K. Scisney	305 R. Houle	440 A. Pocu	148 BP	341 Woodworth	374 S. Layman	374 S. Layman	300 Austin
570 J. Lineman	553 Weinstein	485 I. Orais	615 J. Jackson	148 DL	600 Reichert	600 L. Weinstein	518 S. Layman	500 Alford
1335 J. Audia	1355 Weinstein	1120 J. Sermeno	1695 T. Conyers	148 T	1438 Reichert	1455 L. Weinstein	1432 S. Layman	1320 Brown
450 D. PArrish	589 D. Bracken	500 T. Conyers	620 T. Denton	165 SQ	661 Perkins	735 R. Crain	440 B. Separa	590 McVaney
320 N. Kadle	407 G. Marshall	405 T. Conyers	451 J. Baer	165 BP	396 Vaughn	415 T. Conyers	380 B. Separa	441 Ruelan
600 N. Kadle	606 J. Braca	630 J. Braca	680 G. Kiser	165 DL	661 Kiser	672 R. Crain	523 S. Winslow	573 Wright
1360 N. Kadle	1559 G. Marshall	1505 T. Conyers	1670 G. Kiser	165 T	1642 Kiser	1747 R. Crain	1311 B. Separa	1475 McVan
185 T. Brandon	617 W. Waller	502 M. Palumbo	845 T. Kamand	181 SQ	658 Perkins	600 D. Cook	535 J. Caputo	670 Autry
350 M. Brcelone	424 B. Hayashi	424 B. Hayashi	505 J. Baer	181 BP	435 C. Smith	391 D. Cook	369 T. DeLong	440 Vincent
575 B. Nupieri	650 B. Salter	630 J. Braca	695 T. Kamand	181 DL	636 Pilkenton	644 J. Tyree	600 J. Caputo	700 Meyers
1360 B. Nupieri	1615 A. Blindt	1440 J. Braca	1900 T. Kamand	181 T	1688 Pilkenton	1581 J. Tyree	1461 J. Caputo	1700 Lafoy
500 C. Machin	650 A. Jackson	575 J. Morell	740 M. Sechrest	198 SQ	705 Johnson	694 S. Anderson	600 J. Hernandez	705 Meyers
185 P. Bossi	480 A. Beane	410 N. Vlasic	580 J. Kellum	198 BP	451 Johnson	446 K. Kanemoto	380 J. Hernandez	405 McAteer
570 C. Machin	738 A. Jackson	630 C. Favrizio	710 L. Humphrey	198 DL	777 Henderson	672 S. Anderson	600 J. Dorsten	745 Meyers
1630 C. Machin	1724 A. Jackson	1510 J. Morell	1860 J. McVicar	198 T	1829 Henderon	1769 S. Anderson	1460 Hernandez	1805 Meyers
565 W. Wigmoer	710 P. Thorbahn	605 P. Liles	840 P. Susco	220 SQ	766 Meyers	710 C. Garcia	710 J. Burnell	765 Francis
405 W. Wigmore	500 B. Rush	440 N. Vlasic	625 B. Kelley	220 BP	518 McComas	501 M. Peck	440 J. Burnell	560 Campbe
655 W. Wigmore	670 R. Sequeira	665 M. Evans	725 P. Mustakas	220 DL	749 Henderson	699 T. Bruner	644 J. Burnell	725 Murphy
1625 W. Wigmore	1765 R. Sequeira	1600 C. Machin	1975 P. Susco	220 T	1901 McComas	1829 T. Bruner	1796 J. Burnell	1880 Francis
625 G. Stott	705 A. Frritz	700 K. Howard	855 S. Goggins	242 SQ	771 Meyers	771 G. Thompson	644 R. Kitani	820 Francis
425 G. Stott	507 A. Frritz	440 C. Crum	772 B. Kelley	242 BP	479 Gonzales	573 G. Thompson	534 R. Kitani	580 Campbel
700 G. Stott	688 D. Henderson	740 K. Howard	800 W. Austen	242 DL	749 Holloway	710 T. Bruner	661 S. Landry	760 Cooper
1750 G. STott	1846 A. Frritz	1800 K. Howard	2105 Thompson	242 T	1862 Gonzales	2022 Thompson	1757 R. Kitani	2025 Francis
645 G. Stott 145 G. Stott 705 G. Stott 1780 G. Stott SHW	770 R. Radziwon 529 L. Deutsch 727 L. Lavarro 1940 L. Lavarro	601 T. Wiley 500 R. Stafford 710 P. Gisondi 1664 B. Shuman	830 T. Nash 767 V. Dinzenzo 840 M. Chaillet 2145 M. Chaillet	275 SQ 275 BP 275 DL 275 T	837 Nichols 630 Feliciano 738 Nichols 2083 Nichols	892 S. Smith 672 S. Smith 755 S. Smith 2320 S. Smith	716 R. Speno 529 R. Speno 672 S. Denison 1884 S. Denison	804 Croner 600 Campbe 740 Croner 2039 Croner
570 J. James	745 K. Nyholm	606 M. Ahlo	875 J. Perrotta	308 SQ	959 Saunders	865 S. Cartwright	865 S. Cartwright	
365 J. james	501 S. Marcum	470 K. Bourassa	820 T. Meeker	308 BP	584 Kralovetz	628 S. Cartwright	628 S. Cartwright	
710 J. James	677 J. Ford	701 K. Bourassa	790 T. Ruby	308 DL	699 Myers	766 C. Saunders	710 S. Cartwright	
1695 J. James	1845 K. Nyholm	1680 B. Birnbaum	2160 T. Ruby	308 T	2149 Saunders	2204 S. Cartwright	2204 Cartwright	
		675 B. Barnhart 390 B. Barnhart 680 J. James 1675 B. Barnhart	875 J. Perrotta 730 V. Dizenzo 925 G. Heisey	SHW SQ SHW BP SHW DL SHW T		903 K. Doonkenn 578 G. Garcia 759 J. Pugh 2073 J. Reeves	606 G. Garcia 578 G. Garcia 710 G. Garcia 1895 G. Garcia	755 BAtaes 495 Johnson 720 Wright 1870 Johnson





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#### (continued from page 33)

mitochondrial cytopathies, and may attenuate sarcopenia and facilitate rehabilitation of disuse atrophy. Though the mechanisms are still unknown, creatine has been shown to decrease cutoplasmic Ca2+ levels and increase intramuscular of muscle growth, including the and cerebral phosphocreatine stores, proliferation, differentiation of muscle providing potential musculoskeletal and precursors, the control cell size neuroprotective effects.

ACTA Myol. 2005 Oct; 24(2):115-8. The biological function of insulin-like growth molecules, Insulin-like Growth Factor-1 factor-I in myogenesis and its therapeutic (IGF-1) and myostatin, regulate key steps effect on muscular dystrophy.

Noguchi S. In progressive muscular the early phase, while atrophic changes are seen with aging. As an experimental dystrophy, that suggest a therapeutic insulin-like growth factor-1 (IGF-1) signaling via the activation of Pl3K/Akt pathway has a city at the activation of Pl3K/Akt pathway has been well characterized. IGF-1 is also highlighted as a therapeutic agent as it has been shown to improve phenotype of dystrophic animals. In this review, the functions of IGF-1 on mitogenic proliferation and myogenic differentiation in vitro, muscle hypertrophy in vivo are discussed, as well as its possible utility for molecular therapy on muscular dystrophies.

Am J CLIN NUTR. 2006 APR;83(4):823-8. Oral glutamine and amino acid supplementation inhibit whole-body protein degradation in children with Duchenne muscular dystrophy.

MOK E, ELEOUET-DA VIOLANTE C, DAUBROSSE C. GOTTRAND F. RIGAL O. FONTAN JE, CUISSET JM, GUILHOT J. HANKARD R. BACKGROUND: Glutamine has been shown to acutely decrease whole body protein degradation in Duchenne muscular dystrophy (DMD). OBJECTIVE: To improve nutritional support in DMD, we tested whether oral supplementation with glutamine for 10 d decreased whole body protein degradation significantly more than did an isonitrogenous amino acid control mixture. DESIGN: Twenty-six boys with DMD were included in this randomized double-blind parallel study; they received an oral supplement of either glutamine ( 0.5 g. kg(-1). d(-1)) or an isonitrogenous. nonspecific amino acid mixture (0.8 g. kg(-1), d(-1)) for 10 d. The subjects in each group were not clinically different at entry. Leucine and glutamine metabolisms were estimated in the postabsorptive state by using a primed continuous intravenous infusion of [1-(13)C]leucine and [2-(15)N]glutamine before and 10 d after supplementation. RESULTS: A significant effect of time was observed on estimates of whole-body protein degradation. A significant (P < 0.05) decrease in the rate of leucine appearance (an index of wholebody protein degradation) was observed after both glutamine and isonitrogenous amino acid supplementation [x +/-SEM: 136 +/- 9 to 124 +/- 6 micromol . kg fat free mass (FFM)(-1) . h(-1) for glutamine and 136 +/- 6 to 131 +/- 8 micromol. kg FFM(-1). h(-1) for amino acids]. A significant (P < 0.05) decrease in endogenous glutamine due to protein breakdown was also observed (91 +/- 6 to 83 +/- 4 micromol . kg FFM(-1) . h(-1) for glutamine and 91 +/- 4 to 88 +/- 5 micromol . kg FFM(-1) . h(-1) for amino acids). The decrease in the estimates of whole-body protein degradation did not differ significantly between the 2 supplemental groups. Conclusion: Oral glutamine or amino acid supplementation over 10 d equally inhibits whole-body protein

degradation in DMD. ACTA MYOL. 2005 DEC;24(3):230-41.

Molecular mechanisms involving IGF-1 patients with muscular dystrophy and other and myostatin to induce muscle hypertrophy as a therapeutic strategy for Duchenne muscular dystrophy.

PATEL K, MACHARIA R, AMTHOR H. Over the past decade, signalling cascades have been characterised that control key features (hypertrophy) and cell death. In this review we highlight how two differing signalling during muscle development. We discuss how IGF-1 and myostatin signalling dystrophy, such as Duchenne muscular cascades can be manipulated to stimulate dystrophy, muscles show the pathological muscle growth. We summarise changes characterized by hypertrophy at experimental data from mdx mouse, the animal model for Duchenne muscular model for muscle hypertrophy and atrophy, value of these strategies for patients Smith

		Championshi Atlanta, GA		Dixon 275 lbs.	374	Open Ashe
BENCH		Lifetime Raw		(20-23) Raw		198 lbs.
97 lbs.		Gooch	264	Fambrough	374	(40-49)
(17-19) Raw		181 lbs.			Ply	O'Malley
Grossnickle		Lifetime Raw		Gilliam	562*	220 lbs.
148 lbs.		Ashe	402	Open		(50-59)
Lifetime Raw		(35-39) Raw		Gilliam	562	Catersiano
Simpson	137*	McCurley	237	(13-16)		Graydon
165 lbs.		198 lbs.		Jones	275	242 lbs.
Open Raw		(20-23) Raw		(45-49)-Single	Ply	Open
Beasley!	226*	Ray		Fowler	429*	Monroe!
MEN		Lifetime Raw		300 lbs.		275 lbs.
80 lbs.		Hashemi	347	Open Raw		Open
Youth Raw		(40-44) Raw		Raynor!	485	Fambrough
Addison	66*	O'Malley	330	Open		DEADLIFT
100 lbs.		220 lbs.		Cawley!	655*	132 lbs.
(11-12) Raw		(40-44)-Single	Ply	Lifetime		Subs Raw
Drisdom	82*	Drisdom	418	Cawley	655*	Monford
114 lbs.		(50-54) Raw		(40-44)		MEN
Open-Single 1			336	Cawley	655*	114 lbs.
Cohn	264*			POWERCURL		Open
148 lbs.		Subs Raw		97 lbs.		Cohn
(20-23) Raw		Monroe	413	(17-19)		165 lbs

275



Woodard	507*	(45-49)	
Lifetime		Fowler	611
Skrip	507	Lifetime Raw	
181 lbs.		Braden	617
(45-49)		SHW	
lones	413	Open Raw	
(17-19) Raw		Nichols	727*
Norris	363	SQUAT	
198 lbs.		114 lbs.	
(35-39) Raw		Open	
Clark	622	Cohn	374*
(45-49)		198 lbs.	
Meyers!	727	Subs Raw	
220 lbs.		Clark	534*
(40-44) Raw		300 lbs.	
Robertson	540	Open Raw	
275 lbs.		Raynor	677*

From the WNPF USA Champion- 220 lbs. ships ... (left to right) Andre Gilliam - who made a 633 bench, Trophy Girl Brianna Ford, and Buddy Cawley - who made a 655 BP. (photograph courtesy Troy Ford)

WOMEN BP DL Lifetime Raw 77 148 281 MEN 114 lbs Open-Single Ply Cohn 32 374\* 264\* 429 1069\* 165 lbs. Lifetime-Single Ply Skrip 1300\* 485\* 308\* 507 181 lbs. (17-19)Chapmar 1003\* 380\* 248\* 374\* Lifetime Ray Hickman! 314 610 1509 Lifetime Graydon 418 291 474 1185 (50-54) Graydon 275 lbs. 418 291 474 1185 (20-23) Ray Fambrough 611\* 374 512 1499 \*=WNPF National Records. !=Best Lifters.

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believe the date change is what caused the lower lifter turnout, but we all had fun

Dixon

187

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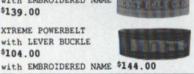
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Grosnickle

MEN



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230

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anyway. We gave out swords for this meet, and lifters seem to love them. We are trying to give the lifters what they want, and they wanted swords this time around. The Clarion Hotel near the airport is a nice facility. My staff did a wonderful job. Thanks to Dina, Wade, wonderful job. Inanks to Dina, Wade, Annette, Greg, Perry, Steve, Cindy, Adrian, Adrienne, and Lester. We moved the Battle fo the Countries to Atlanta, due to a few problems in Orlando, Florida. We will be looking for a new venue for the 2007 season. Thanks to Tony Caterisano for bringing a few lifters from Furman University. Thanks to Shawn Skrip for Thanks to Joey Simpson for bringing in a few lifters from Ohio. We will see you all soon. Thank you to all of the lifters and

Mahony's Barbenders Bash

spectators that came out. (Thanks to Troy Ford, WNPF, for providing these results)

8 JUL 06 - Mahony, PA							
148 lbs.	SQ	BP	DL	TOT			
Manning	375	245	400	1020			
165 lbs.							
Jones	475	300	450	1225			
Halton	430	285	465	1180			
Tricamo	430	265	470	1165			
Keys	350	290	515	1155			
Belgrade	425	260	460	1145			
Marturano	400	260	460	1120			
181 lbs.							
Wallace	500	340	570	1410			
Winters	505	270	600	1375			
Chhoeum	450	325	525	1300			
198 lbs.							
C. Smith	650	425	680	1755			
Davis	600	370	650	1620			
Garvin	550	400	500	1450			
Junious	400	325	575	1300			
220 lbs.							
Clapsadl	640	350	605	1595			
N. Smith	650	290	650	1590			
Middleton	450	360	580	1390			
Brooks	465	350	550	1365			
Ellsesser	510	325	510	1345			
Lafferty	400	300	425	1125			
242 lbs.							
Wright	500	350	560	1410			
Burgos	600	400	- A	1000			
275 lbs.							
Bibbs	635	35	630	1615			
Broker	_	_	_	-			
SHW							
Gorman	615			1645			
Edwards							
Special tha							
Moceyunas,							
ing, and the							
running a si							
THE RESTRECTION OF THE PARTY OF	· Andrews		41.	A			

Moceyunas for providing these results)

WAB	DL S	onn	's Ch	nampio	nship	
				onlulu,		
ENCH			K. Re	eich	_	

WABDL 3	onny	s Champion	snip
17 JUN	06 -	Hononlulu, I	11
BENCH		K. Reich	_
FEMALE		Elite Open	
Junior		132 lbs	
123 lbs.		K. Unten	446
D. Arelliano	176*	4th-462*!	
E. Ansberry	122		
D. Nakamura	110*	T. Tom	468*!
Master (40-46		220 lbs.	
16E lbe		M. Lamarque	672
B. Nolen	203	308 lbs.	
Master (47-53	1	S. Wong	_
UL		Junior (20-25)	
J. Kaanapu	209	165 lbs.	
Open		G. Remiticado	341
123 lbs.		181 lbs.	
D. Arelliano	176	C. Freitas	341
165 lbe		A. Kawanaka	385
L. Richardson	336*!	198 lbs.	
199 lbe		E. Solidum	385*
R. Nohara	325	242 lbs.	
446 222*		F. Brown	358*
111		J. Linnell	630*!
B. Hiral	336*	Law/Fire	
Submaster		Submaster	
444 H		181 lbc	
C. Bagul	99	K. Nakamura	391*
165 lbs.		K. Nakamura 220 lbs.	DIE STATE
D Adams	165*	I. Kabayashi	540*
Teen (12-13)			
97 lbs		r. wakakuwa	TTree
C. Tavares	60*	Master (40-46	)
Toon (16-10)		165 IDs.	
199 lbs.		G. Espinda	352
R. Nohara	325	181 lbs.	260
4th-332*!		M. LO	363
MALE		198 lbs.	
Class I		W. Omura	
132 lbs.	ven b	220 lbs.	460
V. Akina	231	D. Yamada B. Young	462 556*
165 lbs.		242 lbs	230.
K. Pereza	286	242 lbs. K. AhQuin III	F20*
198 lbs.		275 lbs.	529
B. Akamine		C. Yamaguchi	
C. Gomes		308 lbs.	- 10 St., Or 1
K. Dacuycuy	314	Cabatingan	(79) To U
220 lbs.		SHW	TO HE
C. Holoana	462	J. Mersberg	451
242 lbs.	C004	Master (47-53	131
J. Kelly J. Kahula	628*	242 lbs	
J. Kahula	440	F. Butcher	402*
oco lle	424	308 lbs.	-02
259 lbs.	440	W. Kaaloa	492
P. Donato	440	4th-501*	700
B. Donato	424	SHW	



Kerwin Unten with a WARDI World Record 462 at 132 bodyweight!

181 lbs.		K. Daniels	451	Teen 916-19)		C. Tavares	145*
E. Ansberry	303	M. Saito	473	132 lbs.		Teen (16-19)	
Master (61-6)	7)	220 lbs.		V. Akina	231	199 lbs.	
165 lbs.		M. Ako	325	220 lbs.		R. Nohara	363*
M. Timbal	253*	A. Iramina	534*	B. Tokioka	385	MALE	
242 lbs.		J. Kabayashi	540*	DEADLIFT		Class I	
S. Kaanapu	275	242 lbs.		FEMALE		198 lbs.	
Master (68-7	4)	B. Goda	512	Junior 123 lbs.		K. Dacuycuy	446
181 lbs.		308 lbs.		123 lbs.		Stranghoener	440
C. Vause	231	J. Koma	573*	D. Arelliano			
Open		G. Leota	600*	D. Nakamura	248*	B. Hokama	661*
148 lbs.		S. Wong	-	Master (40-46		259 lbs.	
J. Imamura	418	SHW		148 lbs.		B. Donato	540*
181 lbs.		R. Lamont	507	D. Criste			
M. Saito	473	Teen (12-13)		165 lbs.		J. McPherson	
B. Thompson		97 lbs.		B. Nolen	303	Junior (20-25)	
220 lbs.		C. Akina	93	Master (47-53		165 lbs.	
A. Iramina				UL		G. Remiticado	529
G. Villamia		105 lbs.		J. Kaanapu	303*		
B. Young		K. Saito	82*	Open		E. Mammano	600*
242 lbs.		132 lbs.		123 lbs.		198 lbs.	
l. Kelly		A. Thomas	134			E. Solidum	518*
F. Wakakuwa		4th-137*!		148 lbs.		242 lbs.	
308 lbs.		Teen (14-15)		D. Criste	363*		600*
G. Leota	600*	148 lbs.		UL		Law/Fire	
SHW		V. Patol	220	R. Hohara	363	Open	
Crawford III		C. Rosario	209	Submatser		SHW	
Submaster (3		4th-222*		114 lbs.		K. Reich	683*
140 1000		****			225	Law/Fire	
A. Edralin		K. Biroan	203*	165 lbs.	100	Submaster	
R. Oshiro	242	259 lbs.		D. Adams	303*	181 lbs.	
M. Thomas	292	D. Nohara		Teen (12-13)		K. Nakamura	507*
181 lbs.		4th-154*		97 lbs.		Law/Fire	

A. Arcican 501\*l. Soekardi 501 259 lbs B. Hurley 308 lbs 308 lbs. 600 J. Koma Gandeza Jr. SHW SHW . Mersberg 501 R. Lamont A. Walentin 556 Teen (12-13) Master (54-60) C. Akina 198\* 181 lbs. . Ansberry 435 Teen (14-15) Master (61-67) 220 lbs. 165 lbs. Gandeza Sr. 418 259 lbs. M. Timbal 473\*D. Nohara Teen (16-19) 132 lbs. 435\*V. Akina 435\* V. Akina 181 lbs. 181 lbs. 220 lbs. E. Manmano 600 B. Tokoika 540 B. Thompson 650\*SHW 220 lbs. I. Burgess M. Ako 551 \*=State Records. !=World Records. This event was directed by Jocelyn Ronolo and her father, Sonny Ronolo, one of the greatest master benchers of all time, and Mike Saito. It was held in a 7,000 square foot ballroom in the Marriott hotel, right on the beach. Over 100 lifters competed. In the bench press, one of the greatest benchers of all time, Matt Lamarque couldn't make weight at 198 and weighing 199.4 benched 672, which would have been a world record at 198. Matt has had a very difficult job working as a prison guard, which is inherently stressful and guard, which is inherently stressful and dangerous. Then he just opened a 20,000 square foot gym with an Olympic size swimming pool, racquet ball courts, and about 60 spinning machines. World records in the bench press were set by Kerwin Unten, with a mind staggering 462.7 at 132, one of the best benches ever at that weight class, in any federation. At 198 Elite Open, Taylor Tom set a world record 468.2. In Junior 242, Jerame Linnell set a world record 630.4 and was ably coached by Matt Lamarque. Leonetta Richardson 705 Bench Press, Video/Computer Percent Training Pt. II, IPF World Masters,

Master (40-47)

. Soekardi Master (40-46) 165 lbs.

181 lbs.

220 lbs

P. Rermudez

I. Soekardi

A. Park

Gandeza Ir. 446 SHW K. Reich

Submaster (33-39)

622 B. Donato

402 A. Valentin

407\*220 lbs M. Ako K. Ah Ouin III 606\*1. Courtenay 661\*

622 242 lbs.

644\*

600

556

### . USA BACK ISSUES

529

NASA Masters, Legends of PL, World Jun/94... NASA Natural Natls, WPA Grimwood BP Routine, TOP 100 220s Multi-Year Training System, First Seniors, Record Breakers, Rack Training, TOP Worlds, DASH Record Breakers, Bill Apr/95... NASA Natural Nationals, Framework for the Novice.

100 SHWs, ADFPA TOP 20 181s

Nichols Profile, Sticking Points, TOP Deadlifting without Deadlifting, Raising Jul/96... AAU Men's, USPF Sep/93... ADFPA Men's Natls., NASA 100 275s, ADFPA TOP 165s 100 114s, ADFPA TOP 20 198s

McPherson 518\* L. Kamaka

Feb/94... Drug Test Methods, ADFPA 123s, ADFPA TOP 20 220s. National Masters, Malibu Classic VI, Nov/94... WDFPF Worlds, Goodwill TOP 181s, ADFPA TOP 114s

Teen Training, Tamara Grimwood, TOP 100 198, ADFPA TOP 20 123s

Apr/94... Saliva Tests, Coan DL Video, Bob Dempsey Profile, Psyching Up or Jan/95... WPC Worlds, IPF Worlds, IPF Training Devices, TOP 100 148s. Ford Pt. 2, TOP 100 242s.

Psyching Out?, WNPF Worlds, TOP World Masters, Greatest All Time Dec/95... Walter Thomas Interview, IPF May/97... Dream Team Pt. 1, Kick Start 100 220, ADFPA TOP 20 132s

May/94... USPF/ADFPA Collegiates,

Grand Nationals, Female Confessions, Jul/94... USPF National Masters, Rickey 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, MacDonald Bench Legacy, TOP 100 740 Bench, James Henderson, USPF "Ban All Equipment", Rest Pause

Nationals, Rest Pause, Bombing Out, Interview, Shane Hamman Squat Jun/95... Antonio Krastev, USPF Oct/96.. WDFPF Worlds, Ed Coan/Kirk TOP 100 123s, ADFPA TOP 20 220s Workout, Leg Training by Louie Simmons, Collegiates/Bench Natls, Overtraining Karwoski Interview, Anthony Clark Jan/94... IPF Men/Women Worlds, IPF TOP 100 114s, ADFPA TOP 20 198s. Jr/Master Worlds, WPC Worlds, Greg Sep/94... ADFPA Men's, USPF Men/ Curt Leslie BP Workout, TOP 100 SHW Response", TOP 100 148s Lowe Squat, Cycling Systems, TOP 100 Women's Srs., Relieve Pain With Aloe, 165s, ADFPA TOP 20 SHWs. Box Squats, Phytochemicals, TOP 100

Greg Warr BP Workout, Hernia Surgery, Games, Is PL a Mockery of Strength?, Sep/95... Triple SENIORS ISSUE ADFPA/ Feb/97... Power of Compelling Craig Tokarski Interview, Isometrics, TOP

Championships, Conjugate Training, Oct/95... Jamie Harris Interview, Apr/97... Clark Benches 800-Waterman USPF BP Nationals, Euro Jrs/Womens, Successful Deadlift Strategies, Elite Level 600 @ 181, Powerlifting Crisis, World's United We Stand, TOP 100 165s.

Squatter, Karl Saliger of Austria, Meet World Bench Press, Trainers of Your Squat, Ken Ufford 800 lb. Deadlift Squatter, Karl Saliger of Austria, Meet World Bellich Fress, Hattlets Performance Review, TOP 100 181s. Tomorrow, Leo Stern Profile, 6 Week Workout, Pyruvate, the Art of Winning, Deadlift Primer, TOP 100 275s. 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.

Technology, TOP 100 198 lbs.

Mar/95... Reinhoudt, Ethics of Ergogenics, Mar/96...TOP 20 Women/Masters/Teen Deadlifting without Deadlifting, Raising Jul/96... AAU Men's, USPF JRs., DHEA, Compounds, TOP 100 242s.

Oct/93... APF Seniors, NASA World SHWs, ADFPA TOP 20 181s Jrs., 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. or Adaptation?, Greg Warr Interview, Interview, Herb G. "Responds to the Jul/95... IPF Women's Worlds, Nick Nov/96... APF Can-AM, Clark benches 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 Mar/94... Women's TOP 20, Drug 100 148s, ADFPA TOP 20 275s. Confessore Interview, Women & the Formula for Success, Making Weight, Testing Methods Pt. II, The Trap Bar, Dec/94... Jon Cole, Asian Success Syndrome, TOP 100 132s USPF Biography, TOP 100 220s

y, TOP 100 198 lbs. World's Strongest Man, Hank Hill Women's TOP 20, Don Interview, TOP 100 198s

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

Work Capacity, Bruce Wilhelm, L.M.W. '65 vs. '95 Top Ten, "Chain Reactis" by Louie S., Rob Wagner, TOP 100 114s

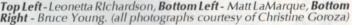
Paul Wrenn, TOP 100 165s

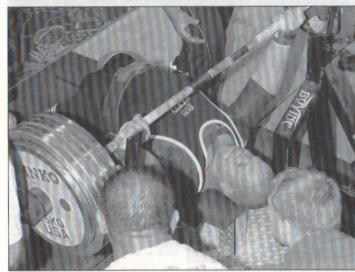
Supplements, AAU Jr. Olympics, New Strongest Man, USA PL Decline, John



record. Aaron Thomas set a world record in Teen 12-13/132, with a 137.7, and in Teen 12-13/132, with a 137.7, and in Teen 16-19/Super. Notable Hawaii state records in Teen 16-19/Super. Notable Hawaii state records were set by James Kelly in Class I/242, in his first meet, popped a Keoni "Bulla" Reich popped 683.2 in Law/ Fire Open Super, Brian Hokama pulled in Class I/275, Earl Solidium hit a 385.7 in Gen 181 Notable Hawaii state records were set by James Kelly in Class I/242, in his first meet, popped a Keoni "Bulla" Reich popped 683.2 in Law/ Fire Open Super, Brian Hokama pulled in Class I/275, Earl Solidium hit a 385.7 in Gen 181 Notable Hawaii state records were set by James Hokama pulled in Gen 201 Notable Hawaii state records in the deadlift were set by John Courteney with 661.2 in Submaster/220, 1984, an incredible lift. Notable Hawaii state records were set by James Kelly in Teen 16-19/Super. Notable Hawaii state records in the deadlift were set by John Courteney with 661.2 in Submaster/220, 1984, an incredible lift. Notable Hawaii state records were set by James Kelly in Class I/242, in Open 220, Keoki Akina hauled in 435 at 132 Open, 661 in Class I/242, Edvin Mammano was records with 661.2 in Submaster/220, 1984, an incredible lift. Notable Hawaii state records were set by James Kelly in Teen 16-19/Super. Notable Hawaii state records were set by James Kelly in Teen 16-19/Super. Notable Hawaii state records were set by James Kelly in Teen 16-19/Super. Notable Hawaii state records were set by James Hawaii Junior 198, Desirae Arelliano rammed up above average with 600.7 at Junior 181, 176.2 in Junior/123, Jon Kabayashi hit 540 Brian Thompson popped a ntastic 650.2 at in Law/Fire Submaster 220, Bruce Young 181 Open, Darnell Christe pulled 363.7 in hit a 556.5 in Master 40-46/220, Kimo Ab Open 148, Kimo Ab Quin III pulsed 529 in Master 40-46/242, Master 40-46/242, Dawn Adams pulled Wayne Kaaloa hit a 501.5 on a fourth in 303 in Submaster 165, Keoki Akina pulled Master 47, 57/208, Like Kamaka hit a 545, 543,55 in Taon 16,19/132, and Randolyn Master 47-53/308, Lyle Kamaka hit a 545.5 435.2 in Teen 16-19/132, and Randolyn Master 47-53/308, Lyle Kamaka hit a 545.5 aregular at the world championships, got a localyn Ronolo, Lisa Leong, Sonny Konolo, 253.5 in Master 61-67/165, Brandie Hirai hit a 336 in Open 198+, George Leota hit make this meet a great success. They take 600.7 in Open 308, Aaron Iramina got a a chance and go to a luxury hotel and lose 534.5 in Submaster 220, but Jon Kabayashi beat him with a 540, Jonathan Koma hit a year's meet will be in May. If you're from 1737 in Submaster 208, and Great Research the mainly and want a trip to Paradise. 573 in Submaster 308, and Casey Rosario the mainland and want a trip to Paradise, got a 222.4 in Teen 14-15/148. In the deadlift, world records were set by Desiree President Gus Rethwisch for this report.)

passed the drug test (as well as Kerwin Arelliano with 347 in Junior 123, Chance Unten and Taylor Tom), and set a world Akina yanked 198.2 I Teen 12-13/97, record 336 in Open 165, her fourth world David Nohara exploded with 330.5 in Teen record. Aaron Thomas set a world record 14-15/259, and Josh Burgess hauled in 562







2, ADFPA Nationals Chronology, IPF Worlds, Brad Gillingham backstage TOP 25, Good Mornings, Scott Smith BP Workout, TOP SHW

Jul/97... Shane Hamman Profile, Doug Heath Squat Workout Pt. 1, WDFPF Champ. Chronology, EPF Europeans, The Warmup Room, TOP 100 114s. Aug/97... Power of Color, How to BP 500 Easy by Louie S., ADFPA TOP 25 All WDFPF Split, TOP 100 SHWs. Time, APF Seniors Chronology, Mark Jul/98... Kirk Karwoski, Angelo Invitational, USAPL Women's Nationals, Mar/00 ... USAPL Women's , WPC Pasillo, TOP 100 123s

Sep/97... USAPL/USPF/APF Triple niors, IPF Women's Worlds, World's Strongest Team, NEW Mineral Orotates. Progressive Overload, TOP 100 132s. Oct/97... Brad Gillingham Profile, Resistance Training by Louie Simmons, Ken Emrich, Power Biceps Training, Larry Miller interview, Top 100 Ltwts. Nov/97... U.S. Strongest Man Contest, Gaugler Profile, Light Training Days, Diabetes & PL, TOP 100 165s.

Dec/97... Vicki Steenrod, Functional Protein Powders, Louie Simmons Squat Middlewts., Isoflavones. Workout, USPF's Best Women, Walt Dec/98 ... IPF Masters-Juniors - Mens/ Horace Lane Interview, Circa Maximal Jul/00 ... WPO Pro Championships Austen DL, TOP 100 181s

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

Mar/98... Mark Philippi Interview, TOP 20 Women, Teen, Master Rankings, Worlds, Jerry Tancil, TOP 100 198s.

James Henderson, George Nelson, 1st

Feb/99 ... WPC Worlds Pt. 2, Coan goes

Management, Maximal Resistance

Sep/00 ... USPF Srs, IPA Worlds, WABDL

Women's, APF All Time TOPWomen, Westside Invitational, Foundational Training by Louie, TOP 242s.

Olympic Cycle, Louie on "Researching

Berardinelli, World 's Strongest Man Russian Stretches, TOP100 275s. Jouko Ahola, Jon Arenberg, IPF Women's Jun/99 ... Powerlifters as Bodybuilders, Worlds, TOP 100 Flywts

Shane Hammon, Top 100 Bantam. Nationals, PL Weapons, Pat Beaumaster,

DLs, Dennis Brady, TOP 100 181s Pt. 1, IPF Men's Worlds Report, Louie Louie S., TOP 100 165s.

Workout, TOP 100 220s

Apr/99 ... The ED COAN Book, Why Whey?, Gordon Santee, 3x3 Training Strongman II, TOP 100 198s Jun/98... Mark Henry, Ernie Milian, Pt. 5, Training Methodologies by Louie Simmons, TOP 100 242s.

Guggulot", Arnold Classic, Westside BPs by Louie S, TOP 100 220s

1st Women's Worlds, USAPL Deadlifts, ADFPA Women, Yueh-Chun Training, "Choking", TOP 100 SHWs Chang, IPF World's, APF Nationals, Aug/99 ... the Rubber Band Man, the "Muscletown USA" book, Beauty & the Methoxivone, TOP 100 242s Sep/98... APF Seniors. Part 1, the Ed Beast, IGF-1, Overcoming Plateaus Part May/00 ... Dennis Cieri, J.M. Press?, Coan Decision, Power Bells, York 2 by Louie Simmons, TOP 100 123s Summer Picnic, Visit to Westside, 3x3 Sep/99 ... USAPL Men's, APF SRs. Pt. 1, World's FASTEST Bench Presser, Rick Training Plan Part 1, TOP 100 132s

Mike Bridges Workout, Special Olympics

Gaugler Profile, Light Training Days, Nov/98... A Worlds to Remember, Japan

World Games, Zenith = Triac, York Spectacular, TOP 100 132s

> 2, Ribose, Backstage with Ed Coan, Fred Peterson, TOP 100 SHWs. WPC/WDFPF/AAU/AAPF World Meets, Phase by Louie Simmons, TOP 148s

2463, USPF Worlds, IPF World Bench, Method by Louis S. TOP 100 181s Apr/98... Bull Stewart Speaks, USAPL Anthony Harris Interview, Ken Snell DL Jan/00 ... IPF Worlds, WABDL Worlds, Dave Ricks Interview, Russian Mystery, Extra Workouts by Louie Simmons,

Feb/00 ... WPC Worlds Pt. I, Battle of the Giants, The Real Triac, IPF World BP, Resistance", 10 Keys to Success, AAUPC/ May/99 ... LA Tech Program, "Sir IPA Natls, Best Lifters of the Century, Big

Worlds Pt. II, World's Strongest Man, TOP 20 Women - Teen - Masters, The Conjugate Method by Lou Simmons Aug/98... USAPL Men's, Platform Collegiates, Louie S. on Pre-Meet Apr/00 ... Arnold Classic, WPF Worlds, Mike Danforth, Leonard McCormick Interview, PL USA Cover Chronology,

> Knee Wraps, the Passing of Tamara Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s.

Jun/00 ... Garry Frank Profile, Black's Health World, Dawn Reshel Dies, From Joe Dube, Jackie Davis, TOP 100 Oct/99 ... USPFSeniors, APF Seniors Pt. Canada to Westside, BP by Larry Miller,

The 900 Lb. Squat Club, Beyond Injury Avoidance, USA All Time 800 Nov/99 ... Muscle Beach Lives, East Diminishing Returns, Louie on Squatting German Breakthrough, DL Details, Walk in the 800s and 900s, TOP 100 114s Jan/99 ... WABDL Worlds, WPC Worlds Away From Death, Dynamic Duo by Aug/00 ... USAPL Men's, APF Srs. Pt. I; AAPE/APE Natls JPF Women's Worlds. Simmons on Bands and Chains, WNPF Dec/99 ... IPF World Masters/Juniors, Wade Hooper Interview, Joe Onosai,

#### WABDL River Country Classic

3 JUN	06 -	Gadsden, AL	
BENCH		Master (47-53	)
FEMALE		198 lbs.	
Master (40-46	)	A. Traylor 242 lbs.	352
123 lbs.	e of a	242 lbs.	
A. Wright	143	B. Tindull	501*
181 lbs.	550 0	R Harrison	374
C. Sterling	198	M. Glasco	_
Teen (16-19)		Onen	
111		M. Glasco Open 181 lbs.	
R Jordan	203	K. Sanks	_
4th-209*	203	259 lbs	
1 Wright	203*	259 lbs. D. Hoard	200
MALE	203	+C Sonoso	628*
Class I		275lbe	020
181 lbe		+C. Senese 275lbs. J. Ross 308 lbs.	551
D Hagan	374	308 lbs	331
242 lbe	3,4	K Overhov	628*
W Hamilton	402	K. Overbey SHW	020
4th 422	402	1 Carton	CE0*
250 lbs		Submaster (22	30)
A Harner		J. Carter Submaster (33 220 lbs.	-39)
M. Patrick	205	M. Green	(77*
M Fairick	303	M. Green	460
D Courden	472	E. Sterling 259 lbs.	400
B. Snyder	4/3	D. Hoard	
SHW		D. Hoard	
	540*	308 lbs.	
Elite Open		K. Overbey	628*
181 lbs. B. Leming 4th-534*1		SHW J. Carter Teen (12-13)	
B. Leming	502	J. Carter	650*
220 lbs.		148 lbs.	
M. Green	677*	C. Luttrell	82*
Junior (20-25)		Teen (14-15)	
165 lbs.		148 lbs.	
	314*		-
181 lbs.		181 lbs.	
J. McDaniel	391	C. Temples	315*
275 lbs.		Teen (16-19)	
B. Snyder	473*	148 lbs.	
Law/Fire		P. Duke	341*
Master (4-47)		181 lbs.	
259 lbs.		B. Leming	502
	551*!		
Law/Fire		259 lbs.	
Open		S. Carter	518
242 lbs.		4th-534*!	
W. Hamilton	402	J. Fain	446
4th-422*		DEADLIFT	
275 lbs.		FEMALE	
J. Foster	319*	Teen (16-19)	
Master (40-46	)	UL	
220 lbs.		R. Jordan	402*
T. Womack	374	Master (40-46	)
259 lbs.		123 lbs.	
	385	A. Wright	308
Master (40-46		MALE	
SHW		Class I	
M. Hamby	_	181 lbs.	
The state of the s			

by Louie, Emie Frantz Insights, Rick Weil BP. TOP 100 132s

More from Ken Leistner, Drug Free Bz[ Aug/01 ... Garry Frank Goes 2601 - APF Up Your BP, TOP 242s

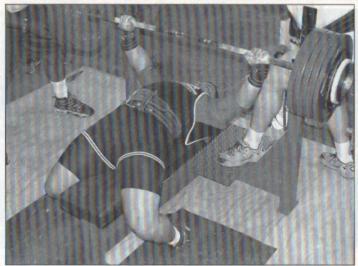
Dec/00 ... Tao of Competition Pt. I, IPF Warrior Spirit,, TOP 100 123s Jr. + Masters Worlds, More World Record Sep/01 ... WPO Semis, "No Deadlift" Press Shirt, TOP 100 181s

Worlds, AWPC Worlds, Roy Fokken BP Oct/01 ... World Games, TomManno, Training by Louis S., TOP 100 198s Feb/01 ... Garry Frank Goes 2500, WPC by Louie S., TOP 100 148s.

Strengths, TOP 100 220s. Mar/01 ... TOP 20 Women - Teen - by Louie S., TOP 100 165s

Apr/01 ... Arnold Classic, Frank Goes Salvagni, TOP 181s 2535, Bill Crawford BPs 750, Daisuke Jan/02 ... IPF Men's Worlds, WABDL BP Shirt Blues, TOP 100 148s





BP/DL, Pre-Meet Checklist, Do the SQ - Jun/01 ... Siouz-Z Hartwig, Russian Shoulders, All Time SQs, TOP 100 220s Worlds, Fred Hatfield, Louie on Squat Cycle, Big Boys Menu Plan by Mar/02 ... USAPL Women's Natls, TOP Explosive Strength, TOP 100 181 J.M., Victor Naleikin Interview, Diane 20 Teen/Women/Masters, Russ Barlow, Jan/03 ... IPF Men's Worlds, WABDL BP Oct/00 ... Positive Illusions, Tako not Siveny Interview, Top 100 SHWs Taco, Powerlifting's Salvation?, Beauty Jul/01 ... IPF Women's Worlds, Bill Repetition Method"

& the Beast, Women's 300 Bench Press Crawford, APF Nationals,, Shane Apr/02 ... WPO Finals/Qualifer/Amold Loading Pt. 1 by Louie, TOP 100 198s. Hamman, Leslie Look SQ Workout, Bench Bash, Ano Turtiainen, Louie on Feb/03 ... IPF BP Worlds, WABDL DL Nov/00 ... Best Bench of All Time, final Fixing Lockout, TOP 100 114s

Guide, Advanced Squat Cycle by Louie
Seniors, USAPL Men's, FIBO, Stretching
Simmons, TOP 100 165s

Aug/01 ... Garry Frank Goes Zoot - AFF Op 100 167, 107 2425

Guide, Advanced Squat Cycle by Louie
Seniors, USAPL Men's, FIBO, Stretching
Seniors, USAPL M

Benches by Louie Simmons, the Bench Routine, Ray Benemerito, Knee Pain & Jul/02 ... Kennelly Benches 780, IPF Unit, TOP 20 Women/Master/Teen lists MSM, Louie on Exercises for the Triceps, lan/01 ... IPF Men's Worlds, WABDL Chalk & Powder, TOP 100 132s

Workout, Eccentric & Concentric Jamie Harris Interview, John Corsello Jr. Aug/02 ... APF Seniors, USAPL Men's Back by Louie, TOP 100 242s. Interview700 BP Club, Speed Cycling

Worlds PT.1, IPA Nationals, How Brad Nov/01 ... Nance Avigliano, USAPL BP Bench Shirt by Halbert, TOP 123s. Gillingham Won, Louie on Special Nationals, IPF Jr. Worlds, T.J. Hoerner Sep/02 ... Kennelly BPs 800, American 500 lb. SQs & DLs, TOP 100 275s. Squat Workout, "Analyzing Your Squat"

Masters Rankings, Hooking Up the Dec/01 ... IPF World Masters, WPC Can Mikesell Interview, TOP 100 132s Bands, USAPL Women's Natls, Westside Ams, Halbert Video, WPO BP for Cash, Oct/02 ... 556 squat @132 by Nance Bench Press Shirt, Vince Anello Deadlift Deadlifting, WPC Worlds Pt. II/BP Westside Success , Jill Mills, Rich Avigliano, USAPL BP Natls, Powerhouse Workout, Team PL, TOP 100 SHWs

Midote, Jeremy Arias, Extra Workouts by Worlds, Garry Frank goes 2606, IPA Nov/02 ... Sivokon Speaks, IPF Jr. lb. Squat Club, What You Need in Your Nationals, Carmen Perrotta Interview, Worlds, Serious Mass Pt. 1, Priscilla Gym, TOP 100 114s May/01 ... Ed Coan Interview, Russian Training the Lockout, TOP 100 198s Ribic Interview, Willie Wessels Oct/03 ... Gene Bell, John Ware BP Training, Russian Nationals, Rob Feb/002 ... WABDL DL Worlds, IPF BP Interview, Ed Coan DL, TOP 100 165s Workout, Sioux-z Hartwig, A.R.T. Fusner's Program, Why Can't I Gain Worlds, WNPF Worlds, WPC Worlds, Dec/02 ... WPO Semis (931 DL1), Bench Techniques, 50 Best SQs/BPs, Louie S.

Becca Swanson, 850 DLs, Louie on "the Worlds, IPF Masters Worlds, Becca

Women's Worlds, APF Nationals, Apr/03 ... WPO Finals & Bench Bash for Carbohydrate Manifesto Pt. 1, Karen Cash, Crawford Benches 785, Jamie Sizemore Interview, TOP 100 114s Natls, USPF Srs/Mountaineer Cup IV, May/03 ... Bill Crawford's Road Back, Strong Legs for Recods by Louie, Your Odd Haugen, Virtual Force by Louie,

Swanson Squats 705, Intensity Zone DL Training, Jennifer Thompson, Back Worlds, Steve Goggins Interview, "Lessons Learned", All Time 308 & SHW Louie Simmons on Volume, Dan Austin
Interview, TOP 100 SHWs.

Men's 300 kg &Women's 300 lb. BP
lists, Controlled Chaos BP, The Tendo

502

424

600

546\*

457

551

424

242 lbs.

259 lbs.

R Morris

C. Senese

P. Griffin

M. Christie A. Hix

. Quinley

198 lbs

220 lbs Taylor

Open 198 lbs.

242 lbs.

259 lbs.

M. Patrick

275 lbs. B. Driskill

law/Fire

M. Christie

W. Hamilton 584

T. Womack 468

Master (40-46) 220 lbs.

M. Patrick

Junior (20-25) 165 lbs

Master (47-53)

220 lbs.

259 lbs.

242 lbs

B. Morris

R Driskill

Teen (12-13)

Teen (14-15)

4th-330\* 181 lbs.

275 lbs.

148 bls. C. Luttrell

C. Ward

C. Temples

Teen (16-19)

148 lbs.

181 lbs. 672 J. Payne \*=State Records. !=World Records. About 70 lifters participated in this contest. World records were highlighted by Gun-nery Sergeant Michael Green, USMC all the way, who put up a submaster 220 world record 677.7, the second highest bench ver in WABDL at 220. Also impressive was Brandon Leming of Tennessee, who is only 18, and set an elite open world record at 181 with 534.5 and also a teen 16-19/181

P. Duke

world record 534.5. Also from Tennessee, Seth Carter set a world record bench 16-19/259 with 534.5. In law/fire master 40-47/259, Robert Molay set a world record

551 bench. Other impressive benches were James Carter 650.2 for an Alabama record in open 259, Ken Overbey who set an Alabama 308 open record with 628. Blane Tindall, who set an Alabama record in master 47-53/242 with 501.5 bench was

also some good lifting for a 50 year old. In the deadlift, no world records were set, but

Jake Taylor set a Georgia record 617 in junior 220, Don Davidson set an Alabama record 700.8 in master 47-53/259. He's a

horse when it comes to deadlifting, Phil Duke set an Alabama record 479.5 in teen

16-19/148, and Rebecca Jordan set an

Alabama record 4020 in teen 16-1/198+. and Jason Payne set a Tennessee record 502.6 in teen 16-19/181. The judges were

K. Greene

D. Davison

Master (54-60)

R. Harrison 545

R. Hagedom 523

700

611

672

319

468

Harris Pt. 1. Equipment, Never Looking Bill Kazmaier Profile Pt. 1, Women's

ongman, Training Organization Pt. 1 Aug/03 ... Mendelson Benches 804, by Louie S., Preventive Maintenance, 821, 825, 832, 875 ... APF Seniors, Mikesell Squats 1107, Louie on The Grains, The Positive of Negatives, Bench SEP/03 ... USAPL Men's Natls, Bench

America, Keeping Iron in the Blood, 1000

Weight by J.M. Blakley, Top 100 275's Halbert on Lockout, Blakley on Bash for Cash, WPC Worlds, IPF SubJr. on Training the Back, TOP 100 132s.





Women's/Men's All Time BPs, Scott

Lade BP Workout, TOP 100 148s

Time Squats/Totals, TOP 100 165s

All Time BP/DL lists, TOP 100 198s

Recollections Pt. 1, TOP 100 242s.

Dec/03 ... WPO Finals, Rychlak BPs Oct/04 ... WPO Finals, Recuperative Aug/05 ... Louie Simmons on the 900, IPF World Masters, Ausby Modalities, Optimal Eccentrics by Louie Pendulum Wave, 1000 lb. Squat Club, Alexander, "Story of Arthur Jones", Speed Day Pt. 1 by Louie S., TOP 100 165s Jan/04 ... IPF Worlds, WPC Worlds, IPA Nov/04... WPC World PL/BP, BA Worlds, Seniors, Acetylcholine, Wade Hooper Effort Day, Mabel Rader, TOP 165s

Hyperhydration, Coan Update, Low Siders Interview, Louie on DL Training, Back Pain, Becca Benches 465, All Time Best BPs.TOP 100 198s

Message, TOP 100 220s Apr/04 ... Frank Goes 2706/28051, Feb/05 ... Mike Miller's 1200 lb. Squat,

Arnold Classic, Power Nutrition Recipes, Louie on "the Staggered Load", California Hall of Fame, TOP 100 242s Jun/04 ... TOP 20 Women, Teen, Masters, Greatest Men's & Women's Ratings, 15

Transformation by Louie S

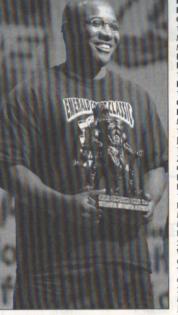
Strength TOP 100 275s Men's Nationals, World Powers by Louie Simmons, Luke lams, Women's All Tim SQ/TOT, TOP 100 SHWs

Sep/04 .... IPA Worlds, Mountaineer Jul/05 ... Roger Estep Passes, APF Seniors, Apr/06 ... WPO Finals/Bench Bash, ISSUES - \$4.50 EACH, 4-9 BACK ISSUES Cup, Becca Swanson, Shrugs for a Big IPF Women's Worlds, Louie on BP USAPL Women's Natls, Louie Simmons -\$4 EACH, 10-24 BACK ISSUES -\$3.50 BP, Advanced System for Beginners by Training WSM Super Series, Scott Squat Workout of the Month, PLer at the EACH, 25+ BACK ISSUES - WE Louie Simmons, TOP 100 114s

a fantastic job, was Brant Bishop. Brant's staff included Bubba McConnell and Bobby stati included Bubba McConnell and Bobby Driskell, who also pulled a 672 deadlift, but the way. The main sponsors were outlaw Nutrition and Richard Anderson. The photographer was Ken Overbey. Jerome, Eric, Steve, Leon, and Cody did an excellent job of spotting. (Thanks to Gus Rethwisch for providing the meet results) Rethwisch for providing the meet results)

Brent Bishop, Rich Hagedorn, Sandra Her-

ring, and Tim Snodgrass. Gus Rethwisch was the MC. The meet director, who did



WABDL River Country Classic photographs: Brandon Leming (upperfarleft), Chris Senese (lower far left), Ken Overbey (upper left), James Carter (lower left) all taken by Ken Overbey, and James Greene (above) at the WABDL World Championships for 2005.

S., Shrugs, Never Quit!, Cognitive Control, All Time Squats, TOP 123s Best Master Lifters, TOP 100 SHWs.

Bands, Tales from the Olympics, Nick Minneti Interview, 2005 TOP 20 Women Teenage and Masters Rapkings. Sep/05 ... IPA Worlds, York Hall of Louie S. on Speed Work, Travis Mash & Fame, Equipment for Sumo, Reactive Kara Bohigian BP program, Things Louie

Feb/04... IPF World BP, WABDL Worlds, Dec/04... Rychlak BPs 1005, IPF Worlds, Oct/05... Deadlift Training by Louie Jul/06... APF Seniors, Louie on 'the Simmons, Raw Benching Westside Style, Lightened Method', Brad Gillingham Brian Schwab Squat Workout, World Top 20 lists, AWPC Words, TOP 123s American, NERB, TOP 100 242s. Mar/04... USAPL Women's Natls., Becca Jan/05... WABDL Worlds, IPF World Nov/05... Kettlebells for Plers, Tony Aug/06... APC Natls., George Frenn, benches 501, Water Technology Pt. 2, Brent Mikesell Interview, IPF President's by Louie, Jo Walker DL Workout, All Squatting by Jim Wendler, Fan Priscilla Ribic. Brent Howard Interviews. Squatting by Jim Wendler, Fan Priscilla Ribic, Brent Howard Interviews, Fanaticism, Seguin Fitness, TOP 132s. Singles Training, TOP 100 Superheavies Dec/05 ... WDFPF Single Lift Worlds, IPF BP Worlds, Louie on "Prepare to Bench America, WPO Semis(1201 Bench", IPA Sr. Nationals, 400 Kilo DL squat!), AAU PushPull, GPC Worlds, lason Beck Worlds Routine, TOP 148s Club, All Time DLers, TOP 100 165s Mar/05 ... Mendelson BP Classic, Louie Jan/06 ... WPC Worlds - 970 DLI, IPA Oct/06 - Scott Weech Interview, Training S. on Accommodation, Mikesell SQ Naitonals, AAU World Push Pull, Louie Min. Injury Solution, Delayed Workout, 1st Hawaii Record Breakers, S. on Isometrics, Ted Arcidi, Tiny Meeker Men's, RAW Natls., ADAU Natls., AAU Interview, Herb Stroke, TOP 100 165s Jr. Olympics, TOP 100 123s. Jul/04 ... APF Seniors, Bench America II, Apr/05 ... WPO Arnold Classic BP & PL, Feb/06 ... WABDL Worlds, WDFPF
APF Nationals, Louie Simmons on his USAPL Women's Nationals, Karwoski Worlds, IPF World BP, Good Mornings, LIST THE ISSUES YOU WOULD LIKE "Virtual Force Swing", Digit Ratios and Re-Emerges, Jim Kilts Interview, 800# Old School DL, Becca Swanson's Quest Drug Free DL Workout, TOP 100 220s for the 2000 Total, TOP 100 181s. Aug/04 ... IPF Women's Worlds, USAPL Jun/05 ... Anthony Clark Passes, USAPL Mar/06 ... Mendelson BPs 1008, Men's & Masters, Beau Moore & Brad Westside BP Routine, 'One Car Garage BACK ISSUES, BOX 467, CAMARILLO, Kelley Interviews, John Black Training', IPF Men's Worlds, Jeff Lewis Interview, WNPF Worlds, TOP 100 198

27 AUG 06 - Columbia, MD K. Barrett

Maryland Strongest Cop

FEMALE		220 I	bs.	
132 lbs.			ington	370
R. Rondone	110		arpenter	300
165 lbs.			nwater	
C. Sisk	175	T. Pat	tton	270
B. Barnes	165	242 1	bs.	
MALE		I. Sat	ible	355
165 lbs.			ıllock	335
J. Rondone	215	M. M	vers	315
181 lbs.		I. Cul	llen	315
Z. Cerrone	315	M. Re	eid	_
K. Costello	265	N. Ve	ertz	_
R. Garrett	250	275 1	hs.	
C. Parker	215	D. Te	ets	405
198 lbs.		B. Ab	ell	370
M. Hodge	415	WE	orchion	350
M. Bender	300	G PI	avlock	335
B. Benner	300	V Se	aylock lvaggi	285
FEMALE	SQ	RP Se	DL	TOT
132 lbs.	34	.51	J.	.0.
R. Rondone		110	165	275
165 lbs.	No. Pol	110	103	2/3
C. Sisk	175	175	250	600
	1/5		250	165
B. Barnes	_	165	7000	105
MALE				
165 lbs.	205	24=	220	050
	305	215	330	850
181 lbs.				4055
Z. Cerrone				1355
C. Parker		215		795
K. Costello	-	265	-	265
R. Garrett	THE REAL PROPERTY.	250	-	250
198 lbs.				
B. Benner		300	415	1115
M. Bender	-0	300	-	300
M. Hodge	77	415	-	415
K. Barrett	_	_	-	-
220 lbs.				
Whittington	415	370	425	1210
Gillenwater		285		285
T. Patton	_	270	405	675
G. Carpenter		300	_	300
242 lbs.	The said	300	La Company	500
M. Myers	470	315	530	1315
J. Cullen	420	315	515	1250
M Poid	420		-	1230
M. Reid N. Vertz		_	380	380
N. Vertz	ALT OF			
M. Bullock	N-W	335	-	335
J. Sauble	B STAN	355	100	355
275 lbs.	In V	9.70	no silver	
W. Forchion	440	350	565	1355
V. Selvaggi	315	285	415	1015
D. Teets	No.	405	_	405
B. Abell	Ξ	370 335	of the state	370
G. Blaylock	_	335	_	335
(Thanks to Pfc	Vic S	elvaggi	for the	results
N. DES				
May/06 R	Ryan k	Cennell	y, Mor	e with
Rande Tales	from	the O	ympice	Nick

Bands, Tales from the Olympics, Nick Women, Teenage, and Masters Rankings. Jun/06 ... Kennelly's Path to Power, SQ, Atlantis Foundation, Louie on Max
Effort Day, Mabel Rader, TOP 165s
Squat Workout, TOP 100 132s.
Tries 1008 BP, TOP 100 114s.

Add Borngard Br program, Prings Louie Simmons, Mendelson
S, Thinks You Should Know, Running A
Successful Meet. TOP 100 242s.
Successful Meet. TOP 100 242s Successful Meet, TOP 100 242s.

Interview, John Stafford Interview, Quest

Sep/06 ... Mike Wolfe - IPF's Detley Albrings - Wade Hooper Interviews, Shawn Frankl - Janet Faraone Profiles, Louie on Kettlebells, TOP 100 114s. the Posterior Chain, USPF Srs., USAPI

(AND ALTERNATES), MAKE OUT A CHECK (\$5 PER ISSUE, INCLUDING S&H), SEND TO POWERLIFTING USA. CA 93011. (SPECIAL PRICE ON MULTIPLE QUANTITIES: 2-3 BACK Mendelson Profile, TOP 100 275s. Olympics, Gunda Von B., TOP 220s. NEGOTIATE A BETTER PRICE)



Sebastian Burns benching 750 in the 275s at the APF YMCA of Saratoga BP, photograph by Meet Director (who BP'd 700!) John Hart

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AL PROPERTY OF THE REAL PROPERTY.							V. Vanderhor		150	77	226	Master II				
APF YMCA Sara	toga	242 lbs.		1	Crabtree	159	463	St	159	77	226	Master II C. Brua	126	220 2	242	589
2 SEP 06 - Saratog	a, NY	Submaster Pu	re		lbs.		MALE					242 lbs.	120	220 2	42	309
BENCH Master	(65-69)	I. Blevins	341	HS			165 lbs.					Youth				
	satelli 350	D. Bailey	418	-	Slone	402	Teen					J. Belue	55	82 1	170	308
FEMALE 198 lb		PS CURL	***		l lbs.	402	A. Fields	374	220	363	959	275 lbs.	33	02	170	300
148 lbs. Open	_all_161	MALE			ster II		198 lbs.	3/4	220	303	939	HSP				
Raw S. Rab	ine 650	198 lbs.			Hoskins	319						E. Batton	137	187 3	385	711
V. Plitt 125 Subma		Master III			4th-325		B. Ely	463	264	463	1190	308 lbs.	13/	10/	003	/11
MALE C. St.		D. Dolin	104	Ma	ster V		Master II	403	204	403	1130	Pure				
	(65-69)	PS DEADLIFT			Dunn	286	B. Gabbert	429	336	418	1185	J. Allen	181	402 2	253	837
Junior T. Qui		MALE			lbs.	200	Master Pure	429	330	410	1103	(thanks to Gre				
L. Ciccarelli 470 220 lb		198 lbs.			ster II		B. Ely	463	264	463	1190	(manks to Gr	g van	noose 10	or the	resuits
Open/Raw Open	Total value 34	Master III			Shuffet	1 352		403	204	403	1190					
B. Drew 345 N. Hu	thes 470	D. Dolin	253		ster V	332	Pure					APA	Gator	rland O	pen	
275 lbs. R. Lew		PS SQUAT	200		Shuffet	352	T. Mullins	556	341	446	1344			- Bartov		
Master (40-44) 242 lb		MALE		Pui		. 332	242 lbs.	330	341	440	1344		2 00		,	425
	(40-44)	198 lbs.			Smith	424	Pure					BENCH		R. Davi	IS	435
Sanctioned S. Luc		Master Pure			master		I. Morrison	562	363	479	1405	FEMALE	DT	Open		
MALE 275 lb		G. Dix	479		Nichols		Raw	302	363	4/9	1403	Teen (13-15)/		275 lbs.		400
148 lbs. Open		BENCH	4, 5		lbs.	303	165 lbs.					Bodenbender	70	T. Stric	Kland	400
Master (40-44) S. Burn	ıs 750	FEMALE			ster 1		Master II					Master II/DT	100	CURL		
	(40-44)	123 lbs.			Smith	507	R. Freidman	363	203	396	964		160	FEMALI		
165 lbs. K. Clar		Master I		Pui		307	Master V	303	203	390	304	MALE Toom (16 17)	DT	Submas		
Teen (18-19) 308 lb		K. Hamby	170	4	Nelson	424	R. Freidman	363	203	396	964	Teen (16-17)/		C. Maly	ys	75
L. Quarters 325 Subma		MALE	., .		master		181 lbs.	303	203	390	304	B. Bouthot	235	MALE	LIDT	
181 lbs. M. Ha		148 lbs.			Blevins		Pure					N. Graham N. Sardoni	205	Master		105
	(50-54)	HSP			Bailey			573	336	518	1427	lunior/DT	_	M. Suar		125 DT
M. Quinne 290 V. Var		Push Pull		BP	DL	TOT	SHW	3/3	330	310	1427		425	Teen (1		וט
Master (45-49) SHW	militares 37	MALE		-			Pure					A. Lombardy	435	N. Sard		-
S. Dussault 480 Subma	ster	148 lbs.					C. Crisman	650	402	600	1653	Master I/DT D. Viars	270			
J. Hart	700	Master I					Power Sports		BP	DL	TOT	D. Brown	370 440	FEMALI		r
(Thanks to John Hart for pro		P. Sholes		259	418	677	MALE	Ch		DL	101	M. Suarez	315	Submas C. Maly		175
triums to join that for pro	runing results)	242 lbs.					181 lbs.					Master II/DT	313	MALE	ys	1/5
MILES W . I	of the same of the	HSP					HSP					L. Ford	AFFRI	Open		
NASA Kentucky		D. Flinchum		270	573	843	T. Mills	99	220	385	705	Open/DT	455"	275 lbs.		
25 MAR 06 - Paints	ille, KY	Powerlifting	50	BP	DL	TOT	B. Cooper	137	231	407	777	198 lbs.		P. Barn		625
PS BENCH A. B.	llou 310	FEMALE	-				181 lbs.	137	201	407	,,,	K. Goin	405	r. Darn	es	625
MALE N. H		Raw					Teen					275 lbs.	405			
181 lbs. Mast		165 lbs.					D. Board	154	198	413	766	A. Manske	475			
HSP D. D.		Master II					198 lbs.				, 00	308 lbs.	4/3			
L. Grant 286 220		V. Vanderhor	st	159	77	226	Master III		book			DT=Drug To	etad	*-Wa-1	d Da	cond
198 Pure	Contract Con	463	108	THE REAL PROPERTY.	nations	THE STATE	D. Dolin	104	181	253	540	!=American			nks to	
	II 440	Master V							101				A C C COL CL		IBS 10	SCOIL

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results and consequences of that test. If I am suspended from membership for any reason, including testing positive for a banned substance or doping method, I permit the ADFPF and the WDFPF to publish my name as a susp 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

so choose. Signature		If Under 2	If Under 21 yrs., Parent Initial Date		Skills. Aug	Prior Registration No
Name	1	Phone		E-mail	SOUND DRY	THOSE REPORTS OF THE STATE OF T
Address	nucles assetts	Bosonwe da 167 (10)	City	vestal etilli zetiko ziona	State	Zip Code
Date of Birth	Gender	U.S. Citizen?	ADFPF Registered Club M	ember		

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ion-active ADFPF Membership Fee \$20.00. Paid via (CIRCLE ONE): CASH CHECK made out to the ADFPF MONEY ORDER made out to the ADFPF

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

### 2007 USAPL

**High School Nationals** March 30th - April 1st Alexandria, LA 71303 Meet Director - Duane Urbina Phone: (337) 363-4663 for more information check our website www.highschoolnationals.com

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.

25 NOV, Southern USA Championship (Tunica, MS) www.apa-wpa.com 25 NOV, NASA Kansas Regional Championships (PL/BP Only/PS/PP Salina, KS) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-

25 NOV (New Date), SLP Mid-America Open BP/DL (Metropolis, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com,

NOV, APF Galaxy Gym Invitational Powerlifting & Bench Press Championships, J. Fellows, 17 Circle Dr., Meredith, NH 03253

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

2 DEC, 23rd Southeastern Cup PL/BP Classic [open (m &f), class II (m & f), Police & Fire, Teen, Masters - Cook Middle School Gym] Buddy Duke, 201 N. Burwell Ave., Adel, GA 31620, day 229-896-3988, gym 229-896-3035 bduke@southlink.us

2 DEC, 8th annual Big Bench

Shootout & Eastern States Raw BP (belts only), Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-

2 DEC, USAPL Albany Strength Championships, John Payette, 332 Central Ave., Albany, NY 12206, 518-433-1703

2 DEC, John Bernor and East East Barbell Present APF/AAPF PL, ronman, Single Lift Championships (Riverhead, NY) John Bernor, 631-846-4034, www.ironasylumgym.com **2 DEC**, USAPL Kentucky State/Blue Grass Open, Rob Campbell, 54 McClay Trail Dr., St. Peters, MO 63376, 636-

2 DEC, USAPL Tennessee State/ Appalachian Open, Alex Campbell, 615 Swimming Pool Rd., Hampton, TN 37658, 423-725-3159

2 DEC, Michigan Wolverine (PL, BP Ironman - Kalamazoo, MI - \$2000 prize money) Mike White, 269-207-8 3 1 6 strengthbeyondfitness@yahoo.com

2 DEC, NASA Missouri Regional Championships (PL/BPOnly/PS/PP Joplin, MO) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527

2 DEC, APF Pine Tree State Open (PL/BP) Chris Wiers, 14 Fern St Auburn, ME 04210, 207-777-3393 or 207-212-6453

2 DEC, SLP Illinois Christmas for Kids BP/DL (Mattoon, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com,

2 DEC, NASA Pushit - Pullit - Lift it Championships (Rio Rancho, NM)

### **COMING EVENTS**

Mike or Teale Adelmann. mike@liftinglarge.com, 505-891-

2DEC (added phone number), 6th Pocket Samson's Christmas Bench Press & Deadlift (men, women, all wt. divisions, sculptured trophies, team clock trophy, Toys for Tots silent auction) Westminster YMCA, 1719 Sukesville Rd., Westminster, MD 21157, Jeff Sprinkle, 410-848-3660 EXT 223, or call Samson, 410-634-

2 DEC, U.S.A. Power Open BP & DL (separate contests - teen, women, masters, men's open) B&R Family Fitness, 1040 Mill Creek Dr., Feasterville, PA 19053, Dave West 3-10PMEST, 215-355-2700 XT 130

2 DEC, NASA Upper Midwest (BP/PS/PP - Springfield, OH) Greg Van Hoose, RR 1, Box 166, Ravenswood, WV 26164, www.vhepower.com

2 DEC, Walker's Gym Deadlift Classic (Raw/open, men, women, teen, masters, military, police/fire-Walker's Gym, Hopewell, VA) Barry Walker

2 DEC (Tentative), APA Clash of the Iron Barbarians (Pautuxent, MD) www.apa-wpa.com

2 DEC, 19th Elkart Bench Press Classic, Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 574-674-6683,

2-3 DEC, USAPL Colorado State PL/BP Championships (??) Dan Gaudreau, 155 S. Dearborn circle,

#### APF/AAPF/WPO Schedule

NOV, APF Galaxy Gym Invitational 2 DEC, APF/AAPF Single Lift Championships 2 DEC, APF Pine Tree State Open 9 DEC, APF Rio Grande Valley Championships 9,10 DEC, APF Southern States 13 JAN APF/AAPF Jersey Iron 13-14 IAN APF/AAPF Lexen Xtreme Open 27 IAN, APF Orlando Barbell BP & DL CLassic 27 JAN APF/AAPF Buckeye Open 27 JAN APF Michigan State BP Championships 17 FEB, APF Indiana State PL/BP-Hawg Farm Open 17 FEB, APF/AAPF Candyazz Classic FEB, APF/AAPF Illinois State 24-25 MAR, APF/AAPF Illinois State 14 APR, APF Junior Open Nationals 5-7 MAY, APF Master, Submaster, Jr. JUN, APF/AAPF Chicago Summer Bash JUL/AUG, AWPC Worlds AUG 4, APF Florida State BP/Ironman

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

### APC 53rd Iron Man Open

Powerlifting & Bench Press Challenge (open, masters, teenage, women, junior)

Mr. Iron Man, Ms. Iron Woman Over 40 Mr. Iron Man A.P.C. National Qualifier December 9th, 2006 (Fresno, CA) Bob & Kim Packer

559-322-6805, 559-323-3892

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Aurora, CA 80012, 303-475-3366 3 DEC, APA Holiday Classic VII (Goodlettsville, TN) Wade Johnson, 6 1 5 - 7 8 2 - 4 0 3 6,

supersquat800@yahoo.com 3 DEC, SLP Missouri Christmas for Kids BP/DL (Poplar Bluff, MO) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-

il.com, www.sonlightpower.com

9 DEC, AAU Maryland State BP (Residents only) & Eastern DL Open (Dumbarton H.S., Towson, MD) Brian Washington, 410-265-8264, Brian@ushf net

9 DEC, SLP Arkansas Christmas for Kids BP/DL (Glenwood, AR) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcareil.com, www.sonlightpower.com

9 DEC, NASA West Texas Regional

(PL/BP Only/PS/PP-Hereford, TX) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513,

9 DEC, USAPL Midwest Senior State, Tim Anderson, 2181 Hwy 77, Lyons, NE 68038, 402-687-4182

9DEC, USAPL Virginia PL/BP/DL/ Ironman (Culpeper, VA) John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@aol.com,

9 DEC (DATE CHANGE), Immaculate Heart of Mary Holiday BP, DL, Ironman (Youngston, OH) Ron DeAmicis, 330-792-6670

9 DEC. 100% Raw World Championships (Sheraton Burlington Conference Center, Burlington, Paul

**UPCOMING WNPF MEETS** DRUG FREE POWERLIFTING (Raw, Single Ply, Unlimited)

16 DEC, Sarge McRay Championships

WNPF, PO Box 142347, Fayetteville, GA 30214 678-817-4743 or wnpf@aol.com website - members.aol.com/wnpf APF Michigan State Bench Press Championship January 27th, 2007

State meet will be APF/AAPF Cash meet will be WPO format with cash paid out day of meet. \$500 for highest bench per light, middle, and heavy weight classes

\$500 for top woman based off formula Strongest Gym contest will be based off top five benchers with highest bench towards the team total regardless of weight class

Overall best lifter will receive a free nutrition program from Anthony Ricciuto of Nutrition XP3

Sponsors include Detroit Barbell, Schiek weightlifting supplies, Edge Nutrition

Trophies will be sculptures by Carl Seeker

Photos/videos of the meet will be available for purchase from GnL Productions. Check out their work at www.GnLProductions.com

> Contact: Jim Harbourne 313-610-2019 jimharbourne@comcast.net





pres@rawpowerlifting.com, Bret vtpowerlifting@adelphia.net, 802-865-2747

9DEC, APFRio Grande Valley Championships (Harlingen, TX) Garry Pendergrass, 1-800-378-6460, www.seguinfitness.com

9 DEC, APA Green Mountain

Regionals (Fairhaven, VT) www.apa-

9 DEC, IPA Christmas Carnage (full power, BP - Leesport, PA) Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610-948-

9,10 DEC, FIB World Bench Press/ Deadlift, Ginasio do Cruzeiro Novo, Quadra 609 Cruzeiro Novo, Brasila DF Brazil, Caramello (61)

DL(Glenwood, AR)

3032-2992, 9627-9668, 8146-8290, www.supino.com.br 9-10 DEC, USAPL Northeastern

USA Regional Championships (BP, PL-Scranton or King of Prussia, PA) Robert Keller, rhk@verizon.net, 954-7 9 0 - 2 2 4 9

www.purepowerlifting.com 9,10 DEC, APC 53rd California Iron Man (Fresno, CA) Bob Packer (559) 322-6805 or (559) 658-5437 **9,10 DEC**, APF Southern States (Jacksonville, FL) 386-734-3128,

worldpowerlifting.org
10 DEC, SLP Oklahoma Christmas for Kids BP/DL (Sallisaw, OK) SLP. 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcareil.com, www.sonlightpower.com

#### **UPCOMING COMPETETIONS**

25NOV, SLP Mid America Open BP/DL (Metropolis, IL) 2 DEC, SLP Illinois Christmas for Kids BP/DL(Mattoon) 3 DEC, SLP Missouri Christmas for Kids BP/DL (Poplar 9 DEC, SLP Arkansas Christmas for Kids BP/

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

10 DEC (corrected phone number), ADAU 14th Raw "Coal Country" Classic (SQ/BP/DL/ Open/All ages - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214,

16 DEC (NEW DATE), Iron Chamber Gym BP/ DL (East Canton H.S., Canton, OH) Jeff Begue, 330-844-1011

16 DEC, River Valley Classic BP, (Horseheads High School, Horseheads, NY) Ed Patten, 220 S.

Walnut St., Elmira, NY 14904, 607-733-4997.

16 DEC, 4th Bench Press & Deadlift Classic (Lehighton, PA) Rob Eckhart, 610-377-5852, eckhart1@ntd net

16 DEC, APA Grand Floridian Classic (location

TBA, FL) www.apa-wpa.com

16 DEC, NASA Illinois "Christmas" Regional (PL/BPOnly/PS/PP-Flora, IL) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sahndl@aol com

16 DEC, 9th WNPF Sarge McRay Championships (BP,DL, Ironman, PC - Bordentown, NJ) Troy Ford, WNPF, PO Box 142347, Favetteville, GA 30214.678-817-4743.wnpf@aol.com

16 DEC, 100% Raw Bowie-Robinson Memorial Cup (Chicago, IL) Shawn Lyte, rawlifting@bmfsports.com

16 DEC. 100% Raw Christmas Classic BP/Curl. John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@aol.com

16.17 DEC, AAU World BP, DL, PP (Plaza Hotel, Las Vegas, NV) Martin Drake, Box 108, CA 92567, Nuevo. naturalpower@earthlink.net

30 DEC (New Date), SLP "The Last One" BP/ DL, SLP, 122 W. Sale, Tuscola, IL 61953, (217) sonlight@netcare-il.com, 253-5429. www.sonlightpower.com

13 JAN, APF/AAPF Jersey Iron (all divisions - Carteret, NJ) Henri Skiba, 732-598-9369,

astroboy252@mac.com

13 JAN, USPF Virginia BP Record Setters (Open, Teen, College, Masters, Police, Fire) Jake Heglar, 22 Zerkel St., Luray, VA 22835, 540-743-2925, support@virginiapowerlifting.com,

13,14 JAN, APF/AAPF Lexen Xtreme Open Dan Dague, 3665 Garden Ct., Grove City, OH 43123.614-554-8824

20 JAN, PPL Augusta Drug Free (PL, BP, BP reps, DL, P-P, Posedown), Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, outhongum@aol.com.

27 JAN, USAPL Wisconsin Open, Bruce Sullivan, 1545 4-1/2 Mile Rd., Racine, WI 53402, 262-639-

27 JAN, USAPL Wisconsin State, Bruce Sullivan, 1545 4-1/2 Mile Rd., Racine, WI 53402, 262-639-27 JAN, APF Orlando Barbell BP & DL Classic (BP,

DL, Ironman, Teen, Subs, Masters) Brian Schwab, Orlando Barbell, 2784 Wrights Rd., Ste. 1004, Oviedo, FL 32765, 407-678-2447, lightweightpower@aol.com

27 JAN, APF/AAPFBuckeye Open PL/BP, (Days

Inn, Fremont, OH) Rob Twining, 419-334-2982, rob at outlawbarbell.com

27 JAN (NEW DATE), APF Michigan State Bench Press Championship/Bench for Cash, Jim Harboume, 1018 Coolidge Ave., Clawson, MI 48017, 313-610-2019 27,28 JAN, USAPL New Jersey State (Atlantic City



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in/out of state divisions) Rob Wagner, 609-822 9309, raw@oceansidesj.com, www.oceansidesj.com 28 JAN, Winter BP/DL Classic, Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 574-674-6683 JJRCSmoker@hotmail.com

**3 FEB**, USAPL Virginia Open (PL, BP, Ironman-Raw and Assisted, Culpeper) John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932,

3 FEB, AAU Sooner State Games Winter Festival (BP/DL - Shawnee, OK) Rickey Dale Crain, 405-275-3689, 800-272-0051, rcrain@charter.net 3 FEB, NASA Arizona State (Un/Equipped, PL/ PS/PP/BP Only - Mesa, AZ) NASA, Box 735,

Noble, OK 73068, 405-527-8513, sqbpdl@aol.com 10 FEB, New Castle's 16th annual BP (men, women, teen, masters) Chuck Ullrich, 214 E. Garfield Ave., New Castle, PA 16105, 724-658-

16-18 FEB, USAPL Women's Nationals, Paul Fletcher, 17735 Creek Hollow Rd., Baton Rouge, LA 70617, 225-753-8586

17 FEB, APF Indiana State PL/BP - Hawg Farm Open (Plaza Hotel, Evansville, IN) Larry Hoover, 812-385-9932, quad4hoov@peoplepc.com
17 FEB, Lewiston Red Brick Bench Press (Assist,

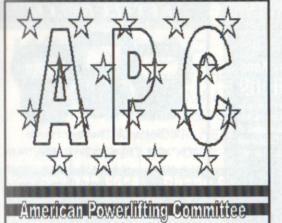
Raw, all weight and age divisions - Lewiston Red Brick School, Lewiston, NY) This is a benefit for our troops overseas and their families back here. Last year we had 75 competitors. Help us get to 100 this year. Dennis Brochey, 205 N. 5th St., Lewiston, NY 14092, 716-200-3533, cdbrochey@adelphia.net 17 FEB, WABDL Penn-Ohio-New York Regional BP/DL Championships (World Qualifier - Beaver Falls, PA) Charles Venturella 724-654-4117

17 FEB, APF/AAPF Candyazz Classic (PL, single lift-Iron Asylum Gym, Tribes Hill, NY) Sand or Zane 518-858-7002, McCaslin.

www.ironasylumgym.com

17 FEB, Valentine Strongman & Wife Carrying Contest (Woodlands, TX) donpbaker@gmail.com, http://sports.groups.yahoo.com/group/ LoneStarPowerlifters

17-18 FEB, NASA Ohio State High School & Teenage Nationals (PL/BP/PP - Springfield, OH) Greg Van Hoose, RR 1, Box 166, Ravenswood, WV 26164, www.vhepower.com 24 FEB, USAPL SDPL & BP, Jeff Blindauer, 5912 W56th St., Sioux Falls, SD57106, 605-201-2411 FEB, APF/AAPF Illinois State, Ernie Frantz/Amy Jackson, 630-896-7309, amyljackson@aol.com FEB/MAR, USAPL Florida State Powerlifting Championships (Miami or Ft. Lauderdale, FL) Robert Keller, 954-790-2249, rhk@verizon.net,



December 9, 2006 53rd Cal, Ironman, Fresno, Ca. April, 2007, Georgia State Pl, Athens, Ga. July 13, 14, 15, APC Nationals, Atlanya, Ga.

For information call L B Baker 770-713-3080 www.americanpowerliftingcommittee.com sponsored by IronDawg Power, Inc. www.irondawg.com

3 MAR, NASA Bench Press Nationals & Midwest Power Sports & Push Pull Championships (Kansas City, KS) NASA, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

3 MAR, Fulton Football Club Push/ Pull (open to high school athletes, 9-12, boys & girls - Fulton, NY) Dave Eddy, 315-598-3029,

3,4 MAR, CPC Canadian Championships (Okotoks, Alberta) 403-938-3067

10 MAR, 100% Raw Powerlifting ederation Teen, High School, Jun ior. Collegiate Nationals (Cherry Hil Park, College Park, MD) Jim Roberts, 3 0 1 - 8 7 5 - 2 5 4 4 , md@rawpowerliftng.com www.rawpowerlifting.com,

10 MAR, USAPL Military Nationals, John Pena, 2065 S. Aliso Spring Ln., Tuscon, AZ 85748, 520-312-2110

10 MAR, NASA Missouri State High School & Open State Champion-ships (PL/BP Only/PS/PP - Joplin, MO) NASA, Box 735, Noble, OK 73068. 405-527-8513,

10 MAR, NASA Police, Fire, Military Nationals (Kansas City, KS) Jim Duree, jduree 7086@aol.com 10 MAR, Walker's Gym Bench Press for St. Jude's Hospital (Raw/open, men, women, teen, masters, military police/fire-Walker's Gym, Hopewell, VA) Barry Walker 804-458-7918

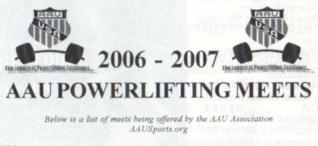
17 MAR, NASA Tennessee State (PS/PL/unequipped, BP/PP-Pickwick St. Park, TN) NASA, Box 735, Noble, OK 73068, 405-527-8513,

24 MAR (date assigned), AAU Oklahoma Open/BP/DL State PL. Rickey Dale Crain, 405-275-3689, 800-272-0051, rcrain@charter.net 24 MAR, NASA KY State (PL/BP/ PS/PP - Paintsville, KY) Greg Van Hoose, RR 1, Box 166, Ravenswood, WV 26164, www.vhepower.com

24, 25 MAR, AAU East Coast BP, Triple Crown Classic, Virginia State, Police/Fire, 804-559-4624,

24,25 MAR, APF/AAPF Illinois State (Bolingbrook H.S.) Amy Jackson & Ernie Frantz, 630-896-7309,

amyljackson@aol.com
25 MAR, USPF Rhode Island State Cranston, RI 02921, 401-946-5350, uspf-ri@cox.net, www.ripl.org



2006 August 12

AAU - Full Power Iron Meet, Berlin, Vermont - Three lift meet

More information: www.vtpowerlifting@adelphia.net. Phone: 802-865-2747 Bret Kernoff

August 26

AAU National Push-Pull Championship, Mocksville, NC More information: keit@ironboypowerlifting.net

Phone: 336-766-334 Keith Payne

AAU Florida State Powerlifting & Bench Press Championships Brandon, Florida - Three lift meet and bench press-limited to 3 lifters

More information: www.aausports.org. Phone: 804-559-4624 after

AAU Crain Bench Press & Deadlift Open, Shawnee, OK

More information: RCrain@charter.net Phone: 405-275-3689 or 800-272-0051

2006 AAU World Powerlifting Championships (LIMITED Oct. 20 - 22 NUMBER OF LIFTERS EACH DAY). Crowne Plaza Hotel -

Richmond, Virginia - Three lift meet, Raw & Assisted - Crossovers

More information: vapowerlifting@aol.com

Phone: 804-559-4624 after 7:00 pm (EST)

2006 AAU International Single-Lift/Push-Pull Championships (LIMITED NUMBER PER DAY), Crowne Plaza Hotel - Richmond, Oct. 20 - 22 Virginia - Bench Press, Deadlift and Push-Pull Meets, Raw &

Assisted - Crossovers available More information: vapowerlifting@aol.com

Phone: 804-559-4624 after 7:00 pm (EST) 2006 AAU World Bench, World Deadlift and Push-Pull

Dec. 16-17 Championship, Plaza Hotel - Las Vegas, NV

More information: naturalpower@earthlink.com - Martin Drake

February 3 2007 AAU Sooner State Games Winter Festival, Shawnee, Oklahoma - Bench Press and Deadlift
More information: www.rickeydalecrain.com

800-272-0051 or 405-275-3689 2007 AAU Oklahoma State Meet, Oklahoma - Powerlifting/Bench March 24 Press/Deadlift

More information: www.rickeydalecrain.com Phone: 800-272-0051 or 405-275-3689

March 24-25 AAU East Coast Bench Press, Triple Crown Classic, Virginia State, Police/Fire

More information: www.vapowerlifting@aol.com Phone: 804-559-4624

July 14-15 2007 AAU National Powerlifting Championship & Sooner State Summer Games, Oklahoma - Powerlifting/Bench Press/Deadlift More information: www.rickeydalecrain.com

Phone: 800-272-0051 or 405-275-3689 July 07 AAU Junior Olympics and Bench Press Meet, Knoxville, TN

> AAU 3 lift World, Single Bench Press, Single Deadlift and Push-Pull Powerlifting Championship, DISNEY WORLD - Orlando,

nation: vapowerlifting@aol.com Phone: 804-559-4624

25 MAR, USPF Rhode Island High School PL/BP, Ted Isabella, 40 Hillcrest Cranston, RI 02921, 401-946-5350, uspf-ri@cox.net, www.ripl.org 25 MAR, USPF Rhode Island Police 25 MAL, OSP Midde Island Folice & Fireman PL/BP, Ted Isabella, 40 Hillcrest Dr., Cranston, RI 02921, 401-946-5350, uspf-ri@cox.net,

25 MAR, 8th Pittsburgh Monster BP & DL (men, women, all divisions, all classes, cash prizes - Holiday Inn Airport, Pittsburgh, PA) Mike Barravecchio, 152 Dover Dr., Moon Township, PA 15108, 412-264-9996 30 MAR - 1 APR, USAPL High School Nationals (Alexandria, LA) Duane Urbina, 337-363-4663,

www.highschoolnationals.com 31 MAR, 44th Great Lakes PL (ADAU National Qualifier) Joe Orengia, 4319 W. 26th St., Erie, PA 16506, 814-

31 MAR, USAPL NJ State High School BP, Mark Salandra, 5 Thompson Close, Hillsborough, NJ 08844, 9008-

31 MAR-1 APR, NASA High School Nationals (Un/equipped, PL/PS-Oklahoma City, OK) NASA, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

MAR, NASA Power Sports Nationals & Unequipped PL (PL/BP/PS/PP - Russellville, AR) NASA, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

7 APR, USAPL Richmond Open PL/BP (open to out of state lifters - sculptured awards - Mechanisville, VA) Phillip Battle, PO Box 9713, Richmond, VA 23228, 804-301-2196

13-15 APR, USAPL Collegiate Nationals, Johnny Graham, 2203 Excel Dr., Killeen, TX 76542, 254-526-0779

14 APR (new date), APF Junior Open Nationals & Windy City Open Velocity Sports, Willowbrook, IL Eric Stone 630-794-0594, thestone@chicagopowerlifting 14 APR, Northern VA Raw PL/BP (Sterling, Virginia) John James, 703-4 7 5 - 9 8 8 5 ,

14 APR (new date), NASA The HUGE One (Milwaukee, WI) Job Hou-

statechairman@wisconsinpowerlifting.com 14 APR, APC Georgia State PL/BP, L.B. Baker, 770-713-3080, www.irondawg.com

21 APR, PPL Georgia Drug Free (PL, BP, BP reps, DL, P-P, Posedown), Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, ngum@aol.com

21 APR, Dungeon Powerworks Drug Free Bench Slam & Deadlift, Mark Mellinger, 15681 Featherstone Rd. Constantine, MI 49042, 269-506-5386 or 269-435-7586

21-22 APR, Power Palooza IX (full power, BP, DL - Leesport, PA) Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610-948-

27,28 APR, WDFPF European Single Event Championships (Horgen, SWI) www.wdfpf.cc 4-6 MAY, USAPL Master Nation-

als (MILWAUKEE, WI), Bruce Sullivan, 1545 4 1/2 Mile Rd., Racine, WI 53402, 262-639-

5 MAY, NASA Bartlesville Push Pull (Bartlesville, OK) Jim Duree jduree 7086@aol.com

5 MAY, NASA Western States (Equipped, Unequipped PL/PS/PP/BPOnly-Mesa, AZ) NASA, Box 735, Noble, OK 73068, 405-527-8513,

Sqopaleaoi.com 5-7MAY, APF Master, Submaster, Junior Nationals (PL/BP) Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070 or 207-754-9927

MAY, USAPL Florida State High School Championships (BP, PL - Ft. Lauderdale, FL) Robert Keller, 954-790-2249, rhk@verizon.net,

www.geocities.com/floridausapl
3 JUN, "We Don't Need No Stinkin Drugs" Raw BP and Deadlift for Reps. Joe Orengia, 4319 W. 26th St., Erie, PA 16506, 814-833-3727

9 JUN, USAPL NJ State High School, Mark Salandra, 5 Thompson Close, Hillsborough, NJ 08844, 908-874-

9 JUN, ADFPF Open Powerlifting (single, strongman, unequipped-Washngton Square Mall, Evansville, IN) Dick Conner, Meet Director,

9 JUN, NASA Kansas City Push Pull (Kansas City, KS) Jim Duree, uree 7086@aol com

9-10 JUN, USAPL Teen/Jr. Nationals, Tod Miller, 73 N. Pine Rd., Plainwell, MI 49080, 269-664-4814

JUN, APF/AAPF Chicago Summer Bash 4 (Velocity Sports, Willowbrook, IL) Eric Stone, 630-794-0594,

JUN, NASA USA Nationals, (PL, BP, PS, PP - Las Vegas, NV) NASA, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com JUN, 5th IPF/NAPF North Ameri-

can Powerlifting Championships (Guatamala City, Guatemala) Robert Keller, rhk@verizon.net, 954-790-2249

12-15 JUL, USAPL Men's Nationals. Harold Gaines Sr., 2 Tristan Terrace, St. Charles, MO 63303, 314-805-2044

14-15 JUL (new date), AAU National Powerlifting Championships & Sooner State Summer Games (Oklahoma City, OK) Rickey Dale Crain, 405-275-3689, 800-272-0051, rcrain@charter.net

21 JUL, PPL Southeastern Drug Free (PL, BP, BP reps, DL, P-P, Posedown), Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806,

(Un/equipped, PL/PS/PP/BP Only - Pickwick St. Park, TN) 28 JUL, Vermont State Open Raw BP, Rick Poston, 1881 Williston Rd. S. Burlington, VT 05403, 802-865-3 0 6 8 / 3 1 6 7 americanfitnessvt@yahoo.com

www.aausports.org JUL/AUG, AWPC Worlds (Chi-

Frantz, 630-896-7309, amyljackson@aol.com 4 AUG, ADAU Single Lift Nation-als (SQ, BP, DL - Men/Women - all age divisions, Joe Orengia, 4319 W. 26th St., Erie, PA 16506, 814-

4 AUG, Northern VA Raw PL/BP www northernvarawnower.com

3672

21 JUL, NASA Grand Nationals

JUL, APC Nationals & America's Cup PL/BP, , L.B. Baker, 770-713-3080, www.irondawg.com JUL, USAPL/USOC West Palm Beach Sports Commission Youth Fitness Festival (West Palm Beach, FL) Robert Keller, 954-790-2249, rhk@verizon.net www.geocities.com/floridausapl

JUL, USAPL/USOCTropical Games Championships (BP, DL - West Palm Beach, FL) Robert Keller, 954-790rhk@verizon.net, www.geocities.com/floridausapl JUL, AAU Junior Olympics and BP (Knoxville,

cago, IL) Amy Jackson and Ernie 630-896-7309,

833-3727

(Sterling, Virginia) John James, 703-475-9885,

4 AUG, APF Florida State BP/ Ironman (Boca Raton, FL) Bob Youngs, Ed Rectenwald, Lance Mosley, 561-718-9877,

AUG, USAPL Deadlift Push Pull Nationals, Jim Hart, Box 82264, Lincoln, NE 68501, 402-47-

12-14 OCT, AAU 3 lift World, Single BP, Single DL, Push-Pull (Disney World, Orlando, FL) vapowerlifting@aol.com, 804-

20 OCT, PPL Nationals Drug Free (PL, BP, BP reps, DL, P-P,

Posedown), Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 7 0 6 - 7 9 0 - 3 8 0 6 ,

20 OCT, NASA Unequipped Nationals & Power Sports Championships (Oklahoma City, OK) NASA, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

OCT, WDFPF Single Event World Championship (Montesilvajo, Italy) www.wdfpf.cc

3 NOV, Northern VA Raw PL/BP (Sterling, Virginia) John James, 703-4 7 5 - 9 8 8 5 , www.northernvarawpower.com 3 NOV, NASA Kansas City Regional (Kansas City, KS) Jim Duree,

duree 7086@aol.com NOV, USAPL Southeastern USA Regional Championships (BP, PL - Mi-ami, FL) Robert Keller, 954-790rhk@verizon.net,

www.geocities.com/floridausapl NOV, USAPL Police & Firefighter National Championships (BP, PL - Miami, FL) Robert Keller, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl DEC, 6th USAPL American Open Championships (BP, PL - Philadel-phia, PA) Robert Keller, rkh@verizon.net, 954-790-2249

17-19 FEB 08, USAPL Women's Nationals, Johnny Graham, 2203 Excel Dr., Killeen, TX 76542, 254-526-0779

28-30 MAR 08, USAPL High School Nationals, Tod Miller, 73 Pine Rd., Plainwell, MI 49080, 269-664-4814

7-11 MAY 08, USAPL Master Nationals, Robert Keller, Box 291571, Davie, FL 33329, 954-790-2249

MAY '08, WDFPF European Single Event Championship (Como, Italy) www.wdfpf.cc 13-14 JUN 08, USAPL Teen Junior Nationals (St. Louis, MO) Harold Gaines Sr., 2 Tristan Terrace, St. Charles, MO 63303, 314-805-2044

OCT/NOV '08, WDFPF Single Event World Championship (Belgium) www.wdfpf.cc

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	Contract of the second			20			
SLP S	Superi	an Classic B man Classic Metropolis,		fters: Bruce S W. Stinson Open		ens and Joe C J. Hughes DEADLIFT	arter
BENCH	00 -	220 lbs.		148 lbs. Patton-Gooch	255*		
MALE Wheelchair 123 lbs.	205*	D. Clark 4th-300* Submaster	280*	4th-260* 198 lbs. P. Lauffer	530		300
H. Logsdon Teen (13-15)		T. Ardolino	225	242 lbs. J. Lawson		242 lbs. S. Breen	580

on it was Heath Logsdon taking the wheelchair 123 class with a new Illinois state record of 205. Heath's opener was so easy, that a move to 215, then 220 seemed likely, but the stability wasn't there on this day. Still, Heath is and allvays has been a great inspiration to us all. In the men's teenage division it was Levi Hobeck with a solid 195 at 13-15/ 132, just missing a final attempt of 200 to tie the state record there. For the 16-17 age group first-time lifter Zach Ermel won at 148 with 210 while Allen Lewis took the 181 title over Ben Comer 250 to 215. Our final teenage lifter was shw winner David Kennedy, who finished with 200. Another first-timer, Dave Clark, won at junior 220 with a new state record of 300 in the raw division. Tony Ardolino lifting in his first competition, won at submaster 198 with 240. Tony came all submaster 190 with 240. John calle an the way from New Jersey to compete! Shawn Breen looked strong at 242, finish-ing with 500, after making 530, but being called for dipping the bar. Taking the best lifter award as well as the 40-44/198 title was Bruce Stevens. Bruce broke the existing Illinois state record with his 530 third attempt before making his fourth with 540. Kevin Bolen won at 220 with 400 while Jerry Stafford broke the state record at 242 with 550. Our final master lifter was Wayne Stinson, who set a new personal record at 65-69/181 with 250! In the open division Eddie Patton-Gooch broke the state raw record at 148 with his 260 final attempt. Paul Lauffer, having trouble with a shirt that was just too big trouble with a shirt that was just too big for him, won at 198 with 530. Joey Lawson had his best day ever at 242 with his first official 500, but went on to come close with 545 and 565. Joe Carter returned to bench competition after a few months off due to some pec injuries, then won at 275 with an easy 540. Nick Ball broke the state record for the 275 raw class with 500. For the open 308 class it was Philip Little making just his opener of 475, though he is capable of much more. Then at superheavy it was Jeremy Hughes with 475 also. In the deadlift event David Kennedy pulled his first official 300 deadlift with his win at 16-17/shw! Submaster Shawn Brown took the 242 class with a solid 580 while Wayne son locked out his first official 300 at 65-69/181 as well! Best lifter Joe Carter finished with his second attempt of 715, passing his third, winning at 275. Thanks for all those who helped with the compe-tition, including my son Joey, Harley Timbs, Joe Carter, Butch Adams, Larry Greer and Randy Richey. See you all again next year! (Thanks to Dr. Darrell Latch for providing these meet results)

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- Ratchet/tighten belt as desired
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  - seconds and released instantly with one simpl movement.
  - Saves your energy. Tightening the PR Belt absolutely no strain. With the PR Belt there's no nee
  - Quality. Riveted and lock-stitch sewn with corrosive resistant hi-density nylon. One solid thickness of th finest, select, exclusive leather. TIG-welded apparatu Finished with top quality, fine suede which provides non-slip surface
  - Very secure. The belt automatically locks until you manually release it

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APF Clayton Fitness Push/Pull 29 JUL 06 - Raleigh, NC FEMALE BP DL TOT 330 402 733 MALE 165 lbs. 110 242 352 220 lbs. K. Hogg 308 lbs 705 — 705 D. Everhart J. Gupton 181 lbs. B. Hooker 198 lbs. 303 573 876 W. Booth 242 lbs. 804 - 804 Stewart Submaster 198 lbs. A Smith 336 308 644 220 lbs. M. Hollbrook 540 - 540 242 lbs. 352 617 970 600 534 1135 R. Coates Master I. McGill 529 - 529 363 - 363 D. Campbell 435 501 937 Willard 275 lbs. 501 600 1102 E. Hubbs 551 -551 Rabon 308 lbs.

(Thanks to Joseph P. Smith, who put to- 114 gether the new website for North Carolina K. C. APF powerlifting events for these results) 123

18th Waialua Health Club 12 AUG 06 - Wialua, HI SQ BP DL TOT Master (40-44) B. McDougall 280\* 225\* 335\* 840\* D. Agaran 275\* 365\* 365 1005
B. Biroan 225 310 300 835

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	17	A Thin		·
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7.8 A. A. E. S.				
五山田				
			FORZA	
			Million	
Chip Stewart won the Best Lifte	er award, had the biggest	bench press of the n	neet, and set a World Rec	cord

with his 804 @ 242 done at the APF Clayton Fitness Push/Pull. (photograph provided by Joe Smith)

Teen 114 lbs.					M. Elvena 275 lbs.	135	425	425	965	1	
K. Cabison	45	155	255	455	B. Pactol	550	500*	500	1550	1	
123 lbs.					*=WHC Reco	rds. N	lost In	proved	Lifter:		
J. Balmoja	225	245*	350	820	Jacob Valmoja. Most Outstanding Teen: Jacob Valmoja. Most Outstanding Male:						
M. Pascua	185	235	275	695							
148 lbs.					Boogie Pacto	. Most	Outst	anding	Master:	1	
S. Pactol	250	250*	260	760	Deron Agaran. Most Outstanding Overall:						
K. Cabison	135	210	255	605	Jacob Valmoja	. (resu	lts fron	Dale	Yoshizu)	-1	
220 lbs.										1	
K. Biroan	260	220	290	770	A	DA In	du On			1	
Open							dy Op				
165 lbs.					10 JUN	06 - 1	ndian	apolis,	IN		
J. Kutsmeda	235	225	285	745	BENCH		Op	en/DT		-	
C. Echinove	235	-	_	-	FEMALE		S. I	Biddle	125	1	
242 lbs.					132 lbs.			4th-13	5		

3iroan 225 310 300 835 242 ib	s. 132 lbs.	4111-133
	W Powerlifting Federation  Tembership Application	
LAST NAME:	FIRST NAME:	INT
STREET ADDRESS:	ne between villager - 1 - end	THE RESERVE
CITY/STATE/ZIP:		
AREA CODE / TELEPHONE:	DATE OF BIRTH:	
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\$25 - ADULTS \$10 - HIGH SCHOOL 139 MARLAS WAY, CAMDEN, NC 27921

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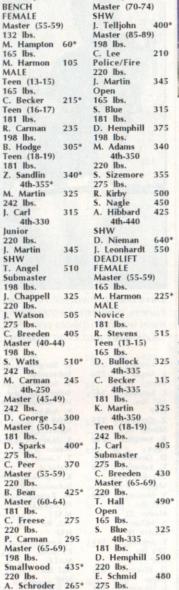
DATE OF APPLICATION:

(This Will Be Your Renewal Date)

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

www.RAWPOWERLIFTING.com

	148 lbs.		One	en/DT		
	Master			Hoffman	515	
	R. Singel	125		lbs.		
	4th-130			n (16-1)	7)/DT	
:	198 lbs.			Linville	330	
:	Teen (18-19)/	DT		en/DT		
		130		Rogers	630	
:	UNL		P. I	inville	520	
)	Teen (18-19)/	DT		DLIFT		
,		195		MALE		
	Teen (13-15)/		132	lbs.		
	H. Biddle	125		en/DT		
	MALE			Biddle	225	
	Formula		UN			
5	Master I		Tee	n (13-1	5)/DT	
	M. Hinders	430	H.	Biddle	300	
	C. Zeller	_	MA	LE		
	Master II		220	lbs.		
	D. Abbott	485!*	Ope	en/DT		
	D. Goble	470	K. 1	Phillips	700	
	R. James	450	242	lbs.		
	T. Boyer	410	Sub	master		
	Submaster		B. 1	Newby	525	
	B. Hoffman	515	CUI	RL		
	M. Struck	405	MA			
	Junior		220	lbs.		
	T. Rogers	630		ter II		
	J. Wolfarth	210	D.	Shorter	90	
	242 lbs.					
	Open			17		
	B. Hoffman	515				
	FEMALE		BP	DL	TOT	
	114 lbs.					
	Open/DT					
	N. Palmer		120	286	405	
	198 lbs.					
	Teen (18-19)/	DT				
	A. Biddle		130	275	405	
	UNL					
	Teen (13-15)/	DT				
	H. Biddle		125	300	425	
	MALE					
	181 lbs.					
	Junior					
	A. Ridgeway		-	-	_	
	220 lbs.					
	Open/DT		425	700	1105	
	K. Phillips		425	700	1125	
	275 lbs.					
	Master I		420	570	1000	
	B. Rhoades		430	5/0	1000	
	308 lbs.					
	Open R Williamson		415	615	1030	
	B. Williamson	Pacard				
	Best Lifters:					
	Rogers. (Thank					
	Rogers. (Thank	19 10 30	ott id	yior for	(csuits)	



SLP Ft. Hamilton Days

8 JUL 06 - Hamilton, OH

The Son Light Power Ft. Hamilton Days final attempt of 510. With most of his right Bench Press & Deadlift Championship hand missing, Tony's success was shared

was held at Samson's Gym in Hamilton, Ohio. Another great turnout and a well run meet, thanks to owners Darris and 505 at 220. This also broke the existing state record by ninety-five pounds! Our final submaster lifter was Chad Breeden, who finished with 405. Steve Watts gained Cathy Sparks and their staff at the gym. We also had some great sponsors this year, including Inzer, Europa Sports, Nu-Look Nutrition and Titan, which donated two of its Katana swords as best lifter awards. In the bench press event Mary Ann Hampton broke her own Ohio state record at 55-59/132 with her 60 final attempt. Marianne Harmon, state record-holder at 55-59/165, finished with 105, after her 110 final attempt failed. For the teenage men's 13-15 age group it was first-time competitor Cody Becker with a new state record of 215 at 165. Rick 490\* Carman broke the state raw record at 16-17/181 with 235 while Brian Hodge got both the raw and open 16-17/198 records with 305. In the 18-19 age division Zach Sandlin won over Mark Martin with his state record 340 to Mark's 325. A fourth with 355 was also good, as Zach upped the state record once again. Josh Carl won at 242 with 315, followed by a successful 330 fourth. Another first timer was James S. Nagle 585 Martin, who won at junior 220 with 345.

Best Lifter Bench Heavyweight: Dave Nieman. Best Lifter Deadlift: Rob Stevens.

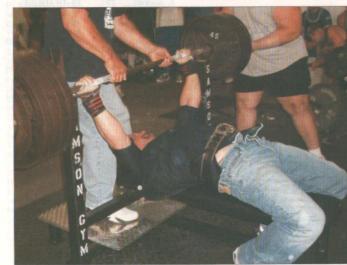
33 Journ. Anomer first timer was junior 220 with 345.

Tony Angel got his first ever 500 bench at junior shw, then finished with a strong broke the state raw record at 65-69/220

one bencher over the age of seventy. Jeff won at 70-74/shw with a big 400! Another crowd favorite was eighty five year old Charles Lee. A several time national and world champion and record holder, Charles finshed here with 210 at 85-89/198. James Martin, who won at junior 220 won also at police & fire/220. In the open division Steve "Baby" Blue took the 165's with 315 raw. Denako Hemphill won at 181 with 375 while Matt Adams set an new personal best with his 350 final attempt. Steve 355. In the 275 class Randy Kirby prevailed over Steve Nagle 500 to 450. This was Randy's first official 500 in competition! Alan Hibbard won at 275 raw with and easy 425 and 440. At shw we had a battle between the two big men, Jason "Sissy-Boy" Leonhardt and

Jason Chappell won at submaster 198 which also gave him the best overall with 325 while Jason Watson got a big pr 505 at 220. This also broke the existing state record by ninety-five pounds! Our the deadlift event Marianne Harmon won her second title of the day at 55-59/165 who finished with 405. Steve Watts gained the best lifter award for the lighter lifters as he broke the existing Ohio state record well as being our best lifter for the at 40-44/198 with 510. Mike Carman won at 40-44/242 with 245, then 250 for his who pulled 515 at a 180 bwt! Dillon final attempt. Coming all the way from Wisconsin again this year was raw 45-49/242 lifter and state record holder Cody Becker, who finished with 315. Both came back with successful fourths of 335. Dennis George. Dennis finished with Also at 13-15 was 181 winner Kevin 300. Darris Sparks had the greatest day of his career with his first official 400 fourth. Josh Carl tied the state record at bench, taking the 50-54/181 class! Also at 50-54 was 275 winner Charles Peer, who in spite of his continued right elbow tition, won at submaster 275 with 430 who in spite of his continued right elbow tition, won at submaster 275 with 430 problems, took the title with a solid 370. while Tom Hall broke the state record at Bob Bean, another great master lifter, broke the state record at 55-59/220 with division Steve "Baby" Blue won at 165-69/250 with an easy 490! In the open division Steve "Baby" Blue won at 165 with 335 while Denako Hemphill took the 275 while fellow division winner at 220, Paul Carman, finished with 295. Wayne 220 with his 480 opener and Steve Nagle, broad with 1875 with a big 500. Eric Scmid won at 220 with his 480 opener and Steve Nagle, broad with 1875 with a big 500. Smallwood, one of the world's greatest master lifters at 65-69 broke the state record at 198 with 435. Andrew Schroder Samson's, including Dick, Paul, Bob and Jason. See you all again this fall for the with 265. Up next was the amazing Jeff Ohio State Championship! (results of this Telljohn, who must be the world's number meet provided courtesy Dr. Darrell Latch)





Steve Watts' state record 510 @ 40-44/198 in Hamilton, OH. (Latch) Dave Nieman. Dave won





DT=Drug Tested. Best Lifters: James Jacobs, Pat O'Grady, and Shawn O'Grady. A big special thanks to David Brown and the staff of Scott Taylor)

Main Street Fitness of Zephyrhills, James Jacobs benched 600, and missed 650 twice at the APA Central

		Florida Oper Zephyrhills, F		Master IV F. Cummings		A. Lombardy D. Rollins	400
BENCH		J. LaComb	470	Open/DT	133	308 lbs.	
FEMALE		Master I	4,0	165 lbs.		M. Couch	560
Teen		D. Viars	355	D. Viars	355	R. Davis	420
B. Rains		W. Slepinski	415	198 lbs.		SHW	
Master		R. McLeod	380	B. Highnote	_	K. Helm	500
A. LaComb		I. McNeal	380	275 lbs.		M. Rodriguez	_
MALE		G. Lutz	365	J. McNeal	380	CURL	
Teen (16-17)	5.6112	N. Ewen	380	Open		MALE	
T. Jeter	340	Master II		198 lbs.		Teen (13-15)	
B. Bouthot	235	S. Schwarzer	405	B. Highnote	-	M. Bryant	140
Submaster		L. Ford	420	275 lbs.		R. Dodds	80
M. Couch	560	E. Fitzpatrick	392	J. Jacobs	600	Master II	
S. O'Grady	325	Master III		A. Manske	475	L. Bulman	172*
4th-330		S. Schultz	385*!	J. LaComb	470	S. Schwarzer	160*

APPLICATION FOR REGISTRATION American Powerlifting Association World Powerlifting Alliance

Master I B. Bradford

S. O'Grady

Master IV F. Cummings

R. Highnote DEADLIFT

Open/DT 198 lbs.

. Sundey Teen (13-15)

FEMALE

165 lbs. J. Montgomery

MALE Teen (13-15) M. Bryant R. Dodds

Master J. Montgomery

J. Dudley Teen (16-17)

T. Jeter C. Faulkner

Teen (18-19) M. Fitzpatrick

Submaster

Master I

D. Brown

P. O'Grady

Open 165 lbs.

R. Suk

J. Fowler 405 M. Hickman 300

MALE Subteen (11-12)

Teen (18-19) 182\*! G. Smith L. Skjefte J. Dodds

Submaster D. Lipka

R Daniels

Master II 142\*! T. O'Donnell 640

Master IV F. Cummings 200

P. O'Grady 535

145 315 460

145 315 460

340 435 775

315 430 745

315 425 740

345 535 880

DL TOT

500 795 330 505 205 280

405 630

Open 165 lbs.

275 lbs.

BP

295 175 75

225

125

180

405

440 345

510

420



City	State Zip Code
E-Mail address	Date of Birth
rurity Number Signature (Pa	arent if under 18 years old)
dult Membership  \$15 High So	chool Student
	E-Mail address rurity Number Signature (Pa



Dave Brown, owner of Main Street Fitness, where the Central Florida meet was held (photo courtesy of GEARMAN and Greg Jurkowski)

Open/DT								
208 lbs.			J. Keseker	347	V 1	Burgess	522	
D. Nelson		920	J. Angus	226		master	523	
*=World Records. !			Teen	220		Adkins	435	
DT=Drug Tested. Best Pat O'Grady, and Sh	J. Keseker	347		master				
special thanks to Dav			165 lbs.	1.795	W.	Shambl	in 501	
of Main Street Fitt			HSP			Adkins	435	
Florida, for providing			Z. Cross	275	SH			
and a meet that was			Master III	240		ster 1	L 400	
referees and spotter			K. Samples Pure	248		Hamrick ster V	Jr 468	
job. The legendary To			D. Dessau	248		Goudy	418	
judge. Several reco			K. Samples	248		ural	410	
event. We look for			181 lbs.	240		Hamrick	lr 468	
Zephyrhills event. (Th			Master IV			master		
APA President, for pr	roviding these r	esuits)	S. Mason	104		Ramsey		
			198 lbs.			BENCH		
NIACA W.	V' ' ' CL L		Master III		MA	LE		
	Virginia State		S. Milam	-	165	lbs.		
22 APR 06 - Ra	avenswood, V	VV	Master IV		HSI			
BENCH	Junior		T. Eskins	303		orris	259	
MALE	J. Keseker	347	220 lbs.			CURL		
132 lbs.	148 lbs.		HSP	200	MA			
Pure Natural	Junior		D. Wooten	286		lbs.		
A. Phillips 259	J. Angus	226	Junior	341	HSI		127	
148 lbs.	Pure		J. Stowers Master I	341		orris ster III	137	
			D. Currence	476		Samples	115	
V			Master II	4,0		lbs.	11121212	
ifting Alliance			B. Samples	303		ster IV		
lifting Alliance			Youth			Dolin	110	
			Z. Tackett	77		DEADL		
			242 lbs.		MA	LE		
			Master I		198	lbs.		
			R. Lucas	352		ster II	X III	
			Master II			Warden	429	
- I			C. DeHaven	363		lbs.		
			SMP			ster III	400	
			R. Nicosia 275 lbs.	451		Steorts	429	
			Master I			lbs. ster I		
			K. Burgess	523		Bloxton	534	
Initial Today's Da	oto	-	Master V	323	U.	DIOATOII	334	
illitial Today's Da	ate		Push Pull		BP	DL	TOT	
			FEMALE					
			97 lbs.					
State Z	Cip Code	-	HSP					
State 2	ap Code		R. Browning		154	154	209	
			123 lbs.					
			HSP					
Date of B	Rieth	-	C. Buchanon		187	187	270	
Date of B	mui		181 lbs.					
			Junior		220	220	-4-	
			C. Box MALE		330	330	545	
tifunder 19 ware a	(b)		66 lbs.					
t if under 18 years o	Youth							
			K. Adkins		104	104	154	
1 Student			88 lbs.					
			Youth					
EN	ACCOUNT OF SECOND		R. Nelson		121	121	181	
, Florida 33927-720	4		114 lbs.					

Donnelly		203	203	286	
3 lbs.		110	110	150	
Compton 2 lbs.		110	110	139	
Hughes 8 lbs.		220	220	330	
. Parsons		347	347	573	
nior Keseker		429	429	777	
aster 1 Sholes		429	429	683	
en Nelson		303	303	468	
Keseker		429	429	777	
Carter 5 lbs.		143	143	214	
SP Cross		380	380	655	
. Winans . Roberts		319	319	534	
Rose		319	380 319 446 319	490	
SP lbs.					ELI
McDonald		402	402		comp
Rose Delong		319 347	319 347	523 529	devel
ire					These
Hickman Kimble MP		325	325	534	Simm
Kimble		-	-	-	togeth
98 lbs. SP					These are av
Hopkins		374	374	589	u.c.u
Ferrell 20 lbs. SP		286	286	429	
Shafer		457	457	694	BAN
Riggins 12 lbs.		429	429	727	Mini
SP Nolan Breeding		374	374	644	Ligh
ıbmaster Pu	re				Ave
Nicosia 75 lbs. SP					Stro
James Bunner		501	501	793	
Bunner Thacker		341	341	766 562	Jum
ower Sports	CR	BP	DL	TOT	Norn
EMALE 32 lbs.					Jum
Blackwell ALE 55 lbs.	44	82	176	303	organi property
inior . Ballengee ure	132	231	418	782	
. Dessau B1 lbs.	143	248	418	810	
	104	220	374	700	ww
. Kimble	143	TOTAL OF	-	143	Toon
ubmaster Pu . Kimble 98 lbs.	143	ongel official	Thomas Thin	143	D. Blac SHW
Warden	121	214	429	766	J. Orr Submas
aster IV Dolin	110	176	270	556	J. Orr
. Stepp 20 lbs.		330	424	914	Powerli MALE 77 lbs.
laster II . Brua 42 lbs.	121	214	248	584	Youth B. Griff 114 lbs
ure Natural Brown	132	308	440	881	Youth C. Jarre
Belue 75 lbs.	49	181	181	413	132 lbs HSP K. Hale
SP	127	226	407	771	148 lbs HSP
laster I	137		534	992	B. Whit
0. Bloxton 08 lbs.	148	308	334	372	Junior

DON'T TRAIN ALONE -ALWAYS USE SPOTTERS. DON'T TRAIN WHEN HURT -ALWAYS CONSULT A DOCTOR

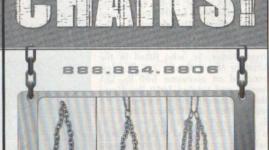


TE FITNESS SYSTEMS carries the lete line of Flex Bands®. Flex Bands® were loped by former football coach Dick Hartzell. e are the only bands endorsed by Louie nons of Westside Barbell. Beware of imitators inferior bands that are molded or bonded ther. They are backed by full 1-year warranty. se are a must for any serious athlete! Four sizes vailable, listed below in order of strength:

BANDS	CO	ST/ONE BAND
Mini	(1/2" wide, assorted colors)	\$10.00
Light	(1-1/8" wide, Purple)	\$20.00
Average	(1-3/4" wide, Green)	\$25.00
Strong	(2-1/2" wide, Blue)	\$30.00
Jump St	retch Regular Platform	\$155.00
Jump St	retch Sumo Platform	\$255.00

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NDS	COST	ONE BAND*
ni (1/2" wide, a	ssorted colors)	\$10.00
ght (1-1/8" wide	, Purple)	\$20.00
erage (1-3/4" wide	e, Green)	\$25.00
rong (2-1/2" wide	, Blue)	\$30.00
mp Stretch Regula	ar Platform	\$155.00
mp Stretch Sumo	Platform	\$255.00

ames Nicklys	TO A CANADA STATE OF THE STATE	Series Control
5/8 CHAINS:	1	The second secon
Complete Set:	(2)chains,(1)helper chain, (1)oval snap hook	\$105.00*
5-Station Chai	n Pack: (5)complete sets (10)extra 5/8 chains	\$815.00*

\*Shipping charges additional, please call for quotes We accept Visa / MC / Discover / AmEx Checks and money orders may be directed to the address below

ELITE FITNESS SYSTEMS 138 Maple St. London, Ohio 43140 P 888.854.8806 F 740.845.0498

Teen					J. Mann	209	170	-	380	HSP				
D. Blackwell	132	226	407	766	181 lbs.					R. Elm	347	226	424	997
SHW					HSP					M. Dye	297	237	341	876
Natural					J. Renn	308	203	385	898	Submaster Pur				4770
J. Orr	181	10	-	181	B. Carey	209	148	319	677	R. Nicosia	639	451	672	1763
Submaster Pu	re				Master II					275 lbs.				
J. Orr	181	-	-	181	R. Simpson	363	264	402	1030	HSP				
Powerlifting	SQ	BP	DL	TOT	Pure					J. Young	352	292	402	1047
MALE					K. Moody	451	308	529	1289	Submaster	-			
77 lbs.					Law/Fire					C. Young	672	501	661	1835
Youth					R. Wright	540	341	551	1433	308 lbs.				
B. Griffin	121	71	121	314	198 lbs.					HSP				
114 lbs.					Master I					J. Shimel	347	242	429	1019
Youth					R. McCoy	369	275	446	1091	Pure				
C. Jarrell	115	66	154	336	Submaster					T. Schott	804	545	722	2072
132 lbs.					R. Wright	540	341	551	1433	Submaster				
HSP					M. Delaney	429	380	474	1284	A. Shields	711	672	617	2000
K. Hale	264	214	292	771	Submaster Pr					Submster Pure				
148 lbs.					B. Beckett	518	396	501	1416	M. Jones	578	429	220	1229
HSP					220 lbs.					Raw				
B. White	253	154	358	766	HSP					132 lbs.				
A. Hale	242	181	314	738	A. Pucci	474	297	435	1207	High School				
Junior					D. Martin	314	237	374	925	D. Wright	226	148	314	688
J. Keseker	380	347	429	1157	Master V					181 lbs.				
Teen					J. Moore	363	275	451	540	Master II				
I. Keseker	380	347	429	1157	Open					T. Ballengee	270	209	347	826
T. Browning	264	154	303	722	1. Lambert	523	352	451	1328	242 lbs.				
165 lbs.					Submaster					Pure Natural				
HSP					I. Lambert	523	352	451	1328	T. Brown	330	308	440	1080
L. Tribbie	303	209	325	837	242 lbs.					(thanks to Gre	g Van	Hoose	for the	results

(continued from page 9)

Amateur Master Division, and Mr. I.P.A. himself. Sam Glover squatted a 500 lb. IPA record in the 60-64 age group. Sam's tremendous 1280 lb. total earned him the Best Lifter Award for the Amateur Men's Master Division. Thank you Sam, we always love your show! Brian Yoder, Sr. who lifted in the Amateur Men's Master 242 lb. class benched an awesome 600 lb. IPA record, and totaled 1910 lbs. Henri Skiba accomplished a couple of IPA record lifts of significance with a 750 lb. squat and an 1810 lb. total. Henri s every cheerful and such a pleasure to have grace IPA meets. Henri lifted in the Amateur Men's Master 45-49 group and impressed us with a 510 lb. bench as well. Last, but clearly not least is Ronald Yard. This hoss of a guy is the most respectful, kindest person you would ever want to meet. Ronald is a young guy, lifting in the 275 lb. Elite Amateur Junior Division, with a bench that deserves our wholehearted respect. Elite Amateur means jar division. Yep, Ronald can bench a jaw-dropping 820 lbs. after squatting 950 lbs.! Ronald finished the day with a 680 lb. dead lift earning Ronald a 2450 lb. drug free total tested on site. The 2006 IPA Worlds Bench Only Division was no less exciting. Michelle Borzok impressed us yet again with a Best Lifter Award winning bench press of 325 lbs. breaking her existing IPA record bench. Michelle lifted in the 148 lb. Amateur Women's Open Division. In League lifted in the 165 lb. Amateur Raw Teen (18-19) Division benching



James McGlynn made a comeback to big time competition in the 198 lb. division, 720 455 720 1895

Lifter Award. Of note was Steve shirt and stepped out into a jam-packed of powerlifting. It became clear at that Championships coming up November moment that Gene will beat this weight 10-12 at York Barbell Company. and reclaim his spot as the World's strongest bencher. When asked what went wrong, Gene confided that the bench shirt was new and had only been worn a couple of times; he just couldn't find his groove. Gene, says he is training hard for the 2006 IPA Nationals November 10-12 at York Barbell Company in York, PA. The IPA World and National meets are among the smoothest, friendliest, most professional meets offered in the country for one reason, incredible volunteers! We have the smartest, hardest working, most conscientious, friendly, fun group of friends help with the meets. Your accomplishments are their accomplishments because without them there would be no meets. Thanks to those who spend days sitting

Teen (18-19)

525 385 495 1405

450

400

820 680 2450

365\* 275\* 315 955\*

350\* 300 450\* 1100\*

500\* 365\* 600\* 1465\*

710 465 585 1760

500 1385

1780

1610

600 605

545

600

600\* 1465\*

635\* 420 720\* 1775

585 470\* 585 1640

755\* 425 600 1780

485 340\* 430 1255 4th SQ-500\* 1270\*

655 400

625

600\* 605 1910

260 425 1135

450\* 235 455\* 1140\*

410 205 470 1085

315 260 385 960

1605

550

570 315

425 405

505

Livermore, Ir.605 430 545 1580

755 675

560

L. Dambrosio 800 500

D. Ochnich 500\* 365

1050

A. Keiderling 705 405 540 1650

230

420

950

198 lbs.

B. Carson

M. Bailey

220 lbs.

181 lbs.

M. Stahl

T. Desselle

275 lbs. R. Yard, Jr.

Junior Raw 165 lbs.

O. Downey 275 lbs. D. Ochnich Open lbs. 165 lbs.

B. Crowe 181 lbs.

K. Downey 198 lbs. D. Fiori

M. Brown Q. Duodera

242 lbs Rymiszewski 750

D Stahl

275 lbs.

Open Raw 242 lbs.

Submaster

M. Brown

J. Monk, Jr.

Master (40-44)

B. Yoder, Sr. 705 Master (45-49)

242 lbs.

148 lbs

220 lbs

C. Blough

R. Munn

242 lbs.

148 lbs.

165 lbs

220 lbs.

275 lbs.

G. Ruth

J. Gengo

L. Weibley

T. Clifford

Master (50-54)

275 lbs.

SHW J. Pulakis

198 lbs.



Michelle Borzok made a record setting 325 Bench Press at 148 lbs, in judges' chairs; to those who held

the Men's Teen Division, Thomas Hartlaub's performance. At a rather auditorium filled with spectators thousands of pounds loading, light bodyweight of 209 lbs., Steve breathless to see history rewritten. The unloading and spotting. Thanks from broke the IPA record in the Professional bar was loaded to 985 lbs., a reasonably the bottom of my heart to Michelle and 330 lbs. earning him a spot on the Best Lifter List for the Teen Men's Division. The undeniable winner of the Amateur Men's Open Best Lifter Award went to Meris and James Grandick. Division with an light opening attempt for the bench impressive 602.5 lb. bench. Big Gene press master. The bar descended in Rychlak, Jr. owned Sunday along with what appeared to be the precise ensuring that score keeping is flawless and that the meet runs smoothly. Thanks Aaron Utermahlen who benched a This mountain of a man showed up 30 shockingly, the bar didn't budge off his to Bev Cullen who handles the details very impressive 700 lbs. winning the lbs. lighter weighing a trim 355 lbs. chest! On round two the bar moved of the door table, secures the 308 lb. Amateur Men's Open Division. Many of you will recall his near tragic only four inches off his chest before the sponsorship from Gatorade, and is Brad Heck benched an IPA record 615 accident at the Mr. Olympia October throng of spotters responsively racked lbs. taking home the Best Lifter Award 15, 2005 when he performed an the weight. After what seemed an necessary. Thanks to Bill Schlag, Vincent for the Professional Men's Open exposition bench press. Being very interminable length of time, the crowd Cooke, Al Haun, Stacey Bond, Mike Division. Bob O'Brien consistently large was a blessing for Gene this day was reassured they would see the big Lachondro, Richard Safreed, Jr., and impresses the crowd with his bench as 1015 lbs. came crashing down on man make a third attempt with 1025 everyone who assisted for all the hard press prowess. Bob bumped up his IPA his chest hairline fracturing a vertebra. lbs.! What! With the music blaring, work disassembling, reassembling, record benching 475 lbs, and adds the Gene chose the 2006 IPA Worlds as his Gene entered the electrified auditorium moving, and setting up the equipment Best Lifter Award for the Pro Men's comeback meet attempting to regain for the third time to own this lift. Gene for the meets. Thank you to Vicky for Master Division to his trophy room. his number one position and break slowly and methodically lowered the assisting in bringing Outback Louis Sposato's performance was true Scott Mendelson's 1008 lb. All-Time massive weight to his chest and failed Steakhouse to York Barbell and working to form benching 430 lbs. in the Bench Record. Gene benched alone as at the transition point halfway to the so hard to make everyone's lunch Amateur Men's Master Division (65- his phenomenal bench press requires top. Wow! To control weight that only experience a memorable one. You can 69). Louis' exceptional bench earned a substantial amount of rest between a few can dream of squatting is count on all these folks for the 2006 him the Amateur Men's Master Best attempts. Gene donned his new bench undeniably a high point in the history IPA Senior National Powerlifting

#### **IPA World Championships** 22-23 II II 06 - Vork PA

,	22-23	JULU	o - TOTK, FA	
	BENCH		308 lbs.	
	Amateur		Utermahlen	700
•	FEMALE		Open Raw	
i.	Open		165 lbs.	
	148 lbs.		T. League	330*
	M. Borzok	325*	Master (40-4	14)
,	MALE		220 lbs.	
•	Junior		S. Halbert	487*
	275 lbs.		Master (60-6	54)
	R. Yard, Jr.	820	220 lbs.	
•	Teen Raw (1	8-19)	S. Shales	440
,	165 lbs.		4th-450*	
	T. League	330*	S. Glover	360
	Open		Master (65-6	59)
	165 lbs.		220 lbs.	
	R. Hillyard	380	L. Sposato	430
	220 lbs.		Master Raw	(50-54)
	D. Stahl	485	165 lbs.	
ç	275 lbs.		R. Legg	220
t	N. Sauble	550	Master Raw	(60-64)



Ron Yard went 950 820 680 2450, as a	drug tested amateur 275er **
--------------------------------------	------------------------------

Graalfe

Grandick

Turner

Dick

B. Bartos

P. Abbott

275 lbs.

Master (60-64 220 lbs.	)			
6. Glover	500*	360	420	1280
Master (70-74 132 lbs.		300		
G. Sipe, Sr.	150*	90*	225*	465*
220 lbs.		400		1000
R. Munn Professional FEMALE	655	400	550	1605
Open 105 lbs.				
E. Grimwood	345	195	300	840
	4th-50	Q-365*	860*	
148 lbs.				
K. Neuman Master (40-44 198 lbs.		235	325	970
A. Martinez MALE	535*	315*	505*	
lunior 242 lbs.				
E. Korbel	675	575	550	1800
198 lbs.				
	770	445	675	1890
D. Moore			455	1740
M. Skverchak 220 lbs.		305	540	1360
V. Cooke	800	630	630	2060
S. Rowe	765	615	665	2045

Last Name

Open Raw 198 lbs.				
J. Hanisak	425*	395*	505*	1325*
Submaster				
198 lbs.				
B. Delgado	755	420	630	1805
220 lbs.				
S. Aubuchon	755	405	610	1770
242 lbs.	775	605*	550	1930
E. Clark 275 lbs.	115	605	550	1930
B. Bartos	750	455	95	1300
Master (40-4		433	93	1300
198 lbs.	*,			
I. McGlynn	720	455	720*	1895
J. Kegrice	770	445	675	1890
S. Levy	650	480	550	1680
220 lbs.				
	725	475	625	1825
275 lbs.				
J. Bott	845	565	660	2070
Master (45-49	9)			
J. Avigliano	700	405	600	1705
Master (50-5		403	000	1703
198 lbs.	"			
S. Bixler	385	315	430	1130
242 lbs.				
D. Robinson	410	325	370	1105
275 lbs.				
M. Dimiduk	705	305	590	1600
Police				
275 lbs.	4230			
r *=IPA Records				
Women: Ang	ela Ma	artinez	, Am	Women:

Amanda Harris, Teen Women: Amanda Harris, Teen Men: Bill Carson, Pro Men Light: James Kegrice, Am Men Light: Kamali 2400\* Downey, Am Men Heavy: Jim Rymiszewski, Pro Men Heavy: James Grandick, Pro Men 1950 Masters: James McGlynn, and Am Men Masters: Sam Glover. Best Lifters Bench 2185 Only: Am Women: Michelle Borzok, Teen 2125 Men: Thomas League, Pro Men: Brad Heck, 1300 Am Men: Aaron Utermahlen, Pro Men Masters: Robert O'Brien, and Am Men 850 600 730 2180 Masters: Louis Sposato. (Thanks to Mark and Ellen Chaillet for these meet results) 1485



OUTBACK STEAKHOUSE catered this world event .. how cool iz that?



1085\* 575 740

660

650

650

625

625

500

95

750 550

750 455

900

850

525

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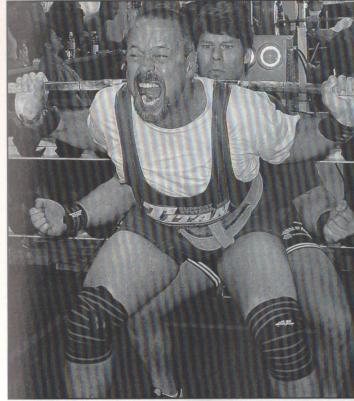
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City Street Address State or Providence Zip Code Email Address Telephone

Sign if above answers are correct. Parents sign if under 18 years.

Adult \$30 **High School and Special Olympics** Registration Fee:

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



Dave Mansfield with a National Record Squat attempt of 606, at age

AAU Fu 12 AUG 06		181 lbs. Open		Submaster M. Schneller			
BENCH	Lifetime		J. Aikey	319	DEADLIFT		
MALE	B. Borofsky	347	T. Olsen	325	Raw		
98 lbs.	Raw		198 lbs.		FEMALE		
Master (45-49)	FEMALE		Teen (18-19)		90 lbs.		
M. McEntee 380	97 lbs.		B. Koziar	341	Lifetime		
220 lbs.	Submaster		Master (50-5	4)	H. Smith	170	
Master (45-49)	Lifetime		E. Troia	226	148 lbs.		
. Mattson 496	H. Smith	66	220 lbs.		Open		
Open	MALE		Master (45-4	9)	A. Shederick	284	
R. Marrama 584	165 lbs.		Lifetime		MALE		
275 lbs.	Junior		R. Ballou	352	165 lbs.		
Master (55-59)	J. Langevin	264	275 lbs.		lunior		

ASSOCIATION OFFICE COPY

This is a membership application form. Complete all areas and return Part One to the address shown.
For information on registration and program, call 1-800-AAU-4USA.

AAU membership provides each member with an opportunity to participate in AAU events.

Membership benefits include accident insurance (which is secondary and is applicable after any primary coverage) for all properly sanctioned AAU events and supervised practices of member clubs.

12.00

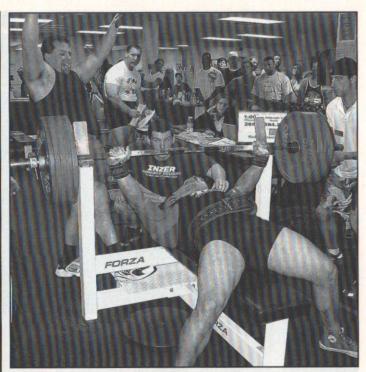
coverage can be obtained from your local AAU Association. Adult Athletes in the Following Sports: Adult Athletes in the Following Sports:
Baseball, Bildhion, Basketball, Broombal, Cycling,
Kayak, Gymnastics, Modern Pentathlon, Multi-Events
(Decahlon, Pentathlon), Physique, Sothball,
Suring, Trampoline & Tumbling, Triathlon, and Weight
Adult Athletes in the Following Sports:
Field Hockey, Flag Football, Hockey (te and Roller),
Rugby, Soccer, Water Polo and Wrestling,
Adult Athletes in the Following Sports:
Chnese Marial Arts, Judo, Juissu, and Karate ANNUAL MEMBERSHIP DUES 10.00 12.00 14.00 Youth Athlete Not Available

Volunteer or Official Adult Athletes in the Following Sports: 10.00 Aerobics, Badminton, Baton Twirling, Bowling, Canoe, Cross Country, Diving, Fencing, Golf, Jump Rope, Physical Fitness, Physically Challenged, Racqueball, Rowing, Saling, Squash, Swimming, Table Tennis, Tennis, Track & Falet and Vollauball

SPORT CODE ASSOCIATION CODE AAU National Headquaters CATEGORY c/o The Walt Disney World Resort CHECK PO Box 10,000 Lake Buena Vista, FL 32830 ARE YOU ALREADY COVERED WITH HEALTH & ACCIDENT INSURANCE? Yes No

THE AMATEUR ATHLETIC UNION OF THE UNITED STATES, INC. procedures and policies, including but not limited to: binding arbitration □ Fema and the release and indemnity of the AAU. By paying my annual

membership dues, I certify that I have never been convicted of any sex offense nor felony; or, if so, I must apply for membership (and receive approval) through the AAU National Office. NOTE: Parent/Guardian signature required if member under 18 years old.



Rick Marrama with his new Open A.A. U. National Record Bench Press of 584 lbs. That's Rick's coach Al Bianchi celebrating behind

25.00

25.00

nefit \_\_ Yes \_\_ No

agree to be bound by the AAU Code as well as AAU operating

Open/Lifetime

Master (40-44)

M. Berby

Submaster

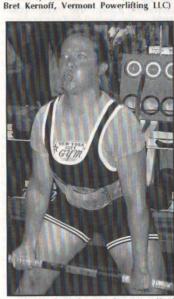
B. Kernoff 314 286

S. Marinelli 253 220 303 777

302 330 429 1062

J. Langevin	468	Tee	n (16-1	17)
181 lbs.		J. I	Ritchie	407
Open/Lifetim	e	Sub	master	
J. Aikey	523	Life	etime	
275 lbs.		M.	Schne	ler 573
MALE	SQ	BP	DL	TOT
198 lbs.				
Master (40-44	1)			
C. Peters	551	374	573	1499
220 lbs.				
Master (40-44	1)			
C. Page	606	391	606	1603
Master (60-64	4)			
D. Mansfield	600	303	562	1466
Raw				
165 lbs.				
Open				
T. Wright	220	270	325	815
181 lbs.				

H. Mayer 385 187 435 760 The meet was very successful. National bench press, deadlift, squat and powerlifting totals were broken at this meet. The meet raised several hundred dollars for Camp Ta-Kum- Ta, a camp for children with cancer. First in Fitness, in Berlin, VT, provided an excellent venue as well as incredible spotter and loaders for the event. Meet director Bret Kernoff world like to the table the whole VF would like to thank the whole VT Powerlifting team for making this a suc-cess. Special thank you's go to our judges, Justin Bonilla, Joan Gardner, Mark McEntee, and Ken Matson. Our announcer Jennifer Kernoff did an excellent job, and Diana Kernoff kept the score table running efficiently the entire meet. (results from

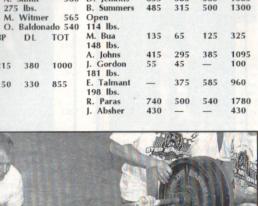


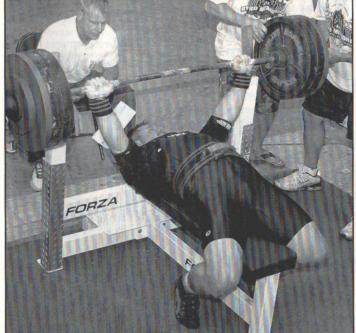
Amy Shederick, 28, almost pulled 300 lbs. at the Berlin, VT meet.



Ronnie Paras won the 198s with a 740 squat, leading to his 1780 total at the A.P.F. Byrd Memorial

APF Byrd Memorial 12 AUG 06 - Lake City, FL BENCH Churchman 405 WOMEN 198 lbs. I. French Open 165 lbs. I. Callahan 2421 bs. 350 Junior/Teen . Davis 220 lbs. MEN 198 lbs. Master 275 lbs. 165 lbs. 242 lbs. WOMEN DL TOT M. Kirkland 405 215 380 1000 132 lbs. A. Franciscus 375 150 330 855 Master 275 lbs.





John Davis benched 600 at the 1st annual APF Byrd Memorial K. Brantley 220 lbs. Powerlifting/Bench Press Meet (photographs courtesyof Brian Silk) Open



AREA CODE

\$30

Jenkins

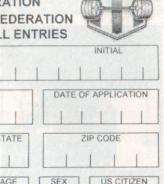
\$30

LAST NAME

#### APF/AAPF Membership Application

Check the box that applies below ☐ AMERICAN POWERLIFTING FEDERATION

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YES | NO

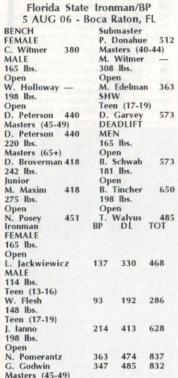
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APF & AAPF ATHELETES, fill out card completely, make check payable to and mail with fee to: APF/AAPF

DATE

505 Westgate Drive ARE YOU A PREVIOUS APF OR AAPF MEMBER? YES NO Aurora, IL 60506 worldpowerliftingcongress.com • 1-866-389-4744 I CERTIFY THAT THE ABOVE ANSWERS ARE CORRECT AND THAT I AM ELIGIBLE IN ACCORDANCE WITH THE RULES OF THE SIGNATURE X

405 400 550 1355 500 635 2000 I. Norman Hewitt 635 385 365 1385 D. Colver 500 325 455 1280 770 600 635 2005 I. Davis Jordan 580 G. Baggett 308 lbs. 730 525 545 1800 550 720 1270 J. Vaughn Best Female Lifter: Margaret Kirkland. Best Lightweight Male Lifter: Ronnie Paras. Best Heavyweight Male Lifter: Joe Norman. (Thanks to Pamela Clayton for the results)

Florida State Ironman/BP 5 AUG 06 - Boca Raton, FL Submaster





Margaret Kirkland pulled 380 to top off a 1000 lb. total in the 123s, atage 42, at the APF Byrd Memorial

275

Bar

380 314 694

Ellers	435	551	986	
2 lbs.				
en				
Mosley	628	705	1333	
5 lbs.				
en				
Beers	474	650	1102	
Young	374	672	1047	
B lbs.				
ior				
L'Italien	501	584	1085	
ecial thanks to ness Systems,				
rbell, Hardcor mance System				
ar, Liberto Th	erapy, Ar	nn Silk	Videos,	
d House of Pa				
tters loaders	and score	ers. Ne	Vears	

meet will be on August 4, 2007. (Results provided courtesy Southside Barbell Club)

Coach

(continued from page 12)

not needed. Many coaches will argue with me, but I've done it their way. They haven't tried my way. At



Box Jumps are way explosive!

a Beat training center in Cincinatti, Matt Weiderman trained James Taylor, a profootball player, to jump onto a 59 inch box at 6'2" and 205 pounds, J.T. also ran a 4.33/40 vard. J.T.'s best box squat is 550 and moves 315 at 0.8 meters/ second. John Harper can jump on a 51 inch box at 270 pounds; he is ranked 11th nationally in the discus.

One end of the spectrum is moving very heavy weights very slowly. The other end is to move the body as fast as possible. How? Jumping. A 42 inch box jump is the minimum height to reach an adequate amount of explosive power. We use the optimal number of jumps based on a maximum jump. We use the formula as presented in Prilepin's lift table. For example, if your best jump is 40 inches, a 75% jump would be 30 inches, 80% would be 32 inches, and 85% would be 34 inches. When doing jumps in the 80% range, do 15 jumps per workout. This holds also for jumping with dumbbells, ankle weights, or a weighted vest, or a combination of any of the

At Westside we do a lot of squats and jumps off soft surfaces. This causes the muscles to do more of the work and not limit it to the ligaments and tendons. In two out of three workouts we step down off the box onto other boxes. On the third workout, and highest box, we do a depth jump down onto a soft gym mat. We don't do an immediate jump upon landing, just stick it with legs slightly bent, landing on the balls of the feet.

Our goal is to jump as high as possible and, therefore, squat as much as possible. We do it the same way: off a box. We duplicate the same procedure as box squatting. Before jumping onto a box, we first sit on a box, relax, and then jump. This produces a much greater effort. The forces that produce movement are external, internal, and reactive strengths. This was established by Bernstein (Verkhoshansky, 1986). When lowering onto a box, a greater amount of kinetic energy is expressed because mass as well as speed contribute to kinetic energy.

Landing on the biggest part of the lower body will vield an increase in kinetic energy. In addition, by lifting the feet and slamming them on the floor an overspeed eccentric phase occurs. This combination very effectively increases jumping power. I have had veteran NFL linemen long jump their best in one or two sessions.

The stretch (eccentric) and shortening (concentric) phases cause reversible muscular action. If you do very heavy slow squats with the aid of overspeed eccentrics by using bands with weight and move the fastest with no resistance (box jumps), the sky's the limit. Remember, explosive strength is somewhere between strength and speed. By using these two elements, you will reach your desired results.

Westside Barbell www.westside-barbell.com 614-801-2060

FOR REVIEW

Muscle Mechan-ics, 2nd Edition, which uniquely describes the correct performance techniques for 65 different resistance exercises, was written by Everett Aaberg. Mr. Aaberg has been a teacher and

practitioner of resistance training for more than 15 years. Currently he is director of the Fitness Center at the Telos Center in Dallas, Texas, as well as being an international presenter and consultant, and he continues to serve as an instructor at the Cooper Institute. He has been certified as a personal trainer through various organizations. and was a collegiate Academic All American in football. He was won several state and national powerlifting championships, as well as bodybuilding titles. The first chapter in the book, "Anatomical Design and Function", escribes the functions of the body in terms of physical activity. From that base, seven additional chapters cover all sorts of movements that weight trainers of various focus would find productive and useful. The book concludes with a chapter on training program design. What makes this presentation extraordinarily efective are the visual descriptions of each exercise movement, done with excellent color photography, showing the key start, finish, and intermediate positions of each movement. Beyond that, the actual musculature involved in the movement is super-imposed, in an artist's color rendition, upon the photographic image. The purpose of this is to

provide a visual connection between the human anatomy within the body and the extermal movement in question. The effect is profound because vou actually develop a kinesthetic 'feel' for what you're doing and why positioning your body in

one mode or another might lead to better performance in the exercise. These renditions show skeletal features and the actual muscles how they attach, and where they attach. It's a concept that provides an intuitive feeling, from the visual aspect, on what you're doing in the exercise relative to your body structure. Many of these exercises are directly applicable to powerlifting, and some of them may well should be. Throughout the book, even in the non-exercise demonstration sections, the line drawings are very effective in showing the principals involved. For example, on page 42, in an elegantly simple manner, they compare body positions that are high risk and reduced risk, for different exercise movements, such a cable rows, or simply picking up an object. What this book can bring to the reader is an enhanced perception of what is involved in the physical move-ments they're undertaking, which could easily result in greater performance, enhanced safety, and more effective training sessions. This book will be available through Powerlifting USA for \$19.95, plus \$4 shipping and handling. Send your check to Powerlifting USA, P.O. Box 467, Camarillo, CA 93011, or order by Visa or MasterCard by calling 1-800-448-



SPECTACULAR DEADLIFT TRAINING DVD ... 2 time IPF World Champion Brad Gillingham lays out the program that has produced over 40 competitive deadlifts of 800 lbs. or better .. PLUS .. the "5x5" squat program that lets you move both lifts up at the same time! \$25.95 plus \$6.00 shipping and handling (\$31.95 total) Powerlifting USA, Box 467, Camarillo, CA 93011 or call 1-800-448-7693 to use Visa MasterCard.



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. 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 467, Camarillo, CA 93011.

#### SLP Platinum Fitness Open 20 MAY 06 - Tulsa, OK

		Fitness O		THE RESIDE	BIGGER	DEMONIO
20 M/	AY 06	- Tulsa, O	K		DII-I-LU	
BENCH		220 lbs.		WW AL PRIVATE		
FEMALE		K. Loudermi	ilk 475*			
Master (40-4	4)	308 lbs.			DIGIGIEII.	
220 lbs.		R. Shirley	550*			
	135*	S. Trotman	450			Charles of the Late of the Control o
4th-145*		Raw/Master	(40-44)	OFT THE	DIO DENI	OII PELT
MALE		181 lbs.				
Special Olyn	ipic	M. Facey	275*		<b>BIG BEN</b>	
198 lbs.	2101	4th-285*				
D. Thurston Novice	310			UL I IIIL	PIU PLIE	UII WELL
198 lbs.		132 lbs. S. Brown	245*			
G. Tedder	325	198 lbs.	243			
4th-350*	323	I. Myers	330*		THE RESERVE TO SERVE THE PARTY OF THE PARTY	
308 lbs.		4th-345*				# 10 mm and 0
J. Leland	425*	242 lbs.			<b>XSPORT</b>	The second second
Teen (13-15)		R. Johnson	405*	MM MM MM		
132 lbs.		308 lbs.				
T. Lewis	180*	S. Springer	315*			The same of the sa
148 lbs.		DEADLIFT				
T. Lewis	210*	MALE			Trevor Lewis did the same at 148 with	the open raw division it was Scott Brow
220 lbs.		Special Oly	mpic	THE RESIDENCE AND A SECOND PARTY OF THE PART	210. Big tall Jesse Triplett set the state	at 132 with 245 while Jake Myers took t
J. Triplett	285*	198 lbs.		Commission of the commission o	record at 220 with 285. Chris Eldridge set	198 class with 330 and 345. Roger Johns
Teen (18-19)		D. Thurston	370*	The second secon	the state record at 18-19/242 with 330,	won at 242 with 405 and Scott Spring
242 lbs.		4th-375*			taking the win over Adrian Marquez, who	captured the 308 class with his 3
C. Eldridge		Novice			finished with 280. A fourth attempt with	opener. All of the lifters in the re
A. Marquez	280	198 lbs.			315 was also good. In the junior division it was Jermaine Hooks for the win at 165	division established new Oklahoma sta
4th-315		N. Cruz	455*		over Jeremiah Mefford 345 to 235.	records for their efforts. Moving to the deadlift competition, it was Dan
Junior		4th-500*			Jermiane's 345 established the state	Thurston setting his second state reco
165 lbs.		Teen (13-15	)		record for the class. At 198 it was Justin	of the day at Special Olympic 198. Dan
J. Hooks		132 lbs.		THE RESERVE OF THE PARTY OF THE	Plum with 330 while Billy Wade won at	completed all four of his attempts, fini
J. Mefford	235	Z. Dwinell	250*	B BAS CHARLES	242 with a state record bench of 315. Billy	ing with a strong 375! Taking the win
198 lbs.	220	4th-270	ilyan ark		returned with a successful fourth of 330.	novice 198 was Nan Cruz who finish
J. Plum	330	148 lbs.	2008		J.J. Warren had some problems with his	with a new state record 455, before
242 lbs. B. Wade	315	M. Davis	280*		new bench shirt, making just his opener	upping that, on his fourth attempt to
4th-330*	313	4th-315	Marin Control		of 340 for the win at submaster 220. Also	first official 500. For the 13-15 a
Submaster		J. Triplett	405*		in the submaster division was 242 winner	teenage division we had three compe
220 lbs.		Master (40-			Donnie Gragg with 375 and Roy Shirley	tors, each of which set new state recor
I. Warren	340	181 lbs.			at 308. Roy finished with just his opener	for their class. At 123 it was Zach Dwine
242 lbs.	340	M. Pierce	500*		of 550, but which established a new state	who finished with a 270 fourth attem
D. Gragg	375	4th-525			record there. Taking the win at master	Zach now owns the state records for t
308 lbs.	1399 91	M. Barkil	440		45-49/198 was Paul Radmilovich, who	97, 114 and 123 classes! Michael Da
R. Shirley	550	Master (50-			finished with 300. At 50-54 it was Jorge	set the record at 148 with 315 and Je
Master (45-4		181 lbs.	THE PERSON	Secretary Assessment Assessment	Guerdado with 260 at 198. Nick Dwinell	Triplett did the same at 220 with 405!
198 lbs.		R. Kerschne	r 450*	SECURIOR VICTORIA	won at 220 with 460, after a failed attempt	the master's division it was best lif
Radmilovich	330			Mi-L ID 215 @ 140/12 15	with a new state record of 510. Second	Mike Pierce for the win at 40-44/181 w
Master (50-5		275 lbs.	distribution and	Michael Davis 315 @ 148/13-15	place at 220 went to Maurice Lowery who	a new state record of 500. A fourth w
198 lbs.		S. Cates	475		finished with 345. Our final master lifter	525 was also good. Second place at 1
J. Guerdado	260	Police/Fire		Thanks to owner Jim Parham for hosting	was "the legend" Ron Hood. At the age	went to Mike Barkil who finished w
220 lbs.		220 lbs.		this event once again. We had a good	of sixty Ron's still outlifting everyone	440. Ross Kerschner broke the sta
N. Dwinell		M. Payne	425*	turnout with forty four entries from	around. Ron finished with 530 before	record at 50-54/181 with 450 while Stev
M. Lowery	345	4th-435		throughout Oklahoma. In the bench press	coming back with a solid 550 fourth, tying his own state record at 60-64/275! In the	Cates won at 55-59/275 with 475, tyles own state record there. Matt Pay
Master (60-6	41	Open		competition state record holder at Spe	ills own state record at 60-64/2/3: Ill the	mis own state record mere. Matt ray

460\* 4th-500\* 308 lbs. S. Trotman 525\* S. Springer 395 \*=Son Light Power Oklahoma state records. Best Lifter Bench: George Baker. Rest Lifter Deadlift: Mike Pierce. The Son. Light Power Platinum Open Bench Press/ Deadlift Championship was held at the Platinum Center in Tulsa, Oklahoma.

Open 181 lbs.

198 lbs.

4th-450\*

530 M. Cruz

4th-550

G. Baker

### **GET THE BIG BENCH BELT!** NWW AXSPART7\_CAM 210. Big tall Jesse Triplett set the state at 132 with 245 while Jake Myers took the record at 220 with 285. Chris Eldridge set the state record at 18-19/242 with 330, won at 242 with 405 and Scott Springer taking the win over Adrian Marquez, who finished with 280. A fourth attempt with 315 was also good. In the junior division it was Jermaine Hooks for the win at 165 records for their efforts. Moving to the



Michael Davis 315 @ 148/13-15

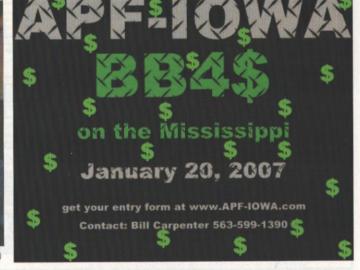
Thanks to owner Jim Parham for hosting this event once again. We had a good turnout with forty four entries from throughout Oklahoma. In the bench press competition state record holder at Special Olympic 181, Daniel Thurston, moved up to the 198 class, setting the state record there with 310. Our lone women's competitor, Beth Meserve, lifting in her first meet, set the Oklahoma state record for the 40-44/220 class with 135, fol-lowed by a solid 145 fourth. In the men's lowed by a solid 145 fourth. In the men's novice division both lifters set new state records for their respective classes. At 198 it was Gary Tedder with a 325 final attempt, followed with a state record 350 fourth. John Leland set the record at 308 with 425. For the teenage men's 13-15 age group Travis Lewis set the state record at 132 with 180 while twin brother

over Jeremiah Mefford 345 to 235. Jermiane's 345 established the state record for the class. At 198 it was Justin of the day at Special Olympic 198. Daniel Plum with 330 while Billy Wade won at completed all four of his attempts, finish-242 with a state record bench of 315. Billy returned with a successful fourth of 330. J.J. Warren had some problems with his with a new state record 455, before new bench shirt, making just his opener of 340 for the win at submaster 220. Also in the submaster division was 242 winner tenange division we had three competi-Donnie Gragg with 375 and Roy Shirley at 308. Roy finished with just his opener of 550, but which established a new state record there. Taking the win at master 45-49/198 was Paul Radmilovich, who finished with 300. At 50-54 it was Jorge Guerdado with 260 at 198. Nick Dwinell Triplett did the same at 220 with 405! In won at 220 with 460, after a failed attempt the master's division it was best lifter with a new state record of 510. Second Mike Pierce for the win at 40-44/181 with with a new state record of 510. Securing place at 220 went to Maurice Lowery who finished with 345. Our final master lifter "the Legend" Ron Hood. At the age went to Mike Barkil who finished with Ross Kerschner broke the state finished with 345. Our final master lifter was "the legend" Ron Hood. At the age of sixty Ron's still outlifting everyone around. Ron finished with 530 before rooming back with a solid 550 fourth, tying his own state record at 60-64/275! In the open division George Baker won at 165 established the state record at police and with a proving 460. Weighting in at items. with an amazing 460. Weighing in at just fire 220 with 425 and 435. For the open 163, George joined a select few to triple bodyweight in the bench with a great 490 fourth attempt. Best lifter! At 220 it was fourth (450) attempts. Jake Myers broke Kevin Loudermilk, breaking his own state the state record twice at 198 with 475 and record there with 475. For the open 308 500. Then at 308 it was Steve Trotman class, Roy Shirley tied the state record over Scott Springer 525 to 395. Steve's with his 550 opener while Steve Trotman 525 broke the existing state record there. finished second with 450. Lifting in the raw division for the police and fire Barth, Jim Parham, Jimmy Duckett and division was 40-44/181 winner Mark David Taylor. Also to Melissa Shirley and Facey. Mark finished with 275, but came Cyndi Crossland for their help at the

deadlift competition, it was Daniel Thurston setting his second state record ing with a strong 375! Taking the win at novice 198 was Nan Cruz who finished tors, each of which set new state records for their class. At 123 it was Zach Dwinell, who finished with a 270 fourth attempt. Zach now owns the state records for the Triplett did the same at 220 with 405! In the master's division it was best lifter with a successful fourth of 285. In table, See you all this fall! (Darrell Latch)



George Baker's 3 x Bdywt. 490 BP at 163 in Tulsa, OK. (D. Latch)



WABDL Southeastern Regional 22 APR 06 - Suwanee, GA C. Phillips 485 220 lbs. K. Millrany FEMALE M. Retter 314 K. Williams 314 P. Lindstrom Master (47-53) N. Williams 181 lbs. Submaster 181 lbs. G. Cables

Greene	253	A STATE OF THE STA			
lallmark lbs.	-		n.		
omano	363	The same of the sa	-		April 101
V		Ken Millra	nvge	ts ready to b	ench
Pelis	473*	at the W	ARD	L Southea	ctorr
ter (54-60	0)	at the vvi	100	Loutilea	Sterri
lbs.		Regional, v	vhere	e he made 6	66 a
Accormic		220 lbs./4	10-4	6. (photog	raph
dwards	502*!	provided	Dy	Brent Mo	) FFIS
n					
lbs.		C. Temples 198 lbs. A. Brown 242 lbs.	297*	B. Burroughs	176
ianks	479	198 lbs.		4th-192*	
affino	_	A. Brown	170	148 lbs.	
lhs.		242 lbs.		A. Proctor	303*
Militana	451*	M. Holland	303*	MALE	3010 360
lbs.		M. Holland 308 lbs.	1551	Class 1	
Phillips	485	H. Poole	363	181 lbs.	
Ibe		4th-402*!		Q Acho	507*
Ailleany	666*	Teen (16-19)		D. Millrany	519*
master (3	3.30)	132 lbs		259 bls	3.3
lhe (5.	3-331	Teen (16-19) 132 lbs. A. Ramos	287*	A Mayo	534*
oitovint	226	198 lbs.	20,	R Morris	615
lbs.	230	M. Barthen	330	Ath 610*	013
olon	242*	M. Pindzola	297	Law/Fire	
lbs	342	M. Pindzola 242 lbs.	231	Submaster	
Maight	472*	J. Fain	462*	250 lbe	
viigin	4/3	259 lbs.	402	M LaRov	468*
		K. Romano			
lbs.	100000	H. Simms	325	SHW	"
autor		275 lbs		P Polic	600*
(12 12)		E Cruyo	402*	Open.	000
1 (12-13)		DEADLIET	402	250 lbe	
ios.	02	E. Gruve DEADLIFT FEMALe Open 148 lbs.		D Morris	610
vansor	02	Open		Ath C10*	013
4111-00		149 lbs		Toon (12 12)	
IDS.	10141	M Harrison	250*	105 lbs	
pieiman	101":	Submaster	239	I Wanson	176
IDS.	200	149 lbe		J. Wallson	170
44L 21 4*!	209	M Harrison	250*	165 lbs	
4th-214"		101 lbs	239	1 Spielman	176
1 (14-15)		C Cables	226	J. Spielman	1/0
DS.	445	Teen (12 12)	330	Teen (14.15)	
ruil0	115	M. Harrison Submaster 148 lbs. M. Harrison 181 lbs. G. Cables Teen (12-13) 148 lbs.		07 lbs	
lbe	99	M Navarrete	154	I Reuno	203*
los.	214	M. Navarrete 4th-203*! Teen (16-19)	134	114 lbs	203
til 220st	214	Toon (16 10)		D Humt	202*
4th-220*!		114 lbs.		101 lbs	303
lbs.		114 108.		101 105.	

380 4th-402\* 407 181 lbs. 308 lbs. Z. Fox 540\*! Teen (16-19) K. Romano 485\*

=State Records, !=World Records, World records in the deadlift were set by: Joseph Wansor, teen 12-13/105, with 203.7, Jason Spielman 12-13/165 with 225.7, Cody Temples 14-15/181 with 501.5, which is tremendous weight for that age, Hunter Poole, teen 14-15/308, hauled in 540, Michelle Navarrete 12-13/148, pulled 203.7, and Mandy Proctor, teen 16-19/ 148 ripped up 303. Moving onto the bench press, world records were set by Ken Millrany, master 40-46/220, who popped a 666.7, Ronald Edwards, master 54-60/ 220 slammed a 502.6, Joseph Wansor, teen 12-13/165 set a world record 88 lbs., Jason Spielman 12-13/165, pushed 181.7, Chris Arnold 12-13/114 elevated 220.2, Hunter Poole 14-15/308 was above average with 402.2, Kevin Romano 16-19/259 age with 402.2, Kevin Romano 16-19/259
popped 446.1, Michelle Navarette 12-13/
148 put up 66, Brittany Burroughs, teen
16-19/114 put up 138.8, and Nikki Williams, teen 16-19/123, set a world record of 204.8, a fantastic lift. She holds teenage world records in four weight classes. of 204.8, a tantastic lift. She notes teen-age world records in four weight classes, 123, 132, 148, and 165, all of them set in the last year and a half. State records that were notable: Brent Morris in class I 259 set a TN state record deadlift 619.4, and he also set the group record at 619.4. In set a IN state record deadlitt 619.4, and the also set the open record at 619.4. In teen 16-19/132, Anthony Ramos set a GA state record 402.2. In junior 198 bench press, Matt Christie set a GA state record 468.2, but Dalton Wilson edged him out with a 469.3 GA state record and first place. David Militana of TN was third with a TN record 451.7, lunior 198 was place. David Militana of TN was third with a TN record 451.7. Junior 198 was definitely the most contested category in the meet. In open 181 bench, Kourtney Sanks put up 479.5, and in submaster 198 Ronnie Wright set a GA record 473.7. And again, the TN WABDL state chairman, Ken Millrany, put up a huge 666.7 at 220 for a master world record and the highest bench in 220 in WABDL, except Matt Larmarque, who has the open world a master world record and the highest and a master world record and the highest bench in 220 in WABDL, except Matt Larmarque, who has the open world record 771. The MCs were George Herring and Ken Millrany. The meet directors were George and Sandra Herring. The judges were Brant Bishop, Sandra Herring, Ken Millany, George Herring, and Harry. Brant Bishop, syndies the kilo section with the second for their respective classes. At 18-19/132 it was first-timer Corey Clay Harry. Brant Bishop syndies the kilo section with the section of the secti ring, Ken Millany, George Herring, and Harry. Brant Bishop supplies the kilo set

and Richard Anderson and Outlaw Nutrition was a sponsor. (Thanks to Gus Rethwisch for providing these results)

SLP Southwest Missouri 21 MAY 06 - Springfield, MO

BENCH	148 lbs.	
MALE	VanDeMark	220*
Novice	Open	
220 lbs.	220 lbs.	
I. Hammond 370*	S. Kujawski	385
Junior	242 lbs.	
198 lbs.	J. Wantland	500
D. Dixon 295	Raw	
Submaster	Teen (18-19)	
132 lbs.	132 lbs.	
R. McCormick 300*	C. Clay	200*
Master (45-49)	Junior	
242 lbs.	SHW	
S. Hazen 420*	S. Birdsong	455*
Master (50-54)	Open	
220 lbs.	198 lbs.	
M. Hammond 385*	J. Proctor	405*
Master (55-59)		
#-Con Light Down M	liceauni state no	annala.

with 200. Steve Birdsong won at junior shw with 455 while James Proctor won at open 198 with 405. A small meet but with plenty of strong lifters, many who set new state and personal records. Great! Thanks to Emily Wolters for helping with the pictures and to three year old Bailey



Best Lifter Justin Wantland, who got his first official 500 bench at the SLP Southwest Missouri meet





Steve Hazen with his state record 420 at 242/45-49 at the SLP SW

All memberships expire 12 months from date of purchase

		d 420 at 242/45-				Slaughter, Na				College/(20-23)	332 407	1212
MO meet (phot	ographs provide	ed courtesy of D	r. Da	rrell l	Latch)	tional, Jason Heiyl, State.				A. Saavedra 501 Open/(40-44)	363 518	1383
Proctor for serving	as our trophy girl.	Master (60-64)	R. P	Pagal	413	Dave VanBre				N. Gewirtzmann	562 424	578
Thanks also to the lif		220 lbs.				Lee, compu				1565		
and load. (results fro	m Dr. Darrell Latch)	FEMALE SQ	BP	DL	TOT	Sattherwaite				Supers		
		198 lbs.				(Thanks to St	eve De	enison for t	he results)	Open	***	
LISAPI Ca	lifornia State	Junior (20-23)								J. Wehrmann 628	562 589	1780
	El Cerrito, CA	J. Bland! 330	170	347	848	1101			· Je Frida	Raw/(45-49) I. Pope 573	424 622	1620
		Open						lid Atlant		J. Pope 573 (thanks to John Shift		
BENCH	275 lbs.	198+ lbs. T. Licastro 154	176	292	622	5 AUC	3 06 -	Culpeper	, VA	(thanks to joint 5iiii	lett for these re	esuits)
FEMALE	J. Masten 512 275+ lbs.	MALE 154	176	292	022	BENCH		242 lbs.				
Open 148 lbs.	L. Contreras 435					148 lbs.		(55-59)		LICARI E'		
M. Asp 336	Master (60-64)	165 lbs.				Raw		J. Sheck	ler 325	USAPL Firework		
MALE	220 lbs.	D. Sanders 369	314	463	1146	M. Porter	325	Supers		25 JUN 06	<ul> <li>Denver, CO</li> </ul>	)
Junior (18-19)	R. Pagal 292			100		181 lbs.		(16-17)		BENCH	Junior	
220 lbs.	Master (70-74)	148 lbs.				Open		J. Harris	523	FEMALE	C. Singleton	330
A. Contreras 319	198 lbs.	A. Shouse! 391	325	479	1196	C. Lawyer	413	Open	407	132 lbs.	Open	
Open		242 lbs.				G. Colombu	380	P. Battle		Open	J. Miller	352
123 lbs.	DEADLIFT	J. Pinaglia 336	314	474	1124	(45-49)	225	DEADLII 242 lbs.		K. Graeder 154	Master II	1
J. Hadden 253	MALE	Open				S. Burke 220 lbs.	325	Raw/(55-	=0)	Master I	J. Miller	352
181 lbs.	Open	198 lbs.				Raw/(40-44)			hioni 490	M. Cencich 154	242 lbs.	
C. Saewong 418	165 lbs.	G. Buffington 551	446	584	1581	I. Shifflett	314	L. Ducc	mom 450	MALE	Junior	-07
198 lbs.		220 lbs.						pp p	L TOT	Special Olympic	S. Corridine	507
J. Alvarado! 567	220 lbs.	M. Wild 507	369	595	1471	FEMALE 165 lbs.	SQ.	BP D	101	Master III I. Handley 198	Open S. Corridine	507
220 lbs.		S. Pena 490	451	501	1444	Open				J. Handley 198 181 lbs.	275 lbs.	307
S. Pena 451	Master (45-49)	242 lbs. B. Marum 611	435	567	1614	S. Smith	369	242 39	1 1003	Master II	Teen III	
J. Emmick 385 275+ lbs.	181 lbs. K. Schiessl 501	B. Marum 611 W. Jandoc 589	380	567	1537	181 lbs.	303		1005	T. Cencich 424	B. Sumner	363
L. Contreras 435	198 lbs.	275+ lbs.	300	30/	1337	Raw				198 lbs.	Master V	303
Master (45-49)		S. Green! 639	540	633	1813	I. Lange	176	99 20	54 540	Master I	H. Blackman	-
181 lbs.	275 lbs.	Master (40-44)	340	033	1015	MALE				R. Roberto 358	SHW	
K. Schiessl 308	M. Goodwin 578					165 lbs.				Master III	Open	
275 lbs.	Master (50-54)	R. Ciano 529	418	606	1554	Open				R. Keele 270	McKinley	512
M. Goodwin 485	275 lbs.	Master (45-49)		A STATE OF		M. Breen	507	380 51	12 1399	220 lbs.		
Master (50-54)	M. Burruel 617	181 lbs.				181 lbs.				(Thanks to USAPL t	or providing re	esults)

501 308 501 1311

589 380 567 1537

584 363 617 1565

639 540 633 1813

325 248 330 903

584 440

330 551

666 485 600

485

485 292

551

485

1576

1366

1262

1752

N. DeLuca 424 259 463 1146

W. Breeden 203 214 402 821

501 369 540 1410

407 281 413 1102

330 319 380

518 407 551 1477

402 330 501 1234

440 325 435 1201

451 352 407 1212

Open C. Lawyer

Open/(45-49)

Raw/(16-17)

McCauly

(45-49)/Police Stang

Raw/(16-17)

B. Gillespie

B. Walsh Raw/(40-44)

M. Hill

T. Hyatt

242 lbs

(70-74)

198 lbs

220 lbs

#### USA Powerlifting™ (formerly ADFPA) Membership Application • PO Box 668, Columbia City, IN 46725

(260) 248-4889 • (260) 248-4879 fax • www.adfpa.com • www.usapowerlifting.com
Conditions Of Membership: As a condition of membership to USAPL, I agree to follow and obey all rules, regulations, and drug testing procedures of USAPL. I further testing procedures are subject to change at any time and that I agree to obey any new or changed rules, regulations, and drug testing procedures as a condition of continuation of continuation of the conti

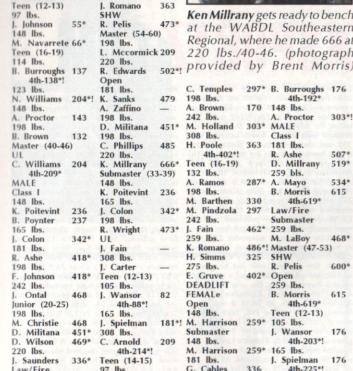
regarding my membership.

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 you stay current with any USAC banned substance or doping method, including those most recently banned. I further accept sole responsibility for what I take Into my body and that should I destine the consumption of that banned substance and shall accept the results and consequences of that banned substance and shall accept the results and consequences of that banned substance and shall accept the results and consequences of that banned substance and shall accept the results and consequences of that banned substance and shall accept the results and consequences of that

(f am suspended from membership for any reas who is suspended for testing positive for a banned substance of	son, including testing positive for a parined substance or doping method or doping method on the Internet, in <i>Powerlifting USA</i> , or any other public	cation that USAPL so chooses.
SIGNATURE:	If under 21 yrs., Parent Initial:	Date: Prior Reg. #
Name:	Phone: ()	E-Mail:
Address:	City:	State: Zip Code:
Date Of Birth:Age:	Sex:U.S. Citizen?USAPL Registered C	lub Represented:
<ul> <li>High School Seasonal (6 mo. Only good Dec. 1 t</li> </ul>		Seasonal to HS Div. Full year - \$15.00
Competing Divisions: (please circle all that apply Collegiate Military Police & Fire	Open Youth (10-13 yrs.) Teen (1 High School - Full Year High School Seasona	4-19 yrs.) Junior (20-23 yrs.) Master (40 yrs. & up) 11 - 6 mo. Dec. 1 - May31 Special Olympian
USAPL Merchandise: (please circle choices)  •Women's T-Shirt - \$18.00 (sizeqty)(colors)  •White Referee Designation Polo - \$30.00 (sizestifter Classification Patch - \$5.00 (qty) (mus	s: Black, gray and white)  _qty)  •Kids T-Shirts and hooded si •Logo Patch - \$5.00 (qt)	ack, gray) •Sweatshirts (Crewneck, zipper or hooded)- see e.store weatshirts - see e.store on website  y) (Shpg for patch: .50) •Tanks - see e.store on website  •Caps and Beanies - \$15.00 (qty)(colors: Navy)
Check/Money Order#  Credit Card: Visa-Mastercard-Discover Exp. Date Card #  Cardholder Signature:	/ / / / / / / / / / / / / / / / / / / /	Membership Price: \$ Merchandise Total: \$ Merchandise Shipping: \$5.85 Total Purchased: \$

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

67



Law/Fire

198 lbs. F. Johnson 418\* 181

352\* 114

259 lbs. M. LaBoy

Master (40-46)

#### Application for Registration WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS (WABDL)

In recognizing the need for drug usage detection, I agree to submit to any testing procedures deemed appropriate

by WABDL or its agents and shall accept the results

and consequences of such tests.

Current Card #(if Resease) Street Address MF Elite Master I II III IV Registration Fee: NOTE: All WABDL-sanctioned meets will be subject to Adults \$30.00 drug testing. Teens \$20.00

Make checks payable to and mail to:

WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS P.O. Box 27499

Golden Valley, MN 55427

If under 18, have parent initial,

Signature\_

		TBE Capitol		R. Lamont	457	P. Cannizzaro	0413
8 JUL 06 -	Ranc	cho Cordova,	CA	Elite Open		220 lbs.	
BENCH		Submaster		165 lbs.		J. Laija	_
FEMALE		132 lbs.		M. Hara	556*!		551
Junior		M. Nunes	115	308 lbs.		E. Barnes	534
132 lbs.		165 lbs.	1	S. Wong	_	242 lbs.	
E. Ansberry	154	D. McCollum	225	M Womack	855	D. Dorado	_
148 lbs.		4th-231*		Junior (20-25)		259 lbs.	
K. Girard	203	D. Spencer	121	132 lbs.		J. Hunter	640
181 lbs.		198 lbs.		J. Bareng	337	4th-667*!	
L. Vaterlaus	_	C. Matulia	209*	4th-347*	1	SHW	
Law/Fire		UL		148 lbs.		R. Bradshaw	705
Submaster		T. Riley	242*		281	R. Lamont	457
165 lbs.		Teen (14-15)		165 lbs.		Teen (12-13)	
D. McCollum	225	181 lbs.			424	148 lbs.	Lary I
4th-231*	440	B. Braguine	192*		1	C. Ciano	121*
Master (40-46	(2	Teen (16-19)		V. Karpenko	451	Teen (14-15)	1000
105 lbs.	")	132 lbs.		220 lbs.		148 lbs.	44
D. Brown	170	J. Watt	127*	M. Minahan	352		305*!
148 lbs.	170	MALE		242 lbs.	-	Teen (16-19)	
S. Maher		Class I		D. Reeves	425*		EX 30
J. Jazzique	132	123 lbs.		308 lbs.	420	I. Minahan III	203
181 lbs.	134		203	M. Womack	855*1	4th-209*	200
A. Sozzi	236	4th-209*	200	Open	000	242 lbs.	
J. Hase	203	181 lbs.		132 lbs.		V. Tovar	413*
UL.	203	D. Russo	396	C. Bareng	297*	Law/Fire	4.0
C. Ugarte			390	148 lbs.		Master (40-47	7)
Master (47-53		F. Salinas		J. Arnold	314	220 lbs.	positi
148 lbs.	,)	220 lbs.	A PARTY	198 lbs.	3.4	T. Ornduff	418
P. Presley	143	T. Ornduff	418	J. Woods	491	242 lbs.	410
UL Presiey	143		413	G. Gibson	485	A. Clayton	451
A STATE OF THE PARTY OF THE PAR	231	A. Jauregui	391	242 lbs.	403	275 lbs.	431
S. Vaterlaus		A. Carrion I. Perez	385	D. Tubridy		J. Tovar	584*!
Master (54-60	))	A STATE OF THE PARTY OF THE PAR	369	259 lbs.	RALL BOY	Law/Fire	304 .
97 lbs.	2281	R. Pichardo	369	D. Freeland		Master (48-55	1
S. Abblett	82*!	242 lbs.	160		640	259 lbs.	"
148 lbs.	20	J. Crow	462	J. Hunter 4th-667*!	640	M. Burruel	369*
S. Bax	99	J. Guadern	440*		205		203
4th-100*		G. Stevens	407	A. Clayton	385	308 lbs.	720
M. Evans	55	259 lbs.	100	SHW	705	B. Sabin	529
Open		J. Turanski	402	R. Bradshaw		4th-574*!	
10 lbs.		275 lbs.		Special Olym	pian	SHW	
D. Brown	-	B. Cikana	496	148 lbs.	0054	M. Johnson	514
	HAP TO			J. Shapiro		Law/Fire	
T. Riley	242*	B. Alex	518	Submaster (33	1-39)	Submaster	



James Hunter (above) and Michael Hara (below) CSS Photo Design



Special Olympian Master (47.53)



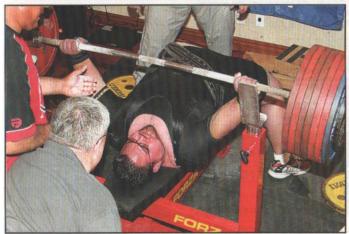
479 165 lbs.

A. Davila

502\*!

Special Olympian J. Barnard 165 lbs. SHW

Mike Womack (below) and John Minahan (above) in Sacramento



198 lbs.		198 lbs.		Special Olym	pian	Master (47-53	)
B. Cavanaugh	-	D. Lovas	225	165 lbs.		181 lbs.	
220 lbs.		220 lbs.		H. James	154*	T. Rivera	325
D. Peterson	_	J. Ketchersid	231	Submaster		198 lbs.	
F. Dena III	446	242 lbs.		165 lbs.		J. Woods	655
DeGennaro	4274	J. Peters	203	D. Spencer	330	G. Alves	485
M. Healy	330	259 lbs.		4th-336*		242 lbs.	
M. Healy 242 lbs. R. Exum		B. Hekl	352	Class I		G. Stevens	551
R. Exum	407	Master (75-79	9)	165 lbs.		259 lbs. K. Huffer	
259 lbs.		165 lbs.		W. Potier	424	K. Huffer	523
D. English	512	R. Fornachon	192	181 lbs.		Master (54-60	)
D. Vasquez		198 lbs.		A. Pina	523	132 lbs.	
A. Clayton						H. Shivaie	
308 lbs.		220 lbs.		P. DaSilva	501	220 lbs.	
I. Barnard	479	E. Miranda	259	198 lbs.		220 lbs. P. Murphy	501
Master (47-53	(1)	I. Weiss	165	A. Tortorelli	622*	P. Murphy 242 lbs. C. Ferris	
148 lbs.		DEADLIFT		220 lbs.		C. Ferris	413
M. Rihaly	225*	FEMALE Junior 148 lbs. K. Girard		A. Carrion	551	T. Wright	391
181 lbs	-	lunior		R. Budd	507	Master (75-79	
T Rivera	S. S. Shirt	148 lbs		I Perez	418	165 lbs.	1
P Janoff	358	K Girard	330	242 lbs	***	R. Fornachon	192
I Woods	401*1	Master (40-46	62	D Rooves	523	J. Weiss	220
250 lbe	410	D Rrown	264	1 Puranski	600*	Master (80-84	0
Maston	490	148 lbs	204	275 lbs	000	148 lbs.	'
200 lbe	430	D. Brown 148 lbs. S. Maher J. Jazzique 181 lbs. A. Sozzi	347	275 lbs. B. Cikana Junior (20-25) 198 lbs.	534	J. Butler	132
R Sain	520	1 lazzione	209	lunior (20-25)	334	4th-139*!	
Ath 574*1	329	191 lbe	203	108 lbs	1000	Open	
4III-3/4';		A Sozzi	250	V Karnonko	E40	181 lbe	
J. Minahan	cnc*i	Master (47 53	330	220 lbs	340	181 lbs. A. Pina 198 lbs.	523
Master (74 CC	000-:	UL	,,	220 lbs. M. Minahan	507	198 lbs.	323
Master (54-60	")	6 Vatarlana	265	Law/Fine	307	1 Woods	
	1768	Master (54.6)	265	Master (40 4	7)	J. Woods	633
H. Shivale		Master (54-60	"	Master (40-47	,	D. Freeland	622
165 lbs.	270*	97 IDS.	100	T Own beff	507	200 lbs	633
D. Cain	2/0	5. Abbiett	192	1. Ornoun	307	I. limerson	=62
181 lbs.	220	4In-196-1		Law/Fire Master (40-47 220 lbs. T. Ornduff 242 lbs. A. Clayton	F20	J. Jimerson	
E. Ansberry	330	148 IDS.	107	A. Clayton	529		3-39)
L. Orlando	201	4th-196*! 148 lbs. 5. Bax 4th-190*	187	259 IDS.		198 lbs.	622
L. Oliminao	391	4411-120		in partie	000	A. Tortorelli	622
242 IDS.							500
D. Marbga	424	M. Evans	1/6	Master (40-40	))	E. Barnes Teen (12-13) 114 lbs.	523
Master (61-67	1)	Master (61-67	")	220 lbs.		Teen (12-13)	
165 lbs.		181 lbs.		M. Healy	424	114 lbs.	202
I. Enlish	231	J. Petray		D. Peterson	407	Z. Hampel	203
181 lbs.		286*!		242 lbs.		4th-225*!	
M. Minietta	325	Open		5. Gaytan	512	148 lbs.	-
4th-330*		132 lbs.	-	259 lbs.		C. Ciano	286
259 lbs.		P. Cordova	303	D. English	611	4th-308*!	
M. Bonifield	347	165 lbs.		275 lbs.		E. Barnes Teen (12-13) 114 lbs. Z. Hampel 4th-225*! 148 lbs. C. Ciano 4th-308*! Teen (16-19) 165 lbs.	
Master (68-74	1)	C. Robinson	303	J. Wood	706*	165 lbs.	



lifters, he may be the best in a single ply visor was Gary Thomas. On the computer shirt. Other world records in the bench was Elma Thomas. The judges were Terry were set by Jaime Tovar, Law/Fire Master Luehrs, Ken Anderson, Scott Cartwright, 40-47/275, who slammed 584, his sixth Dave Freeland, and Jody Woods. The in Master 80-84/148 with 139.9, Sherry records were set by James Hunter in Open glutamine in the same pill, Pete Alaniz Abblett jerked up 196 at Master 54-60/97, 259 and Submaster 259, with a nice 667.8, and Ken Anderson of Titan Support Sys-Judith Petray, an attorney, hauled in and Adolfo Davila put up a big 502.6 world 286.5 in Master 61-67/18, Zach Hampel record in Submaster 165. In Teen 14-15/ Universal Nutrition, Chet Groskreutz of pulled 225.7 in Teen 12-13/114, and 148, Juan "John John" Liaja, trained by his

Cameron Cianz pulled an impressive father, set a world record 305.2. Sherry dler of Elite Fitness Systems, Keith Lemm 308.5 in 12-13/148. Notable state records Abblett set the only world record in the of CSS Photo, Mike Lambert of Powerlift-308.5 in 12-13/148. Notable state records were set by Al Tortorelli with 622.7 in Class I/198, J.P. Jutanski elevated 600.7 in Class I/259, Jerry Wood passed a drug test and powererd a huge 706.3 in Master 40-46/275, Jody Woods passed a drug test and was huge with 655.7 in Master 47-53/198, and Homi Shivaie pulled a fine 363.7 in Master 54-60/132, and all of them were California state records. In the bench press, all of them California records, were set by Daniele McCollum Usai Jr. of Forza Strength Systems. Jim Presley set up and presented trophies. Master 40-46/198+ with 210.7, Tina Riley in Open women 198+ with 210.7, Tina Riley Rethwisch sold tickets at the door. And, a special thanks go to Jim and Peach Ludwico didn't set a state record, but he press, world records were set by Michael Hara, who was out of this world with 556.5 at Elite Open 165 and passed his second drug test in WABDL, Micahel Womack put drug test in WABDL, Micahel Womack put up a huge 855.3 in Junior and Elite Open Minnetto set a nice 330.5 Nevada record 308 and passed the drug test for the third in Master 61-67/181 and Dennis Cain put time. He was wearing a single ply shirt up a 270 Nevada state record in Master and had a perfect lockout, which a lot of 54-60/165. The MCs were Gus Rethwisch big lifters don't have. Of all of the big and Lorraine Woods. The weigh-in superworld record in the last three years. Platform manager was James Partch. Bruce Sabin put up a world record 574.1 Warm-up weights were provided by Gold's in Law/Fire Master 48-55/308. Bruce has Gym as were the warm-up benches and in Law/Fire Master 48-55/308. Bruce has increased his bench by 100 lbs. in a year. The reason WABDI doesn't approve the double ply Rage, Rage X, Fury, or F6, is that those shirts are out-performing double. The platform bench was provided by denims and other double polyesters by 60 to 100 lbs., and in some cases 200 lbs. But weights. Dave Freeland transported the warm-up benches and weights. Mike Moore supplied a warm-up bench. The platform bench was provided by denims and other double polyesters by 60 to 100 lbs., and in some cases 200 lbs. But weights were provided by Ivanko. A some people still like their double denims and double polyesters. Moving on to other seconds 1-World Records 1-by world records in the bench loth Woods. \*=State Records. !=World Records. This world records in the bench, Jody Woods event was held at the Marriott Hotel. put up a perfect 491.6 in Master 47-53/ Chris Winters, and Georgia Williams, There were 137 lifters competing. The meet ran smooth and fast. It started at world records with a Master 47-53/308 Madere of GLC Direct - the official joint 8:30AM and was done at 7:20PM, with 13 more of 574.1 and Bruce's training formula of WABDL, Brent Mikesell of Iron flights in all. In the deadlift, world records with a big 606 formula of WABDL, Brent Mikesell of Iron flights in all. In the deadlift, world record in three years with a big 606 formula of WABDL, Brent Mikesell of Iron formula of Iron fo

#### ADA Manalla Chata Onen

APA Ma		Amor		
BENCH	. 00	Master		
MALE		S. Self		1
148 lbs.		CURL		
Teen (18-19)		MALE		
S. Harman	260	148 lb		
165 lbs.	200	Master	-	(9)
Teen (18-19)		R. Blau		
D. Prestaj	315	220 lb		1 105
220 lbs.	313	Master		19)
220 lbs.		S. Self		
MALE		BP BP	DI	TOT
105 lbs.			0.	
Teen (13-15)				
K. Stephens		100	205	305
148 lbs.		100	203	303
Teen (16-17)				
C. Cantrell			156	
275 lbs.			Tip.	
Open/DT				
I. Gousett		525	570	1095
MALE	SQ	BP	DL	TOT
148 lbs.	30	Dr	DL	101
lunior				
I. Morrow	560	370*	EAE	1475
220 lbs.	360	3/0	343	14/3
Submaster				
T. Kitchens	560	330	550	1440
242 lbs.	560	330	330	1440
Open/DT	625	455	675	1755
J. Smith				
(Thanks to Sc	ou Tay	for for	tnese	results)



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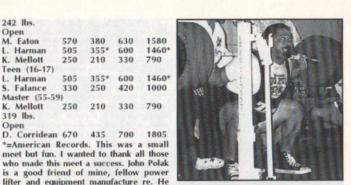
MITTER

GLUTAMINE-*SR* 

ADAU Powerlifting Contest					Submaster (35-39)					
	26 AUG					M. Stocks			205	471
	BENCH			ers (40-			4th -	130*		
	FEMALE			ifflett	325	SHY				
	132 lbs.		Open			Open		400	400	
	Masters (50-5	(4)		arrett	355	J. Krantz	185	120	135	440
	T. Wiles	70*		ers (65-		MALE				
	4th-75*		R. D	alhamer	260	181 lbs.				
	SHY		4	th-265*		Open	260	210	400	870
	Open		242	bs.		R. Patterson		210	400	0/0
	J. Krantz	120	Maste	ers (45-	49)	Masters (45-4 R. Patterson		210	400	870
	MALE		D. R	eeder	405	Masters (60-6		210	400	0/0
	77 lbs.		275	bs.		D. Junkins		225	400	915
	Youth (8-9)		Maste	ers (40-	44)	198 lbs.		223	400	913
	A. Barrett	55	H. H	enry	400	Open				
	4th-60*		319	bs.		J. Savage	475	365	605	1445
	198 lbs. Masters (45-49)		Junior (20-23) Z. Spidel 395			Submaster (3		303	003	1443
						J. Savage		365	605	1445
	D. Jackson	365	Open			Open	7/3	303	003	1443
	220 lbs.		D. C	orridea	n 435	R. Massey	500	370	550	1420
	FEMALE	SQ	BP	DL	TOT	A. Scolaro			565	1395
	114 lbs.	24			of par	D. Thompson		250	520	1100
	Teen (14-15)					Master (45-4		beta		a de la
		135	75	210	430	D. Jackson		365	410	1000
	148 lbs.					Master (55-5			Selve in	
	Masters (40-4	14)				D. Thompson		245	410	940
	R. Douglas	225	125	_	LLAM	220 lbs.				
	Masters (50-5	(4)				Open				
	K. McGee	50*	75*	170*	295*	A. Barrett	355	355	390	1100
	181 lbs.					C. Anglin	350	230	435	1015



The Doc Junkins Team who competed at Kevin Prosser's ADAU meet on August 26th. (photographs courtesy of K. Prosser) up with him in the loading of the bar.



is a good friend of mine, fellow power lifter and equipment manufacture re. He helped me set-up and break down for the meet. His equipment can be viewed at www.polakmade.com and he makes high quality bench's, squat racks, etc. He puts a lot of time into the making of the equipment so that it is up to powerlifting and competition standards, plus his prices are much lower than the competition. Without John there helping me, I would have never been able to run a successful meet. Cindy Bitner was invaluable. She meet. Cindy Bitner was invaluable. She did everything, from getting drinks and hitting 2000 lbs. RAW. "Captain" Kirk food for all of the guys and gals helping at the meet, watching the door for me, Dan and Ryan. What a nice guy. When I at the meet, watching the door for me, keeping me organized, and helping run the table. I could not run a meet without her by my side. Allen Siegel (President of the ADAU and powerlifting legend) and Brenda Siegel were there to judge and run the table. These two are constant supporters of RAW lifting, and have never missed one of my meets. I truly enjoy their company and can only hope that I can represent the ADAU in a way that makes them both proud. Ioo Orengia was there impressive. Doc lunkins brought the only company and can only hope that I can represent the ADAU in a way that makes them both proud. Joe Orengia was there from Erie Pennsylvania and helped judge, set up, and keep things flowing and organized as only he can. Joe is one of the premier RAW powerlifters actively competing today, and it is always a blessing to have him there. His help is greatly appreciated. Nick Theodora showed up to help judge, give drug tests, and lend his support. Nick is another one of the greats when it comes to RAW lifting and it was an honor having him at the meet. Nick is one of the leading scientists in his field and a constant source of knowledge when it comes to nutritional products. Jim Bardsley helped save the day by stepping in and helping with the spot loading for me when someone else couldn't be there. Jim has always been there, lending equipment, helping me set up, generally doing whatever is necessary to make the meet run smoothly. Matt is by far the greatest spot loader any meet director could ask for. He brings an energy and enthusiasm to the meet, and everyone is always trying, and trying is the key word, to keep up with him in the loading of the bar. Natalie Kinard. Natalie has competed in all of my meets so far as has some really impressive lifts. She usually sets American Records each time she competes. Thanks Natalie and the Kinard family for the support. Everyone did well, and I can only hope that my next meet is as successful. Thanks Mike Lambert. Call me if you have any problems with anything that I have written. I will be sending two pictures to you. One is Dan Corridean squatting 670lbs. and the other is Doc Junkins team. (Thanks to Kevin Prosser,

AGA	REFE
March P. Committee	Club No.
	Mem For ir A.D.A
7 6 5	Adult

STATUS:	National Referee State Referee
Club No.	Club Name:
For information	ood for 1 year from date of application. on registration and program, call your State Chairman or 814-833-3727 pership provides each member with an opportunity to participate in

APPLICATION:

Open M. Faton

L. Harman

K. Mellott

Teen (16-17)

S. Falance

319 lbs.

Master (55-59) K. Mellott 2

570 380 630

505 355\* 600

330 250 420

250 210 330

210 330

600 355\*

505

250

ANTI-DRUG ATHLETES UNITED, INC.					NC.	I agree to submit to any drug testing procedure, either in meet, or out of meet without any prior notice, deemed appropriate by the A.D.A.U. rule I
Date of Birth	Age	Sex Maie Female	Application Dat	e S	ocial Security Number	NOTE: Parent/Guardian signature required if member under years old.
First Name Middle		lame La	Last Name		Member's Signature	
Address	751					Parent/Guardian Signature
City		Sta	ite	Zip Code	For more information, contact: Allan Siegel, President, CFO 304 Daisy Street • Clearfield, PA 16830	
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Youth 15.00

	AP/	A Ir	pd	iana Open	
19 A	UG	06		Greenwood,	IN
NCH				242 lbs.	

19 AUC	06 - 0	Greenwood,	IN
BENCH		242 lbs.	
MALE		J. Moore	375
Junior		Open	
132 lbs.		242 lbs.	
T. Haag	220	L. Fisher	550
181 lbs.		SHW	
J. Morton	330	B. Myers	-
Master			
J. Delliaqui	la 315		
DEADLIFT			
MALE			
Novice			
Bench Press	Best L	ifter: James A	Aorton.
Deadlift Bes	t Lifter:	Bruce Myers.	Thanks

APF Granite City Barbell NASA Colorado Grand Nationals 12 AUG 06 - Denver, CO 1 APR 06 - Mt. Airy, NC FEMALE RENCH 275 lbs. 365 FEMALE K. Hogg 148 lbs. Master V 275 lbs. 114 lbs. R. Geller 501 Submaster II Open J. Smith C. Rabon Submaster Pure S. Zing MALE 160 700 H. Patel 640 123 lbs. 214 J. Lynn III PS BENCH 463 Master I C. Rabon Master I K. Hughes 165 lbs. 165 lbs. Master I Open Master Pure K. Hughes D. McClure 300 Submaster K. Kaiser 264 203 530 R. Coates 198 lbs. Open B. Williams 610 MALE 165 lbs. 148 lbs Master I 220 lbs. Master I K. Kaiser 154 D. Glenn 181 lbs. 330 Open M. Holbrook 600 Master/Pure D. Glenn 165 SQ BP PS DEADLIFT FEMALE DL TOT D. Glenn 160 100 175 435 S. Couick Master 1 A. Anderson 245 160 325 730 Push Pull DL TOT MALE 165 lbs. 114 lbs. M. Ligon 330 325 425 1080 365 300 390 1055 275 190 375 840 214 341 556 Tilley 1080 H. Patel D. McClure 214 341 556 D. Inman H. Patel 350 565 B. Sprays G. Sesler Master I 615 320 505 1440 203 314 518 198 lbs. Master Pure 775 500 615 1890 203 314 518 220 lbs. 725 500 610 242 lbs. Master II 705 550 545 1800 R. Byars 705 550 545 1800 Power Sports CR 474 854 DL TOT B. Edwards 1930 Intermediate M. Prevette 800 500 630 M. White 640 420 540 1600 C. Claunch Chris Clarke was the meet director. (Thanks Master III

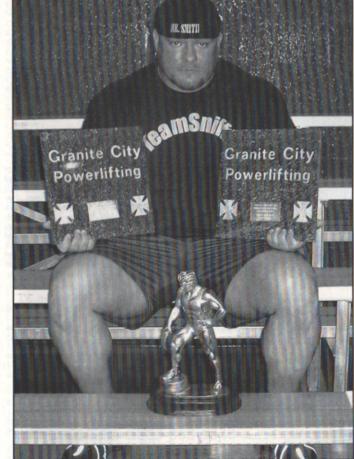
to Joey Smith for providing these results) K. Kaiser

104

154

253 440 799

264 352 771



Joe Smith got a 700 for the open 275 win, biggest bench of the meet, and Best Lifter at the APF Granite City event. (photo courtesy of Smith)

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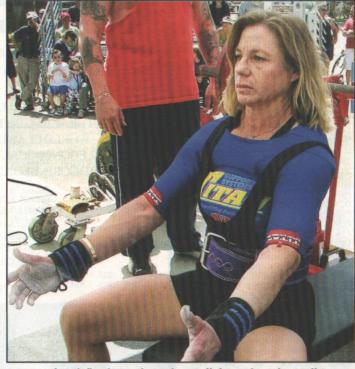
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Custom builds welcome.

		N. J. S.	STAIN N				1000		
181 lbs.					220 lbs.				
Master II					Open				
R. Aguilar	66	-	314	380	R. Smith		330	402	733
Submaster Pu	re				Novice				
A. Harrell	165	363	424	953	S. Judd		451	534	986
198 lbs.					242 lbs.				
Open					Open				
D. Wagman	159	374	501	1034	J. Burnett		374	507	881
275 lbs.					WOMEN	SQ	BP	DL	TOT
Master III					132 lbs.				
D. Riethmann	104	275	402	781	Open				
Powerlifting					H. Burke	407	203	374	986
181 lbs.					198+ lbs.				
Submaster Pu	re				Teen				
D. Petterson	407	203	391	1001	M. Dudley	154	337	429	921
198 lbs.					MEN				
Open					165 lbs.				
B. Rowe	628	374	573	1575	Junior				
Pure					N. Hatch	832	523	540	1896
B. Rowe	628	374	573	1575	181 lbs.				
220 lbs.					Master I				
Novice					I. Sorrell	463	369	407	1240
I. Sabar	303	275	463	1041	220 lbs.				
(Thanks to Ric									
(					R. Ward	782	518	661	1962
Married Dec 1000					J. Boukal	567	292	451	1311
		Iron C			Novice				
19 NO	V 05	- Om	aha, N	VE.	J. Walker	_	_	_	_
BENCH			lsen	214					
WOMEN		Ope			S. Frankl	925	700	694	2320
181 lbs.			imon	501	B. Frankl	826	562	589	1978
Open			lbs.	301	242 lbs.	0.0		-	
L. Schwartz	192	Junio			Master I				
MEN	192		riggs	722	M. Taylor	832	611	661	2105
165 lbs.		Ope		122	Open	032		00.	2100
Open			uyando	744		903	501	705	2110
B. Heck	578		arpente		T. Acome	881	_	- 03	881
Teen	3/0		cross	600	Teen	00.			001
D. Corral	270		Sissel	655	C. Kinsey	154	402	468	1025
181 lbs.	2/0		DLIFT	033	275 lbs.	134	402	400	1023
					Master I				
Teen	275	MEN			L. Hemming	way	595	578	468
Schartenkamp	12/5	220			1642	way	393	376	400
198 lbs.		Ope		584	The state of the s				
Master II		BP G	DL	TOT	J. Anderson	804	468	578	1851
Push Pull		DF	DL	101		004	400	3/0	103
MEN					Open I. Grandick	1047	756	771	2575
198 lbs.						1030	-	744	2375
Novice		440	567	1000	J. Graalfs		600		
T. Judd		440	567	1008	(Thanks to Be	cca sw	d[150f]	or the	results

USPF Venice Beach 9 SEP 06 - Venice Beach, CA C. Sims RENCH 589 FEMALE 308 lbs. D. Marr 601 C. LaMantia 402 Holland R. Garcia 407 352 M. Long Open 97 lbs. Master (50-59) 242 lbs. I. Fowler 422 198+ lbs. B. Evans N. l'Anson 226 451 Master (40-49) A. Aerts 385 I. Fowler 110 D. Knapp 3 Master (60-69) 114 lbs. B. Aerts 181 lbs. 148 lbs. R. Lozano 363 M. Sparango 226 220 lbs. 198+ lbs. B. Bradley 308 226 N. l'Anson 242 lbs. Master (50-59) Smith III 352 123 lbs. . Kassiris 308 S. Callahan! 214 Master (70-79) Junior (13-15) 132 lbs. 165 lbs. Andres 159 154 J. Iriberri 181 lbs. 220 lbs. R. Simon 259 270 277 K. Wilson A. Newman Junior (16-18) 165 lbs. DEADLIET FEMALE S. Ward Ir 220 lbs. R.t Ford 281 I. Fowler 314 Junior (19-23) 275 lbs. 148 lbs. K. Matthews 347 C. Collins 330 Open 148 lbs. N. I'Anson Mansourian 352 97 lbs. 165 lbs. . Fowler D. Davis 148 lbs. M. Sparango 198+ lbs. R. Ridenour N. l'Anson 3 Master (50-59) 242 lbs. 422 B. Evans R. Garcia 123 lbs S. Callahan 270 275 lbs. Hoekstra! 617 MALE Open 275 lbs. A. Aerts 451 LaMantia 402 E. DelaTorre -R. Speno



"Our Lady Misfit of Muscle" Sabra Callahan, aka "She-Hulk", got a 214 bench at the USPF Venice Beach meet on Sept. 9th, in the 50 plus 123 lb. category, with 225 missed at the top. Photograph from Clay

Felton of	the	Mistit	s of	Musci	le Lifting	Club,	Ben	d, O	regoi
S. Matthews 308 lbs.	446		lbs.		114 lbs. A. Decker	159	88	231	479
M. Perez	518	Mas	ter (7	0-79)	Open				
Master (50-5	9)	165	lbs.		97 lbs.				
275 lbs.		R. H	Hill	424	I. Fowler	187	110	314	611
A. Aerts	485	181	lbs.		123 lbs.				
Master (60-6	9)	R. S	imon	314	D. Dinger	264	159	275	700
165 lbs.		A. 1	Newm	an 343	148 lbs.				
G. Santee	479				M. Sparange			330	848
FEMALE	SQ	BP	DL	TOT	K. Matthews	! 325	165	347	837
Junior (19-23)	)				165 lbs.				



601

308 lbs.

D. Marr

Master (40-49) 242 lbs.

A. Aerts 4 Master (40-49)

242 lbs.

C. Sims!

485

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Elite Master I II III	V IPF Cat. 1	Cat. 2 Nat.	State	YN	)	N	YN
Current Collegiate	U.S. Citizen	Date of Birth	Rolling	Sex	Tod	ay's Date	Card Issued By
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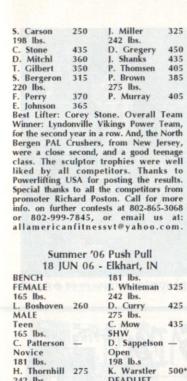
If Under 18 have Parent Initial \_

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.

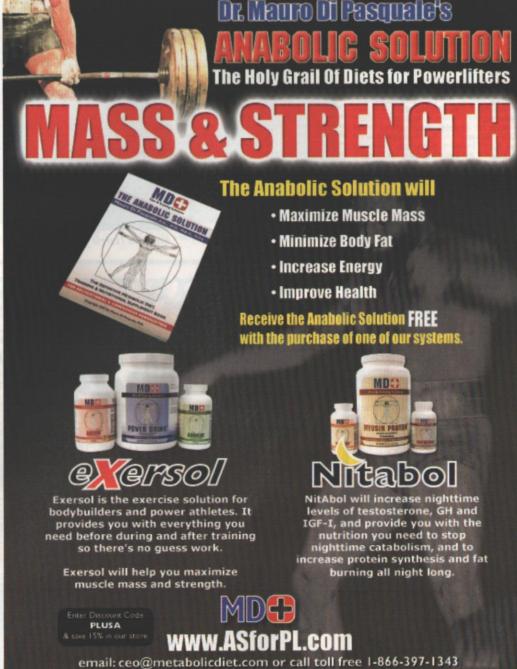
D. Martinez 198+ lbs.	226	143	275	644
N. I'Anson Master (40-49	319	226	330	876
	187	110	314	611
123 lbs. D. Dinger	264	159	275	700
198+ lbs.	319	226	330	876
Master (50-59 148 lbs.		220	330	070
K. Andrews MALE	198	99	231	529
Junior (19-23) 198 lbs.				
	413	303	413	1129
C. Waldrum! 308+ lbs.	402	385	463	1251
N. Wright	617	-	-	-
Open 148 lbs.				
S. Layman!	584	391	518	1493
V. Tanabe 165 lbs.	457	132	468	1058
	501	303	435	1240
I. Espinoza J. Lipanovich	402	314	440	1157
181 lbs. J. Caputo	545	330	551	1427
J. Caputo L. Sparango	451	369	451	1273
198 lbs. J. Hernandez	584	358	507	1449
C. Mangano 242 lbs.	248	226	352	826
P. Hakola!	694	518	705	1918
R. Costa	463	468	518	1449
J. Dentice 275 lbs.	479	380	551	1410
F. Toledano	600	413	589	1603
R. Speno	727	1000	THE REAL PROPERTY.	-
Master (40-49 198 lbs.	"			
V. Calia D. Robideau	562	457	617	1636
D. Robideau 242 lbs.	385	374	418	1179
J. Dentice 275 lbs.	479	380	551	1410
D. Hester	424	418	490	1333
Master (50-59 123 lbs.	,			
K. Meskew 198 lbs.	242	170	325	738
E. Lewis	440	242	424	1107
220 lbs. K. Croxdale!	463	341	584	1388
G. Baxter	424	330	485	1240
Master (60-69 165 lbs.	)			
G. Santee	220	187	479	887
R. Taylor	336	181	446	964
Master (70-79 181 lbs.	")			
R. Simon !=Best lifters	275	259	314	848
!=Best lifters	. Spot	ter Loa	aders:	Barret
Marum, Phoe the Venice B				
Ennis, Interna	tional,	Steve	Deniso	on, Na-
tional, Victor I	Elliott,	Nationa	I, Jim A	Merlino
Ken Wheeler	. Nati	onal.	isa W	heeler
National, Chu	ck Lan	Mantia,	Nation	al, and
Ennis, International, Victor I National, Go Ken Wheeler National, Chu Announcer, Ke Hughes, Inter Director, Stev	evin M	eskew,	Nation	al, Jack
Director, Stev	e Den	ison, fo	or the	results
11			0	

Vermont State Open 29 JUL 06 - S. Burlington, VT RENCH Grandmaster (50-FEMALE Williamson 400 K. Palmozano 145 E. Johnson Teen L. Bergeron 315 R. Miller K. Smith MALE Grandmaster (61+) S. Smith M. Mora 330 Open 132 lbs. M. Hernader 250 A. Carrillo 290 148 lbs. 235 G. Graves 300 T. Goad Valerio 200 E. Hoffman 210 A. Pyper J. Gorham 125 165 lbs. 155 E. Delary Master J. Langevin C. Roberts 250 M. Hernader 250 220 G. Longo D. Mitchel 181 lbs. 285 M. Berby J. Aikey 360 365 D. Benoit 295 S. Keller G. Longo



242 lbs. DEADLIFT I. Horn FEMALE 220 lbs. L. Boshoven 490 A. Reed MALE Master (45+) Teen 220 lbs. 165 lbs. C. Patterson 450 225 J. Johnson Master (50+) Novice 181 lbs. 220 lbs. T. Sheehan 350 H. Thornhill 365 242 lbs. Master (55+) J. Horn Master (50+) 198 lbs. 460 R. Cuny 275 lbs. 220 lbs. T. Striveerson 505 T. Sheehan Master (65+) Natural 220 lbs. T. Andrews 260 D. Craigo 181 lbs. 400 198 lbs. I. Whiteman 440 R. Salvagni 610 242 lbs. C. Mow L. Bontrager 360 Open 242 lbs. 275 lb.s L. Bontrager 650 500 Natural \*=Central Bench Press League Records.

Best Lifter Bench Press: Kory Warstler. Best Lifter Deadlift: Leon Bontrager. Special thanks to: Ron Cuny, Jon G. Smoker, Brendan Yoder, Al and Rob Reed, Carol Smoker, Stephanie Gordon, and Mike Wider. Some guys go out in a big way and the Summer '06 Push/Pull Meet had 2 of those who go for broke. Even when they come up empty, leave their peers and the spectators mightily impressed. Al Reed has



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spectators mightily impressed. Al Reed has been that kind of guy for some time, as anything short of a pr is not good enough opening attempt he went for the huge opening attempt he went for the huge though he couldn't quite get it together, he nor anyone watching felt they had been short changed. The same could also be said for Dain Sappelson who also went out spectacularly, even though he couldn't quite never though he couldn't get it together, he nor anyone watching felt they had been raw pr 470; tynne Boshoven made a great, high ranking 260 at 165. Deadlift specialist Chris Mow proved he could also bench spectacularly, even though he couldn't quite never though he couldn't quite never though he couldn't get it together, he nor anyone watching felt they had been raw pr 470; tynne Boshoven made a great, high ranking 260 at 165. Deadlift specialist Chris Mow proved he could also bench spectacularly, even though he couldn't quite never though he couldn't get it together, he nor anyone watching felt they had been raw pr 470; tynne Boshoven made a great, high ranking 260 at 165. Deadlift specialist Chris Mow proved he could also bench spectacularly, even though he couldn't guite never though h

the door wide open for best lifter, and Kory
Warstler walked right on through with two
CBPL records, 480 and a ground breaking
500 at 198. I remember back in 1992 when
300 at 198 in the 55 and over. There was Dave Harless broke the 500 barrier at 220 also some great deadlifting, although Leon in a CBPL meet and everyone thought it was Bontrager made it no contest for best lifter in a CBPL meet and everyone thought it was mind boggling. But, now it's been done in a weight class lower. Such is the march of time and progress. This was a meet filled with other highlights too. Paul Adams also cracked the 1/4 ton barrier, without a shirt no less, at 275. The crowd pleasing, phenomenal Ted Striverson got 505 in the 55 and over at 275. Dave Curry made a great comeback with 425 on his third after

WARDI Ho	use-of	-Pain Nation	als
		Dallas, TX	
BENCH		Open	
FEMALE		132 lbs.	
Master (61-67	)	M. DeLaCruz	271
114 lbs.		148 lbs.	
B. Lafferty	154	D. Smith	402*
4th-159*!		D. Vo	248
Open		181 lbs.	
198 lbs.		T. Jewett	573*!
K. Hagen	270	J. Ojeda	380
Teen 914-15) 114 lbs.		198 lbs. C. Washburn	
A. Harris	143*!	220 lbs.	7
199+ lbs.	143	I. Ramsey	
K. Sons	236*	242 lbs.	THE REAL PROPERTY.
Teen (16-19)	230	C. Matthews	611
148 lbs.		259 lbs.	
S. Ange	93*	B. Bell	_
181 lbs.		J. Laskowski	700*!
C. Gathright	236*!	E. Wright	644
MALE		308 lbs.	
Class I		F. Alexander	501
181 lbs.		Special Olym	pian
J. Ojeda	380	198 lbs.	
	407*	M. Barman	
G. Tedder	352	Submaster (33	3-39)
198 lbs.	274	148 lbs.	400+
K. Sawyer 220 lbs.	374	D. Smith 308 lbs.	402*
T. Emelander	402	T. Meeker	
D. Kroesch	469*	J. Sayre	ALC: N
275 lbs.	409	Teen (14-15)	
K. Scroggins	479	97 lbs.	
4th-490*	4, 5	J. Linden	148*!
Elite Open		220 lbs.	
308 lbs.		J. Triplett	303*
T. Meeker	_	Teen (16-19)	
M. Womack	848	132 lbs.	
Junior (20-25)		M. DeLaCruz	271*
181 lbs.		165 lbs.	
	573*!		264
220 lbs.		H. Torres	303
T. Emelander	402		225
259 lbs.	440+	181 lbs.	4074
C> Dunkel	440*	C. Rayner	407*

220 lbs J. Nindorf J. Quickle Junior (20-25) 551 D. Calvo 418 DEADLIFT FEMALE 132 lbs. S. Womack 132 Master (61-67) 114 lbs. B. Lafferty Bickerstaff 391 4th-203\*! Teen (14-15) 114 lbs. A. Harris 250

308 lbs. M. Womack Law/Fire Open 198 lbs. 220 lbs. B. Stone Master (40-46) 181 lbs. Radmilovich 275 199+ lbs. 220 lbs. 319 469 Teen (16-19) D. Kroesch I. Ramsey 242 lbs. 187 S. Ange E. Wilkinson MALE 259 lbs. Class I G. Gulseth J. Laskowski 523\* 198 lbs D. Bickerstaff 551 700\*! Parnell 622\* 242 lbs. 628 T. Putnam 225 A. Hodge 259 lbs. 275 lbs. E. Doublin 573 617 I. Dunn 308 lbs. lbs. K. Scoggins 666 4th-677\* D. Curtsinger 385 S. Mata 309+ lbs. lunior (20-25)

518

551

512

M. Hamby -Master (47-53) 132 lbs. J. Scruggs 165 lbs. L. McMasters 551\* 165 lbs. M. Dettman M. Mosley 220 lbs. 286 275 259 lbs. C. Dunkel T. Leach 275 Law/Fire T. Luce Open 385 B. Welker 198 lbs D. Bickerstaff 551 309+ lbs. P. Lattanzi Law/Fire Master (54-60) Submaster 148 lbs. K. Cook 220 lbs. 148\* B. Stone 181 lbs.

Master (40-46) 303 R. Jones 148 lbs. Master (61-67) 220 lbs. T. Eggers 308 lbs. 545 T. Lancaster 402 275 lbs. I. Hudson 650 Master (47-53) 380\* I. Duckett 165 lbs M. Mosley Master (68-74) 424 220 lbs. Master (54-60) 181 lbs. B. Bassman

M. Mauldin Teen (14-15) 485 Master (61-67) 220 lbs. 220 lbs. J. Triplett 501 T. Lancaster 551 Teen (16-19) Open 259 lbs K. Battey 639\* A. Womack 363 T. Putman 308 lbs. 198 lbs 650 R. Byrd 562 I. Hudson Special Olympian 198 lbs. 220 lbs. D. Calvo 578 M. Barman 4th-231\* 214

\*=State Records. !=World Records. This was a showdown between Tiny Meeker and Michael Womack, and Michael Womack won 848 to a bomb! Tiny opened with 909 and was close the first time. He had trouble touching, so to get a longer than anticipated pause because the bar was grazing the bench shirt and not really was grazing the bench shirt and not really touching. I wasn't the head judge, but I was right off the head judge's shoulder. Michael Womack opened more sensibly with 799, and then jumped to 848, which was picture perfect. Then we went to 881 and was 2/3 of the way up. The amazing thing about Womack is that he drove to





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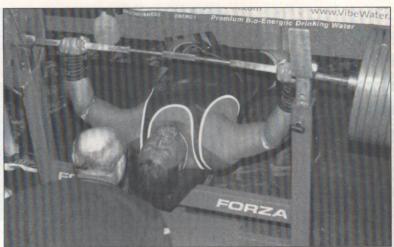
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Amanda Harris pulling in Dallas Betty Lafferty BPed 159 @ 61-67

Mesa, Arizona, on May 19. He left Modesto, California, at 3:30PM and arrived in Mesa at 5:00AM on May 20th, which was meet day. He woke up at 10:30AM and benched a 832 Junior world record at 11:30AM. On July 8, in Sacramento, he benched 855 at 308. On July 4th, he drove to Portland from Modesto, about 720 miles and benched 871.6 at super, and on July 15 he drove to Dallas from Modesto and benches 148. Two world records were set at this meet, which were notable. Trey Jewett, age 20, opened with 551 in Elite Open/181 and absolutely smoked it. The Elite Open world record was 532.5 by Tolan Furusho, and it was not broken, but destroyed. Then, Trey lewett went to



Jason Laskowski BPed 700.8 @ 40-46/259. (All photos by CSS Photo Design)

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573 and put that up with ease and then he

tried 600.7 at 181 and was more than half

way up. One of the best benching performances I ever witnessed. Then he passed the drug test. The other record was set by

Jason Laskowski, who smoked 700.8 for world records in the Master 40-46 and

Open 259 lbs., and came very close with

722. Other world records set in the bench press were set by Betty Lafferty in Master 61-67/114, who pushed 159.7. Betty was displaced from her home in Gulf Shores, Alabama, twice due to hurricanes in 2005

and still kept training and went to the world's and won a world championship. James Linden of Pennsylvania, set a world record bench 148.7 in Teen 14-15/97.

Amanda Harris, who weighed 111.8, set a world record bench in Teen 14-15/114,

with 143.2, and Courtney Gathright set a world record bench in Teen 16-19/181

with 236.7. notable Texas state records in the bench were set by Dan Kroesch, Class

1/220 with 469.3, Patrick Parnell, Master 40-46/259, David R. Smith slammed a

Texas record 402 at 148 and submaster 148 lbs. Matt De La Cruz put up 271.1 in

Teen 16-19/132 and Katie Jons was quite impressive with 236.7 in Teen 14-15/

198+. Ken Scroggins set an Arkansas record in Class I/275 with 490.5.. Oklahoma records were set by Jesse Triplett in Teen 14-15/220 with 303, Chris Rayner

set two records in Class I and Teen 16-19/ 181 with 407.7. The venerable Jimmy Duckett continued to defy father time with 380.2 in Master 61-67/275. Gary

Gulseth benched 523.5 for a Wisconsin record in Master 40-46/259. World

records in the deadlift were set by Betty Lafferty in Master 61-67/114 with a hau

of 203.7, Jessie Triplett of Oklahoma pulled an incredible 501.5 in Teen 14-15/

220, and Amanda Harris pulled 250.2 in Teen 14-15/114, weighing 111.8. Notable state records were set by Todd Eggers, who set a Kansas record 545.5 in Master

40-46/148, which was only six pounds shy of JD Carr's world record. Ken Scroggins

set an Arkansas record 677.7 in Class I/ 275, and Jeremy Scruggs was incredible with 518 in Junior 132. John Hudson, the PhD candidate from the U of Illinois, set

an Illinois record 650.2 in Master 40-46/ 308. Kevin Battey pulled a very credible 5010.5 in Texas Teen16-19/165, and Terry

Putnam ripped up an Oklahoma record 639.2 in Open 259. I want to thank Brian and Denise Welker for helping with

trophies and setting tickets. Jamie Mauldin did an excellent job of score keeping and presenting trophies. The judges were Steve Hoffner, Ken Anderson, Jason Jack-

son, and Brian Welk. The warm-up weights were provided by MAC Barbell and Keith

Allen, as well as warm-up benches. Tiny Meeker and his crew helped load equip-

ment back into my truck. And, I want to thank the House of Pain crew for bringing

the Ivanko kilo set to meets in Arkansas

Oklahoma, and Texas, and for storing the

kilo set. (report courtesy Gus Rethwisch

Trey Jewett a 573 BP at 181/20!



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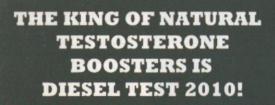
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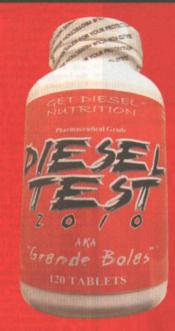
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		Lakes Regio	nal
22 JUL	06 -	Lansing, MI	
BENCH		220 lbs.	
FEMALE		S. Swingle	429
Master (40-46	)	242 lbs.	
UL	100	McLaughlin	529
C. Muessman	231		
4th-236*		R. L'Huillier	409
Master (47-53	)	Master (54-60	
148 lbs.		123 lbs.	
K. Waugh	192	A. Bates	_
4th-198*		242 lbs.	
Master (54-60	)	G. Fay	314
UL		4th-325*	
	264*!	Master (61-67	)
Open		242 lbs.	
UL		W. Bidinotto	
C. Muessman	231	Master (68-74	
4th-236*		132 lbs.	
C. Muessman 4th-236* Teen (14-15) 123 lbs.		132 lbs. S. Smith	159
123 lbs.		275 lbs.	
5. O'Brien	111*	R. Soffredine	446
UL		Open	
S. Baty	165*	148 lbs.	
MALE		C. Venturella	363
Class I		165 lbs.	
198 lbs.		L. Musinski	363
	330	220 lbs.	
220 lbs.	2054	M. Keyser	-
		M. Travis	402
J. Pfeiffer	292	259 lbs.	
259 lbs.	200+	R. Chmura	
D. Ewen	380*	M. Zingaro	606
Disabled		275 lbs.	
165 bls. S. Baker	115	T. Gibson	405
5. Baker Junior (20-25)	115	M. Newman	405
148 lbs.		D. Forstner	E40
D. Santarone			
too !!	34/	submaster (33	-391

181 lbs. 396\* J. Brydon T. Russo 220 lbs.

M. Keyser P. Morris

Swiple

391 M. Travis

275 lbs.

T. Gibson

308 lbs.

165 lbs

D. Pfeiffer

C. Cooper 242 lbs.

148 lbs.

V. Evans

Open 148 lbs.

374 D. Baty

352 FEMALE

479\* 165 lbs.

374

198 lbs. M. Carlin

Law/Fire

M. Rvan

Law/Fire

Submaster

M. Zingaro

Master (40-46)

C. Venturella

259 lbs

148 bls.

181 lbs.

I. Mumaw

I. Woods

198 lbs.

D. Horn

220 lbs.

242 lbs. D. Foor

275 lbs.

308 lbs.

I. Robins

. Pfeiffe

S. McShane 259 lbs. R Chmura

Master (61-67) \*=State Records. !=World Records. In its first year, four years ago, 45 lifters competed. This year 65 lifters competed. The venue is easy on and easy off high-ways. The restaurant is first class, and the hotel staff is friendly and competent. In the deadlift, world records were set by Dennis Johnson of Jamesville, Wisconsin. Dennis hadn't competed for three years D. Forstner 540 Submaster (33-39) due to injuries. In Fargo, North Dakota, in 2002 he pulled 622 at 198 and at this meet he pulled 573 at 175.4 lbs., at age 63. That's amazing. The old world record was 530 that stood for seven years. Moving on, Stan Goss, of Ontario, Canada, pulled a very animated 451.7 in Master 47-53/165. Ron L'Huillier pulled a Michi-453 4th-462\* gan record 551 in Master 47-53/259. Mike Woody, an attorney from Indianapo-lis, pulled an Indiana state record 705 at 402 220 Submaster, conventional style. In Open women, Susan Sanaghan pulled an Indiana record 270 in Open and Master 47-53/148. Victoria Evans pulled an 176.2 D Forstner 606\*! Teen (12-13) Indiana record in Open and Master 54-60/ 165. Both women were ably coached by George Blue, who has pulled 507, weigh-ing 224 at age 75! One other note about Teen (16-19) Victoria Evans is that sh is a very beautiful blonde and on Friday evening in the restaurant she was wearing a stunning blue evening gown that would have over-DEADLIFT Master (47-53) shadowed any actress on the red carpet at the Academy Awards, and Victoria is in the 54-60 age group! In Open 275, Ryan Klein ripped upa Michigan state record 728.6 and came close with 744. In Open 220, Mike Woody beat Chad Herrick 705 292 S. Sanaghan 270\* Master (54-60) to 677. In Junior 198 deadlift, Steven McShane beat Matt Carlin 551 to 512.5. T. Crampton 270\* S. Sanaghan 270\* Master (47-53) 165 lbs. Will McShane's 551 was a Michigan record and Carlin's 512.5 was a Pennsylvania record. Ryan Chmura set a Pennsylvania state record at 589.3 in Junior 259.

165 lbs

181 lbs

573\*!

132 lbs

I. Mumaw

C. Herrick

220 lbs

275 lbs.

308 lbs

220 lbs 451 J. Swirple

429\* 308 lbs.

473 165 lbs. D. Pfeiffer

D. Forstner

M. Woody

D. Forstner

Teen (12-13)

4th-200\*

Submaster (33-39)

589\* 181 lbs

4th-231\*

523

677

380

303

512\*

501

523\*

468\*

220 lbs

M. Carlin

220 lbs.

259 lbs.

S. McShane

J. Lickfelt

R. Chmura

I. Mumaw

I. Pfeiffer 275 lbs. J. Robinson

308 lbs.

165 lbs.

S. Goss 259 lbs.

G. Rapp

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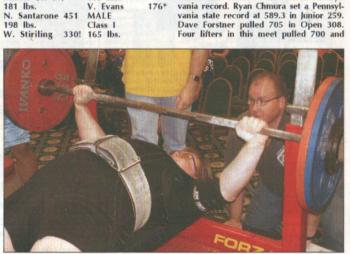
Master 940-46) 181 lbs.

T. Crampton 418\*

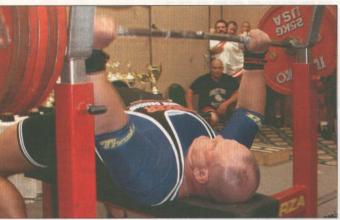
Master 947-53)

Master (54-60)

lunior (20-25)



Cindy Regan of New York got a WABDL State Record 270 on a 4th



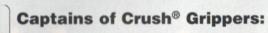
Terry Gibson of Pennsylvania with his State Record 667 @ 275 lbs.

another Chad Herrick was close with 716. very rugged looking got a Pennsylvania In the bench press in Class I/220, Chad record 529 at age 50, and at 259, Ron Herrick set a Michigan record 396.7. At L'Huillier set a Michigan record 409.9. In 259/Class I, Dave Ewen set an Indiana record 380.2. In Junior men bench, Dan Carolina record 325. Greg just recently Santarone set a New York record 347 at moved from Michigan to the South Carolina record 148, et al. 108, Matt. Carolina record 147, et al. 108, Matt. Carolina record 147, et al. 108, Matt. Carolina record 148, et al. 108, Matt. Carolina record 149, et al. 108, Matt. Carolina record 149, et al. 108, Matt. Carolina record 149, et al. 108, et al 148, at 198, Matt Carlin set a Pennsylva-nia record 396.7, and Dave Ewen set an Bill Bidinotto set a Ohio record 402.2 at nia record 396.7, and Dave Ewen set an Indiana record 380. In Law/Fire Master 40-47, Dan Foor set a Michigan record 479.5 at 242, and also set the Michigan standard in Master 40-46/242 with 479.5, and he put those lifts up raw. In Law/Fire Open 181 lbs., Mike Ryan set a Michigan record 402.2, and in Law/Fire 259 lbs., Marc Zingaro set a Pennsylvania record 405.7, weighing only 130.8. At 275, Ralph Marc Zingaro set a Pennsylvania record and World Record 606.2. In Master men 4-46/308, Thomas Crampton set a Michigan record 479.8 homas Crampton set a Ohio record 420. Bill sidinotto set a Ohio record 402.2 at 1818/s lovely wife is from Russia and shallow was taking pictures for Chuck Venturella, who was the meet photographer, but was busy doing some lifting own. In Master 68-74 bench, 73 year old Steve Smith set a Florida state record and World Record 606.2. In Master men 18-4-46/308, Thomas Crampton set a Ohio record 420. Bill's lovely wife is from Russia and shallow was taking pictures for Chuck Venturella, who was the meet photographer, but was busy doing some lifting own. In Master 68-74 bench, 73 year old Steve Smith set a Florida state record and World Record 606.2. In Master men 18-4-46/308, Thomas Crampton set a Ohio record 442. Bill's lovely wife is from Russia and 429. Bill's lovely wife is from Russia and shallow was taking pictures for Chuck Venturella, who was the meet photographer, but was busy doing some lifting own. In Master 47-4 bench, 73 year old Steve Smith set a Florida state record and World Record 606.2. In Master 47-46/308, Thomas Crampton set a Michigan record 446.2 in the 275s. That's an increditation of the foot gan record 270. In Master 47-53, William women's Master 40-46/198+ bench, Stirling of Canada set a Canadian Na- Carolyn Muessman set a Michigan record tional record of 330.5 at 198 lbs. At 220, 236.7. In Master 47-53/148, Kathy Waugh Steve Swingle set a Pennsylvania record set a Michigan record 198.2. Kathy

429.7. At 242, Frank McLaughlin, who is weighed 135.6. In Master 54-60/198+,

Cyndi Regan of New York, who has been a world class bencher for many years, set a world record 270. In Open men's bench, Hudson. John was the head judge and did Aworld record 270. In Open men's bench, Marc Zingaro of Pennsylvania set a Pennsylvania record 606.2 at 259, and Terry Gibson, also of Pennsylvania, set a Pennsylvania record 667.8 at 275 Open. Michael Newman of Michigan was second at Open Stokes provided all the warm up weights. Fred Stokes provided a bench from the Southside YMCA. The sponsors were 275 with a Michigan record 485. In Christand Diane Winters with AquaVIEE, Im Waters with Powerbuse Corn of the Stokes Provided and Stokes Provided all the warm up weights. Fred Stokes provided a bench from the Southside YMCA. The sponsors were Submaster men's bench, TR Russo, set a Jim Waters with Powerhouse Gym of Pennsylvania record 385.7 at 181 lbs. John DeWit, Michigan, Shawn Madere of GLC Swirple of Michigan set a state record on a fourth attempt with 462.7 at 220. At 275, formula on the planet, Rick Brewer and Terry Gibson set a world record 667.8, House of Pain, Dave Tate and Jim Wendler beating John Stewarts old record of 666.7 of Flite Fitness, the makers fo the Metal in Submaster 275. In Submaster 308, Dave Gear, Neal Spruce, Odd Haugen and Jim Forstner set a Michigan record 540. In Teen men 12-13/165, Dustin Pfeiffer set an Ohio record 71.5. In Teen 16-19/148, Samuelson and Mike Rockoff of Univerchad Cooper set a Michigan record 200.4, sal Nutrition, Giorgio Usai Jr., of Forza and in Teen 16-19/242, David Baty set a Strength Systems, Mike Lambert of Michigan record 259. In Teen 14-15/123 Powerlifting USA magazine, Keith Lemm women, Shelby O'Brien set an Illinois record 111.1, and in Teen 14-15/198+ Tyler of Karl Tyler Chevrolet, Brent women, Samantha Baty set a Michigan Mikesell of Iron Gladiators, and Chet record 165.2. I want to thank Ted Feight Groskreutz of Ivanko Barbell. (Thanks to who made this all possible. His wife Kathy Gus Rethwisch for providing the results





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or away fromcompetition. I realize that powerlifting is a dangerous sport and I choose to compete at my own risk.

15 JUL 06 -			
ronman	BP	DL	TOT
148 bls.			
Novice			
Roscoe	90	180	270
Novice Raw			
165 lbs.			
Caleb	125*	250*	375
Police/Fire Raw			
Caleb	125*	250*	375
MEN			
114 lbs.			
(11-12)			
Litowsky	125	205	330
181 lbs.			
Subs Raw			
Bowers!	325	500	825
Open			
Archello	335	-	-
lifetime			
Archello	335	-	-
220 lbs.			
ifetime Raw			
Caffrey	315	500	815



Rich Sadiv got 1st place and Best Lifter with his PR 680 deadlift at 198, and Joe Alongi (right) got 1st place with his 400 BP at the WNPF competition in Bordentown, NJ on July 15th. (Nanci Sadiv photo)

C R W 1 N R (S S C S	42 lbs. Open leichin VOMEN 48 bls. Novice-Single	\$Q	410 BP	520 DL	930 TOT	Deigan! 275 lbs. Open-Single Adzima	BACT	400 640 265* 405*	1650
R VI N R (S C S	teichin VOMEN 48 bls. Novice-Single					Open-Single		265* 405*	1010*
1 NR (SSC) S	48 bls. Novice-Single		BP	DL	101				
R						Subs-Single I		203 403	1010
R		Ply				Adzima	340*	265* 405*	1010*
5	TO TA) D	180*	90	180	450	Police/Fire-S			10101
S	50-54) Raw pano	215*	135*	350*	700*	Adzima (45-49)	340*	265* 405*	1010*
	pen Raw					Gisondi	515	385 655	1555
	pano AEN	215*	135*	350*	700*	BENCH 80 lbs.		Open-Single	Ply 535*
	14 lbs.					(11-12) Raw		Lehrer!	_
	ifetime-Single	. Dlv				Knapp	70*	Subs-Single P Lehrer!	535*
	Ilman	250*	180*	300*	730*	123 lbs.	10	(40-44)-Single	
	11-12)-Single		100	300	730	(20-23) Raw		Haley	485*
	itowsky	180*	125*	205*	535	McDowell	160	Lifetime-Singl	
	48 lbs.	100	1	203	333	148 lbs.	100	Haley	485*
	20-23) Raw					(20-23) Raw		(40-44) Raw	
	erreira 65 lbs.	325	280*	365	970*	Ferreira 165 lbs.	280	Inglisa (55-59) Raw	300
	ifetime Raw					(11-12) Raw		Wylie Wylie	320
	ooney	350	265	425	1040	Knapp	100*	300 lbs.	320
	Open Raw	330	203	443	1040	Open Raw	.00	Lifetime Raw	
	looney	350	265	425	1040	Burns!	355	Ramos	450
	40-44) Raw	330			1040	181 lbs.		Open Raw	
	coney	350	265	425	1040	Open-Single	Ply	Ramos	4
	81 lbs.					Alongi	400*	50	
L	ifetime					Subs-Single I	Ply	Lifetime	
7	immerman	345	365	420	1130	Livolsi	325*	Dupont	-
C	Open Raw					Police/Fire		(45-49)	
P	hillips	360	270	-	_	Single Ply		Dupont	-
(:	55-59) Raw					Livolsi	325*	POWERCURL	
C	Cinelli	230	210	300	740	Subms		123 lbs.	
	17-19) Raw					Kampo	405	Open	
	ooper	325	275	430	1030	(40-44)		McDowell	80
	98 lbs.					Caliguri	400	165 lbs.	
	13-16) Raw					(65-69) Raw		Open	
	iompino	350	305*	365	1020	Freed	310*		170
	17-19) Raw	F0F*	265	-00	1200	198 lbs.		(60-69)	110
	ang	525*	265	500	1290	(20-23) Raw	325	Robinson	110
	17-19)	375	225	465	1065	Snouffer McDowell	275	198 lbs. Open	
	Gaglione		223	403	1003	Open Raw	2/3	Hashemiyoon	175
	Open-Single F lock	405*	405*	405*	1215*	McCoy	365	Carr	170
	40-44) Raw	103	103	103	1213	Subs	303	McDowell	140
	llinger	475	335	500	1310	Seunarine	335	(40-49)	. 40
	50-54)-Single			-		Novice		Carr	70
	Villiams	480*	345*	510*	1335*	Freeman	220*		
	ubs-Single P			39		Police/Fire R		Open	
	erez	450*	340*	475*	1255*	Rolls	310	Caffrey	120
5	eunarine!	560	335	550	1445	(45-49) Raw		(50-59)	
2	20 lbs.					Carr	300	Harris	120
L	ifetime Raw					Novice Raw		(40-49)	
	Caffrey	430	315	500	1245	Jenkins	315	Inglisa	155
	55-59)					220 lbs.		242 lbs.	
L	farris	285	325	325	935	(40-44)-Single		(50-59)	
	45-49)	2600			-	Klazas	490*	Wylie	175*
(	naczko	360*	45*	360*	765*	242 lbs.		275 lbs.	
( Z						Lifetime Raw	The state of the s	Open	
( Z	42 lbs.					44-14-	40=		440
2 (	20-23) Raw	(004	250	F.40	14004	Maltezos	405	Adzima	110
( Z 2 ( L		600*	350	540	1490*	Maltezos Open Raw Maltezos	405		110

148 lbs.		(45-49)	
Open Raw		Lopez	635*
Spano	350*	Police/Fire	
80 lbs.		Lopez	635*
(9-10) Raw		242 lbs.	
Bowers	75	(60-64)	-40
(11-12) Raw	95	Dusenbury	510
Knapp 148 lbs.	95	SQUAT 148 bls.	
(20-23) Raw		(20-23) Raw	
Ferreira	365	Ferreira	325*
165 lbs.	303	198 lbs.	323
(11-12) Raw		Subs	
Knapp	215*	Seunarine	560
Open		220 lbs.	
Badurek	485	Subs Raw	
Subs		Johnson	450
Badurek	485	242 lbs.	
181 lbs.		Lifetime Raw	
(55-59) Raw	240	Maltezos	600*
Wacker	310	Open Raw	600*
198 lbs.		Maltezos! 275 lbs.	600
Subs Seunarine	550	Lifetime	
Novice Raw	330	Kiefer	01
Crespo	495	BWT. REPS	
Hashemiyoon	475	165 lbs.	
Freeman	405	(60-64)	
(40-44)		Robinson	16
Sadiv!	680	Open	
220 lbs.		Lara	40
Junior Raw		198 lbs.	
Durka	635*	Open	
Burke			
Subs Raw		McCoy	27
Subs Raw Johnson	530	Hasemiyoon	19
Subs Raw Johnson (40-44)	530	Hasemiyoon Lifetime	19
Subs Raw Johnson (40-44) Slaybaugh	530 625	Hasemiyoon Lifetime Ellinger	19
Subs Raw Johnson (40-44) Slaybaugh	530 625	Hasemiyoon Lifetime Ellinger	19
Subs Raw Johnson (40-44) Slaybaugh	530 625	Hasemiyoon Lifetime Ellinger	19
Subs Raw Johnson (40-44) Slaybaugh *=WNPF Natio Team Champs: was another of	530 625 onal Record me	Hasemiyoon Lifetime Ellinger cords. !=Best L Raiders (Bench)	28 ifters. This
Subs Raw Johnson (40-44) Slaybaugh *=WNPF Natio Team Champs: was another of	530 625 onal Record me	Hasemiyoon Lifetime Ellinger cords. !=Best L Raiders (Bench)	28 ifters. This
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		Champions	
12 AUG	06 -	Birmingham,	, AL
BENCH		R. Maddox	250
Raw		Submaster	
MALE		SHW	
Teen		R. McCants	
148 lbs.		C. Coaker	560
	195	Master (45-4	9)
242 lbs.		242 lbs.	
D. Perry	255	B. Tindull	520
Open		Master (55-5	9)
181 lbs.		181 lbs.	
R. Maddox			320
Master (45-4	9)	DEADLIFT	
181 lbs.		Raw	
B. Williams	290		
		Teen	
		148 lbs.	
		C. Williams	
		Master (40-4	4)
		220 lbs.	
		C. Hatey	
		Master (55-5	9)
		220 lbs.	
Push Pull		T. Butler BP DL	550
Raw		Dr UL	101
FEMALE			
Teen			
114 lbs.			
B. Downen		85 150	225
b. Downen		03 130	233

Open	4th-D	L-175		-		F	_	-	ng	
148 lbs.										
D. Childers	130	300	430		_		L	-	•• =	C
D. Cilliders	4th-BI		450							
181 lbs.	Tui-Di	-133								
D. DeGrazia	185	300	485	-	7.00					
Submaster				POW	EF	$\mathbf{R}$	FT	INC	GEA	R
148 lbs.						<u> </u>	<u> </u>	<u> </u>		
D. Childers	130	300	430							
	4th-Bl	P-135		DEM	CU	ıc	ш	DT		
181 lbs.				BEN	L l	1 5	lil	mil:	1	
D. Degrazia	185	300	485							
MALE				MEDIA	-		TVI		TRAD	•
Teen				M KU	1	5 L	10	15	TRAP	5
T. Hawkins Jr.	190	300	490	W III						•
AND THE STATE OF	4th-3	15		Bull a little						- 50
165 lbs.				La Carlo Control					505	
D. Young	255	415	670	State of the last					505	
220 lbs.				18 TO 18 TO 18					Million Brown	
A. Holmes	240	435	675	Maria Salar				~~~		
	4th-D	L-445						W V I	an su	P
275 lbs.				7 2 2 7 1 1						
T. Raines	345	575	920						Contract of the San	1 1/2
Open										
181 lbs.				USAPL Se	attle	Summ	ner C	lassic		
D. Moore	300	520	820	8 IUL					P. Cappetto	35
				0 IUL	170 -	Seatt		TOT	S. Clark	
198 lbs.		200				DD				57
M. Petras	245	380	625	FEMALE	5Q	BP	DL	101	220 lbs.	
M. Petras 220 lbs.				FEMALE Open		BP	DL	101	E. Zender	44
M. Petras 220 lbs. J. Mallett	245 500	380 625	625 1125	FEMALE Open 123 lbs.	\$Q				E. Zender K. Gack	44
M. Petras 220 lbs. J. Mallett Junior				FEMALE Open 123 lbs. P. Tidmarsh	5Q 260	115	DL 285	660	E. Zender K. Gack 242 lbs.	44
M. Petras 220 lbs. J. Mallett Junior SHW	500	625	1125	P. Tidmarsh K. Clark	\$Q				E. Zender K. Gack 242 lbs. M. Riedy	44
M. Petras 220 lbs.  . Mallett  unior SHW W. Duffy				FEMALE Open 123 lbs. P. Tidmarsh K. Clark 181 lbs.	SQ 260	115 135	285 —	660	E. Zender K. Gack 242 lbs. M. Riedy UNL	44 60 59
M. Petras 220 lbs. J. Mallett Junior SHW W. Duffy Submaster	500	625	1125	FEMALE Open 123 lbs. P. Tidmarsh K. Clark 181 lbs. T. Gack	5Q 260	115			E. Zender K. Gack 242 lbs. M. Riedy UNL C. Kittrell	44 60 59
M. Petras 220 lbs. J. Mallett Junior SHW W. Duffy Submaster 220 lbs.	500 435	625 585	1125 100	FEMALE Open 123 lbs. P. Tidmarsh K. Clark 181 lbs. T. Gack UNL	5Q 260 — 155	115 135 155	285 — 250	660 — 560	E. Zender K. Gack 242 lbs. M. Riedy UNL C. Kittrell Teen I	44 60 59
M. Petras 220 lbs. J. Mallett Junior SHW W. Duffy Submaster 220 lbs. D. Dover	500	625	1125	FEMALE Open 123 lbs. P. Tidmarsh K. Clark 181 lbs. T. Gack UNL F. Mangaoans	5Q 260 — 155	115 135	285 —	660	E. Zender K. Gack 242 lbs. M. Riedy UNL C. Kittrell Teen I 198 lbs.	44 60 59 45
M. Petras 220 lbs. J. Mallett Junior SHW W. Duffy Submaster 220 lbs. D. Dover Master (40-44)	500 435 425	625 585 580	1125 100 1005	FEMALE Open 123 lbs. P. Tidmarsh K. Clark 181 lbs. T. Gack UNL F. Mangaoang Teen II	260 - 155 g300	115 135 155 205	285 - 250 415	660 - 560 920	E. Zender K. Gack 242 lbs. M. Riedy UNL C. Kittrell Teen I 198 lbs. J. Garbush	44 60 59 45
M. Petras 220 lbs. J. Mallett Junior SHW W. Duffy Submaster 220 lbs. D. Dover Master (40-44) T. McCormack	500 435 425 330	625 585 580 530	1125 100 1005 860	FEMALE Open 123 lbs. P. Tidmarsh K. Clark 181 lbs. T. Gack UNL F. Mangaoang Teen II K. McFarland	260 - 155 g300	115 135 155	285 — 250	660 — 560	E. Zender K. Gack 242 lbs. M. Riedy UNL C. Kittrell Teen I 198 lbs. J. Garbush Teen II	44 60 59 45
M. Petras 220 lbs. J. Mallett Junior SHW W. Duffy Submaster 220 lbs. D. Dover Master (40-44) T. McCormack Best Lifter Push Pull:	500 435 425 330 Jason	625 585 580 530 Mallet	1125 100 1005 860 t. Team	FEMALE Open 123 lbs. P. Tidmarsh K. Clark 181 lbs. T. Gack UNL F. Mangaoang Teen II K. McFarland Master V	5Q 260 155 g300 55	115 135 155 205 95	285 — 250 415 200	660  560 920 350	E. Zender K. Gack 242 lbs. M. Riedy UNL C. Kittrell Teen I 198 lbs. J. Garbush Teen II 132 lbs.	44 60 59 45
M. Petras 220 lbs. J. Mallett Junior SHW W. Duffy Submaster 220 lbs. D. Dover Master (40-44) T. McCormack Best Lifter Push Pull: Push Pull: 1st-Phoenix	500 435 425 330 Jason 2nd-5	625 585 580 530 Mallet Samson	1125 100 1005 860 t. Team	FEMALE Open 123 lbs, P. Tidmarsh K. Clark 181 lbs, T. Gack UNL F. Mangaoang Teen II K. McFarland Master V F. Ireland	5Q 260 155 3300 55 215	115 135 155 205 95	285 — 250 415 200 240	660  560 920 350 580	E. Zender K. Gack 242 lbs. M. Riedy UNL C. Kittrell Teen 1 198 lbs. J. Garbush Teen II 132 lbs. J. Collins	44 60 59 45
M. Petras 220 lbs. J. Mallett Junior SHW W. Duffy Submaster 220 lbs. D. Dover Master (40-44) T. McCormack Best Lifter Push Pull: goes to Jim Pickett	500 435 425 330 Jason , 2nd-5	585 580 530 Mallet Samson d Judg	1125 100 1005 860 tt. Team Thanks	FEMALE Open 123 lbs. P. Tidmarsh K. Clark 181 lbs. T. Gack UNL F. Mangaoan Teen II K. McFarland Master V F. Ireland D. Backiel	5Q 260 155 g300 55	115 135 155 205 95	285 — 250 415 200	660  560 920 350	E. Zender K. Gack 242 lbs. M. Riedy UNL C. Kittrell Teen I 198 lbs. J. Garbush Teen II 132 lbs. J. Collins G. Storer	44 60 59 45
M. Petras 220 lbs. J. Mallett Junior SHW W. Duffy Ssubmaster 220 lbs. D. Dover Master (40-44) T. McCormack Best Lifter Push Pull: Push Pull: 1st-Phoenix goes to Jim Pickett Lewis, Right Judge,	500 435 425 330 Jason 2nd-5 , Hea	585 580 530 Mallet Samson d Judg	1125 100 1005 860 t. Team . Thanks e, Rick	FEMALE Open 123 lbs. P. Tidmarsh K. Clark 181 lbs. T. Gack UNL F. Mangaoang Teen II K. McFarland Master V F. Ireland D. Backiel MALE	5Q 260 155 3300 55 215	115 135 155 205 95	285 — 250 415 200 240	660  560 920 350 580	E. Zender K. Gack 242 lbs. M. Riedy UNL C. Kittrell Teen I 198 lbs. J. Garbush Teen II 132 lbs. J. Collins G. Storer 165 lbs.	44 60 59 45 35
M. Petras 220 lbs. J. Mallett Junior SHW W. Duffy Submaster 220 lbs. D. Dover Master (40-44) T. McCormack Best Lifter Push Pull: Push Pull: 1st-Phoenix goes to Jim Pickett Lewis, Right Judge, Todd Well,	500 435 425 330 Jason , 2nd-5 , Hea Brent	585 580 530 Mallet Samson d Judg Picke	1125 100 1005 860 t. Team . Thanks e, Rick ttt, Left r, Eric	FEMALE Open 123 lbs. P. Tidmarsh K. Clark 181 lbs. T. Gack UNL F. Mangaoang Teen II K. McFarland Master V F. Ireland D. Backiel MALE Open	5Q 260 155 3300 55 215	115 135 155 205 95	285 — 250 415 200 240	660  560 920 350 580	E. Zender K. Gack 242 lbs. M. Riedy UNL C. Kittrell Teen I 198 lbs. J. Garbush Teen II 132 lbs. J. Collins G. Storer 165 lbs. D. Kohls	44 60 59 45 35
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M. Petras 220 lbs. J. Mallett Junior SHW W. Duffy Submaster 220 lbs. D. Dover Master (40-44) T. McCormack Best Lifter Push Pull: Push Pull: 1st-Phoenix goes to Jim Pickett Lewis, Right Judge, Judge, Todd Well, Whitfield, Right Spo pers, Left Spotter. Ai	435 425 330 Jason , 2nd-5 , Hea Brent , Ann otter, and as	585 580 530 Mallet Samson d Judg Picke ounce	100 1005 860 t. Team Thanks e, Rick ett, Left r, Eric ky Pep-	FEMALE Open 123 lbs. P. Tidmarsh K. Clark 181 lbs. T. Gack UNL F. Mangaoang Teen II K. McFarland Master V F. Ireland D. Backiel MALE Open 165 lbs. C. Politino	5Q 260 155 3300 55 215	115 135 155 205 95	285 — 250 415 200 240	660  560 920 350 580	E. Zender K. Gack 242 lbs. M. Riedy UNL C. Kittrell Teen I 198 lbs. J. Garbush Teen II 132 lbs. J. Collins G. Storer 165 lbs. D. Kohls Teen III K. Powers	444 660 559 453 355 288 277
M. Petras 220 lbs. J. Mallett Junior SHW W. Duffy Submaster 220 lbs. D. Dover Master (40-44) T. McCormack Best Lifter Push Pull: Push Pull: 1st-Phoenix goes to Jim Pickett Lewis, Right Judge, Todd Well,	435 425 330 Jason , 2nd-5 , Hea Brent , Ann otter, and as Victori	585 580 530 Mallet Samson d Judg Picke ounce and Ni always a Rody	100 1005 860 t. Team Thanks e, Rick ett, Left r, Eric ky Pep- , a spe- ters, for	FEMALE Open 123 lbs. P. Tidmarsh K. Clark 181 lbs. T. Gack UNL F. Mangaoan Teen II K. McFarland Master V F. Ireland D. Backiel MALE Open 165 lbs.	5Q 260 - 155 8300 55 215 240	115 135 155 205 95 125 135	285 — 250 415 200 240 290	660 - 560 920 350 580 665	E. Zender K. Gack 242 lbs. M. Riedy UNL C. Kittrell Teen I 198 lbs. J. Garbush Teen II 132 lbs. J. Collins G. Storer 165 lbs. D. Kohls Teen III	44 60 59 45 35

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USAPL Se					P. Cappetto	355	265	475	1095	Master I				
8 JUL	06 -	Seatt	le, WA		S. Clark	570	370	560	1500	220 lbs.				
FEMALE	5Q	BP	DL	TOT	220 lbs.					C. Chapin	385	300	400	1085
Open					E. Zender	440	330	480	1250	242 lbs.				
123 lbs.					K. Gack	600	475	625	1700	G. Nucci	415	310	425	1150
P. Tidmarsh	260	115	285	660	242 lbs.					D. Black	_	475	-	-
K. Clark	_	135	_	-	M. Riedy	590	_	_	_	Master II				
181 lbs.					UNL					198 lbs.				
T. Gack	155	155	250	560	C. Kittrell	450	410	500	1360	J. Berrios	_	315	-	-
UNL					Teen I					Kirschenmann	_	315	-	-
F. Mangaoans	300	205	415	920	198 lbs.					Master IV				
Teen II					I. Garbush	350	250	440	1040	198 lbs.				
K. McFarland	55	95	200	350	Teen II	000				J. Nichols	_	155	_	-
Master V					132 lbs.					275 lbs.				
F. Ireland	215	125	240	580	I. Collins	285	70	_	_	R. Hamilton	400	305	400	1105
D. Backiel	240	135	290	665	G. Storer	_	150	_	_	Master V				
MALE					165 lbs.					198 lbs.				
Open					D. Kohls	270	160	410	840	R. Goncalves	260	210	315	785
165 lbs.					Teen III					Master VI				
C. Politino	440	315	455	1210	K. Powers	345	240	430	1015	198 lbs.				
181 lbs.					lunior	343		100		R. Schuller	435	240	425	1100
M. Taylor	375	240	500	1115	181 lbs.					(Thanks to	USA	PL fe	or pr	oviding
198 lbs.					S. Hart	320	-	375	-	POWERLIFTIN				

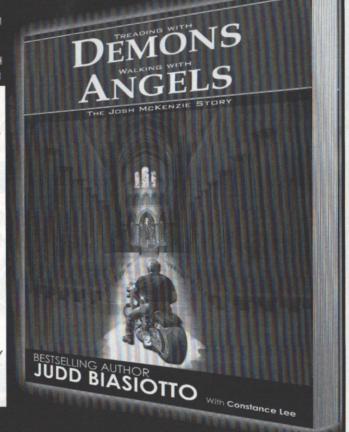
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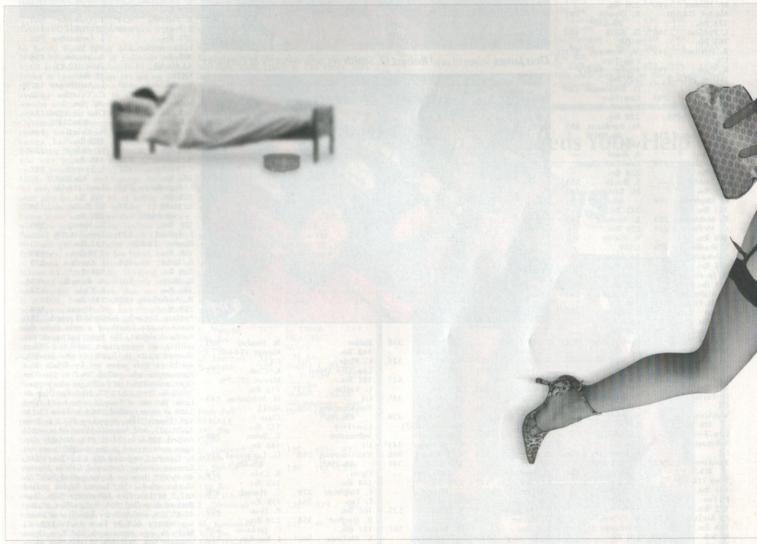
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### WABDL AquaVIBE World Cup

15 JUL	06 -	Portland, OK					
BENCH		B. Gilman	308				
FEMALE		259 lbs.					
Master (40-46	)	G. Loss	396				
165 lbs.		308 lbs.					
D. Damminga	209*	F. Sua	501				
E. Harwood	154	Elite Open					
Master (47-53	)	181 lbs.					
114 lbs.		R. Harris	473*				
R. Nelson	100*	198 lbs.					
123 lbs.			634				
D. Ruff	188	4th-681*!					
4th-204*		M. Womack	871*!				
148 lbs.		Junior (20-25)					
N. Huxley	192	165 lbs.					
165 lbs.		Crossen III	402				
N. Carpenter	187	181 lbs.					
P. Michaels	198	S. Judah	515*!				
4th-201*		198 lbs.					
UL		A. Georgeon	352				
M. Huston	210*	220 lbs.					
Master (54-60	))	K. Dinolfo	501				
123 lbs.		4th-530*					
I. Pentilat	198*!		440				
165 lbs.		SHW					
	245*!	M. Womack	871*!				
UL		Law/Fire					
		Master (40-47	)				
Master (61-67	)	259 lbs.					
181 lbs.		D. Bodenstab	529*				
P. Robey	209						
4th-226*!		Master (48-55	)				

SHW

S. Boyle

R. Niemitz

A. Porter

. Heddie

Law/Fire

Submaster

R. Niemitz

. Taylor

Ebangelista 165 lbs.

Crossen III

D. Fisher

S. Boyle K. Dinofo

T. Osborne

V. Aleaga F. Hofer

D. O'Neill

S. Moore

T. Chun

P. Martin Teen (12-13)

123 lbs.

A. Grizzle

132 lbs.

385 148 lbs. 363 R. Mahoney

Grizzle

41-134\*

Teen (14-15)

4th-231\* 181 lbs.

J. Mugleston 242 220 lbs.

297\*

Submaster (33-39) 220 lbs.

SHW

4th-530

4th-600

198\*1 T Tehhats

402

380

576

551

567

281

551\*

479

66

225

170

242 lbs

308 lbs.

Open 148 lbs.

259 lbs.

SHW

154

222\*

253

Law/Fire Open

4th-530\*

132 lbs.

I. Pantilat

M. Hobbs

F. Stephens

K. Mahoney

198 lbs.

J. Brooks Submaster

T. lacobs

Junior 132 lbs. C. Platek

K. Bond

Law/Fire

Open 181 lbs.

Taylor

VanAmerong

4th-303\*! Law/Fire Submaster

VanAmerong 292

4th-303\*1 Teen (14-15)

123 lbs. P. Fao 132 lbs.

198 lbs.

MALE

Class I 132 lbs.

148 lbs.

S. Cole 181 lbs.

S. Switzer

T. Tebbeta

D. Switzer M. Olson

R. Heriford

Sandia

Frazier 242 lbs. T. Sybcuts

Finck Hafner

220 lbs.

N. McEwen

181 lbs. K. Mahoney

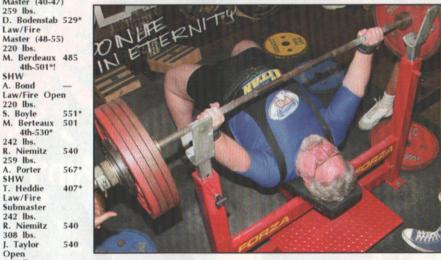
C. McEwen

4th-209\*!

McEwen

M. Whinston

Master (40-40		O. LUSS	330	IN IN
165 lbs.		308 lbs.	-01	-C 11
D. Damminga			501	
E. Harwood				
Master (47-53	)	181 lbs.		
114 lbs.		R. Harris	473*	
	100*	198 lbs.		
123 lbs.		Warrington	634	
D. Ruff	188	4th-681*!		
4th-204*		M. Womack	871*!	
148 lbs.		Junior (20-25)		
N. Huxley	192	165 lbs.		
165 lbs.		Crossen III	402	
N. Carpenter	187	181 lbs.		
		S. Judah	515*!	
4th-201*		198 lbs.		
UL		A. Georgeon	352	
M. Huston	210*			
Master (54-60		K. Dinolfo	501	1
123 lbs.		4th-530*		Contract of the second
I. Pentilat	198*!		440	
165 lbs.		SHW		N POST OF
R. Heriford	245*1	M. Womack	871*!	
UL		Law/Fire		Don James
	192*	Master (40-47	7	Don james
Master (61-67		259 lbs.	'	No. of Street, or other Persons and Street, o
181 lbs.	,	D. Bodenstab	529*	1
	200	Law/Fire	323	
4th-226*!	203	Master (48-55	1	1 1
7111-220		MINISTEL (40-22	1	



				eof			/ (	MA
	Teen (16-19)		P. Plush	358	Junior		N. Huxley	
	132 lbs.		4th-359*		148 lbs.		Master (54-60	)
	T. Belen	297*	B. Hill	325	C. Plate	303	UL	
	J. Curtis	121	198 lbs.		Law/Fire Ope	en	K. Cash	275*
	148 lbs.		R. Kadlub	325	181 lbs.		Master (75-79	)
	S. Cole	264	259 lbs.		L. Taylor	253*		
	181 lbs.		M. Fryar	385	UL		M. Whinston	143
	C. Hogan	253	308 lbs.		VanAmerong	380	MALE	
	Master (40-46	6)	D. Stevens	424	4th-396*!		Class I	
	181 lbs.		Master (61-67	7)	Law/Fire		132 lbs.	
	B. Levering		198 lbs.		Submaster		T. Belen	380
	J. Noblit	402	D. Hawkins	341*	UL		148 lbs.	
	R. Cole	314	R. Heriford	308	VanAmerong	380	G. Langmead	480
	198 lbs.		J. Beteta	341	4th-396*!		4th-486*	
	B. Beertein	451	4th-352		Open		S. Cole	374
	E. Georgeon	347	220 lbs.		148 lbs.		165 lbs.	
	242 lbs.		G. Nelson	-	E. Stephens	270	G. Hamel	490
	Christensen	529	308 lbs.		L. Tan	264	198 lbs.	
	E. Macauley	518	R. Smith	525	165 lbs.		R. Lyon	402
	B. Hafner	385	SHW		B. Herifod	358	220 lbs.	
	259 lbs.		D. James	507	181 lbs.		C. Jackson	529
	B. Fleming	547	4th-523*!		C. McEwen	385*	J. Sandlin	512
	4th-556*		Master (68-74	4)	UL		242 lbs.	
	J. Schaer	407	165 lbs.		K. Taueli	468	T. McCormic	600
k	275 lbs.		R. Mattison	248*	Submaster		J. Finck	551
	M. Jackson	_	Master (75-79	9)	181 lbs.		275 lbs.	
	308 lbs.		165 lbs.		C. McEwen	385	C. Callaway	540*
	V. Aleaga	_	W. Church	104	Master (40-46	5)	SHW	
	F. Sua	402	Master (80-8		148 lbs.		D. O'Neill	551
	Master (47-5	3)	148 lbs.		K. Kennedy	341	Disabled	
	148 lbs.		A. Whinston	88	S. McGowan		220 lbs.	
	A. Evangelist	la	165 lbs.		165 lbs.		C. Mudge	451*
	402		D. Gibson	170*	T. Holte	369	Junior (20-25)	
	242 lbs.		DEADLIFT		4th-374*		148 lbs.	
	T. Sybouts	451	FEMALE		S. Klocke	358	R. Martin	413
	259 lbs.		Teen (14-15)		E. Harwood	264	165 lbs.	
	Crossen Jr.	556	123 kbs,		198 lbs.		G. Hamel	490
	308 lbs.		P. Fao	209	J. Taylor	385*	220 lbs.	
	F. Hofar	_	132 lbs.		UL		D. Barth	622
	D. Better	391	A. Wass	309*!	K. Sandoval	374	Law/Fire	
	SHW		N. McEwen	281*		3)	Master (40-47	)
	P. Ratsch	_	Teen (16-19)		123 lbs.		259 lbs.	
	Master (54-6	0)	UL		D. Ruff	352	D. Bodenstab	573
	404 11		V T!!	4/0	440 IL-		44	

K. Taueli



Master (40-46) Cunningham 529 501 R. Cole 242 lbs. J. Capello 259 lbs. 529 R. Reartlein 639 B. Fleming T. Osborne 661 J. Pugh 275 lbs. 2757 lbs. I. Fernandez 705 A. Madak Teen (12-13) A. Medak 650 655 L. Swillinger 187\*! C. Grizzle 132 4th-685 Master (47-53) 148 bls. 105 lbs. Diaz de Leon 181 A.Evangelista 482 4th-204\*! A. Grizzle 181 lbs. 132 lbs. D. Cole 650 220 lbs. R Collins 148 lbs. 451 Mudge I. Everett 242 lbs. J. Capello 259 lbs. 755 Teen (14-15) 634 D. Bailey 4th-644\* 275 lbs. 220 lbs. B. Henry Teen (16-19) 132 lbs. I. Tallent 529 Master (54-60) 198 lbs T. Relen R. Kalub 429 J. Curtis 220 lbs 148 lbs R. Wass 242 lbs

M. Frvar

589

D. Stevens

W. Church

148 lbs

Master (75-79)

Master (80-84)

G. Langmead 480

Russell Evangelista

Woodley

Field-Eaton716

187

468

225\*

231

220

4th-236\*

S. Cole 259 lbs =State Records. !=World Records. This event is one fourth of a mile from the Portland airport. The hotel just spent five million on renovations, and 152 lifters showed up to do battle. In the deadlift world records were set by Krista Van Amerangen, who pulled 396.7 in Law/Fire Open unlimited, Levi Swillinger who popped 187.2 in Teen 12-13/97, Nicholas Diaz de Leon, the osn of loaquin, who has totaled 2100 at super, pulled 204.8 in Teen 12-13/ 105, Timmy Ditty, ripped up 253.5 in Teen 12-13/123, and Amanda Wass set a world record 309.6 in 14-15/132. Notable Orby Garette Longmead 486.1 in Class I/148, Beemer Leming destroyed 639 in Master 40-46/259, Jennifer Taylor pulled 365.7 in Master 40-46/198, James Taylor pulled 617.2 in Law/Fire Submaster 308, Don Bodenstab pulled 584 in Law/Fire Master 40-47/259, and Anthony Russell was amazing with a 468 in Teen 16-19/148, CJ McEwen was super with 385.7 in Open women 181. Notable Washington state records in the deadlift were set by Vince Eldridge in super, who pulled 686.5 in Master 40-46/SHW, Steve Smith who pulled 644.7 in Master 47-53/259, and Dylan Cole who pulled 225.7 in Teen 12-13/132. World records in the bench press needs to be started by talking about Michael Womack 871.8, weighing 310 in a single ply bench shirt, and he passed the drug test for the shirt, and he passed the drug test for the second time in two weeks. He got 900.4 abut half way up, Ryan Kennelly witnessed the 871.8 and said it was the best looking big bench he's seen. Other world records in the bench were set by Gustavo Warrington, who did a picture perfect 661 at 198, and passed the drug test. Gus is only 5'2" with a short stroke, but never the less, he's one of the all time best. In Junior 181 Stephen Judah, who is stationed in the Air

Force at Mountain Home, Idaho, set a

world record 515.8 in Junior 181. Other

world records in the bench press were set

4th-584\*



Gustavo Warrington went 661 in the 198 lb. class. (CSS Photo Design)

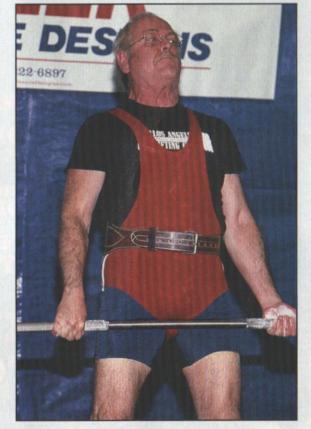
510.3 in Law/Fire Master 48-55/220, Linda
Taylor in Law/Fire Open 181 put up 198.2,
Krista Van Amerangen was very above
average with a 303 in Law/Fire Open
women unlimited. She is coached by Virginia Williams of Black Iron Gym in
Goldendale, Washington. Still more world
records in the bench press were set by
James Taylor with 540 in Law/Fire
Submaster 308, Robert O'Smith of Canada
was very impressive with a 525.7 world was very impressive with a 525.7 worl record bench at age 63 in Master 61-62 SHW. Those two and George Nelson at the only three lifters in the world to bench over 500 lbs. at age 61 or better. Timn Ditty slammed 184.4 in Teen 12-13/12 There were some impressive benching world records by master women also. Pantilot 198.2 in Master 54-60/123, Bet Heriford 245.8 in Master 54-60/165, ar Pat Robey, coached by Joe Head, beat of Donna Bellerres record with 226.8 Master 61-67/181. Betty Heriford, by t way, had set more world records includi both deadlift and bench, than any wom in WABDL. Notable Oregon record in t bench press were set by Ken Dinolfo 530 in Junior 220, Don Bodenstab 529 Law/Fii Master 40-47/259, Joe Beleta Master 6: 67/198 put p 352.5, Dick Gibson set world record 170.7 in Master 80-84/16: Kathy Cash hit 192.7 in Master 54-60/198 Travis Osborne was strong with 600.7 i
Open 259, Troy Chun was second best t
Travis Osborne with 551, which was th
Oregon state record for about 15 minute Oregon state record for about 15 minutes and finally ryan Mahoney hit 231.2 in Teet 14-15/148. Notable Washington record it the bench press were Travis Belen 277.: in Class I/132, Sean Boyle 551 in Law/Fir Open 220, Perry Plush 369.2 in Master 54 60/181, Debbie Dominiga Master womer 40-46/165, who pushed 209.2, Pamel Michaels Olson, who hit 222.4 in Submaster 165, Margie Husten, who popped 2100.3 in Master 47-53/198+, Travis Belen who slammed 297.5 in Teen 16-19/132, and Kayla Sua who put up 187.2 in teen 14-15 Kayla Sua who put up 187.2 in teen 14-1: 198. The MC was Gus Rethwisch. The scorekeeper was Gary Thomas. Elma Thomas was on the computer. The judges wer Donna Delleree, Jerry Luehrs, Jim Presle Don James, Brian Baertlein, Don Froslan and Gus Warrington. Gary Thomas a Elma Thomas were the weigh-in roo supervisors. Jim Presley, Phil Arroyo, ar Eddie Aleaga set up trophies. Jim Persle was the trophy presenter. Joe Fernande and Freddie Evangelista brought warm-u-weights and benches. The competition bench was provided by Forza and the Ivanko plates were provided by Ivank Barbell. The sponsors were Chris an Diane Lunters, and Georgia Williams Aquavibe Bottled Water, Shawn Mailere GLC Direct, the official joint formula WABDL, Rick Brewer of House of Pai Mike Lambert of Powerlifting USA mag zine, Brent Mikesell of Iron Gladiato Dave Tate and Jim Wendler of Elite Fitnes the distributors of the metal gear, Che Groskrautz of Ivanko, Giorgio Usa Jr. of Paralym Apex Fitness Group, Pete Alanis and Ken T. Conqu Anderson of Titan Support Systems, Neal 242 lbs.

by Karola Bond, Junior women 198, with Spruce of Apex Fitness Group, Gus 209.2, Mike Berteaux of Colorado popped Samuelson and Mike Rockoff of Universal 510.3 in Law/Fire Master 48-55/220, Linda Nutrition, Keith Lemm of CSS Photo, Karl

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ld	USAPL/FH	SPA	Flori	da H.	5.
7/	13 MAY 06				
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ch	BENCH		220 lb	S.	
ny	MALE		Open		
3.	132 lbs.		D. Pet		429
or	Varsity		Master	1 (40-	49)
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nd	A. Cerra 14	43	Master	III (6	0-69)
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in	Varsity		242 lb	s.	
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ng	242 lbs.		M. Me	erry	352
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la	Master 1 (40-49)				
er	K. Shivler		110	187	297
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nd	Teen (18-19)				
5/	E. Olmstead		330	429	760
he	Open		330	-	, 00
0-	M. Romanello		253	402	655
re	165 lbs.		200	402	000
	Teen (18-19)				
y,	L. Bianchi		253	402	655
nd	Open		233	402	033
m	E. Deleon		303	578	881
nd	Master 1 (40-49)		303	370	001
	A. Yezer		325	352	677
ey	181 lbs.		323	332	0//
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up	Open				
on he	M. Brown		The		
	A. Prisco	0)	The		
ko	Master III (60-69	9)	200	407	711
nd	P. Currey		308	407	716
of	198 lbs.				
of	Master I (40-49)		207		004
of	L. Grant		297	523	821
n,	220 lbs.				
a-	Open		070	100	
or,	T. Conquest		270	198	468
ss,	Master I (40-49)			200	
et	A. Decker		341	352	694
of	Paralympic			405	
en	T. Conquest		270	198	468

					C. Zunk	264	192	292	749
)pen					C. Gray	_	_	_	_
1. Szymansk	i	308	474	782	165 lbs.				
. Calvano		-	-	-	C. Alderfer	314	159	396	870
75 lbs.					B. Saviego	314	_	363	
pen					181 lbs.				
. Suarez		-	-	-	N. Prisco	281	192	352	826
Master II (50	-59)				R. Consboy	253	165	319	738
. Suarez		-	-	-	198 lbs.				
EMALE	SQ.	BP	DL	TOT	M. Pattison	358	176	413	948
14 lbs.					220 lbs.				
arsity					I. Connolly	264	220	418	903
. Pryor	214	99	237	551	275 lbs.				
23 lbs.					A. Lepri	622	286	463	1372
unior Varsity	Y				Varsity				
. MacName	e 121	77	198	396	148 bls.				
arsity					M. Derstine	529	330	562	1422
. Talarowic	z226	93	275	595	165 lbs.				
48 lbs.					S. Smith	429	220	501	1151
aristy					L. Bianchi	226	253	402	914
. Dormer	214	93	248	556	181 lbs.				
Collegiate					J. Davis	413	237	440	1091
. Welcome	259	115	314	688	220 lbs.				
MALE					J. Greenberg	440	336	435	1212
unior Varsity	y				I. Roberts	463	264	485	1212
23 lbs.					H. Hodsgon	226	220	749	479
. Derstine	264	148	314	727	D. Snyder	402	248	424	1074
32 lbs.					242 lbs.				100
Laite	226	159	270	655	N. Calhoun	347	314	396	1058
48 lbs.					This meet was				
. Laite	286	176	380	843	University. (T				
Lanc	200	.,,	550	-15	University. (1)	nanks	to USA	APL for	results

#### Herb Still Needs Your Help



Herb Glossbrenner's recovery from his stroke of last year has not been complete, and .. unfortunately .. it appears his Social Security benefits will cease. Herb is still at a care facility in Los Angeles, but his sister and others are trying to arrange accommodations for him in his home state of Indiana. In the meantime, any and all donations are welcome to help Herb during the planned transition. Make checks payable to Herb Glossbrenner and send them to Box 467, Camarillo, CA 93011. He is facing great challenges now, and definitely needs the support of his friends in the sport.

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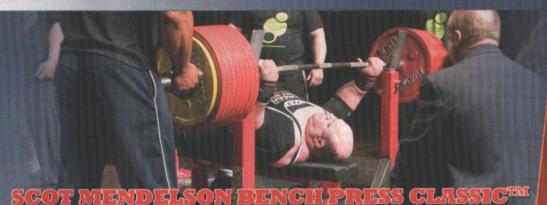












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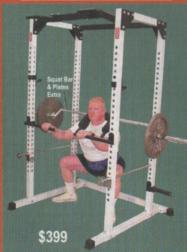
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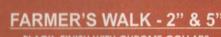


GENUINE COWHIDE LEATHER











MEGA SHRUG BAR



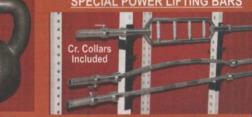
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1.25" Dia. Steel Bar - Knurled & Chrome Plated
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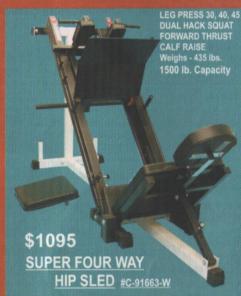
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TOP 100 For standard 132 lb./60 Kg. USA lifters in results received from SEP/2005 through AUG/2006

#### DEADLIFT TOTAL 462 Unten, K...6/17/06 385 Zehr, A..5/13/06 380 Kuhns, M..3/18/06 370 Knight E..4/15/06 352 Petrencak, S..9/17/05 347 Bareng, J..7/8/06 341 Bahchevanov, K..3/18/06 341 Bahchevanov, K..3/18/06 341 Bahchevanov, K..3/18/06 345 Zerbe, S..3/18/06 347 Smith, T..1/21/06 348 Washington, 11/8/05 1322 Kupperstein, E..7/6/06 1311 Kuhns, M..3/18/06 1290 Stephen, C..3/25/06 1295 Wright, A..3/25/06 1223 Boutte, N..6/17/06 1218 Hafenbrack, M..6/17/06 1218 Hafenbrack, M..6/17/06 1315 Waquera, M..3/25/06 1218 Hafenbrack, M..6/17/06 1218 Hafenbrack, M..6/17/06 1316 Washington, 11/8/05 1322 Kupperstein, E..7/6/06 1311 Kuhns, M..3/18/06 1218 Hafenbrack, M..6/17/06 1218 Hafenbrack, M..6/17/06 1218 Hafenbrack, M..6/17/06 573 Washington, H..11/8/05 523 Kuhns, M..3/18/06 510 Stephen, C..3/25/06 507 Dunn, J..4/7/06 500 Wright, A..3/25/06 496 Kupperstein, E..7/6/06 490 Boutte, N..6/17/06 465 Vaguera, M..3/25/06 462 Ladewski, J..6/2/06 457 Hafenbrack, M..6/17/06

319 Washington, H..11/8/05 319 McLaren, R..4/19/06 314 Fellows, S..9/17/05 314 Ortiz, D..12/2/05 305 Tepper, S..4/15/06 303 Wilcox, J..12/3/05 303 Thompson, J..5/23/06 06 300 McCormick, R..5/21/06 297 Bareng, C..7/8/06 297 Belen, T..7/15/06 450 Rosas, J..3/25/06 450 Moran, A..3/25/06 445 Chudej, C..2/18/06 440 Toney, M..3/25/06 440 Brown, O..6/17/06 435 Nguyen, A..3/25/06 430 Caraway, S..11/5/05 429 Bahchevanov, K..3/18/0 429 Smith, T..5/5/06 425 Bareng, J..1/28/06 451 Bareng, J..7/6/06 451 Dement, J..7/22/06 446 Kavarnos, J..5/5/06 435 Marchio, J..12/7/05 425 Prewitt, A..3/25/06 418 Kirkland, M..12/3/05

295 Stephen, C..2/4/06 292 Hagendorf, J..2/25/06 292 Hrenchir, A..4/8/06 292 Collington, K..5/13/06 287 Ramos, A..4/22/06 286 DelaCruz, M..2/18/06 286 DelaCruz, M..6/17/06 280 Aoyagi, S..2/11/06 280 Homes..3/9/06 275 Perry, M..10/22/05

275 Vera, R..3/25/06 275 Lenhart, N..4/1/06 275 Johnson, C..4/8/06 275 Jackson, C..6/10/06 270 Mann, D..4/22/06 270 Heriford, R.5/13/06 270 Baines, T..6/17/06 270 Cola, R..6/24/06 270 McDaniel, D..6/24/06 265 Prewitt, A..3/25/06 400 Gill, K..2/25/06 400 Bird, C..2/25/06 396 Dement, J..1/28/06 395 Barnes, C..2/11/06 391 Hagendorf, J..2/25/06 390 Hastings, W..2/4/06 385 Moran, J..1/28/06 385 Beaty, K..3/5/06 385 Foddrill, B..5/5/06 385 Kavarnos, J..5/5/06

41 380 Ferree, C..12/10/05 42 380 Ballard, T..1/21/06 43 380 Donjuan, L..3/25/06 44 375 Hales, C..1/28/06 45 375 Vallapardo, M..2/4/06 46 375 Blackshear, M..2/25/06 47 375 Goods, M..2/25/06 48 375 Garvin, K..2/25/06 49 375 Medina, N..2/25/06 50 375 Franciscus, A..8/12/06 265 Sam..4/23/06 265 Warren, S..5/13/06 265 Enoch, J..5/13/06 260 Moran, J..1/28/06 260 Helms, J..6/3/06 259 Smith, T..5/5/06 259 Boutte, N..6/17/06 259 Bullard, T..6/17/06 259 Kupperstein, E...7/6/06 255 Rubio, G..9/10/05

374 Bissen, J. 10/5/05 374 Nogle, C. .2/11/06 374 Baines, T. .6/17/06 370 Miller, C. .11/12/05 369 Hendnrickson, N. .6/17/06 365 Reyes, R. .2/18/06 363 Knight, M. .1/28/06 363 Tom, K. .2/18/06 360 Aoyagi, S. .10/1/05 360 Badagliacco, J. .3/10/06

61 358 Trujillo, R..5/5/06 62 355 Galvez, C..1/28/06 63 355 Jones, A..1/28/06 64 355 Hardie, R..3/10/06 65 352 Hilton, J..11/5/05 63 352 Perry, J..2/11/06 67 352 Caputo, R..3/18/06 68 352 Rein, J..6/17/06 69 352 Castillo, R..6/17/06 70 352 Cola, R..6/24/06

418 Kirkland, M. 12/3/05 413 Jones, K. 10/5/05 410 Limbrick, T. 1/7/06 410 Piwko, A. 1/14/06 410 Vera, R. 3/25/06 407 Burke, H. 11/19/05 405 Abner. 3/9/06 402 Carr, J.D. 5/5/06 400 Stanfield, J. 2/11/06

350 Connally, G.2/11/06 350 Castanon, J.2/25/06 345 Rivera, L. 1/21/06 345 Lewis, J.2/11/06 345 Lewis, J.5/20/06 341 Brown. 11/2/05 341 Rocha, S. 2/25/06 341 Kersey, E. .7/7/06 340 Pena, V.2/4/06 340 Pytilahti, N. 3/10/06

336 Underwood, D..3/11/06 335 Hudspeth, J..1/21/06 335 Stevenson, N..2/4/06 330 Olivo, J..1/14/06 330 Oideon, G..1/21/06 330 Navarro, J..2/2/06 330 Creel, B..2/4/06 330 Gray, W..2/4/06 330 Nash, M..2/11/06 330 Lane, N..2/11/06

330 Nguyen, B..2/25/06 330 Miller..5/7/06 330 Storer, G..6/3/06 330 Pruneda, L..6/17/06 325 Bowdrie, D..1/21/06 325 Lukaris, R..2/11/06 325 Rey, J..2/11/06 325 Rey, J..2/11/06 325 Browne, T..2/25/06 325 Homes..3/9/06

225 Wimberly, B..9/17/05 225 Gill, R..9/25/05 225 Gill, R.. 9/25/05 225 Kavarnos, J.. 10/5/05 225 Rivera, L...1/21/06 225 Stevenson, N.. 2/4/06 225 Waver, S.. 2/11/06 225 Phillips, A.. 2/25/06 225 Vaquera, M.. 3/25/06 225 Gilpin, P.. 4/8/06 225 Ferguson, C.. 6/17/06 473 Boutte, N..6/17/06 473 Hafenbrack, M..6/17/06 470 Toney, M..3/25/06 465 Rosas, J..3/25/06 455 Badagliacco, J..3/10/06 451 Foddrill, B..5/5/06

435 Beaty, K..3/5/06 435 Abner..3/9/06 435 Akina, K..6/17/06 430 Ballard, T..11/12/05 430 Donjuan, L..3/25/06 430 Kang, A..4/29/06 425 Bird, C..2/11/06 425 Prewitt, A..3/25/06 424 Caputo R..3/18/06 424 Baines, T..6/17/06

420 Caraway, S..11/5/05 420 Vera, R..3/25/06 418 Trujillo, R..10/16/05 418 Christ, L..1/21/06 418 Nogle, C..2/11/06 418 Rein, J..6/17/06 418 Lenhart, N..6/17/06 415 Speikeman, K..11/12/05 413 Bissen, J..10/5/05 413 Ferree, C..12/10/05

413 Cola, R..6/24/06 410 Limbrick, T..1/7/06 410 Moran, A..3/25/06 410 Warren, S..5/13/06 407 Brown..11/2/05 407 Kuhns, M..3/18/06 405 Accardo, C..12/20/05 405 Piwko, A..1/14/06 405 Rivera, L..1/21/06 405 Pena, V..2/4/06

405 Sanderson, A..3/5/06 405 Nguyen, A..3/25/06 402 Rey, J..10/16/05 402 Hauser, K..11/16/05 402 Jones, K..11/19/05 402 Nash, M..2/11/06 402 Hagendorf, J..2/25/06 402 Watts, J..3/18/06 402 Ramos, A..4/22/06 402 Zanetti, L..5/6/06

400 Gill, K..2/25/06 400 Segura, R..3/25/06 396 Hendrickson, N..6/17/ 396 Castillo, R..6/17/06 253 Williams, V..8/5/06 250 Pagano, C..12/12/05 250 Toney, M..3/25/06 250 Moran, A..3/25/06 250 Donjuan, L..3/25/06 250 Hernader, M..7/29/06 248 Creel, B..2/4/06 248 Foddrill, B..5/5/06 245 Gutierrez, A..12/3/05 245 Nash, M..2/11/06 391 Aoyagi, S..11/20/05 391 Aoyagi, S..11/20/05 390 Ly, M..1/28/06 390 Lewis, J..5/20/06 385 Jones, A..1/28/06 385 Hastings, W..2/4/06 385 Tamayo, J..2/25/06

385 Miller..5/7/06 385 Kersey, E..7/7/06 380 Miller, C..11/12/05 380 Edwards, R..2/4/06 380 Reyes, R..2/18/06 380 Belen, T..7/15/06 375 Rodriguez, A..9/25/05 375 Salinas, R..11/13/05 375 Ludaris, R..2/11/06 375 Calhoun, J..2/18/06 245 Beal, M. 2/25/06 245 Beal, M..2/25/06 245 Oebser, A..4/1/06 245 Brown, S..5/20/06 242 Watts, J..3/18/06 242 Rocha, D..6/10/06 242 Hendrickson, N..6/17/06 240 Rosas, J..3/25/06 240 Teeter, G..6/4/06 235 Badagliacco, J..3/10/06 235 Wright, A..3/25/06

235 Nguyen, A..3/25/06 231 Brown, O..4/1/06 231 Signorelli, D..4/29/06 231 Trujillo, R..5/5/06 231 Ladewski, J..6/2/06 231 Akina, K..6/17/06 230 Vaughn, J..1/21/06 230 Hastings, W..2/4/06 230 Miller..5/7/06 225 Rivera, E..9/10/05 375 Medina, N..2/25/06 375 Garvin, K..2/25/06 375 Goods, M..2/25/06 375 Blackshear, M..2/25/06 375 Wilcox, J..4/1/06 374 Burke, H..1/19/05 374 Schultz, M..1/21/06 374 Kinght, M..1/21/06 374 Sparks, M..2/18/06

374 Rocha, S..2/25/06 374 Dunn, J..4/7/06 374 Pruneda, L..6/17/06 370 Brunson, R..1/14/06 370 Castanon, J..2/25/06 370 Kordus, E..3/10/06 370 Holzberger, D..3/10/06 369 Kirkland, M..12/3/05 369 Stein, E..2/11/06 369 Underwood, D..3/11/06

1162 Smith, T..5/5/06 1160 Toney, M..3/25/06 1157 Carr, J.D..5/5/06 1155 Rosas, J..3/25/06 1146 Brown, O..6/17/06 1135 Dunn, J..4/7/06 1115 Prewitt, A..3/25/06 1110 Moran, A..3/25/06 1105 Vera, R..3/25/06 1095 Abner..3/9/06

1085 Hagendorf, J., 2/25/06 1085 Foddrill, B., 5/5/06 1085 Dement, J., 7/22/06 1075 Nguyen, A., 3/25/06 1069 Baines, T., 6/17/06 1060 Donjuan, L., 3/25/06 1058 Jones, K., 11/19/05 1058 Ladewski, J., 6/2/06 1055 Caraway, S., 11/5/05 1052 Ballard, T., 1/21/06

1052 Kavarnos, J..5/5/06 1050 Badagliacco, J..3/10/0 1047 Ferree, C..12/10/05 1036 Cola, R..6/24/06 1030 Limbrick, T..1/7/06 1030 Beaty, K..3/5/06 1020 Gill, K..2/25/06 1010 Aoyagi, S..10/1/05 1010 Bird, C..2/11/06 1008 Trujillo, R..5/5/06

1008 Hendrickson, N..6/17/ 1005 Hastings, W..2/4/06 1003 Nogle, C..2/11/06 997 Bissen, J..10/5/05 997 Kirkland, M..12/3/05 995 Piwko, A..1/14/06 995 Piwko, A..1/14/06 992 Caputo, R..3/18/06 990 Moran, J..1/28/06 986 Burke, H..11/19/05 986 Burke, H..11/19/05

975 Spiekeman, K..11/12/05 975 Rivera, L..1/21/06 975 Rein, J..6/17/06 970 Wilcox, J..4/1/06 965 Warren, S..7/22/06 959 Brown. 11/2/05 955 Chudej, C..2/18/06 955 Kang, A..4/29/06 950 Nash, M..2/11/06 947 Knight, M..1/28/06

945 Miller..5/7/06 935 Accardo, C..12/20/05 935 Barnes, C..2/11/06 935 Reyes, R..2/18/06 931 Castillo, R..6/17/06 930 Hales, C..1/28/06 930 Stanfield, J..2/11/06 925 Miller, C..11/12/05 925 Medina, M..2/25/06 925 Garvin, K..2/25/06

925 Goods, M..2/25/06 925 Blackshear, M..2/25/06 925 Signorelli, D..4/29/06 920 Stevenson, N..2/4/06 920 Vallapardo, M..2/4/06 920 Rocha, S..2/25/06 915 Galvez, C..1/28/06 915 Pena, V..2/4/06 914 Creel, B..2/4/06 910 Jones, A..1/28/06

905 Lewis, J..5/20/06 905 Lewis, J..5/20/06 903 Weaver, S..2/11/06 903 Kersey, E..7/7/06 895 Tamayo, J..2/25/06 892 Perry, J..2/11/06 892 Tom, K..2/18/06 890 Hardie, R..3/10/06 887 Underwood, D..3/11/06 885 Vaughn, J..1/21/06 881 Hilton, J..11/5/05

881 Jackson, C..6/10/06 881 Pruneda, L..6/17/06 880 Lukaris, R..2/11/06 880 Navarro, J.2/25/06 875 Rytilahti, N..3/10/06 870 Stein, E..2/11/06 870 Marchio, J..6/3/06 865 Browne, T..2/25/06 860 Castanon, J..2/25/06 859 Farek, J..2/11/06

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#### **NEXT MONTH... TOP 148s**

CORRECTIONS ... According to Michael Soong the totals on the TOP 100 SHW list should have read 2573 for Brian Siders, 2458 for Scott Weech, 2353 for Tex Henderson, and 2342 for Craig Gallo. Ted Butler indicates he should have been credited with lifts of 523 374 551 1449 in the results of the APF/AAPF meet on March 18th, 2006. On the TOP 100 for the 114 lb. class, Margaret Kirkland's name was misspelled on her total of 931 lbs. Marcus Coulter should have been credited with an 806 BP on the TOP 100 list for the SHW class. Brian Lanoue should have been listed for a 701 lb. deadlift on the TOP 100 ranking list for the 275 lb. class. Harry Barnett took the photos for the USAPL Bench Nationals. If you find errors in our ranking lists or the results that we publish, let us know at POWERLIFTING USA Errors Department, P.O. Box 467, Camarillo, California 93011 for a proper analysis of the situation (which can take some time, depending on the situation) and a correction.

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As a condition of membership to UAPC. I understand and accept that I am prohibited from using any substance or doping method that is banned by UAPC. It is my sole responsibility to stay current with any UAPC/AWPC banned substance or doping method including those most recently banned. I further accept sole responsibility for what I take into my body and that should I consume a banned substance unknowingly and test positive for that banned substance. I shall be solely responsible for the consumption of that banned substance and shall accept the results and consequences of that test. consequences of that test.

If I am suspended from membership for any reason, including testing positive for a banned substance or doping method, I permit UAPC/AWPC to notify the state chairperson only and the president of UAPC/AWPC.

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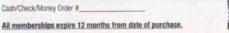
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