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### **MUSCLE MENU**

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ON THE COVER ... Andy Bolton with the Pull of the Century, 1003 lbs., at the WPC World Championships (Scot DePanfilis photograph), with Tee Meyers at the WNPF Worlds (Troy Ford photo) and the new World's Strongest Man Phil Pfister (MRL).

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The 2006 WPC World Powerlifting Championships were held November 2, 3, 4 and 5 in Lake George, New York. In addition to the WPC Championship, there was a WPO Meet and a World Bench Press Championship.

Lake George is located about one hour North of Albany, and is a big time warm weather resort town. The population in the winter is 2,500, and it increases by ten times in the summer. The meet hotel was the fort William Henry Resort and Convention Center. The resort was located right on Lake George. The meet site was the Convention Center, located about one hundred yards from the hotel. There was a shuttle service from the Albany Airport and the room rates were very reasonable.

There was a breakfast buffet every morning, which the lifters really seemed to enjoy. The meet site had a nice concession setup so that it was very convenient.

There were approximately 250 lifters and 14 countries represented. There were high numbers of Russian and Ukraine lifters. Fortunately, the meet was spread over four days.

In all meets there is good and bad. I would think all would agree the good by far outweighed the bad, the convenient meet site, good equipment, excellent organization and good spotter/loaders. The table ran by Amy Jackson and Pam Clayton was top notch. The computer scoring system was very good. On the right and the left of the lifting platform were two overhead screens, one showing the lifting, the other with the time clock, the name, weight in kilos

#### WPC World PL & BP Championships as told to Powerlifiting USA by Bob Gaynor



Kieran Kidder with 242 Bench Medalists Hummel, Tomra, and Hubbs

and pounds and the attempt

The crowd control around the platform could be improved. A simple rope barrier would do the job. The officiating in the bench press and deadlift was good. The officiating in the squat, at times was very loose. Some officials were enforcing the required squat depth, and others were not. This created an unfair situation, as some flights were required to squat correctly and some were not. Possibly by giving a head referee the authority to work with and remove an official if necessary, would correct this. We have all seen this at meets over the years. I was also at the APF Nationals in Las Vegas, and at that meet the judging in the squat was very good. Before we get into the meet

results, which had some mind boggling lifts, let's look at the

organization. The APF/WPC, which was founded by Ernie Frantz as a lifter's organization, continues to promote that philosophy. Both Kieran Kidder and Mike Sweeney told me they will continue in this manner. Better equipment and bigger lifts is what this organization is all about. Both of these individuals saw little or no way to consolidate the numerous powerlifting organizations. They have no animosity towards other organizations, but feel their way is what the lifters want.

On the first day the Teenage and Master Lifters were featured, Charlie Morse and Daryl Boyington of the USA were winners in the 148 and 165 lb. Classes in the 40-44 age groups. At 220 Tony Tomra of Canada edged Charlie Blough of the USA. Tony had a nice 1851 Total.



In that same age group

Mike Taylor of the USA totaled

2105 at 242. Gregg Damminga, with a big squat, took the 275's. At

308 the USA's Karl Tillman totaled 2204, and had the heaviest Master

In the 45 to 49 age group Bob Benedix of Port St Lucie,

Florida took the 181's, and set a

Master World Record in the Squat.

Lev Albin of the Ukraine took the

198's, and Ken Richardson of the

USA took the 220's. The other

winners in this age group were the

USA's Tim Higgins, Finland's

Pekka Rantanen and Great

Britain's Dave Beattie.

Squat with a 1045.

Chad Aichs joins the Super Elite.

WDC World (	Championshing									
	Championships	Paley-RUS 562	Master (65-69)	Polutin-UKR –	Maksimo-R	US 771	MALE			
2 NOV 06 - La	ake George, NY	Pinckard-USA 523	220 lbs.	Frankl-USA 727	Harrison-U	SA 738	Master (40-44)			
BENCH	Mysak-UKR 369	Hayes-USA 501	Sposato-USA 402	242 lbs.	Kapusta-RU	IS 628	148 lbs.			
FEMALE	220 lbs.	242 lbs.	Kucharsk-USA264		308 lbs.		C. Morse-USA 485	286	424	1196
Teen (13-15)	Dovgany-UKR 683	Bartolom-USA 545	Master (70-74)	Girard-USA 711	Brazhkin-R	US 595	165 lbs.			
114 lbs.	Master (40-44)	Rogzhnik-RUS 418	220 lbs.	Neklyud-RUS 661	Pavlov-UKR	551	Boyingto-USA 562	374	402	1339
Harris-USA 143	148 lbs.	Williams-USA 418	Goldman-RUS 341	Clark-USA 600	Ligier-FRA	-	220 lbs.			
Teen (16-17)	Nefedov-RUS 330	275 lbs.	Junior	Tallman-USA -	308+ lbs.		T. Tomra-CAN727	534	589	1851
198+ lbs.	165 lbs.	McIntyr-CAN 600	132 lbs.	Larson-USA -	Murtoma-F	IN 881	Blough-USA 705	463	639	1807
Linehan-USA 154	<b>Boyingto-USA 363</b>	Henness-USA 595	Varanov-RUS 374	Bachmei-USA —	Rogers-USA	804	242 lbs.			
Teen (18-19)	181 lbs.	Rantanen-FIN 518	165 lbs.	275 lbs.	Harwoo-CA	N 771	Taylor-USA 804	628	672	2105
165 lbs.	Marinis-USA -	Mykhail-UKR 451	Niskanen-FIN 440	Franco-USA 859	McCray-US	A 755	Pavlyuk-RUS 672	330	617	1620
Fitzpatri-USA 121	198 lbs.	308 lbs.	181 lbs.	THURSDAY SQ	BP DL	TOT	275 lbs.			
Junior (20-23)	Poryadin-RUS 341	Petrino-USA 650	Velygan-UKR 485	FEMALE			Dammin-USA 804	501	655	1962
148 lbs.	220 lbs.	308+ lbs.	220 lbs.	Master (40-44)			Harbour-USA 655	567	578	1802
Pikhunyk-UKR 264	Gromov-RUS 589	Nostynov —	Tretyak-UKR 451	123 lbs.			Strudiva-USA -	479	545	1025
Master (40-44)	Martin-USA 551	Master (50-54)	Open	Kirkland-USA 451	203 380	1036	308 lbs.			
198 lbs.	242 lbs.	220 lbs.	132 lbs.	Master (45-49)			Tillman-USA 1047	534	622	2204
Skrypka-UKR 165	Hummel-USA 606	Smolinsk-USA 540	Varanov-RUS 374	165 lbs.			Master (45-49)			
Open	Tomra-CAN 551	275 lbs.	148 lbs.	McKenzi-USA 363	187 352	903	148 lbs.			
105 lbs.	Hubbs-USA 523	Ivanenko-UKR 551	Nefedov-RUS 330	198+ lbs.			Lopatin-RUS 352	308	396	1058
Kuznetso-UKR 198	275 lbs.	Master (50-54) Open		Rantanen-FIN 418	286 396	1102	181 lbs.			
Barlow-USA 176	Harbour-USA 556			J. Stabile-USA314	154 369	837	Benedix-USA 804	413	551	1769
123 lbs.	308 lbs.	McKee-USA —	Pleshkov-RUS 396				Steck-USA 507	319	457	1284
Faraone-USA 303	Hoskinso-USA666		181 lbs.	114 lbs.			198 lbs.			
165 lbs.	Master (40-44) Oper			J. Clough-USA259	121 319	700	L. Albin-UKR 705	418	639	1763
Silbert-USA —	242 lbs.	Stankevi-RUS 396	Dussault-USA 501				T. Frein-USA 600	374	551	1526
198+ lbs.	Neklyud-RUS 661		Soloviov-UKR 474				S. Dermeljov-EST	551	330	573
Radon-USA 407	275 lbs.	Maksimu-RUS 551		Harris-USA 259	148 264	672	1455			
Rantanen-FIN 325	Maksimo-RUS 771		198 lbs.	Teen (16-17)			D. Theux-FRA 440	402	529	1372
MALE	Master (45-49)	165 lbs.		198+ lbs.			220 lbs.			
Teen (13-15)	148 lbs.	Chepetz-RUS 413	Naleykin-UKR 573	Linehan-USA 325	143 292	760	Richards-USA 711	479	622	1813
132 lbs.	Lopatin-RUS 319		220 lbs.	Teen (18-19)			McNeish-USA 661	446	622	1730
Sargsyan-RUS 303	181 lbs.	Feraud-FRA 264		114 lbs.			242 lbs.			
220 lbs.	Benedix-USA 374			Denmon-USA 330	187 270	788	Higgins-USA 837	474	606	1918
Khandzh-RUS 226	198 lbs.	Lancaste-USA 385		165 lbs.			Eriksen-USA 837	562	650	2050
Teen (18-19)		Birch-AUS 308	Bobchen-UKR 529		226 396	1052	McIntyr-CAN 705	0	606	1311
165 lbs.	220 lbs.	Jordan-USA 303	Eddy B-USA 396	Fitzpatri-USA 303	132 264	700	275 lbs.			

Brian Carroll .. 2375 in the 220s.

The 50-54 age group had some outstanding performers, and featured multi-time World Champion, Gene Bell. Alan Kayer, with a nice 1581 Total, won the 165's. At 220 Bell had an outstanding 2144 total. The USA's Larry Mistric had a pretty easy time in taking the 242 lb. Class. At 275 Volodymyr Ivanenko of the Ukraine, defeated Jeff Anderson of the USA 2105 to 1924. In the 308 lb. Weight class, Mike McDaniel defeated Ismo Aman of Finland, even tough Ismo had the heaviest Master Deadlift with a strong 760. The Finns could always deadlift.

In the 65 to 69 age group, Fred Glass of Allentown, PA, took vet another Master Title. I don't think there is another Master Lifter in the World who has won more titles than Freddie. Not only is he a great lifter, he is a great guy.

The most outstanding performance in the Teenage

•			-				
Rantanen-FIN 705	440	551	1697	181 lbs.			
Suutari-CAN 137 308 lbs.	463	137	738	Wambsg-USA — 198 lbs.	-	-	-
Beattie-GBR 1014	545 485	551 595	2110	Vereshag-RUS418	286	407	1113
Chekushi-UKR 815 Master (50-54) 165 lbs.	485	595	1896	220 lbs. R. Birch-AUS 463 308 lbs.	330	429	1223
A. Cayer-USA 600 220 lbs.	374	606	1581	D. Reph-USA 154 Master (65-69)	154	501	810
G. Bell-USA 920	523	700	2144	148 lbs.			
Zenzen-USA 749	418	534	1703	F. Glass-USA 385	121	363	870
Shealy-USA 424	314	363	1102	165 lbs.	237	474	1218
242 lbs. Mistric-USA 799	-07	(20	1934	R. Flores-USA 507 198 lbs.	23/	4/4	1218
Wheeler-USA 722	507 391	628 606	1719	Bennett-USA 402	248	402	1052
Saldan-CAN 551	402	556	1510	242 lbs.	240	402	1052
275 lbs.	402	550	1510	R. Austin-USA 501	358	358	1218
Ivanenko-UKR 859	562	683	2105	Teen (13-15)			
Anderso-USA 854	479	589	1923	132 lbs.			
McKee-USA 804 308 lbs.	-	600	1405	Sargsyan-RUS 407 165 lbs.	286	363	1058
McDanie-USA914	556	661	2133	K. Arman-USA137	165	143	446
I. Aman-FIN 749	385	760	1896	220 lbs.			
Master (55-59) 181 lbs.				Khandzh-RUS 407 Teen (16-17)	220	341	970
Aloupis-USA 303	253	501	1058	181 lbs.	a lui	(That	
198 lbs.				J. Deeb-USA 556	369	468	1394
Stankevi-RUS 573 220 lbs.	413	551	1537	J. Laati-FIN 529 Teen (18-19)	308	440	1278
Burgard-USA 562	270	551	1383	198 lbs.			
Olinger-USA —	-	-	-	Garmash-RUS 606	374	606	1587
275 lbs.	-			L. Hejl-USA 650	369	501	1521
Maksimu-RUS 551	529	485	1565	220 lbs.			
Master (60-64) 148 lbs.				Dovhan-UKR 903 308 lbs.	650	661	2215
Garcia-FRA 402 165 lbs.	100	374	777	D. Macri-AU\$771 308+ lbs.	-	496	1267
Chepetz-RUS 474	413	407	1295	Arman-USA 733	556	562	1851

#### Division was by Vadym Dovhanyuk of the Ukraine. This 19 year old squatted 903, benched 650 and deadlifted 661.

In the Womens Masters, Margaret Kirkland posted a nice 1036 total to take the 123's. Finland's Tarja Rantanen, with a 1102, had the highest total of all the Master Women.

The second day of lifting saw the Junior Men and Women, Open Women and Open Men up to 181. There was only one woman Junior (20-23), and that was the USA's Machia Dudley, who totaled an outstanding 1527. The winner in the Women's Open 105 lb. Class was Taisiya Kuznetsova from the Ukraine. Margaret Kirkland and Shannon Hartnett of the USA were both winners of the Gold. At 165 the gold went to Russia's Elena Povolotskaya, with lifts of 551-259-484. At 181 Krista Ford lead Deb Widdis after the squat, but the Bench and Deadlift were Deb's lifts, and she took first place 1416 to 1361. The Women's Best Lifter was Shannon Hartnett.

In the Men's Junior Classes the USA took four golds, with one each going to Australia, Russia and Great Britain. James McQuaid of the USA who took first in the 275 lb. Class had the highest squat 907, and deadlift of 715. Great Britain's James Nuttall had the heaviest bench with a 594 and the largest total with a 2182. The USA winners in addition to McQuaid were Adam Smith, Chris Mehmel and Jon Jursich

There were no 114 or 123 Lifters. In the 132's the Ukraine's Suradzh Chebotar took the Gold, and Australia's Adrian Zalcman the Silver

The 114/123 and 132 lb.

۰	U	3	

Weight classes had a total of two entries. Does powerlifting need to re-do the weight classes? Having three weight classes with just 18 lbs. between them, and only two entries should tell us something.

Roman Murygin of the Ukraine was the Gold Medal Winner at 148 with 594-330-528. Brian Schwab of Florida would have been an easy winner in this class, but failed to post a total.

The Men's 165 lb. Class, Oleksandr Kutcher of the Ukraine posted 869-539-704. This man is a lifting machine. He won by 243 lbs. The scary part is he is going to total more. The USA's Brian Tincher and Veteran Angelo Berardinelli took the Silver and Bronze

At 181 Stanislav Priakhin was third at sub-total. The USA's Mark Van Alstyme was first, Justin Hurley was second, then the bar went to the floor and Stanislav pulled a nice 671 to make up the deficit and take the Gold. In the WPO Division it was Mr. Kutcher. He had the highest squat, bench press and deadlift. He reminds me of Mike Bridges in his prime, dominating in all three lifts. Look for even bigger lifts in next year's Arnold.

All weekend there were rumors of something really big from Andy Bolton. Everyone had a story about Andy's training lifts and what he was going to do.

The lifters on Saturday were the 198 lb. Class and up. The lightest man was 196 lb. Arnold Coleman, and the heaviest was 540 lb Jeff Lewis. I have been going to power meets for over forty years, and Jeff is the largest powerlifter I have ever seen.

The 198 lb. Class had five entries, but only three finished. Arnold Coleman, who has been a star in this organization for many years, looked very uncomfortable when he set up for his first squat. He missed badly, and did not take any more attempts.

Jason Coker made it through the squats, but decided to open with a World Record in the Bench



Yarvmbash .. all time best at 275

Press, Three attempts later Jason was forced to watch the rest of the competition. The opening lift is something that has changed dramatically over the years. At one time your first attempt was to insure you were in the contest. Today many lifters start with near max weights

The remaining three lifters, the USA's Phil Delmonti and Adrian Driggers, and the Ukraine's Arkadiy Bukhtiychul squatted 852, 852 & 847. In the Bench Phil and Adam both got 545, and Arkadiy 534. How close can you get. At sub total the Ukrainian trailed the Americans by 17 lbs. In the deadlift Phil pulled a nice 704 for the win. Arkadiy got 682 to take the Silver and Adam got the Bronze.

The 220 lb. Class had ten lifters and nine finished. There were also seven different countries represented in this class.

Brian Carroll out-squatted Shawn Frankl by 88 lbs. (1020-942). In the Bench Shawn opened with a World Record and took three attempts to make it. At subtotal Shawn lead Brian by 11 lbs. Would Shawn be able to hold off Brian? Shawn was lighter, so a tie would work just fine. Shawn did 699 and Brian 710, but he could

(continued on page 82)



## **INTERVIEW**

#### PHIL PFISTER 2006 World's Strongest Man as interviewed by Greg Stott

September 23, 2006 Phil Pfister of West Virgina, became the first American to win the coveted World's Strongest Man (WSM) title in twenty-four years. The last American, Powerlifting Legend Bill Kazmeir, won his third title in 1982. With over eight years of dedication & sweat equity into the sport of StrongmanPhil Pfister not only broke a very long losing streak for the USA...he finally realized his dream! Beating two time WSM Champion Mariusz Pudzianowski, in the last event, in the last day of competition, was much more than just apersonal victory for Pfister. It was a victory for his family, state & country. All of whom he loves and all of whom, should now celebrate his Herculean Effort!

5 - WSM Appearances, 4 x WSM Finalist, Best Prior Finish. 4<sup>th</sup> Place in 2001

Age: 35 Height: 6'6" Weight: 330 lbs. Weight Class: Heavyweight Federations You Belong To: ASC & IFSAGS:

GS: First off, Congratulations on your new title & tremendous victory in China. **PP:** Thanks Greg

GS: How have friends, family and the general public received you, since returning back to the USA with the WSM Title? **PP**: To be honest Greg, I don't know if it's really sunk in yet. Everyone one has been very supportive and locally, people will stop me, congratulate me and ask me questions. Later this month and all of 2007 the competition will be shown on ESPN. I think after everyone including myself, watches the competition; all the work and what I've accomplished will finally sink in.

**GS**: Is it true that after the Arnold this year, you were thinking of retiring?

PP: Yes it is. I was burnt out and frustrated. I was ready to leave the sport after hearing back from the powers to be that I needed to compete some more, in order to receive an invitation to the 2006 WSM. I felt with my performance at the Arnold and other events that I should have beengiven a direct invite, their response was "no compete some more"

**GS**: So what helped to change your mind? Obviously you didn't retire.

PP: Well let's just say March & April were tough months. In May, I was at home, checking the mail and I saw that I had gotten my copy of the MILO Strength Journal. Hooked down at the cover and there I was...looking atmyself pressing the circus dumbbell at the Arnold, I read the story that Randall Strossen, the editor of MILO had written, well let me just say that his statements and the fact that he believed, this might be my year to win the WSM made the difference. It pumped me up enough to set some goals and start thinking



The Cover that launched a Quest! (IronMind/Strossen) prepare me for this year's



Phil after winning the last WSM event, the Atlas Stones. (Lisa Comber/TWI)

about how best to prepare for the big show.

**GS**: You mentioned setting some goals for the WSM. What were

**PP**: Simple, to set a PR (personal record) at this years WSM or retire from the sport of Strongman. My best finish to date was 4<sup>th</sup>. So for 2006 nothing but  $1^{st} - 3^{rd}$  would be good enough. I also committed to doing whatever it took. regarding my training, for the months of June through

September. GS: Wow, that's some strong commitment. What was the key difference in both your preparation & training that you would credit with your success

this year? PP: Two words, Nick Osborne! I've known Nick for years. He owns a training facility called Built Solid in Columbus, Ohio. Nick brings a lot to the table, because he's a competitive strongman, a world-class coach and has an engineering background. When you put all that together, with my new commitment to train, I felt we had the right ingredients for a winning team. The biggest thing that happened when we linked up in June, was that now I could focus on being the Athlete and give 100% to whatever Nick decided to put me through, to

competition. GS: What were some of the exercises and or events Nick had you doing?

PP: Once a week I'd drive from Charleston, WV to Columbus, Ohio to do a2 - 3 hour training session, sleep over and train again the next day. Then drive home and repeat the following week. The main focus for the first two months was conditioning and torso development. My back was introduced to many new variations of the squat and deadlift. After about two months of this, we worked in some event training along with the odd lift and weight training exercises. In the fourth month we focused only on event training. GS: What was your supplementation routine like, preparing for the WSM?

PP: When it comes to supplements, I'm not that big on anything that's not natural or needed for good health. I take Vitamin C. Creatin, Protein, and Fish Oil, while trying to eat a lot of calories. I normally eat 5 to 6 thousand calories daily. My protein intake varies...100 gm. – 300 gms. each day. GS:Who are your current workout partners and or Coach?

**PP:** Well as far as a coach, that's Nick Osborne. Matt Johnson drives up each week from Kentucky, that's 3 hours, just to train with me. For help with my power lifts, I'm fortunate to have IPF World Champion Brian Siders near by for both training & motivation. GS: Who in Strength Sports do you look up to and admire?

**PP**: I think it's important to have heroes and role models. For me there have been three: John Brookfield, Brian Siders and Bill Kazmeir.

GS: What Strongman competitions will you compete in during the 2007 season?

PP: For next year, I'm only going to compete



Phil Pfister taking a carfor a ride, at the MET-RXWSM (Randall Strossen/IronMind photo) at the Arnold and the WSM.I'm also working on promoting the America's Strongest Man. I want it to be an annual event that will showcase both our sport and the state of WV. **GS**: Where do you see the sport of Strongman going over the next 5 years?

**PP:** The sport of Strongman can't evolve until TV gets a hold of it. It's really that simple...nothing else is as important or will change the dynamics of our sport like television coverage. We need to have more athletes seen on TV and get the main stream public to know about the lives & characters that are involved in this great sport of Strongman. A sport of strength, speed, endurance and sacrifice. People believe what they see and the only way for us to build a huge following, is more television. With TV coverage over the next 5 years, Strongman can grow as big as other sports that have used their national exposure well, like the UFC & WWE just to name a few. GS: What advice would you give to a lifter. wanting to get started in Strongman? **PP:** I have seven keys to success for the sport of Strongman: 1. Be Patient 2. Stay Drug Free3. Never Stop Learning4. Be Creative & Have Fun5. Identify Your Heroes & Role Models6. Always Listen To & Respect Your Body7. There's Not One Formula & No Absolutes

GS: Any final comments you'd like to make or people you'd like to thank? **PP**: So many people have helped me realize my dream, literally hundreds of people have provided fantastic support and for that I'm very grateful. Of course I can't name them all, but let me highlight a few. Balzout Printing has been with me since the beginning. John Inzer has been very supportive over the years and I thank you. My wife Michelle and son Wyatt mean the world to me and their love and support has helped me succeed in life as well as Strongman. Finally, thanks Greg for



the opportunity to do this interview with you and help support the TEAM iXL mission worldwide

**GS**: Phil, it took twenty-four years to bring the WSM title back to the USA. I can't think of a more deserving strength athlete for this great honor to be given to. You're a fireman, strongman & a family man. You've sacrificed much to pursue your dream of being named World's Strongest Man. From all of us in the strength community, let me congratulate you again and say well done Brother, well done! 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 Phil & other iXL SuperStars visit www.TEAMiXL.com

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#### Sticks and stones may break your bones ...

#### but reading MILO makes you stronger.

gyms where the lifting platform is the stage, a barbell is at the center, and squat racks are the primary props.

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I have to confess that I have always had a fascination with brute power. It goes back to my childhood. At that time it revolved around superheroes, Marvel Comic's Hulk and Thing characters were my favorites because they epitomized the ultimate in physical power. The Hulk held a special place in my heart as there was essentially no end to his strength. The angrier he got, the stronger he got, with seemingly no limit! My passion for physical prowess still burns just as brightly and fuels my love for all things strength related!

When I recently found out I would have the opportunity to interview a true strength mastodon in the person of Donnie Thompson I was fired up to say the least! Tome, a man like Donnie is what unbridled power is all about. He hopes to soon be only the second man ever to exceed a 2800 lb. total!

What makes a guy like this tick? How did he get so friggin' HUGE? Let's find out.

ALN: Donnie, you have an extensive athletic background. Tell us a bit about that.

DT: I played high school football. baseball and track in my home state of Maryland. My first taste of competitive powerlifting was at a state level bench press meet my senior year in high school. The meet used USPF rules to include a pause. My 360 lbs. beat 181 other guy's best press.

I went on to play college football at Shepherd College in Shepherdstown, West Virginia, I was a center and was able to win several accolades to include First Team All-Conference. My freshman year I was 225 lbs but I blew up to over 300 lbs by my senior year making me 1 of only 25 NCAA players to weigh in the 300s at that time.

My father played in the NFL for both the Colts and Eagles and that fueled my desire to do the same. After college I had a brief stint as a free agent with the Tampa Bay Buccaneers and then was signed by the Arena Football League. The Arena league was different then, commanding less respect from the NFL scouts and teams than it does now. Scouts told me that the league was not credible and therefore I was not given consideration. Their opinion aside, the league had a TON of talent and has done very well for itself. In fact, the NFL now owns 80% of the league (I hope the NFL is still credible...)

I played for roughly 5 years in the Arena league and only allowed 2 sacks the entire time! I left when (as mentioned above) I discovered that my chances of getting back into an NFL camp were slim to none.

ALN: When you played football were the weights a means to an end



interviewed by Chris Mason of At Large Nutrition



Donnie Thompson and Louie's Westside Barbell go back a long way

offer

to become the powerlifting jugger

naut that you are. How did you meet him and what made you de-

DT: I can remember seeing an ad

for Louie's reverse-hyper appara-

tus. At the time I was in the

development stage of opening

my own gym. The device was

intriguing to me and I contacted

Louie in hopes of purchasing one

for the gym. During our conversa-

tion Louie invited me to come out

to the Westside campus. Things

happen as they do and it was 4

years before I took Louie up on his

Westside literally blew my mind!

The intensity was amazing, but

so was the simplicity of the place.

can vividly remember thinking

of how many machines and equip-

ment I had bought for my own

When I finally got there,

cide to seek his tutelage?

or were you as passionate about them as you were about football? DT: They were of essentially the same importance. To illustrate let me tell you about a couple of specific game-time incidents. First, I remember when my ankle got rolled by a fat-ass nose-guard. All I could think was, "Oh no! I won't be able to squat this week"! Another time I broke my wrist and all I could think was, "Oh shit! There goes benching on Monday"! I loved strength for its own sake, but it was also key to my on the field success. I became a master holder and no one could swat my hands off them once I got a jersey full. I used to do barbell curls with 225 lbs. to enhance this holdingstrength.

ALN: Louie Simmons, the Westside Barbell (www.westside-barbell.com) strength training guru, helped you

gym and here was this sanctuary of mind-bending intensity and power and yet it had comparatively little equipment. It brought to mind the K.I.S.S. (Keep It Simple Stupid) principle. Far from being Spartan, the gym had just enough of the right equipment to do the job.

For the next 4 years I made it a point to attend every meet Westside was in and to compete with and against them. Over time I made friends with men like John Stafford and Paul Childress. 1 trained and exchanged ideas with them and others like Chuck Vogelpohl and Matt Smith, Rob Fusner had a big influence on me because I could relate to his style. I truly believe that if he had not gotten injured he would have been a world champion many times

ALN: How important do you consider diet to be relative to developing maximal size and strength? DT: I think it is very important especially for beginners. I am a big man and if you look at the top strength athletes of all-time you will see that their lifts increased as their bodyweight went up. If you want to maximize your strength potential eating like a bird is not going to do the trick. ALN: I completely agree with you Donnie. I think this is especially true for younger lifters with their fast metabolisms. I have written more than one article that focused on consuming a ton of calories and relying on the basics in order to build the massive physique so many young men want. What about your diet? Do you follow any sort of an organized dietary plan?

DT: My diet is simple. I consume 3 food-based meals per day and make sure to include some form of meat with each. I supplement with 3 Nitrean protein shakes per day. I also strive to drink 1 gallon of water per day, but sometimes fall short.

ALN: Speaking of supplements, what do you personally take? **DT:** Again, I keep it straightforward and simple. As already mentioned I consume 3 Nitrean protein shakes per day. I also supplement with ETS for recovery (muscles and joints). Both products are available at www.AtLargeNutrition.com . 1 also include a pre-natal multi-vitamin. Laugh if you will, but it works!

ALN: Finding out the general training routines of the champs is interesting, but I prefer (and I think our readers prefer it as well) to get a more specific insight into their training. Can you please outline for us exactly what you did in the gym last week to include sets, reps, loads, and exercises?

DT: My training was as follows: (\*\*\*Author's note: You can find

several articles on kettlebell trainhere: http:// ing www.dragondoor.com/articler/ mode2/Kettlebells)

Monday Night: Bench: I used a Mastodon\* bar coupled with a purple band and a Monster Mini (available at www.westsidebarbell.com)doubled around each side of the bar. My working sets used 2 45s and a 10 lb plate per side (plus the aforementioned bands) for 5 sets of 2 reps. 1 finished with a single rep using 2 45s, a 25, and a 10 lb plate per side. That single was very tough and I had the "shakes" afterwards. \* The "Mastodon" bar is sold at www.elitefts.com (http:// www.flexcart.com/members/

elitefts default.asp?m=PD&cid=211&pid=872) It is a bit longer and much thicker than a normal Olympic bar having a circumference of roughly 1 3/8" with a full 57" between the sleeves. It weighs 60 lbs.

Log Presses: My log of choice was 8" in diameter (on the inside). I used the apparatus plus 345s per side for 3 sets of 8 reps.

Kettlebell Extensions: I worked up from 26 lb to 72 lb kettlebells while on a stability ball for 5 sets of 12 reps.

Front Pulldowns: I used the entire stack (300 lbs) for 3 sets of 10 reps

Fat Bar\* Curls: I worked up to a 45 on each side for 8 sets of 3 reps. \* The Fat Bar weighs 75 lbs and has a 16.5 cm circumference. It can be found at www.elitefts.com (http:// www.flexcart.com/members/ elitefts/ default.asp?m=PD&cid=213&pid=898

Band Pushdowns: I used the purple bands for 3 sets of 25 reps. Wednesday Night: Box Squats: I worked my way up to 3 blue bands, a purple band, and 345s



on each side of the bar. This is a very difficult load to handle and I did 3 sets of 2 reps. I then did a set with the bands and 545s per side followed by one final set with 5 45s and a 25. I was wearing Metal briefs and a belt and I will say this final set was the most brutal squat have ever done!

Good Mornings: I used chains to suspend the bar. I positioned it such that I started the movement at the bottom and had to perform the concentric portion of the lift first. I kept my lower back arched. For this workout I used 4 45s per side for 3 sets of 3 reps.

Kettlebell Swings: I did these double handed with a 106 lb. kettlebell. The kettlebell is swung between the legs and then out in front of your body to the desired height (chest level for example). I had my training partner grab the kettlebell at the top of the movement and force it down. I performed 4 sets of 10 reps.

Back Raises (a hyperextension on an improved apparatus): I held a 135 lb. bar to my chest and performed 3 sets of 10 reps.

Friday Afternoon: This was speed day for my upper

body. Floor Presses: I used a 23/8" bar with 3 to 5 chains and 2 45s per side.

Fat Bar Triceps Extensions: This is a traditional skull crusher using the Fat Bar with 145 and 1 chain per side. I did 3 sets of 8

Kettlebell Side Swings: I used 2 72 lb. kettlebells and performed the movement with both hands simultaneously. I did 3 sets

of 8 reps. Kettlebell Snatch Swings: Using the same 72 lb. bells I did 3 sets of 8 reps. As the name implies a swing is employed to execute this movement as opposed to starting each rep from the floor.

Kettlebell Snatch Press: I again used the 72

10



Donnie went 1150 800 820 770 at the recent IPA Senior Nationals

Ib. bells and both hands simultaneously. I snatched them to full extension and then performed a press. I then lowered the bells to the floor and repeated for 3 sets of 8 reps.

Concentration Curls: I did one arm at a time with a 60 lb. dumbbell for 3 sets of 8 reps.

Band Pushdowns: Same as Monday night.

Saturday Morning This was my speed day for lower body.

High Pulls: I used this Olympic training movement with a twist. I used a 2" Fat Bar with 2 45s per side. I did 5 sets of 3 reps.

Sumo Deadlifts: I used the Monster Mini bands with a Mastadon bar and 365 lbs of total weight not counting the resistance provided by the bands. I did this for 5 sets of 3 reps.

Kettlebell Swings: The same as Wednesday night but with 72 Ib. kettlebells.

Dead Kettlebell Snatches: You start these in the deadlift position. hence the name. Istarted with the 72s then proceeded to the 88s and finished with the 106 lbers for 3 sets of 3-5 reps.

Glute-Ham Raises: I did 3 sets of 10 reps. I finished off with abs.

ALN: You are certified in Russian Kettlebell Training and they are a big part of your personal routine. How do you recommend others incorporate them into their program?

DT: Each individual has their own strengths and weaknesses. Kettlebells are excellent at helping to address one's weak points. In my case my shoulders are my weakness and I have used snatches and presses with kettlebells to help rectify the problem. ALN: What would you do differently if you could start strength training all over

again

followed the same route so many of us have. I just copied what the biggest guys in the gym did and never questioned it. If I could do it all over again I would have sought out the proper guidance right from the beginning. Once you learn it wrong it takes a few years of de-programming and correct training to really get things right in order to be a successful competitive powerlifter or just the strongest you can be. It is easy to spot the guys that are lucky enough to get the right guidance and training partners from the start. They are the ones that come from nowhere and set records and win meets. I must confess a touch of jealousy as they make guys like me look shameful in comparison in that it took so much longer for me to reach the upper echelon of powerlifting success.

ALN: Donnie, let's wrap this up right. What is your number one training "secret" to titanic strength? **DT:** My number one secret is determination! I am not as gifted as some, in the physical sense, but I have an incredible burning desire and a determination to be the best. There are literally no barriers that can stand in my way and I am willing to sacrifice nearly everything for powerlifting success. If you want to be the best it has to be your passion, your obsession!

ALN: I 100% agree with you Donnie and I must say it has been an honor to interview you and learn a bit more about how you train and what makes you the champion you are. Good luck to you in all of your endeavors!



DT: In the beginning I Donnie can deadlift well into the 800s

When I left high school in 1998 I took a year off from education to find out about the real world. After working very hard as a welder for almost a year. I found that working hard is much more tiresome and would age me much quicker than working smart. In that time in my life lifting weights was a big part of who I was and it's what I wanted my profession to be. In my eyes and many that I talked to, education at the higher level was the way to go. Well, that was both right and wrong.

I entered college by the skin of my teeth in 1999 because of my grades in high school. As many kids do. I thought that I could breeze by high school and it wouldn't affect me. Little did I know my choices almost ruined my chances of getting in to higher education. The advisor I met with had recognized me from the local gym. We had a discussion about the use of creatine, and he was impressed by my knowledge, and pulled a few strings to get me into school. That wouldn't be the first time lifting changed the course of my life.

My first classes in exercise science opened my eyes, but not in a good way. I had to memorize many rules of training which I would later completely throw out the window and discard. Most of this fell along the lines of Western periodization. It showed me that in the Western world you could write about anything with no results, base everything you know off of a study with 10 recreational subjects, or even worse - be considered a pioneer of strength by having a PhD, but no hands on experience. In class we would talk about anaerobic training for a few days. and then spend the rest of the 15 week semester speaking of running, cycling, swimming -anything aerobic, but nothing of weight training so to speak. This was not the direction that I wanted to go. As I worked my way through my undergraduate career, I just became more frustrated with the constant research of aerobic activity, but little on power and strength development.

At that time I wanted to be a strength coach, which would require me to have a master's degree, so I started my studies as a biomechanics student. This is where I learned the limitations of a lab, but the advantages of working in a weight room. Ilearned more by training athletes and doing my own little experiments than I ever did in class. Luckily the lab at the time had interesting studies going on, so I was able to learn quite a bit, especially about the research side. I was also lucky to have a head strength coach that was willing to let me run the teams the way I wanted to. But what really helped me was constant contact with Louie Simmons, and Westside.



#### Things I didn't learn in School by Matt R. Wenning M.S., Westside Barbell



One Smart Lifter ... Matt Wenning of Westside at the APF Seniors

Here are a few things that I was taught in class, which later I found through reading and personal experimenting were way off. The problem is that, to this day, some of this is still practiced.

Falsehood of exercise science #1: Olympic lifting creates explosive power for any sport. Did vou know that none of the eastern European countries utilize this for explosive power? They rely on 2 things, plyometrics and maximal strength. In the sport industry, especially college teams, Olympic lifting is thought of as the premier way to develop explosive power, but as I later became more educated I found that this is not true. Besides that, did you know that it takes many years to develop a perfect clean or snatch? It is one of the hardest movements in sport. Did you also know that to be a great Olympic lifter your squatting strength must be very substantial? People that are strong in the Olympic lifts have superior squatting strength as well as back strength which is already developed before the Olympic lifts are pushed up to maximal weights. In the book Explosive power and jumping ability, it states that the greatest and safest way to raise explosive power is to raise absolute strength. This is not what I was taught in my classroom. That's why the strongest Olympic lifters in the US are not Olympic lifters, they are throwers. The reason for this is that their strength is more developed

Falsehood of exercise science #2: Strength charts will tell you your 1-RM without doing it. We have all seen the charts in magazines and in top level weight rooms around the country. This chart states that if you can do 300 for 10 reps, then your bench press is 500 lbs. That is totally crazy, but it is what many students and coaches are taught to use for testing athletes because "maxing out at a 1-RM is Dangerous". Well, actually doing reps in a fatigued state is more dangerous than doing a 1-RM. Technique breaks down as the athlete becomes tired, but in a 1-RM technique must be perfect in order to lift a record. In my thirteen vears of being around weightlifting I have seen less than 5 injuries of people getting hurt doing 1-RMs. I have seen more than 10x that amount in injuries while doing reps. When doing reps and 1-RMs you are also testing different energy systems due to time differences. A 1-RM at maximal contraction usually takes anywhere from 4-7 seconds, whereas a 10-RM can take 2 times that amount. If you want an accurate 1-RM then test a 1-RM. Also known as the maximal effort method, not repeated efforts method

Falsehood of exercise science #3: You don't have to have power to be a powerlifter. This was actually told to me in class by a top professor in exercise science. Well, actually you do have to have power to do any form of anaerobic activity. Did

you know that you could actually become stronger, but if your speed never increases you will not be able to display it? If your maximal strength can only be exerted for 5 seconds, and your lift takes longer than that, you just missed the weight. Not because vou weren't strong enough, it's because you're too slow. This is why we have a dynamic day and constitutes 50% of our main work in a week. Not only is it one form of strength (dynamic effort method), it is important to create a fast rate of force development so you can complete your lift before you become fatigued. If you train to be fast and strong you will develop all forms of strength and be a more rounded lifter. The Soviets created the dynamic day to take place of a maximal effort day in their complex training and had great results, and so do we Falsehood of exercise science

#4: You don't have to be in good shape to be a weightlifter. At the recreational lifter level I would tend to agree, but any form of champion or world record holder would run a normal athlete out of the gym. have seen many professional athletes from all forms of athletics step in to our gym. From football to MMA, I have yet to see anyone that can keep up with our top lifters. And I'm not just talking the heavy weight training, I'm speaking of the reps and sets used to build weaknesses and size. I don't know how many people that have

become sick or had to take a break when training with Chuck Vogelphol, or Louie. Here is why. You see, people in good cardiovascular shape are usually good at doing very little. Sure, they can walk or jog all day long. But pull a sled for a 1/4 mile with 200 lbs. Or do kettlebell drills for 5 minutes, and then watch them hit the ground. This means that to make it to the top, your GPP must be very good in order to make more muscle, or get the required work done in a reasonable amount of time. After 45 minutes your body starts to shut down, that's why many top lifters train up to 10 times per week. This amount of volume can only be tolerated if the athlete is in good

College opened many doors, helped me meet many people, and allowed me have a good base of knowledge to grow from. But in reality llearned more from personal experience, experimentation, and reading books that I didn't receive when signing up for Exercise Science 101. The whole lesson here is to learn outside of class, involve yourself in what you like, and remember a degree means that you're willing to jump through hoops and study, not that you know everything about your particular field of interest.

shape









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Anyone training for a meet has undergone some form of periodization. Unfortunately, most have misused a system in order to peak for a meet. Progressive gradual overload, or Western periodization, is based on a hypothetical goal. So, at any time, the percent of your contest max may be off by as much as 20%. Many times the lifter is missing weights three weeks from the contest. This is because their expectations are too high or possibly too low.

Training should be calculated by using a formula based on math, not dreams. I suggest everyone read books on periodization by noted authors such as Tudor Bompa or Vladimir Zatsiorsky. These books explain periodization in terms or micro- and mesocycles. After all, periodization is a reference to the division of training into a yearly plan, or even a four year plan, i.e., an Olympic cycle. This system is used for weightlifting, powerlifting, and track and field, and - of course - should be used for all sports requiring the development of power

The former Soviet Union had so much data on training reps. This is known as the dy-



as told by Westside Barbell's Louie Simmons

that they did not know what some top coaches were doing. Mel Siff (Supertraining) asked how I arrived at our three week pendulum system. It was quite similar to that used by the great Soviet Union SHW champion Vasily Alexeev. I stated that after 3 weeks we could not become faster or stronger, so we waved back down and started over. Mel said that Alexeev found the same to be true. So with the help of Russian and Bulgarian research and that done at Westside with over 70 Elite powerlifters, plus feedback from some of the greatest powerlifters around the world, our loading is based on A. S. Prilepin's table

For speed work for benching we do nine sets of three namic effort method. Its purpose is to build a fast rate of force development. For squatting, the sets vary from 12 without bands or chains (i.e. a contrast method) to as low as three for the last week of a circa-max phase. The reps are always two. For speed pulls, the reps are one and the sets are 5-8.

The power clean and snatch are commonly used to develop speed strength in high schools and colleges, but the powerlifts can be used for the same purpose. For the bench the bar speed should be a minimum of 0.75 meters/second (m/s) and a maximum of 1.0 m/s. Jeremiah Meyers and John Stafford have pulled 495 at 1.2 m/s for sets.

To find your total loading volume, multiply the sets by the

number of reps. For example, nine sets of three reps for benching with 200 pounds on dynamic day is 5400 pounds. One should always use chains or bands to accommodate resistance and help reduce bar deceleration. For squatting, 12 sets of two reps with 500 pounds is 12,000 pounds. Only training sets should be calculated. At Westside we follow the

Rule of 60%. An extreme workout should occur every 72 hours. The max effort day will be about 60% of the dynamic day. This may sound easy to do, but stop and add the weights used on max effort day using weights of 70% up to max weight lifted, and you will be surprised how low the total volume is. We lift about 45 to 50% on average. The rule of 60% was introduced through Olympic lifting. Powerlifting training requires one to make much larger jumps. This makes it almost impossible to lift 60% of the total volume on max effort day.

At Westside we don't use the method of heavy efforts, where two reps of multiple sets are used. Using the conjugate system, we try an all time max each week on a special core



Westside Barbell's Greg Panora has gone from triumph at the APF Seniors to a new all time total record in the 242 lb. class.

exercise. If you repeatedly use the same core exercise, you will regress, if training above 90% of a one rep max. The conjugate system was first used at the Dynamo Club in the former Soviet Union. They had 70 highly qualified lifters from whom to gather input.

At Westside we have had over 70 Elite powerlifters who have provided data over the years, in addition to many highly skilled athletes from all sports, just like the Dynamo Club. The training cannot be a flat loading system; that is, the volume cannot be the same when the intensity goes from a low of 60-70% to a high of 90-100%. Through years of experience, it is known that to gain better results, one can increase the training load. This can be done by increasing the number of workouts, increasing volume, and raising intensity, making workouts more complex through special exercises

Periodization plays different roles in training. At Westside we use a three week pendulum wave. After three weeks, we failed to become stronger or faster. To use the wave, go up in bar weight for three weeks using 8-10 sets with the suit straps down. Base the weight on a contest max: use 50%, 55%, and 60% over the three weeks. Then wave back to 50% the following week. Using weights based on a box squat max, use 75%, 80%, and 85%. For a preparatory phase that lasts nine weeks, with a Safety Squat bar max of 640, it looks like this:

weight on a parallel box using four sets of two reps on week one, and three sets of two reps on week two, with 545 in bar weight and 520 in band tension. Going longer than two weeks for strength speed is too taxing on the CNS.

For speed strength Chuck Vogelpohl uses 440 pounds on the bar plus 110 pounds of band tension on the box and 260 pounds of tension at the top. This is done for a three week wave for 10 sets the first two weeks and eight sets the third. The bar weight goes to 480 for week two and 520 for week three. A speed strength cycle precedes a strength speed cycle. A speed strength cycle should precede a circa max cycle.

With two major

meets a year, a circa-max wave will last three weeks. The bar weight is 47.5%, 50%, and 52% of your contest best, with 40-45% band tension. Week One: 435x5 sets of two reps, plus 440 pounds of band tension. Week Two: 485x4 sets of two reps, plus 440 pounds of band tension. Week Three: Work up to a max single. "Dollar Bill", a 308, and Phil Harrington, a 181, have

First wave		10 sets	
ight band—70 pounds of tension		10 sets	
	415	8 sets	2 reps
Second wave			
med. band—140 pounds of tension	325	10 sets	2 reps
		10 sets	
		8 sets	
Third wave			
strong band—260 pounds of tension	325	8 sets	2 reps
Los poundo or rension		8 sets	
		6 sets	

You can switch bars to a 14 inch cambered bar, front squat, Manta Ray, or a regular squat bar for a 3-week wave, increasing bar weight or chain or band weight, or a combination.

For the strength speed cycle, a rule to follow is two weeks. To do this, use about 50% band tension and 50% bar weight. Joe Bayles did a two week wave for strength speed with 520 pounds of band tension and 505 pounds of bar done 600 pounds plus 375 pounds of band tension to squat 900 and 905, respectively, at a meet. Phil's 905 was a world record at 181.

These results are very reliable. The math reveals that your contest squat is about one third higher than your box squat max with the suit straps down and no knee wraps. The results will vary about 3% either way. Greg Panora made a box squat with 645 plus 440 pounds of bands to squat 1000 at 238 and total



2485, a world record at 242. The larger the squat, the greater the band tension must be. The band tension must be great on the box as well.

We use a two week wave for a circa-max cycle if three large totals are attempted in one year. Greg won the 2006 APF Nationals with an improvement from 2255 to 2369. In September, Greg made a 2485 total. For the September meet, Greg did 505 for two sets of two reps and 555 for two sets of two reps with 440 pounds of band tension on Week One. Week Two, he worked up to 645 with 440 pounds of band tension. He squatted 1000 pounds at the meet, a 60 pound PR.

Remember, you must have good form on both a box and a contest squat and be mentally prepared as well as being in a highly trainable state.

Training for a meet will take its toll on anyone. A period of 1-2 weeks to download the total volume and intensity must occur. This period is referred to as the delayed transformation phase. Don't take heavy weights 1-2 weeks before a meet. All this does is show a lack of confidence. If you are worried about your opener, you must be scared to death to take a third attempt in front of real judges.

For benching on the dynamic method day, every 3 weeks change the reactive method that you use, e.g., stronger bands for three weeks or more chains each week for three weeks or adding weight to weight releasers each week. The bar weight must stay the

For speed deadlift pulls, the bar weight is 50% of your max deadlift and 30% band tension at the top. For deadlifts the band tension remains the same, but raise the bar weight slightly for three weeks, then return to the original weight.

The max effort for improving the squat, bench, or deadlift must be rotated each week. A one week plan is always used for max effort day. The conjugate system was intended for highly skilled lifters, but at Westside, when we start a new lifter who shows promise, he is placed in one of our groups and trains just like the advanced, and it has yet to fail.

One week and three week cycles are arranged to produce high results at meets, where they count. A yearly plan must be divided into one week and three week plans to fit a year of competition. It doesn't matter how strong you are before a meet or after a meet. It counts only on meet day. With 13 lifters with totals above 2300, and five over 2500, our system has served us well.

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





-2562 lb total

Brian Schwab -1836 lb total

Travis Mash -2414 lb total

Donnie Thompson -2606 1b total

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In my 20 years of putting on meets, this was one of the best meets that we've ever had. Just about everythingwent asplanned. We ended up with 191 lifters from four countries. We had some of the best equipment on the platform and in the warm up area. We used the monolift for squats, Forza bench for the bench press, Ivanko bar for the squat and bench and the okie deadlift bar for the deadlift. Weput one monolift in the warm-up area and there were four warm-up stations for everyone to use. The venue was great with over 7,000 square feet of space and the Atlantic City casinos were 10 minutes away. The best spotters in the world did a fabulousjob Steve, Kenny, John, Chris, Perry, and Adrian were great and again they are the best, catching each and every lifter, encouraging all liftersandloadingandunloadingtheweightsquickly all three days. We finished at 3:30pm on Friday. 5pm on Saturday and 4pm on Sunday. Our judges dida good job calling the meet and there were some disputed calls and some inconsistency in the bench pressand power curl events I must admit. This is something that we will definitely work on for future WNPF meets but overall they did a good job. One thing we've learned is that we must have a judges briefing before each WNPF meet so the judges are all on the same page. A few lifters ailed me and said that the officials were too hard on them and I'm not going to dispute this but this was the world champion ships. WNPF officials are easy at state meets, a little harder at nationals that the WNPF and USAPL are the strictest leagues out there right now. Many of our judges are from the old school and they judge lifters of today the way they were judged years ago but guess what powerlifting is different now. Things are not the same in powerlifting from the equipment to the officiating so we will try to adjust to the new way of things. One thing I don't do is tell my official sto

as told to POWERLIFTING USA by WNPF President, TROY FORD IRON ASYLUM ATLANTIC CITY,NJ ACT 27-28-29, 2006 and they step it up anotch at worlds. One guy said Day Three - Best Lifters: Jason Wood, Dean Nichols, Charles

Slaybaugh, Matt Wanat, Buddy Cawley & Leo Monroe (Ford photo) be overly strict and red light everything no matter what like someone mentioned. Don't believe ev-anymore and I'm just finished with the negative

erything you read or hear because he just loves to comments from this individual. Lifters thanks for stirup controversy and these are false statements. informing me about these comments but I do not stirup controversy and these are false statements. From this point on I will not respond to anything care to know what is being said on these forums to WNPF lifters of the year. We also honored five

Sharadze 358 Smith Ocampo Fambrough Lifetime Raw 92\* WNPF 15th World Championships 148 lbs. 314 Subs Raw Caffrey 27-29 OCT 06 - Atlantic City, NJ 418 Lifetim Monroe (60-69) Sharadze Adzima 512\* Sharadze 358 Ferris 114\* BENCH Lehrer-! Lara 369 123 lbs. Lifetime Darbouze 451 Police/Fire/Military 165 lbs (50-59) 435 363\* Haley Raw Venturella-! Open Open rossman Benner-! (40-44) 165\* Casagrande 391 Ocampo 407\* Lara-174\* SHW Open 314 Sharadze Venturella 363\* 358 Legg (50-59) 82 Open Loomis Benner 148 lbs. 165\* 341 Open Lehrer (40-44) Raw Wanner Imukhadz Artur 512\* 314 82 (40-44) Legg (60-69) Lifetime Rav Davish DEADLIET Artur (45-49) 341\* Subs (50-54) Raw 391\* Chavchanidze 319 Robinson 104 130 148 lbs. Casagrande 181 lbs. Venturella 363\* (40-44) 300 lbs 181 lbs Lifetime R (50-54) Raw Haley 435\* Lifetime Raw Open Lifetime Raw 518\* Wilhelm-Fink 137 Legg 181 lbs 203 314 Cawley-! 180\* (50-54) Ray Loomi (45-49) 474 Silva 163 Moroni 126 Spano Open Raw Fink (20-23) Raw Darhouze 451\* Open Raw Cawley (40-49) 165 lbs (45-49) Raw 518\* 137 Silva 281 Wilhelm 180\* (11-12) Rav 374 Subs Raw Fink (40-44) Raw Slagus MEN Lifetime Mitchell Passman 163 (70-79) (50-54) Raw 518\* 137 457\* Cawley Ross 358 Levesqu 198 lbs. SHW 358 Lhota Lifetim 108 132 lbs Nemow (13-16) (55-59) Raw Cawley (70-74) Ray Subs Tompkins Lifetime UNL 457\* 308 165\* Glenney Open (13-16)Smith Ross (40-44) Raw (60-64) Cawley 114\* 165 lbs Passmar Tompkins MEN 123 lbs. (20-23) Raw 198 Passman 347 Davis 303 (40-44)(17-19)(17-19) Ray (45-49) (60-64) UNL 158\* Cawley Gaglione Debonis 347\* Lifetime UNL lohnson Shales Open Open Raw (55-59) Raw Police UNL 677\* Skinner 158 Artur-! Cawley-Dupont Open UNL Cawley McDowell Lifetime Raw 214 Legg Lifetime R 154\* Cinelli Shales 435 Bettini 158 242 lbs McDowell 158 (65-69) Raw 176 314\* (17-19) 677\* Hashamiyoor Legg (40-44) Ray Melton Freed Police/Fire/Military 132 lbs. Haybedian 380\* (40-44) UNL (50-59) 677\* (70-74) Raw Livolsi 325\* Lifetime Raw Cawley Scaranda 125 Artur Maltezos 165\* 198 lbs 402 (45-49) UNL (40-49) Smith 435\* 158 Skinner Badurek Lifetime Raw (13-16) Raw **Open Raw** Dupont Maltezos Haley 303\* 220 lbs. 270\* 402 (65-69) Raw 141 (50-54) Ray 226 Sam Passman Subs Raw (20-23) Raw **Open UNL** Plummer Legg 286 Hoffman Police/Fire/Military 270\* McDowell Open 148 lbs. 174 Lifetime Raw Open Lyons 424\* Casagrande Badurek (50-54) Raw McCoy-! 391 Hoffman SHW Marshall 169 181 lbs. Claypatch (55-59) Raw 248\* Bachmayer 374 (45-49)Lifetime Raw (40-49)Lifetime Fasnacht Debsy 281 441\* Shaffer Howard 169 Bachmayer Lifetime UNL 242\* Lifetime Ra Duff Moroni 275 402 242 lbs. (65-69) Raw Open Raw Shales Peshek (45-49) Raw (17-19) 407 (40-44) UNL 237\* 358 Haybedian 152\* (70-74) Ray Bartlett Kleinsmith Lifetime UNL (55-59) Raw Peshek Open Ellinger Ferris 187 nkins 314 POWERCURL 468 215 165 lbs Ryan Bonga Levesque (17-19) Raw Subs Raw (60-64) 148 lbs Cage (40-49) 158 (70-74) (50-59) 242 275 Debonis Bettini Bidinotto lenkins Slagus 4th-185\* (60-64) UNL Bidinotto Lifetime Ra (45-49) Raw Spano MEN 180 198 lbs. 76\* 374 374\* **Open Raw** 369 Lara-! Bachmaver Cage (50-59) 347 Police Raw (75-79) Raw 123 lbs 158 Hashamiy Rosato 374\* (40-44) Ray Greer 347 Bachmayer Romero 209 Open Legg Open Raw Lara Askins 341 275 lbs. McDowell 92\* Bosley 163\* Haley (40-44) 203 132 lbs. (20-23) Raw 275 lbs. Bachmayer 281 220 lbs. (17-19) Raw 360 Fambrough 325 Open Javakhishvili 136\* Open Sadiv 231\* (45-49)Legg Subs 203 **Open Raw** Monroe. 407 Hafiz 336 Ocampo (70-79) 4th-240\* Welton (65-69)

from this point on. I always say that if people want to know something about the WNPF please contact 15th WNPF World Championships me and I will tell you the truth I have no reason to lie or bash people like others do on forums. I have learned in life that some people will smile in your face and as soon as you turn side ways the knife is on its way and when you make a complete turn it's in yourback. I take full blame for any problems that e may have had at the meet which weren't many at all. These guysmade the meet out to be a disaster and it was far from that. Our judges want everyone to make their lifts they cheer for the lifters and try to help them by giving them tips and they try to explain why they received red lights. Some lifters understand and some just walk off and get angry. One thing the judges will do is give a lifter a lift efore they take one away. Please lifters try and understand that these guys have a thankless job and they do make mistakes but lifters make mistakes also and you and your coaches cannot see most of the lifts from the coach's box, warm-up room and from the audience. Also all of these judges are former and current lifters too so they do understand the lifters side also. There were many happy ifters at the meet and they came up to myself, Lester, Tee, Ron Deamicisand others and told usso. Onto a happy note Lester Fields is healthy again and did a great job announcing along with Glenda and Denise keeping score. Thanks to Zach Rhodesan active duty Marine who has served in Iraq a few nesand Adrian Locklear at the door along with Momsand Steve sellingt-shirt at the table. We will bein Atlanta, GA. in November, 2007 for the 16th WNPFWorld Championships, This will be the first time in 8 years the WNPFWorlds will be in Atlanta. So make your plans to be there. The awards were awesome with Neils Andersen Atlas Sculptures.

Hercules in Chains, 4' Swords and more. We held

		top WNPFlitters	oftneyea	ar. weal	sononore	editve
	231*	(50-54)		Nicho	ols-!	683*
	163	Meyers-!	733*		e/Fire/N	lilitary
	152	(55-59)	1	Cline		628*
	152	Scaranda	512*	SQUA	T	
		Police/Fire/M		WOM		
	169	Raw	,	165 I		
		Askins	545*		2) Raw	
		220 lbs.		Slagu		187*
	226*	Lifetime		MEN		
	152	Casagrande-!	722	165 I	bs.	
		Kenney	573		I) Raw	
		Lifetime Raw		Artur		507*
w		Caffrey	501	Open		
	363*	Subs	10 11 11	Artur		507*
v		Casagrande	722*	198 I		
	363*	Arment	512	Subs		
	505	(40-44)		McNi		512*
v		Slaybaugh	650		I) Raw	
	303*	(45-49)		Haley		319
		Lopez	622*		ne Raw	
		(45-49) Raw		Haley		319
V		Znaczko	358	220 1		
	237*	Police/Fire/N		Lifeti		
	-31	Raw	y	Kenne		573*
v		Lopez	622*		ne Raw	010
1	407*	242 lbs.		Caffr		424
	407	(20-23) Raw		242 1		124
	584	Finland	501	Open		
	325	(40-44)	301	Malte		600*
w	323	Slaybaugh	633*		ne Raw	000
w	325*	275 lbs.	033	Malte		600*
	325	Open Raw			) Raw	000
1	584*	Ocampo	485	Edger		402
	504	Police/Fire/N			th-496*	402
	501	Raw	initary	275		
	501		485*		DS. 3) Raw	
V	2254	Ocampo (40-44) Raw	405		rough	540
	325*		407		th-584*	540
	501	Wanner			me UNL	
	501	Special Olym Crawford	451*	Wood		771*
		(55-59)	451			111
	622		562#	Open	264	
	622	Spahr 200 lbs	562*	Ocan		
W	250	300 lbs.			e/Fire/N	initary
	352	(45-49) Raw	cor+	Raw		264
V		Finland Balias/Fire/h	606*	Ocan		264
	441*	Police/Fire/N			) Raw	400
	424	Lyons SHW	463*	Lovej	loy	490
				SHW	D	
	441*	Special Olym			ne Raw	
		Corliss	374*	Jmuki	hadze	529*
		(40-44) Raw				
	457	BENCH		lbs.	Reps	
V	1.2	148 lbs.				
	374	Lifetime		1		
		Ferreira		148	29*	
	650	(55-59)				
		Duff		143	24*	



Best Lifter Buddy Cawley: benching 677 in the 300 lb. 40-44 group

new members to the WNPF Hall of Fame, John world records in her class. Diana Roscoe also lifting Wallace, Roy Maxwell, James Perry, Jim Sullivan and Jim Poinsett. All of the top lifts in the single ply meet did very well in the 132 class. Maria Spano set division were new world records, single ply meaning single ply shirts that are closed in the back and she deadlifted 363 pounds and she won best lifter in lifters that squat with just a suit on and no briefs. the deadlift. Jennifer Slagus set new records also More than half of the lifters in the meet were raw. I never thought I would see the day when the This is a great feat for an eleven year old girl. She majority of the lifters would be lifting raw. We has reached celebrity status in herhometown getended up with 15 women total and they all did great ting interviews from both the newspaper and tele. 600+pound squat, jumping from 407 to over 600 with no one bombingout. Janelle in the youth 11-12 vision people in herarea. Denise Musser, battling pounds. Dan "Da Man" Caffrey won the lifetime division lifting in her first world meet set four new injuries, almost totaled 800 lbs. in the raw division

newworld master records in the 50-54 division and and shealso hit the 300 pound mark in the deadlift.

Ferris	143	14*		Legg		203	325*	529	132 lbs.					(45-49) Raw				
165 lbs.				181 lbs.					(13-16) Raw					Schemel	413*	292*	463*	1168*
(13-16)				Subs UNL					Vernon	203*	137	303*	644*	(55-59) UNL				
Eskridge	154	12*		Zimmerman		369	468	837	Foltz	181	115	297	551	Phillips	562*	352*	496*	1411
Open	1.54			(40-44) Raw		303	100	001	148 lbs.					242 lbs.			450	11.0
Artur	165	21*		Bowers		331	518*	848	(13-16) Raw					(20-23) Raw				
(60-64)	105	21		(55-59) Raw		331	310	040	Brink	237	198	330*	771	Lobue	600*	358*	540	1499
Robinson	100	14*		Crawford		281	441	722	Lifetime Raw	237	190	330-	111	Lobue		L-551*		1499
	165	14-				201	441	122			0011	4078	10504	116	4th-D	L-551*		
181 lbs.				198 lbs.					Ferreira	347*	281*	407*	1058*	Lifetime Raw				1.000
(20-23)				Police/Fire/M	ilitary				165 lbs.					Debari-!	545	413*	523	1482
Silva	171	22*		Askins		341	545*	886	(17-19) Raw	5 3.31	1000	1.86	Sec. Law	Subs Raw	12 1 2	1.1.1	and the	and a state
(40-44)				220 lbs.					Zingone	325	259*	518*	1102*	Debari	545*	413*	523	1482*
Passman	176	33*		Lifetime Raw					Klaassen	358	181	418	959	Vernon	507	314	573	1394
(55-59)				Caffrey		314	501	816	(40-44)					Police/Fire/M	ilitary	Raw		
Crawford	176	25*		242 lbs.					Artur	507*	341*	584*	1432*	Debari	545	413*	523	1482
198 lbs.				Lifetime UNL					(55-59) Raw					Lifetime				
Lifetime				Winter-!		534	606	1140	Hoxworth	303	220	424	948	Cooper	600*	429*	705*	1736*
Hashamiyoon	192	20*		275 lbs.					Lifetime Raw					McCallister	507	418	556	1482
220 lbs.				Special Olym	pian				Rosato-!	474*	347*	534*	1355*	Burne	523	336	523	1383
(40-44)				Crawford		281*	451*	732	181 lbs.					Lifetime UNL		211		
Howard	214	26*		(40-44) Raw		-0.			(17-19) Raw					Winter		12.2	234	1.2
(45-49)	214	20		Wanner		314	407	722	Ciaccia	429	242	540	1218	275 lbs.				
Darbouze	214	26*		SHW		314	407	122	Clattia	445	4th-D		1210	(20-23) Raw				
									Ellis	380	303	446	1120		540*	325	507	1372
Mitchell	214	23		Special Olym Corliss	pian	187*	374*	562					1130 1030	Fambrough				
(50-54)		201				18/*	3/4*	562	Shultz	352	214	463	1030		4th-50	Q-584*	DL-5	51*
Lhota	214	30*		(40-44) UNL					(40-44)	1				Lifetime				
(55-59)				Harling		402	551	953	Wright-!	457*	330*	573*	1361*	Adzima	457*	314*	501*	1273
Glenney	214	18*		Powerlifting	SQ	BP	DL	TOT	(45-49)				14 14 14	Open				
275 lbs.				WOMEN					Catina	457*	242*	457*	1157*	Adzima	457*	314*	501*	1273
Open				97 lbs.					(50-54)					Police				
Ocampo	248	24*		(11-12) Raw					Williams	479*	341*	534*	1356*	Adzima	457*	314*	501*	1273
Police/Fire				Klaassen	88*	60*	137*	286*	(70-74) Raw					Lifetime Raw				
Ocampo	248	24*		132 lbs.					Levesque	281*	165*	418*	856*	Haddaway	562*	380*	573	1515
Ironmaiden	BP	DL	TOT	Lifetime							4th-D	L-424*		Lifetime UNL				
123 lbs.				Roscoe	181*	88*	231*	501*	198 lbs.					Wood-!	771	441	622	1835
Police/Fire/Military	,			148 lbs.					(17-19) Raw					(45-49)				
Manzo	170*	363*	534	Lifetime Raw					Gaglione	429*	253	451	1135	Ostrom	451*	385*	441*	1278
SHW		505	334	Spano	220	126	363*	710	Subs		200			(45-49) Raw	4.5.	505		
Lifetime Raw				Leisey	110	88	176	374	Perez	501*	369*	457*	1328*	Lovejoy	490*	380*	490*	1361
Rivers	159	331*	490	(50-54) Raw	110	00	170	3/4	Subs Raw	301	303	437	1320	Police/Fire/M			430	1501
Ironman	139	331	490	Spano	220*	126*	363*	710*	McNinch-!	512*	341*	451	1306	Ocampo	264	407*	485	1157
					220	120	303.	110.		512-	341-	431	1300	300 lbs.	204	40/-	403	1157
114 lbs.				165 lbs.					(40-44) Raw									
(11-12)				(11-12) Raw					Ellinger	-	-	-	-	(40-44) Raw				
Litwosky	115*	214*	330	Slagus	187*	104*	303*	595*	(55-59)					Rambo	319*	259*	325*	931*
165 lbs.				Lifetime Raw	100	1.3.24	2.2.1	2.2.2.1	Scaranda	407*	220*	512*	1141*					100 31
(13-16) Raw				Musser-!	292*	181*	314*	788*	Open					Luklan	628*	501*	551*	1681
Eskridge	181	336	517	SHW					Rock	407*	424*	501*	1334*	SHW				
	4th-D	L-341*		(17-19) Raw					220 lbs.					Lifetime Raw				
(17-19) Raw				Cohn	226*	132*	270*	628*	Lifetime Raw					Wanat-!	650*	385*	606*	1642
Debonis	242	407*	650	Lifetime Raw					Caffrey	424	314	501	1239	Jmukhadze	529	308	396	1234
Lifetime Raw				Olan	242	93	253	589	Marshall	396	242	501	1141	Lifetime				
Legg	203	325*	529	MEN	12.5				Open Raw					Nelson	501*	402*	622*	152
Open Raw	16		111	114 lbs.					Marshall	396	242	501	1141	*=WNPF Wor	0.00	1000		and the second second
Legg	203	325	529	Lifetime					Lifetime	1		N TOT		Team Champs				
(50-54) Raw				Ullman	314*	187*	341*	843*	Marshall	Part of the		1.1.1		Team. Team C				
	203	325*	529	(11-12)	314	107		045	(40-44) UNL	STH S	100	L ELL	1	Raiders. 2nd-			11035.	131-11 011
Legg Police/Fire/Military		525	545	Litowsky	227*	115*	214*	567*	Polis	584	435	132	1151	Ratuers, 200-	-pin at	a.		
ronce/rire/willtary	Naw			LILOWSKY	231	115	214	307	10115	304	433	134	1151					

veighing 149 pounds. She was near 900 pounds a ew years ago. Olan and Cohn lifted well in the SHW divisions. Rich Ullman returned to the WNPF this year in the open division. I remembered when he lifted in the teenage division almost 10 years ago. Big Nate Litowsky did well in the youth diviion. Thiskid is improving year after year and his dad Benny does a good job with him at every meet. Vernon defeated Foltz in the 132lb teenage divi sion by almost 90 pounds. Brink won his first world title in the 148 class. Andre Ferreira set new records and also won his first title in the 148 lifetime raw division. Paul Zingone from Brooklyn defeated last ears champ Lance Klaassen in the 165 teenage division and they both lifted well. Ice Rosato was on! He set new records in the 165 lifetime raw class and former IPF world champ Gary Hoxworth won the 55-59 raw division, Ciaccia, Ellis and Shultz battled in the 181 teenageraw division with Ciaccia winning the class and setting a new world deadlift record. Tony Williams from New Mexico and Pete Catina both won the masters divisions in the 181 class. Both of these lifters lifted in the first WNPF Worldsbackin 1992 in Lancaster, Pa. Greg Wright from Florida took home his third WNPF title and another best lifter award. Tee Meyers was calling im an old man when he came up to the platform and Gregshowed him how old he is with a 573 pound deadliff. Don Levesque won the masters 70-74 etc. you can call her at 646-739-division and set all new World records. Luis Perez 5318 or www. manzoinc.com and Mike Mcninch won the submasters and submasters raw divisions in the 198 class. Luismade his come back after taking 11 years off. This washis third meet back this year and he has improved so much since July. Vic Scaranda won the 55-59 198 class and Jon Rock won his first WNPF equipped and a 1500 lb. raw total in the junior division. Ed title, Ion would have totaled more but hemissed a raw division over Canadian Scott Marshall. Dave



Jackie (Davis) Manzo: got 2 World Records (171 BP, 363 DL) at the Worlds. Available for seminars, 5318 or www.manzoinc.com

Polis suffered an injury and had to take a token the 220 masters classes. Dan Lobue hit a 600 squa Debari won three titles in the 242 raw divisions.

#### (continued on page 42)



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Joe Ceklovsky just broke the all time world record in the bench press in the 148 lb. class for the second time in his career with his 525 Ib. effort at the Asylum Power Meet held on Oct. 14th, 2006, in Tribes Hill, New York.







THE VISE is for athletes who want maximum back support while training. It was created by Dinky Williams of the Big XII, who has 18 vears experience as a lifter and 5 years as a strength & conditioning coach, who determined that 98% of all back injuries that occurred during strength training happened because of a lack of lower back support. For further information you can contact Coach Williams at dinky.williams@yahoo.com.



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Five Over Five ! XXX-Powerlifting, based at the Howell Fitness Center in Howell, Michigan, has produced 5 bench pressers who have benched over 500 pounds in sanctioned meets. From left-right: Jame Caporosso (600 @ 220), Joe Smolinski (570 @ 242, in the 50-54 age group), Bob Bierschbach (534 @ 308), Jammie Hanson (500 @ 198), Chip Tallman (720 @ 242), Cathy Tallman (center). Visit their team website it www.xxxpowerlifting.com



Leo Falasco loved powerlifting because he felt he could eat to his heart's content and still get big and powerful. At 50, and 316 lbs., he had a checkup and his doctor prescribed blood pressure medication, but Leo decided he wouldn't need it because he intended to drop 100 lbs. of bodyweight. He reviewed the Power Nutrition articles in PL USA for a good nutritional plan and began cardio exercises, and to protect his joints and burn fat he used the TK knee and waist bands which

he recently brought to the market. In 7 months, his waist went from 44" to 34" and he lost that 100 lbs. His blood pressure is perfect, without medication. Leo says "Now, for the first time in my life, I have a good chance of benching double bodyweight and at a wiser age of 50!"



The McDermott Team won the Bench Press Team title for the 7th time since 1994, at the 2006 NASA World Cup, August 5-6 in OKC, OK. Left - right; back row - John Lynn Jr., Lee Elliff, Brian Hughes, Steve Čyranoski, Neil Miller. Front Row: John Lynn III, Heena Patel, Krysti Hughes, Alannah McTigue, Kevin Lasiter, and Jim McDermott (Coach). (from Patel)

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## 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.

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

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



occurs: the fibers in the tricep head slide over themselves in a ratcheting movement, shortening and extending the arms

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

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

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

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

Training, however, is for another article. and the above physical adaptation does not increase neurotransmitter production or the number of receptor sites for them: the two missing links, sotospeak. 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 helifted

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 power and speed it generates is like nothing I've ever tried. Peter Primeau, IPA World Champion, states: "Last year I was able to

the market]helps everything fire faster.

squat 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 perfor-

mance gains, as all contraction is limited by its supply. Using blood analysis testing, it has been demonstrated that plasma levels of choline (a precursor to acetylcholine) are decreased by 25-40% in runners after completion of the Boston Marathon. Randomized placebo-controlled crossover testing has also concluded that increased acetylcholine levels directly correlate to faster running and swimming times in competitive athletic subjects. It is important to note that, as critical as acetylcholine is to strength output, it is equally impor-

tant 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 acetulcholine is the key to bridging the "power gap" and actualizing true genetic strength potential.

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

ingested directly, is ideally produced by consuming constituent precursors, conversion agents, and extension agents that increase the intersynaptic half-life once acetylcholine is produced internally

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

(www.getboduguick.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 Olumpic Committee (IOC) or NCAA. To affect the calcium component of neural transmission and muscular contraction, this product also includes methylxanthines which increase Ca++ release

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

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

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

www.getbodyquick.com

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"The power and speed it generates is like nothing I've ever tried. Take it from a world champion who's seen it all... this product really, truly works. Run, don't walk, to get it while you can." Scot Mendelson, World's #1 Bench-Presser 9 World Records in Powerlifting

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A special section dedicated to the beginning lifter

**DEADLIFT BASICS, PART ONE** as told to Powerlifting USA by Doug Daniels

Knowledge of the fundamentals of any endeavor is necessary to produce the best results. There have been many articles on various aspects of the powerlifts, as well as many training routines, but not many articles encompassing the entire scope of a lift, from lifting technique to a competition routine. This comprehensive type of information can be critically important to a novice lifter who is starting from square one. In addition, more experienced lifters can often make good use of a review of the basics. This series will deal the basics of the deadlift.

The deadlift may be the ultimate barbell test of strength. The bench and squat permit momentum to come into play as well as a plethora of hi-tech supportive devices. With the deadlift, it's just you and that 'dead' weight lying in front of you, double dog daring you to haul it up into a fully erect posture. The deadlift also uses most of the major muscle groups of the body; the entire back structure, legs, hips, abs, biceps and forearms, not to mention a lot of guts!

Let's start with technique. There are two styles of deadlifting; conventional and sumo. The conventional style has the legs shoulder width apart between the hands on the bar while sumo has the legs positioned wider, outside the hands, just

like the position sumo wrestlers take before they ram each other at the start of a match.. In this article, we will deal with the conventional style which I feel is the best choice for novices, though the routines, etc. can be applied to sumo deadlift training as well

Line up with your shins not more than one inch from the bar. Being any further away from the bar will put you out of position for an efficient pull. There is a formula that states for every inch the weight is in front of you, that much more force has to be produced to accomplish the lift, so keep the bar close to the body. Position your legs about shoulder width apart. Bend down and grip the bar with an opposing grip; one hand with the palm facing your body, the other facing away. Which hand faces which way is totally up to you; do whatever feels best. Grip the bar with a slightly wider the shoulder width, just outside the legs on the knurling of the bar. Bend your legs to a half squat position and get your butt down. Keep your back flat and as erect as possible with your head forward or slightly up. Your elbows should be locked straight throughout the movement. This is the classic pulling position.

Involve your strongest muscles, the legs, as much possible, and strive to start the pull with your legs. Visualize pushing your legs through the floor. Another key to pulling the most is to not straighten your legs out too guickly at the beginning; use them throughout the lift. As the bar rises, concentrate on driving your hips



Startin' Up with his WR 870 DL @ 242. John Kuc.

forward toward the bar. At the top, draw your shoulders slightly back and be sure to keep your knees locked as you stand erect.

After completing the rep, lower the bar under control to the floor, do not drop it or let it go. Don't bounce any rep off the floor during your workouts. Stop at the bottom of each rep and properly reset your pulling position. This not only develops good technique, but it also decreases your chance for injury due to being out of position during the pull.

Next, let's examine lifting gear for the deadlift. First, deadlift in shorts or a wrestling singlet. By lifting in long sweats, the bar will drag up your thighs and the material of the pants will retard its movement. I also recommend wearing flat, thin-soled shoes. A raised heel will position you slightly forward, making the lift unnecessarily more difficult. Some lifters use wrestling boots or even thin house slippers. Cross-trainers will also work. Don't use lifting gloves in training. They're not allowed in competition and your hands must be rough and tough to withstand the rigors of the lift in a contest. Hard calluses must be developed over time and gloves will hinder their development. Without tough hands, the skin on your hands could tear and end your meet prematurely.

I also recommend not using a lifting belt on the sets of reps over 3. Using a belt basically substitutes for strong abs. By not using a belt, your abs and entire torso will strengthen under the stress of the lift. On reps 3 or less, use a belt.

You can refer to a past article of mine in PL USA for more on lifting belts. Also, don't use lifting straps while training the deadlift. Develop your grip strength by holding on to the bar unassisted. Just like lifting gloves, straps are illegal in competition. Since the deadlift is so strenuous, I suggest not training the deadlift more than once per week for best results.

Now let's map out an 8 week off-season routine for a deadlifter with a 1 rep max lift of 400 pounds. We will not end up with a max single in this stage, but will concentrate on increasing strength for competition training. You can adjust this routine to fit your own strength level by using simple math percentages. You'll notice that the weights are low at the beginning, but they increase as the weeks progress. Take 3-10 minutes rest between heavy sets. Also, take 2-3 days between this workout and your heavy squat day. If you squat twice per week, take your light squat workout after this deadlift workout. Here is the routine:

Week 1 - 135 x 8, 185 x 5, 225 x 3, 275	
(2, 315 x 5, 285 x 5	
Week 2 - 135 x 8, 185 x 5, 225 x 3, 275	
(2, 325 x 5, 295 x 5	
Week 3 - 135 x 8, 185 x 5, 225 x 3, 275	
(2, 330 x 5, 305 x 5	
Week 4 - 135 x 8, 185 x 5, 225 x 3, 275	
(2, 315 x 1, 345 x 3, 315 x 5	
Week 5 - 135 x 8, 185 x 5, 225 x 3, 275	
x 2, 315 x 1, 350 x 3, 315 x 5	
Week 6 - 135 x 8, 185 x 5, 225 x 3, 275	
(2, 320 x 1, 355 x 3, 325 x 3)	
Week 7 - 135 x 8, 185 x 5, 225 x 3, 275	
(2, 325 x 1, 365 x 3, 335 x 3	
Week 8 - 135 x 8, 185 x 5, 225 x 3, 275	
(2, 335 x 1, 375 x 3, 345 x 3	

Lat and trap assistance work should be included. The deadlift and squat will do a super job of exercising your lower back or erector muscles so they do not need extra work. What I suggest is selecting two of the three types of back exercises and alternating their use every workout. The back musculature is complex and requires a variety of exercises, but massive quantities of exercise are not desirable or required.

The first of the three back exercises should be a pull-down or chinning movement. Pull or chin to the front of the body. Pulling behind the neck puts the lifter in a position where more abdominal power is used than desirable. The second exercise should be a pullback movement like a row or low cable pull. I prefer a one arm dumbbell row with your back supported. Some companies like Hammer and Eagle have effective seated row machines that don't stress the lower back. The third exercise would be shoulder shrugs. When shrugging, be sure to shrug all the way up and down; don't waste time shrugging back. You can use lifting straps on shrugs. Try to get 3-5 sets of 6-12 reps of two of the exercises. The next time, try a different combination of two, and so on. As I always stress, form is more important than weight used. No judge will ever ask you how much you can cheat shrug or give you more white lights if you only chin part way up in your workouts for 30 reps as opposed to 6 good ones.

Next time, we'll continue training the deadlift by covering competitive aspects and I'll layout a competition routine. I'll also provide numerous tips that can make the difference between success and failure. Until then, keep pulling.

## DR. JUDD

#### THE PERFECT LIFT as told by Judson Biasiotto Ph.D.

"Make your practices perfect and then play like you practice.'

JOHN WOODEN

Fred Hatfield once referred to me as the weakest strong man in the world. The oxymoronic phrase he used to describe me was not only complimentary in backhanded manner, but it was extremely accurate. I certainly can't deny that when it comes to size and muscle mass, I'm not exactly Arnold Schwarzenegger. In fact, I'll be the first to admit that I don't look anything like a weightlifter. Most of the lifters I competed against were about five feet tall and five feet wide. They ate everything raw; they hated their mothers, and they had hair on the bottom of their feet. Well, I'm nothing like that. I'm fairly tall and lean. I love my mother; I cook my vegetables, and once a week, I shave the bottoms of my feet. So I don't exactly look like your typical world class athlete. As a matter of fact, I don't even look like an athlete. At best I have the body of an eleven-year-old stamp collector. My ex-girlfriend would say that my legs looked like Schwarzenegger's ... Maria not Arnold's. She would also say that my legs were so skinny that I looked like a pair of pliers in shorts ... that is why she is my ex-girlfriend.

Still, with a body that looked like it was developed at the International House of Pancakes rather than Gold's gym, I put up some fairly descent weight in all three lifts. I will say this too, there were a lot of athletes who had greater physical prowess than I had ... athletes who should have beaten me easily, but never could.

How did I beat athletes who were significantly stronger than I was? One such factor was the technical precision with which I executed my lifts. I realized early in my career that I didn't have the power of a Joe Bradley or a "Shorty Bear" Williams to "muscle up" heavy weight, so I had to learn to finesse the weight up. That's right. I finessed my way to success in a sport where brute strength was considered the ultimate factor for success. In short, I proved that might isn't always right

Now, Idon't want to brag, but of course - you know I will. When I was competing, I honestly don't think that there was a lifter in the world who exhibited better biomechanics and/or form on the three powerlifts than I did. By perfecting the mechanical



Dr. ludd practicing his form in training with buddy Arnie Ferrando

efficiency of my lifts, I was able to enhance significantly the weight I lifted and consequently surpassed the efforts of many lifters who possessed greater physical strength. None of that happened by chance either, it was all calculated effort. In fact, I went to great lengths to ensure that I had perfect form in my squat, bench press nd deadlift

First, I hired Dr. William Spieth, a biomechanics expert, to construct a detailed biomechanical analysis of my three lifts. The first thing Spieth did was to take electromyographic readings while I experimented with different hand spacing in the bench and different foot spacing in the squat. He also tested me on various force platforms. I don't know exactly how he did it, but in less than a month, Spieth had put together a detailed biomechanical analysis for each one of my lifts.

What he found was amazing. From a biomechanical standpoint, I was doing just about everything wrong! I had to change my form from head to toe. Nothing was right - foot spacing, hip position, grip, bar placement, even my toes had to be repositioned. I had to start all over again.

After he determined the biomechanics for each lift that would give me the greatest mechanical efficiency for my body structure, I practiced for months perfecting that form. During that time, I used light weight, approximately sixty percent of my maximum. Every one of the lifts that I made during training sessions were videotaped from three different angles. After each lift, the tapes were played back so that Spieth and I could analyze my mistakes. We spent a lot of time analyzing those films.

Once I had my form down pat.

I got John Ott, a time lapse photo expert from Disney World, to film my lifts. Ott set up a series of cameras to photograph my lifts from several angles. Once he had filmed me making the lifts with perfect form, I got Faye Reid, a cartoonist who also worked for Disney World, to replicate each frame of the film. After she completed the drawings for each lift, she went back to each picture, and with the help of Spieth and Ott, drew in the

actual muscle groups that I used during each segment of the lift. The drawings were done so ingeniously, that if you flipped through them, you could see how each muscle group was recruited during the lift. For example, looking at the bench press, you could see exactly in which segment of the lift the pectorals major and minor came into play, when the deltoids were activated, and when each one of the tricep heads was being used.

In all, Fave made close to fifteen hundred drawings. After they were completed, they were made into a film so that I could view them with a loop film projector. By viewing the film, I was made aware of the muscles I was using during each segment of my lifts. When I got stuck at a certain part of the lift, I knew exactly which muscles to recruit and/or concentrate on to make the lift. The film also helped me perfect my form. For example, it taught me the exact moment during my squat when I should kick my hips in and throw my shoulders back. In short, by using the films as a training aid, I learned to synchronize my mind with my body.

During the years I competed, I must have reviewed those films at least a thousand times. I watched them so much that there were nights when I dreamed about them. I also continued to videotape every one of the lifts during my training session. If I had to point to one thing that was responsible for perfecting my form, it would have to be the films and the videotaping.

In the event that you don't have access to such sophisticated equipment and personnel, and there is a good chance you don't, there's still hope. Your local college may be one answer. Most colleges, especially ones with a sports medicine program, have a biomechanics lab. With a little 'sweet talk," some begging, and a

"fifty spot," there's a good chance you can get one of the lab assistants to help you analyze your lifts. For a hundred bucks, you could most likely get the lab instructor. For two hundred bucks, you could probably get the president of the school and the head cheerleader for the night, no questions asked. If you don't have access to a biomechanics lab, there is always "self study." Get yourself a good biomechanics book and analyze your own lifts. Learn which muscles are used in each movement, how they insert, and how they innervate throughout the lift. Also, it might be a good idea to try and find yourself a reputable coach or a knowledgeable lifter to help you analyze your lifts. Remember, though, just because a guy is a great lifter doesn't mean he knows what he's doing. He might be great despite his ignorance.

Whatever you do, don't even consider starting your training until you have picture perfect form. In fact, don't do one set or a single repetition until you have mastered the exercise that you are going to perform. This will help you to get maximum development from each exercise and will help prevent you from getting injured.

I've seen numerous lifters, including world class lifters, who started training before they developed sound, technical form. Inevitably after two or three years of training, these lifters would either get injured or plateau due to the use of poor form. Consequently, they had to drop all the way back to Square One," re-learn their form and start training all over again. Note that re-learning a skill can be more difficult than learning a new skill because of retroactive inhibition. Retroactive inhibition occurs when an athlete attempts to learn a new skill that is similar to a skill already "mastered" ... what happens is that the "cues" learned to perform the old skill interfere with the learning of cues for the new skill. Of course, it is also difficult from a psychological standpoint to start over. In fact, because of psychological reasons such as a fear of falling behind, or losing strength, many athletes will not start over even though they are aware that their "form" is mechanically inefficient and that their lifting ability is hindered. This is a mistake of significant magnitude because you will never be successful unless you build a firm foundation.

What all this boils down to is: if you don't perfect "top notch" form, you'll never come close to pushing your lift potential of which you are capable. Once again, don't start training until you have developed perfect form! This practice will not only save you time, energy, and a lot of physical abuse, but also your sanity. Best yet, proper form will allow you to be the best you can be. Isn't that what sports is all about?

The 2006 IPF Masters World Powerlifting Championship was held at the Killeen Civic and Convention Center in Killeen, Texas under the direction of Johnny Graham. Killeen is the home of EL Hood, the largest military installation in the free world. Lifters had the opportunity to tour the base and museum. 200 lifters from 27 tour the base and nuseum. 200 inters from 27 countries began arriving in Killeen on Saturday, 30th of September. Everyone was graciously greeted by Johnny or one of his staff. Check-in was quick and efficient. Shuttle service to/from the venue/restaurants and breakfast was included n our room fees. The USA team had a good mix of old and new lifters. The venue was spectacu-lar. The warm-up room had four separate platforms with their own weights. It was also larger than most lifting platforms and wrapping areas combined. There wasplenty of room in the wrap-ping area. The venue had 25 foot drop down screens so that you could see the lifting and score sheet from anywhere in the room, Flags from all sheet from anywhere in the room. Hags from all the nations were placed on either side of the lifting platform. Joe Marksteiner's computer program was used. This program projects the total with the deadlift attempts so it made it nuch easier calculating numbers in the heat of much easier calculating numbers in the heat of the meet. A DJ was at the meet all week to play music between lifts. Terry Brady was the announcer and can be announce those names. Johnny's spotters and loaders are some of the best. They did a great job preventing any one from getting hurt. And where would Johnny be without Lanette Lopez. Much of the credit goes to her. Lanette made sure everything was in place to run smoothly. The week began Monday night at the technical meeting. Going through the nominations, strategic moves were made moving individuals up or down a weight class. Tuesday morning began with the opening cer-emony. Presentation of Colors was performed by our own military men and women. Our hats off to them for their service and a very big THANK YOU! After a couple of speeches, the Champion-ship officially began. Tuesday was the ladies' day. There were 50 women lifting on Tuesday. WOMEN'S MASTER I: In the 44 kg class was

WOMEN'S MASTER I: In the 44 kg class was newcomer Barb sieps. Barb was uncontested, but still gave us a scare. Barb struggled with her first two bench attempts. After making some adjustments she got the third one in and walked away with four golds around her neck. Barb will be competing next month on the Open team in Norway. We didn't have anyone in the 48 kg class. Vera Nelson, a past team member, took 4th in the 52 kg. Newcomer Ian Froeschlo was 4th in the 52 kg. Newcomer Jan Froeschle was another one that gave the coaching staff a scare. Jan also missedher first two bench attempts. She came back and got the third to take the silver in the 56 kg class. In the 60 kg class, bench press specialist, Angela Simons, gave her nemesis, Maria Brightwater-Wharf from New Zealanda run for her money. Angela came up a little short finishing second overall and a gold in the bench press. Former World Champion and all smiles Paula Houston was back on the platform in the 67.5 kg class. Paula took second against tough competition from Argentina. Laura Styrlundand

#### to break it in the future. Long time world master's team member and former World Champion, Ruth Welding, found herself on top of the podium in the gold medalist place, with four golds around **IPFWorld Masters Championships**

by Gena Stepleton, Team Manager, Co-Head Coach



Brad Gillingham was spectacular, winning his World Masters title a 300+ pound margin. "The meet went real good. I had a Scisney competing in the 67.5 kg class. At subminimum goal of 2309 in mind. I should have squatted more. My 3rd was fairly easy. I got called on a 3rd bench with 617 Had this counted I would have went 832 on the second dead and tried 870 on the 3rd, but as it worked out I did not want to risk the 2309 total so 848 was the call and it went up pretty good. Overall I was very happy with the results. Hopefully the body will hold together for some big pulls next year. I think there has to be a 400KG left in the tank.

up from the 82.5 kg class to the 90kg class. Malinda gave us a scare by not getting depth on her first two squats. After re-grouping, Malinda got her third squat and came away with the bronze medal. Another new face, jill Arnow

kg classwas former World Champion, little Donna Aliminosa. Donna was the lightest lifter weigh-

Rhonda Clark were our lifters in the 75 kg class. Just like at Women's Nationals, these two battled down to the last deadlift. Laura took the silver and Rhonda got the bronze. Malinda Baum moved memory and the solver dealer to the solver de master's platform was Alaska's Sally Bowers in the 52 kg class. Sally went up against tough competition from Canada's own Jacqui Sandu. her first two squats. After re-grouping, Malinda got her third squat and came away with the bronze medal. Another new face, Jill Arnow moved up to the 90+ kg class and competed against teammate and former World Champion the team. To bring up the end of the Women's Master 1's, apparently Sue didn't wanted to be outdone, so she scared usalso by missing her's team was Ellen Stein in the 60 kg class. Ellen hadan experience 1'm sure she won't soon forget. Ellen arrived safely in Killeen, however, her luggage including her compeated in Killeen, however, her uggage including her compent didn't. Ellen socnd, Jill walked away with the overall gold and Sue with the bench press gold around her neck. WOMEN'S MASTER II - Competing in the 44 kg classwasformer World Champion, Jittle Doma

teams. Also new to the team this year was Keith

Women's Best Lifter Harriet Hall with the USAPL Prez Larry Maile

II	PE	World	Mas	ters		in tractinities		1000													
				en. TX		Arnow-USA	385	253	391	1030	Masters I					Stover-GER	507	358	617	1482	
					-	Hallen-USA	330	275	341	948	114lbs.					Timonen-FIN	496	374	523	1394	
WOMEN		SQ	BP	DL	TOT	Master II					Nakahara-JPN	308	220	374	903	Norpila-FIN	474	374	529.	1377	
Masters I						97 lbs.					123lbs.					Lang-GER	518	374	440	1333	
97 lbs.						Aliminosa-USA	187	110	248	545	Purna-IND	330	143	352	826	Bryant-CAN	468	352	451	1273	
Sieps-USA		264	132	292	688	105lbs.					132lbs.					Kameyama-JPN	518	-	-	-	
105lbs.						Turunen-FIN	187	126	242	556	Kupperstein-USA	468	259	551	1278	Wakushima-JPN	562	-	573	-	
Bechar-FRA		264	176	314	755	114lbs.					Irie-JPN	374	281	429	1085	Terry-USA	650	-	700	-	
Tanaka-JPN		198	121	220	540	Sandu-CAN	286	154	347	788	148lbs.					220 lbs.					
114lbs.						Bowers-USA	264	132	308	705	Scisney-USA	551	363	523	1438	Theuser-CZE	727	479	661	1868	
Gascoine-NZ		253	132	330	716	Oca-PHI	226	143	275	644	Takahashi-JPN	545	429	463	1438	Hagfors-FIN	606	457	639	1703	
Takizawa-JPI		242	165	286	694	Kumpuniemi-FIN	203	126	242	573	Roytvand-NOR	540	308	507	1355	Svec-SVK	661	440	573	1675	
Lorenzo-PHI		220	126	292	639	123lbs.					Carrasco-PER	507	330	507	1344	Sicoli-FRA	683	330	617	1631	
Nelson-USA		237	121	253	611	Zintsmaster-USA	259	126	303	688	Ruso-CZE	463	209	512	1185	Gidney-CAN	595	407	600	1603	
123lbs.						Kimura-JPN	176	385	_	_	Gildesberg-DEN	352	187	363	903	Larsen-DEN	650	385	562	1598	
<b>Gevers-AUS</b>		341	176	314	832	132lbs.					Rivera-PUR	341	187	369	898	Salazar-COL	551	385	617	1554	
Froeschle-US	SA	286	159	330	777	Stein-USA	330 •	170	374	876	Dacosta-FRA	496	_	_	_	Torres-PHI	_	_	661	_	
Ishiguro-JPN		286	137	308	733	Warne-CAN	281	148	286	716	Kawabe-IPN	440		_	_	Gerard-USA	518	562	_	_	
132lbs.						Wender-BRA	_	297	1	- L	165lbs.					Korvald-NOR	606	418		10 100	
Brightwater-	-NZL	. 325	176	352	854	148lbs.		the martin			Page-USA	562	369	573	1504	Flett-GER	540	573		and so the	
Simons-USA		286	226	319	832	Welding-USA	325	165	363	854	Kent-AUS	562	352	474	1388	242lbs.	5.10	57.5			
Ip Wing-HKO	G	198	148	275	622	Carlsson-USA	292	121	330	744	Asmus-GER	496	303	512	1311	Harris-USA	799	512	782	2094	
148lbs.						Ling-CAN	226	154	292	672	Ottolangui-GBR	507	308	474	1289	Pamplin-USA	694	518	551	1763	
Frangi-ARG		463	231	209	1124	Lehto-FIN	231	132	308	672	Ouatse-RSA	407	187	440	1036	Kalic-FRA	661	440	639	1741	
Houston-USA	۸.	380	226	402	1008	Gronholun-FIN	231	132	275	639	Rasmussen-DEN	512	-	-	-	Brown-CAN	595	440	666	1703	
165lbs.						165lbs.	1.00		100	005	181lbs.					Charvoz-FRA	639	440	617	1697	
Blasbery-GB	R	363	231	413	1008	Lee-USA	275	187	314	777	Garofalo-USA	639	413	672	1725	Strong-CAN	584	407	617	1609	
Styrlung-USA		341	242	396	981	Smith-CAN	231	165	275	672	Hampel-GER	600	330	617	1548	Naresh-IND	286	220	286	793	
Clark-USA		341	198	424	964	Hackney-USA	214	165	264		Dallaire-CAN	501	347	677	1526	Kampl-AUT	606	380	_	-	
181lbs.			12.51	10 00k		181lbs.					Courville-CAN	529	429	512	1471	Fontalvo-COL	650	308	1.200	_	
Pecante-PHI		418	259	446	1124	Hollands-GBR	407	187	374	970	Carlot-FRA	512	341	578	1433	Blankenship-PHI	275	463	-	_	
Moscianese-I		330	154	396	881	Hawood-CAN	248	159	264	672	Macdwell-PHI	407	319	407	1135	275lbs.	43	40.3	_		
Glomstein-N		275	231	-	_	198lbs.	240	1.35	204	0/2	Penagos-COL	374	374	374	1124	Giffin-CAN	711	606	661	1978	
198lbs.	·····					Beer-AUT	374	286	396	1058	Haensicke-GER	507	496	3/4		Gonzales-USA	711	523	655	1890	
Martinez-AR	G	451	286	490	1229	McLean-USA	237	159	352	749	198lbs.	307	490	-	-	Sardesai-IND	661	336	584	1581	
Maton-GBR		396	253	407	1058	198+lbs.	6.31	139	332	149	Gunnarsson-ISL	683	418	672	1774		595	336 479	504 507	1581	
Baum-USA		363	231	424	1019	Hall-USA	562	336	451	1350	Becker-CAN	666	440	655	1763	Tsujimi-JPN Agnihotri-IND	595 496	286	440		
198+lbs.		505		Tat	1019	MEN	302	330	431	1330	lones-USA	633	440	650	1763					1223	
1.501103.						MEN					Jones-05A	033	40.5	050	1/4/	Hager-SWE	606	551		-	

total, Keith was out of first place by 27.5 kilos. Keith out-pulled his opponent to tie with him and win the gold on bodyweight. Greg Page was also a first time Masters World Team member, coma first time Masters word real memory, com-peting in the 75 kg class. He gave the coaching staff a heart attack missing his first two benches. Greg was the last lifter on Wednesday night, pulling his last deadlift at 10:55pm. Greg ended the night on the podium with a gold around his neck. Representing the USA in the 82.5 kg class was returning team member and last year's was returning team member and last year's Championof Champions, Ron Garofalo. Ron con-tinued his success and has another world title to add to his resume. Returning to compete in the 90 kg was Greg Jones. Greg has battled tough competition the last few years with Jon Gunnarsson (Iceland) and Jeff Becker (Canada). This year was no exception. Greg could only get his opening squat in and missed his first two bench attempts. However, only going 5 for 9, his opening squat in and missed his first two bench attempts. However, only going 5 for 9, Greg was still able to capture the bronze medal overall and a gold in the bench press. Also lifting in this class was new team member Craig Terry. Craig was not able to get a bench press passed. Craig did get the gold in the deadlift. I'm sure he'll be back at Master's Nationals to redeem himself. Henry Geardrepresented the USA in the 100 kg class. Henry hadproblems with depth and was unable to get a squat passed. With the IPF rule allowing an individual to continue, Henry wasable to get the gold medal in the bench press. New to the team was Men's Open team mem-ber, Tony Harrisall the way from Hawaii. Tony ber, Tony Harris all the way from Hawaii. Tony had an outstanding performance on the plat-form. He set a World Record in the deadlift and totaled 2,094 pounds in the 110 kg class. I'm sure Tony will be a member of the Master's Team for many years. Taking the silver was fellow USA member Gary Pamplin. This was Gary's first



Titan's Pete Alaniz (left) who sponsors IPF World Masters ChampKeith Scisney (who supplied this photo, and who states "It has been an awesome two years for me, winning the 2005 USAPL Nationals, 2006 USAPL Masters & the 2006 IPF Masters Worlds")



Best Lifters - Masters I: Brad Gillinghan, Tony Harris, Ron Garofalo

Jaatinen-FIN 275+lbs.	760	529		-	Amey-GBR 198lbs.	474	253	501	1229
Gillingham-USA	859	600	848	2309	Rossi-ITA	617	297	617	1532
Hulbakviken-NOR	771	507	705	1984	Koenig-GER	578	363	551	1493
Lahteenmaki-FIN		385	595	1609	Belmas-FRA	540	507	- 3	-
Blanchflowe-GBR		628	-	-	220lbs.				
Master II					Melzig-GER	628	413	694	1736
114lbs.					Maska-CZE	529	440	556	1526
Kagawa-JPN	308	231	352	892	Sasaki-IPN	551	424	551	1526
123lbs.					Mokadem-FRA	529	402	551	1482
Meadows-USA	336	248	413	997	Buchs-FRA	628	330	507	1466
Monohar-IND	264	154	308	727	Ocasio-PUR	336	562	-	_
132lbs.					Givens-USA	_	-	-	-
Isagawa-JPN	457	396	518	1372	242lbs.				
Kavarnos-USA	352	220	407	981	Graham-USA	661	363	606	1631
148lbs.	10.0	Contraction of	1		Sindelar-USA	523	396	562	1482
Kilpelainen-FIN	507	308	551	1366	Ponnau-FRA	573	220	622	1416
Mollina-ESP	534	319	71	1366	Platzer-GER	551	325	352	1229
Tada-JPN	474	308	507	1289	275lbs.				
Rohan-USA	429	325	518	1273	Wainwright-USA	578	391	534	1504
Ito-IPN	485	292	485	1262	Olsson-SWE	352	264	463	1080
Cuvelier-FRA	440	264	463	1168	275+lbs.	_	_	-	-
165lbs.	UUUB	10 CATE			Green-USA	672	507	639	1818
Walker-GBR	540	396	573	1510	Tau-NZL	628	242	529	1399
Little-USA	567	270	633	1471	Masters II				
Guvon-FRA	507	308	518	1333	114lbs.				
Nakane-JPN	507	352	463	1322	Pok-HKG	259	170	303	733
Levesque-CAN	396	264	418	1080	123lbs.				
181lbs.	1100	110.0			Oshiro-IPN	352	264	374	992
Dio-PHI	578	363	567	1510	132lbs.				
Marentette-CAN	529	385	589	1504	Trujillo-USA	369	253	451	1074
Byas-USA	518	319	650	1488	Diepold-GER	363	242	352	959
Stone-USA	529	385	545	1460	Nivault-FRA	347	126	407	881
Tanikawa-IPN	573	374	490	1438	148lbs.				
Greenidge-CAN	485	402	490	1377	Cortes-USA	336	242	429	1008
Tachibana-IPN	485	407	468	1361	Stockinger-CAN	330	226	435	992
Schuricht-GER	556	220	540	1317	Groll-GER	336	203	413	953

ar on the team, but his last year in the MI class. ook for Gary next year in the Master's II. Forme Look for Gary next year in the Master sit. Former team member, Dave Gonzales was on the plat-form for the 125 kg's. Dave was going against Canada's Mark Griffin. It was a tough battle and Mark came out on top. Dave walked away with the silver medal. 125+- Brad Gillingham, Multi-World Champion, a gentle, quiet, classact - what can I say. Brad was a newcomer to the Master's World Team, but no stranger to the international competition. Brad did an easy 860 lb squat in a loose suit and an 849 deadlift. Brad set a world record total with 1047.5 kg/2309 pounds. Brad was on the podium listening to the National Anthem with four golds around his neck.

MEN'S MASTER II - Quiet Sam Meadows represented the USA in the 56 kg class. Sam only got 5 out of 9 lifts, but still took all four golds. got 5 out of 9 lifts, but still took all four golds. Former60 kgworld champion, Jimi Kavarnoshad a less than perfect day getting only one squat, bench, and deadlift passed. Jimi got the silver medal. Brendon Rohan wasback on the interna-tional platform in the 67.5 kg class. Brendon is so quiet you don't even know he's there. Brendon got the gold medal in the bench press and fourth over-all. New to the team in the 75 kg class was Art Little. Art was battling Great Britain's, Steve Walker. Art was only able to get one bench passed. He got the gold medal in the squat and deadlift and a silver over-all. Look for Art on deadlift and a silver over-all. Look for Art on future world teams. The 82.5 kg members were returning team member, Aaron Byas, and new-comer, Randy Stone. The 82.5 kg was a very competitive class. Both Aaron and Randy were only able to get one squat passed. Aaron also had difficulty in the bench press, missing his first two attempts. This class went down to the last deadlift, which was Aaron's. Aaron was not able to pull the

(continued on page 57)

The USA Women's Team took home two IPF world team titles (photographs are courtesy of Gina Stepleton, except where noted.)

Beauverger-USA 165lbs.	314	209	424	948	
Sato-JPN	507	297	507	1311	
Russell-GBR	512	297	474	1284	
Zanetti-ITA	485	275	474	1234	
Yeats-USA	424	259	523	1207	
Burgoin-CAN	463	253	418	1135	
Oppenheim-RSA 181 lbs.	363	242	463	1069	
Kitano-JPN	507	374	286	1388	
Mursu-FIN	451	308	485	1245	
Bouchakour-FRA	451	297	485	1234	
Sundvall-SWE	440	264	485	1190	
Lyons-USA	424	253	407	1085	
Malkavaara-FIN	391	264	407	1063	
DeGueroult-FRA 198lbs.	374	242	440	1058	
Bower-USA	496	369	540	1405	
Mattila-SWE	474	308	562	1344	
Ellender-GBR	440	319	551	1311	
Rice-USA	479	248	551	1278	
Chazelle-FRA 220lbs.	440	198	540	1179	
Helmich-USA	523	358	573	1455	
Bayer-USA	567	270	606	1444	
Battisson-GBR	463	352	556	1372	
Gregory-PUR	451	242	402	1096	
Puhakka-FIN 242lbs.	330	297	451	1080	
Kristensen-NOR	540	341	507	1388	
Farrison-USA 275lbs.	413	336	501	1251	
Arrington-USA 275+lbs.	501	336	512	1350	
Sandelin-FIN	429	319	435	1185	
Heyman-USA	_	264	440	_	
Master I Team Cha	mpion	ships (po	oints)We	omen: 1.	

USA 60, 2. Japan 26, 3. New Zealand 24., 4. Argen-tina 24, 5. Great Britain 21, 6. Philippines 20, 7. Australia 12, 7. France 12, 9. Italy 9, 10. HongKong 8. Master I Champion of Champions Women: 1. Frangi Irene, Argentina 510, 2. Martinez Angela, Argentina 557, 5, 3. Bechar Sylviane, France 342, 5. Master II Team Championships (points) Women: 1. USA 72, 2. Canada 47, 3. Finland 32, 4. Great Deithin 21, 4. Austerial 26. Bibliomize 9. Marter II Britain 12, 4. Austria 12, 6. Philippines 8. Master II Champion of Champions Women: 1. Hall Harriet, USA 612.5, 2. Stein Ellen, USA 397.5, 3. Sandu Jacqui, Canada 357.5. Master I Team Championships (points) Men: 1. USA 72, 2. Canada 49, 3. Japan 37, 4. India 30, 5. Germany 28, 6. Finland 28, 7. France 27, 8. Czechia 18, 9. Norway 17, 10. 7. France 27, 8. Czechia 16, 9. Norway 17, 10. Iceland 12, 11. Denmark 10, 12. Australia 9, 13. Slovakia 8, 14. Colombia 8, 15. Peru 7, 15. Great Britain 7, 17. South Africa 6, 18. Philippines 5, 19. Puerto Rico 4. Master I Champion of Champions Men:1. Brad Gillingham, USA 1047.5, 2. Anthony Harris, USA 950, 3. Ronald Garofalo, USA 782.5. Harris, USA 950, 3. Konaid Carolalo, USA 762.3. Master II Team Championships (points) Men: 1. USA 66, 2. Japan 53, 3. France 34, 4. Germany 31, 5. Canada 20, 6. Great Britain 14, 7. Italy 12, 7. Philippines 12, 7. Finland 12, 10. New Zealand 9, 10. India 9, 10. Spain 9, 10. Sweden 9, 10. Czechia 9. Master II Champion of Champions Men: 1. Hiroyuki Sagawa Lanan 6:27 5. 2. Steve Walker. Great Isagawa, Japan 622.5, 2. Steve Walker, Great Britain 685, 3. Martii Kilpelainen, Finland 620. Master III Team Championships (points) Men: 1. USA 69, 2. Japan 36, 3. Finland 32, 4. France 26, 5. Great Britan 25, 6. Germany 17, 7. Sweden 16, 8. Canada 15, 9. Norway 12, 9. Hong Kong 12, 11. Italy 8, 12. Puerto Rico 7, 13. South Africa 5. Master III. Champion of Champions Men: 1. Toshihiko Sato, Japan 595, 2. Toshio Kitano, Japan 630, 3. Robert Trujillo, USA 487.5. (courtesy IPF).

#### BODY SHOPPE NUTRITION YOUR ONE STOP SHOP!

Q: I have started to incorporate many of the supplements you recommend into my nutrition plan. I will say that they all did what you said they would. It is so nice not having to waste money on something only to find out that it sucked in regards to the results. Anyway since I am using a lot more supplements, I wanted to know of an online distributor that carries the supplements you recommend and at the best price possible. Sincerely, Saul Walberg A: You will see that I only recommend what works. If it doesn't provide results that you can see and feel then you can bet your last pair of knee wraps it won't have my name or Nutrition XP3 Seal of Approval on it. The supplements I recommend in my column are the same ones that I use with my world class athletes and even take myself. You can trust in my column because my reputation is too precious to tarnish by recommending garbage!

My company X-treme Power has joined forces with a supplement distributor that will take care of all your Powerlifting supplement needs. This company is Body Shoppe Nutrition. You can reach them on the web at www.bodyshoppenutrition.com. The Owners are Mike and Brian Fox.

You might wonder why my company and Body Shoppe Nutrition have teamed up. I needed to send my ever-growing clientele to a company that can take care of their needs. Body Shoppe Nutrition carries over 150 different brands of natural supplements. Most likely they have it or will get it for you. Next, I wanted to make sure that the company I deal with is on the ball. I want to know that my athletes as well as my readers are going to get the best service available. In addition, they have some of the best prices you will find on the net and on top of that they are always running sales to make the deal even sweeter. Just for a few of the items that I personally use I have saved over \$20 when compared to getting them down at my local mall. \$20 might not sound like a lot when you are buying one thing, but if you buy 7-10 items when placing an order it can sure add up. Even better, they give out discount code coupons that can also be used at different times of the month. Last but not least, these guys are powerlifters. Personally, there is nothing better than taking care of those that take care of you. Not only are they a part of the sport but they also sponsor both Powerlifting and Strongman shows and even Highland Game events. These guys are strength sport fanatics and that is why they cater to us and not the bodybuilding genre..



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

Now to help out all my PL USA readers I muscled Mike around until he decided to run a special for all us powermongers. Next time, you are looking to get your monthly load of supplements send Mike an email and tell him I sent you. To get even a better deal give this code "PLUSA 10" when placing your order so you can save another 10% off some already great prices. To help out even more Mike went above and beyond with this offer. For the first 20 PL USA readers that order a BSN product they will receive a free BSN T-shirt and a goody bag of BSN products absolutely free. After the first 20 orders you will still get the goody bag on any BSN order. My client and good friend Bill Sindelar, Masters National Champion and Silver Medallist at this years Worlds better pay attention because he is a big BSN fan. Congrats again Bill...great job! Stay tuned on my forum at www.nutritionxp3.com to find out new monthly specials that Mike runs as well. Now that Xtreme Power and Body Shoppe Nutrition have teamed up you can bet that you the powerlifter are going to be able to get all the supplements that you need at rock bottom prices. Finally a supplement distributor by powerlifters for powerlifters! Give them a call, you won't be disappointed!

#### LAURA PHELPS THE FUTURE OF WOMEN'S POWERLIFTING

Q: Your column always provides some great info, but I have one problem! Where's all the women profiles? All you do is profiles on men. My favorite lifter' is Laura Phelps and I heard that she is working with you. I am dying to know what she eats and what supplements she uses. Let's hear it for the women, for once, otherwise I am going to have to get nasty the next time I run into you. Sincerely, Latasha "Big Bad Mama" Johnson

A: Ok, you are right in the fact that I don't do enough profiles on women. Even though I do work with some women I would have to say that 90% of the powerlifters that I do nutrition program design for are males. Since I don't want you to beat me down at the next Arnold Classic I am going to do a nice profile on your favorite



Anthony Ricciuto ..... this is the Man Behind NutritionXP3.com

powerlifting superstar .... Laura Phelps. Hey, all you had to do was ask. For those of you who don't know who Laura is then dust yourself off from the rock that you crawled out from under and welcome to the sport of powerlifting. I will give you a brief synopsis of just a few of her credentials.

- July 9, 2005 APF Summer Bash II (Chicago, IL) - 551 squat, 303 Bench, 451 deadlift, 1305 Total @ 165 lbs

- August 6, 2005 APF Grandhaven Meet (Grandhaven, MI) - 580 squat, 315 bench, 135 (token) deadlift @ 165 lbs.

- October 29, 2005 WPO Semi-Finals (Chicago, IL) - 683 squat (WR), 352 bench, 468 deadlift, 1504 Total @ 165 lbs. - January 20, 2006 APF Ohio State Meet (Fremont, OH) - 725 squat (WR), 135 (token) bench, 135 (token) DL @173 lbs.

- March 3, 2006 WPO Finals (Columbus, OH) - 705 squat (WR), 402 bench, 473 deadlift, 1581 Total (WR) @ 165 lbs. - July 29, 2006 APF Middletown

Meet (Middletown, OH)-725 squat, 415 bench, 510 deadlift, 1650 Total @ 164.6 lbs. (WR and 1st American Woman to Total 10x bodyweight)

- September 16, 2006 APF Leave No Record Unbroken Meet (Fremont, OH)-465 bench @ 178 lbs. (WR)

\*\*All WR's are All-Time WRs

Laura holds the world record in the 165 pound class with an amazing squat of 725. Can you imagine that! Now we have a woman that can duke it out with the

best of men. Wow, how the sport has progressed!. That is not all. She also holds the world record in the total and holds the bench press record as well with a mind boggling 465. I know men at her weight that would love to do that! She is a powerhouse, who is only going to get better with me on her team. Laura is the future of the sport of powerlifting for women and she is going to re-write the record books and take a lot of titles before she is through. Laura is one of the most gifted

strength athletes I ever had the pleasure to work with. She is by far not only one of the nicest to deal with, but she is dedicated to her nutrition plan like a real trooper. There a lot of women whom I work withthat complain like there is no tomorrow when I start cutting out junk food and pare down on their portion sizes. The men aren't much better, though they don't complain, they just don't listen! This is not the case with Laura and that is why she is setting the powerlifting world on fire. She is just as dedicated to her eating as she is with her training. I am going to let you in on all her secrets ... well, maybe not all of them, but you are going to be glued to that issue for sure! If you want to know what she eats, then you can be sure that you are going to find out. You want to know what supplements she uses, well, it will all be there. Hold on to your horses, take a deep breath, don't hurt anybody and just wait, because in the new year I am going to have you one super profile that you are

#### RATING THE ANTIOXIDANTS

going to love.

Q: You have mentioned antioxidants in your column a few times before. I was wondering if you could give me some insight into what the best foods are in regards to the highest amount of antioxidant protection? How is a food rated in regards to this? I would like to know more about antioxidants since cancer runs in my family and I want to protect myself. Please let me know what you would rank as the best vegetables and fruits. Please keep up the good work since the powerlifting community needs someone like you in our corner. Yours truly, lito Paolicci A: I am actually planing an article

series on antioxidants and the powerlifter so stay tuned to find out more info. For some of our readers who aren't in the know about antioxidants let's take a look at what they are. Antioxidants are chemical compounds that can eliminate oxidative damage through different processes. This oxidative damage is caused by a slew of different free radicals that can wreak havoc on our long-term



Laura Phelps bench pressed an historic 465 lbs. in the 181 lb. class on September 16th (photograph provided courtesy of Chuck Venturella) health.

1,420

900

800

780

ORAC

5,660

4,800

11.540

TOP 10 FRUITS FOR

ANTIOXIDANT PROTECTION

Red Bell Peppers

Onions

Eggplant

Corn

Fruit

Prunes

Raisins

Blueberries

Scientists have designed a test to see how beneficial each food type is, antioxidantwise. This test is known as ORAC (Oxygen Radical Absorbance Capacity). This test score will help you chose the best sources of fruits and. With powerlifters, their concern for antioxidant information is very low, even though it shouldn't be. They don't have an inkling of truly how important fighting free radical production is for their long-term health and disease prevention from life altering conditions like cancer. Since weight training can actually increase free radical production it is even more important for the powerlifter to make sure that he is protecting his health.

Here is a chart that I have designed to help you understand the ORAC rating for the top 10 best fruits and vegetables. I have laid out a chart assuming a portion size of about 7 ounces or the equivalent of just under 1 cup. Let's take a look at some of the items that you should be eating in plentiful amounts to help keep you healthy.

## TOP 10 VEGETABLESFOR ANTIOXIDANT PROTECTIONVegetableORACKale3,540Spinach2,520Brussels Sprouts1,960Alfalfa Sprouts1,860Broccoli1,760

Beets

1,680

Blackberries 4.072 3.080 Strawberries 2,440 Raspberries Plums 1,898 1,500 Oranges 1,478 **Red** Grapes 1,330 Cherries When you are trying to optimize your antioxidant protection these are your best choices. I try to get all my lifters to take in at least 3-4 cups of veggies per day minimum. Believe me, you

will feel better, have more energy, and suffer from fewer health conditions by incorporating them into your nutrition plan. If they are good enough for Garry Frank, Travis Mash, Phil Harrington, and my newest female superstar Laura Phelps, then you can be sure they will be good enough for you. Kale tops the veggie list but to

Kale tops the veggie list but to tell the truth it is not the most popular vegetable in the world even though it should be. Spinach ranks number two with a bullet. You are probably thinking how could this nutrition guy be recommending

spinach after the horrific Ecoliscare that just occurred. Once those alerts are over and it is safe to eat spinach, I would recommend putting it back into your plan. Before the scare, I used to eat spinach daily, at least 2 cups worth. I put it in my eggwhite omelet in the morning and then made another spinach salad later in the day. Broccoli is another big veggie in my plans. Peppers and onions are a must in omelets and also salads. Lifters don't eat much eggplant, but I have it at least twice a week.

For the fruits, prunes take the lead by a whopping margin. Personally, I always use some type of berry in my oatmeal or cream of wheat in the morning. They can really spice up a bland breakfast. Oranges are lower on the list but they can make a nice addition as well. Cherries come in last but also have a lot of other health benefits that most people are not aware of. One of them is anti-inflammatory properties that can make a huge difference for those that suffer from these conditions. They are not always in season but when summer time comes around you can be sure to find them in my fridge.

A lot of lifters only think about a bigger total. Being focused on your sport is a great thing. Without it you won't go far. On the other side of the coin, if you neglect the many variables that keep you healthy and injury free then you truly aren't as focused as you may think you are. You will understand this firsthand when a major injury hits you, or you suffer a health condition that you were not expecting. Type II Diabetes is one ailment that is a perfect example. Many lifters just eat whatever they want year after year not thinking of how what they put in their mouth will affect their health in times to come.. The reason why preventing oxidative stress caused by free radicals is so important is that they can increase your chances for some nasty diseases. Oxidative stress can be a major factor for conditions like heart disease, arthritis, Alzheimer's disease, and even the Big "C" (cancer)! In the end I am not the bad guy you think I am because I try to force all those horrible vegetables down your throat. I am looking out for your best interests and I want you to take full advantage of the information that I present to you each month. This way you can see and feel how much a difference eating clean can have on your performance, physique and long term health

If you have any questions free feel to write me at: Aricciuto@nutritionxp3.com Or check out my website and forum at: www.NutritionXp3.com



**ASK THE DOCTOR** 

Q: I got peer pressured into using steroids from my friend. I didn't really know much about them and what they can do to you. I found out the hard way I used anabolic steroids when I was 19 years old. I only used them for 2 months. I used testosterone injections 200 mg. And I went up to 400 mg This column will feature questions on nutritional, performance and a week. My testicles shrunk a lot when I was on them so I got scared and medical issues. Send your questions to me at just stopped taking them. My testicles never came back to normal size. I Mauro@MetabolicDiet.com. I'll try my best to personally answer all have had nothing put problems since then. I have sleeping issues, anxiety questions sent to me within a few days of receiving your email. high cholesterol and high blood pressure since taking steroids. Which I never had before using the steroids. I never tried to get my levels back to normal with medications that you mentioned in your article. I went to my doctor and they just treat me with anti-depressants and sleeping medication Its not helping because I cant stop thinking about what I did to my body I am currently 31 years old my sex drive has never been the same. I have no sex drive and its hard to maintain an erection at times. I have been to doctors and they say that nothing is wrong. Is it too late to try to get help with trying to increase my natural production of testosterone the way you mentioned it in the article you wrote with using LH, or HCG. If can write back and let me know if there is any hope to try to fix my problems. Thank You. Martin.

 $\mathbf{Q}$ : I hope you have time for a brief question about the Anabolic diet. I have purchased the Anabolic Solution for Powerlifters and am having quite a bit of success with it. I have successfully dropped 15lb in the past month while at the same time getting stronger with all of my lifts going up. I was reading a diet forum (1st mistake! ;-)) talking about Cyclic Ketogenic Diets (CKD) and I referred to your diets as being a CKD. Another poster referenced an interview with you. They have you saying that the Anabolic Diet/Metabolic Diet that's part of you Anabolic Solution does not rely upon 'ketosis' and therefore the poster says they're not CKD. My interpretation from reading your book and articles is that your diets are 'ketogenic' but that after a period of adaptation the dieter is not in a state of ketosis i.e. A: Sorry for the late response but I've been away. I assume that the reason spilling excess ketones into the urine, breath, blood, etc. I think that basic your doctors say that there is nothing wrong is because your testosterone and fat metabolism in the fat adapted dieter is basically ketogenic, but I'm other values are in the low normal range, which isn't likely normal for you since beginning to get influenced by others and may be far off the mark. Are there you likely have reset your levels to below what they once were with the use of other mechanisms at work that replace the production of ketones for energy in the fat adapted dieter? Any information would be greatly the anabolic steroids. I've attached an article I did a few years ago about the problems you've appreciated. If you don't have the time and can send me som references, run into, the reasons why it happens and some of the ways of dealing with them. I can slog through them myself. Kind regards, Will

A: The reasoning behind the Metabolic Diet is much more complex than most into the same problems you have, basically because the use of the exogenous of the low carb and ketogenic diet people are aware of. That's one of the steroids shut down their natural testosterone production and that production reasons I started the MDNCC (www.mdncc.com). I'll give you a short take here never came back to normal. as I'm off to Italy tomorrow to give my first MDNCC seminar and don't have The bottom line is that there are several ways to address this problem a lot of time. Basicaly you're right about ketones being formed with the low carb The first would be to try something natural to try and boost endogenous testosterone production. For this purpose I would use TestoBoost (look it up part of the diet (actually ketones are always formed regardless of macronutrient intake or number of calories in the diet - like many other processes including at www.mdplusstore.com - make sure you read the PDF info file), 4 tablets in the AM and 4 tablets before bed. This regimen has helped some people reset gluconeogenesis, ketone formation ramps up under certain conditions), and in fact they may spill over until the body has adjusted its energy metabolism to their levels as well as increase sex drive, improve the erectile dysfunction, and help deal with several of the problems you describe. You'll have to continue reflect the macronutrient intake. As the body adapts to the low dietary carbs it learns to utilize fatty acids more efficiently in most tissues so that ketone for at least 2 months although you should start feeling better within a few weeks. Once you've taken the TestoBoost for 2 months, have your testosterone production is decreased since it's not needed in many tissues. The body also vels checked. This time get total and free testosterone, LH and estradiol levels learns to conserve glucose so that it can be used most by the tissues that need done. Send these to me and I'll let you know what I think and depending on it, along with producing what it needs through glycogenolysis and the results what the next step should be. gluconeogenesis - with some of the glycogenolyis occurring from glycogen that Don't hesitate to email me with periodic progress reports and any has in turn come from glucose secondary to gluconeogenesis, and that mostly from amino acid carbon skeletons. To get a little more technical it's the rate questions and concerns you might have. Mauro Di Pasquale M.D. of production of acetul-CoA and its combination with oxaloacetate to form

citrate that are two of the determining factors of ketone production. After an initial acclimatization phase several things happen that decrease the amount of runaway ketone production. Most of the tissues in the body increasing use fatty acids directly and have less need of ketones to produe the acetyl-CoA. The body uses the carbon skeletons of various glucogenic amino acids (as against the ketogenic ones, which also come into play under some circumstances) to increase 4 and 5 carbon unit TCA cycle intermediates. This anaplerotic process provides the oxaloacetate (which in turn combines with acetyl-CoA to form citrate - and the ability to form citrate is one of the modulating factors for ketone production), both directly through TCA cycle flux and indirectly through the malate/PEP/ pyruvate/oxaloacetate shuffle or through the use of glucose secondary to gluconeogenesis and glycogenolyis (which in a low carb diet comes mostly from amino acids in one way or another). Most people believe that oxaloacetate comes solely from pyruvate by the action of pyruvate carboxylase and that all of this is carb driven. But they're wrong. There's a lot more to it than this but it's a start for you. I'll be putting some



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information from the MDNCC manual that I'm in the process of writing on my sites so keep checking www.MetabolicDiet.com and www.MDNCC.com over the next several months for new articles and announcements.

Over the past few decades I'm dealt with hundreds of athletes who have run

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## HARD CORE GYM #60 THE DUNGEON

(With A Forward to offend everyone) told by Rick Brewer, House of Pain



Bobby "House" Driskill (left) and Ken Overby in the Dungeon(McKee)

Last month I said that Tim Bruner might be a Texas-sized A\*%\$#ole, but he is still The People's Champion! Plus, he's got a Texas-size personality! No, nonot a good personality; just a great big defective personality. At some point you simply have to honor serious nut-cases for their eccentricities. Otherwise, they think no one is watching and they become serial killers. That's what happened to Charles Manson, Ted Bundy, and Son of Sam. I didn't write an article about them; they felt slighted, and the next thing you know someone's head is on the back of the middle shelf in the refrigerator. Right next to the Mountain Dew. Why do you think Muslims cut the heads off people on TV? They want the coverage (read that: attention) most of all. With the right magazine article - we can all sleep safe.

Batman kept Gotham City safe, and when he fought - it went KAPOW! Last month we referred to that - mentioning that this month we expected to visit a gym that rhymed with Kapow. But, Ilied. We never got a critical piece of info on that gym, so we hafta save that gym for another month.

Instead, this month we're going to The Dungeon! Buddy likes to call himself Buddy 'Meanness' McKee and he trains at an interesting place in Alabama. Anybody that calls themselves 'Meanness' (and is over the age of 6) deserves to tell their own story. Take it away Buddy:

"The Dungeon is very unusual in that it is a hardcore powerlifting

gym housed in the back room of an ultra-modern Gold's Gym in Rainbow City, Alabama. The powerlifters co-exist well with the bod builders and general fitness members. The owner/manager of the gym, Stace Beecham, has proven one can support all facets of the weight sports and fitness clients in the same gym successfully. We have out own room with our hardcore powerlifting equipment such as: Monolift, Forza Bench, Texas Power Bars, Excalibur Squat Bar, Oakie Deadlift Bar, Deadlift Platform, Reverse Hyper Machine, Power Rack, 55-150 lb. DBs and an Icarian Leg Press that holds 52 45 lb. (approx 2500 lbs.) plates. Yes, Ronnie Coleman, I've done 8 reps at 52 plates with no knee wraps! Not 50 plates at 8 reps with knee wraps! Come over to Alabama sometime and we will go head-to-head for bragging rights (Much respect for Ronnie)!

We do all of our heavy work on the powe lifts in the Dungeon. We have our own sound system separate from the rest of the gym. We are free to get loud, use chalk and talk (as long as we are reasonably neat and not terribly rude), and bang weights. Wow, in Gold's Gym! We are also free to use the regular wor out area. We are just a little more civilized out in the front areas! The Dungeon has every pull down, row, calf machine, and every other machine known to man. The hardcore bodybuilders are welcome to come

in the Dungeon and train with us on their basics. The Dungeon is more like the original Gold's Gym in Venice, where serious powerlifters and bodybuilders espected each other. In fact, our spotting crew that spots/loads at our meets are mostly bodybuilders and they are, in my opinion, the best crew in the United States! The Dungeon is home to two

state chairmen: APF Chairma, Buddy McKee (myself), and WABDL Chairman, Brant Bishop. The APF and the WABDL are not rival organizations, so this is a great relationship. The APF is powerlifting and WABDL is a specialist federation. Here at Gold's Gym in

Rainbow City, Alabama our powerlifting team is known as the "East Coast Clique". The team consists of: Buddy McKee (myself), a two time WPC Pro World Champion, seven time AWPC/ WABDL Amateur World Champion with 13 World and American records; Rick Hagedorn, a four time WABDL Champion with 5 World and American records; Bobby "House" Driskill and Richard Anderson with multiple WABDL World Championships and each have world record lifts; Cam Clayton a Teen World Champion with three World and American Records; Ken Overby, Josh Nelson, Jonathan Leftwich, Brant Bishop (WABDL AL Chairman), Derrick Thomas, Adam Hix, Richard Champion III, Patrick Nelson, Darryl Hoard, Emery Burns, William Hamilton, James Carter, Alex Cone, Chris McDuffy, and Eric Roberts all hold multiple state records. We have a new member. Chris Samford, who is prepping for his 1st meet.

The team has also hosted some "guest members" who travel in frequently to visit and train. Among them are World Champions Brent "Sgt. Rock" Howard, Tiny Meeker, Tony Caprari, Richard Hawthorne and others. The "Cliques" home members boast a 700 bencher, a 650 bencher, two 600+ benchers, and four 500+ benchers with most of our other members well into the 400s. We have an 850+ squatter, four 700+ squatters, three 600+ squatters, and several 500+ squatters. We have a 700+ deadlifter, two 650+ deadlifters, and most others in the 500 categori

Along with the team trophies won by the "East Coast Clique" the Dungeon is the permanent display of the Team USA's 1st place trophy won at the '05 W.P.C. Worlds in Helsinki, Finland. I, Buddy McKee, was on Team USA and chosen by my teammates to walk out and receive the trophy for the US. The Executive Officers of the W.P.C. decided the Team USA would rest at my home gym. Gold's Gym told me they are very honored to be chosen for the trophy's permanent home!

If you find yourself in Northeast Alabama and need to get a serious hard core training session in, come over to the Gadsden/Rainbow City area and visit. If you are serious about your training, the Dungeon inhabitants will welcome you to our house. Don't worry about special equipment; we have chains, bands, and board aplenty. NO EXCUSES...JUST LIFT IT! Thanks again to Stace for being bold enough to run a gym right!!"

Congrats to Stace for running a cool place to train - a real Hard-Core Gym in Alabama. I know there are tons of strong folks in Alabama, because I've been to some great Powerlifting meets in Gadsden! Are you interested in Alabama trivia? If so; do you know how University of Alabama football players get girls in their dorm rooms? (Answer: they just grease her hips and push real hard!) No offense to all you Alabama folks – we love ya! This Saturday, I'll lift in a little

BP meet (wish me well). Next month, we'll visit West Virginia and learn about real hillbillies. Maybe learn some more offensive jokes. Until then, load the bar and have fun!

> Comments: Rick@houseofpain.com

Note: no hillbillies were harmed in the making of this article.



Buddy "Meanness" McKee at Gold's Gym

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Open		Junior	Open		-		
T. Runde	-	R. Goldstone 56			540	622	1162
198 lbs.		SHW	J. Biewer		683	672	1355
Open		Open	APF	SQ	BP	DL	TOT
A. Sanders	490	C. Kadrlik —	FEMALE				
Junior		A. Gassman 56	52 123 lbs.				
L. Lacy	-	DEADLIFT	Open				
Master I		APF	M. Anderson	226	137	270	633
R. Hennigar	463	FEMALE	148 lbs.				
Master II		114 lbs.	Junior				
J. Hussey	358	High School (13-		-	-	-	-
220 lbs.		A. Quatrochi 21					
Open		165 lbs.	165 lbs.				
R. Jennings	363	Open	Open				
Open		N. Troy 28	B6 D. Valleza	595	518	479	1592
S. Webb	551	MALE	181 lbs.				
Master 1		181 lbs.	Open				
J. Berding	440	High School (16-	-17) T. Runde	804	-	-	-
242 lbs.		D. Brubaker 42	24 T. Ramos	760	540	578	1879
Open		220 lbs.	198 lbs.				
B. Carpenter	-	High School (18-	-19) Open				
R. Luyando	782	D. Garrels 55	51 J. Power	705	512	523	1741
R. Briggs	733	Open	A. Siemore	606	440	529	1576
J. Prazak	-	T. Hubbard 71	16 Submaster				
M. Magnum	573	242 lbs.	T. Quatrochi	512	352	463	1328
Master II		Master I	M. Hibbing	540	303	429	1273
D. Murphy	474	M. DenBeste 59					
275 lbs.		275 lbs.	R. Hennigar	501	463	440	1405
Open		Open	220 lbs.				
C. Truitt	501	R. Simnick 65	50 Open				
C. Hudson	611		M. Stuart	705	501	633	1840
Ironman		BP DL TO		925	562	716	2204
APF			A. Hires	859	_	_	_
FEMALE			C. Akers	920	589	628	2138
148 lbs.			lunior				1-11-11-1-1
lunior			D. Hogan	551	363	485	1399
A. Bryant		159 303 46					



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D. Zenzen 622 396 534 1554 (Thanks to Eric Stone for the meet results) 242 lbs.

Open Open								
M. Magnum	672	573	578	1824			MCA BP/DL	
T. Acome	903	683	633	2221	10 SEI	P 06 -	Norwich, NY	
J. Redding	881	562	628	2072	BENCH		DEADLIFT	
M. Hairston	903	655	644	2204	MALE		MALE	
Submaster					Open		Open	
C. DenBeste	600	474	578	1653	148 lbs.		198 lbs.	
Master I					C. Byrnes	400	J. Wood	650
P. Schultz	777	562	666	2006	198 lbs.		J. Ahern	275
275 lbs.					J. Wood	460	220 lbs.	
Open					J. Ahern	365	J. Sowle	560
P. Arroyo	738	540	622	1901	220 lbs.		275 lbs.	
S. Mount	970	655	600	2226	J. Sowle	395	J. Bogart	475
R. Simnick	705	501	650	1857	J. Belasco	275	Teen	
G. Damminga	837	485	711	2033	275 lbs.		198 lbs.	
J. Grandick	1025	782	755	2562	J. Bogart	515	G. Vokes	410
Master I					Master (40+)	and the second	220 lbs.	
G. Damminga	837	485	711	2033	SHW		A. Bogart	405
Best Lifter Ligh	ntweigh	t Benc	h only:	Stephen	K. Johnson	575	Master (40+)	1.1
Webb. Best	Lifter	Heavy	weight	t Bench	G. Grammat	te 350	181 lbs.	
only: Rob Luy:	ando. I	Best Lif	ter Lig	htweight	Teen		K. Turi	415
Full Power: 1	yson	Hubba	rd. Be	st Lifter	132 lbs.			
Heavyweight	Full P	ower:	Jim G	randick.	D. Cerasani	185		
Best Lifter Ir	onman	: Rob	Luyane	do. Best	(Thanks to S	hannon	Gawrenski, Me	et Di-
Lifter Overall	Dead	lift: Ty	yson H	lubbard.	rector, for p	roviding	these meet re	esults)





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#### (continued from page 19)

Mike Vernon lifted well and was looking forward to meeting and getting some tips from Jeff Diegan at worlds. Jeff is the best 242 lb. raw lifter in the WNPFbuthe did not attend this years champion ships. Big Dave Cooper won the lifetime 242 class with a 1700+ total and Jeff Fambrough won the juniorraw division and made all of his squats look so easy. Jason Wood from Arizona is built like a tank with huge thighs and calves. I told him before the meet to go for the big 800 pound squat and don't worry my spotters will be there for him. He hit an easy 733 then an easy 771 and then 804 wasnext. He came out ready and walked up to the barand set up, went down and was on his way up and he dropped hishead and the lift was over. He knew what he did after and was upset with himself. Jason will squat 800 + in the very near future in the WNPF Jason will also be the new WNPF Arizona state chairman and put on a meet or two in 2007. Ostrom from Michigan and Brad Lovejoy won their classes in the 275 master's divisions. Rich Luklan totaled over 1650 in the masters 300 class, Big Matt Wanat all 6'6", 300+pounds defeated Jmukhadza from the Republic of Ga. In the SHW raw division and Marlin "Eclipse" Nelson took home his first WNPF title and he improved so much from the Pan-Am Char nionshinsin Orlando in May now onto the World Bench Press Championships. Bonnie Benner won the 123 open and masters divisions and also took home the best lifter award with a 165 lb, bench press. Bonnie is just coming back after a 10 month ayoff due to her son battling cancer in the hospital. Last year shebenched 190 rawand now she's up to 165 pounds with a shirt on. I think she is a better ray lifter than shirted lifter Jill Daivsh Adrianne Finl and Tompkins from Indiana won their first world titles in the WNPF. Tim McDowell won the 123 junior division, Josh Melton in his second meet wor his class. Steve Smith, not the Carolina Panthe wide receiver but the famous Steve Smith won the 13270-74 classwitha 165 poundbench. Sinath Sam from Delaware came back in 2006 after a 4-5 year layoff won both the open and submasters division witha 270 lb. world record bench. Wayne Claypatch set a new record and won his class in the 148 lb division and Tom Duffwon the 55-59 division. Cody Bartlett defeated John Ferrisin the 65-69 148 class with a 237 lb, bench. In the 165 lifetime division we had a battle going on with Ralph Lara, Joe Rosato and Beau Greer. We were hoping Jason Burns would have made it but he had some personal problemsand couldn't attend. Jason the WNPF will be waiting for you when you return. Ralph took home the gold with a 369 bench. Joe Rosato and formerWNPFworld champ Beau Greer tied at 347 with Joe winning on bodyweight. Chuck Venturella defeated Carlos Artur from Brazil in the open 165 class. Bill Ross won the 181 lifetime and subs divisions with a 457 bench. Allan Passman won the



Evandro Casagrande: pulled 722



Ralph Lara: Best Raw Lifter, benching 369 in the 165 pound class. won his first title with a 441 bench. Nick Maltezos

asters raw division and first timer Chris Johnson from Canada won the masters equipped division. Stan Freed and Chris Livolsi won their classes and they both set new world records. McDowell won the juniors and Mike McCoy won the lifetime division and best lifter. Mike took a few years off also and came back in July to qualify for worlds. Mike Bachmayer won the masters and police divisions with a 374 bench. Leo Ryan came to bench over 500 pounds and he had trouble setting up and just couldn't get it together. Then on his last attempt with 468 weadjusted the rack for him and he rammedup 468 so easy. Leo will be back in 2007 and he will bench 500+ in the 198's. Troy Lehrer won both the open and lifetime divisions with a 512 bench. Hewentup to 556 and missed it but he came very close to getting it. Phil Darbouze set a world record in the masters as well as N.J. state chairman Glen Haley. Glen needs some time off, he did so many meets this year and it showed. He still locked out435 pounds in the bench for a new world record. Lhota, Glenney, Mitchell and Davisall won their classes in the master's divisons. Jake Haybeidan rom PA. hit a 380 new world record in the teen division, I heard this washislast WNPF meet, good luck Jake whereveryou decide to lift. Kelly Fasnacht

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Jason Wood: squatted 771 @ 275

one of the old WNPF veterans won two classes in the bench. Bill Bidinotto made one attempt to stay in the meet in the over 60 class. Bryan Hoffman from Indiana started out in the high 400's and missed all three attempts. He locked out his left arm but couldn't lock out his right arm due to an injury. I spoke with him after and just told him not to lock out either arm so both arms can come up and Pete Catina that can't lock out either arm and

we just told them to go as high as possible with their gether. He deadlifted 622 lbs. in the 181 lifetime ockouts and we will count their lifts. Hopefully open division. Dick Jenkinsand Don Levesque both open division. Dick Jenkinsand Don Levesqueboth Brian will come back in 07 and get a lift in and 70+ years of age battled with Dick con ing out become a champion. The oldest competitor in the ahead with a 441 deadlift. Dick would like to be the meet Ray Romero hit 209 at 77 yrs. of age. Ray is first 70+ yr. old to deadlift 500 pounds in the WNPF. an ex-Philadelphia Eagle football player. In the Speaking of old lifters, Tee "Skinny Man" Meyers couldn't wait to hit the platform. He just turned 50 300's and Supers we had several lifters that were attemptingbig, biglifts. Buddy Cawley hit 518 in yrs. old and he wanted to hit an all time high for a 50 yr. old in the 198 classand guess what he did it. He hita 733 deadlift and made history becoming the all the raw division and 677 in the unlimited division: Buddy won both best lifter awards in the raw and timehighest deadlifter in the 198's in the 50-59 age group. This was the most weight lifted ever in equipped divisions. Jeff Peshek tried an all time high 804lb bench but missed it twice he stated that he powerlifting history in this class, Tee said to look it just didn't have it today. He promised me that in 2007 at worldshe will hit 804 or more. Andy Shaffer up if you don't believe him. I must mentioned because one person said that Tee is a deadlifter from PA benched 600 rawat the PA states and was hoping to set an all time high rawbenchat the world championships. He tried 611 three times and could not lock out the weight at the top. Now on to the ago and he sustained an injury and he has trouble World Deadlift Championships, Adam Deboniswa sohappy to be at his first world championships and the 198 class so he is more than qualified to judge he showed out with a 407 lb. deadlift and world anylift. Hedidnot give a quick press signal on Friday record, Carlos Artur from Brazil madea 584 deadlift because the bar was still moving on some of th rawin the 165 class and won best lifter. Bob Legg lifters chest and he waited until the bar stopped to set a world record in the police division and John give the signal. I'll tell you many of you missed a show on Saturday with flight three of the deadlifts. evenly and this would look a lot better than his lopsidedlockout. We have two lifters, Larry Davis sions. Darren Nemow could competein two sports These guys showed out! Meyers with 733, Sadiv with powerlifting and bodybuilding, this guy is put to- 650, Casagrande with 722, Chet Slaybaugh with 650,





Jennifer Slagus: pulled 303 pounds in the 11-12 year, 165s.

Lopez with 622 and Nemow with 622. Charles Slaybaughlifted 633 in the 242's and Chet, Charles said he is the good looking twin brother not you. Mike Spahr set another world record and Teddy Finlandhita 606 and is good for more but he injured nimself on one of his attempts. Big Dean Nichols hit 683 and hurt his back in an attempt to hit over 700 pounds. Dean and Tee went at it in Atlanta in uly, they both hit of 730+ and went back in forth talking junk until Dean lifted more than Tee and became the crowd favorite. Tee has a knack fo gettinglifters to push themselves to the end. He will get in their face and talk so much mess that these guys will push themselves pass their limits and then they realize that Tee is a great guy once they get to know him and not the loud mouth that people think he is. Onto the Powercurl Worlds Javakhishvili from the Republic of Georgia curled 136 pounds in the 132 class. Ralph Lara curled 174 ounds in the 165 class and set another world record. Mark Wilhelm set another World record and took home another best lifter award. Andy Skinner from Canada came up to me before the meet and was just hoping to place to receive one of the smaller Atlasawards. I told him that you never know what will happen you may place first and guess what he did? Heplaced first in both the open and masters divisions. There was a three way tie in the 198's with Skinner placing first, Bettiniplacing second, and McDowell placing third. Doc Hashamiyoon started too high and didnot makea lift in the curl and he was the favorite to win. Mike Slagushita 180 and then a WR 185 in the masters 40-49 division. We had four guys curl over 200 pounds, Ellinger 215, Monroe 240, Ocampo 231 and Jmukhadze 226. Onto the World Squat Championships, Carlos Artur from Brazil hit a 507 raw squatin the 165's. Mike McNinch setanew WR at 512 in the 198'sraw. Mike Kenneyhit 573 in the 220 class for a new WR. Nick Maltezos set records in both the open and lifetime divisions with a 600 raw squat. Jim Edgerton hit a 496 raw squat in the 242 masters class and Jason Wood hit 771 in the 275 class. Onto the World Ironmaiden/Ironman Championships. Formertop USAPL women'slifter Jackie Manzolifted in the 123 classand set records in both the bench and deadlift. Stephanie Rivers did an outstandingjob for only her second meet. Crawford and Askinsb oth lifted well in the Ironman division. Eric Winterbombed out in the squat but he came on strongin the bench and deadlift to win his class and the best lifter award in the Ironman. Crawford and Corlissour two special Olympian lifters lifted well and both of these gentlemen set new world records also. I want to thank everyone that supported the WNPFW orlds this year. We appreciate you! Wearein the business to put on quality meets and to make sure you have fun, although we didn't accomplish that with everyone we hope to do so in the near future. Before you listen to people bashing usand talking about usplease come and checku out and then judge us for yourself. Again were not perfect and never claim to be and no lifter or federation is either so please be smart and say to yourself there must be another side to this. Were going to try our best to improve on our mistake and make things better for all of us. Everyone enjoy yourholidays, put your family first and stay healthy and we hope to see you next year. Also thanks to Powerlifting USA and Mike Lambert for support-ingus. (Thanks to Troy Ford for these meet results)

#### WPO Kings of the Bench 29 SEP 06 - Las Vegas, NV

BENCH			
Lightweight		Reps at 315 I	bs.
	120	J. Hoornstra	27
I. Mazza 4	20	L. VanDyke	17
Reps at 225 lbs		Heavyweight	
	0	B. Siders	625
I. Mazza 2	29	N. Winters	650
Midweight		Reps at 405 II	bs.
	15	Heavyweight	
	:05	B. Siders	16
	150	N. Winters	14

Held at the Mr. Olympia Expo. No bench shirts allowed, only wrist wraps and powerlifting belts. Power Benching Climbs Mount Olympus! By Sean Zilla Katterle of www.HardcorePowerlifting.com. As I'm www.HardcorePowerlifting.com. As I'm sure many computer literate iron hoisters know, the internet is a great opportunity to get a bird's eye view of the sport and to anonymously interact with people, debat-ing, applauding and criticizing what you see and read online. Most big time promot-ers and many die hard fans have their own site now and you can check out contest results and spend hours flipping thru video clips and photo galleries of the lifting almost the week after it unfolded on the platform. Normally, what I read and watch platform. Normally, what I read and watch gets to me on a minor level from time to time but in the Spring of this year, the results and claims of the current crop of contenders really started to leave me unsettled. With the latest generation of super shirts and suits/briefs combos it seemed that a 400 pound bench was nothing and that the 700 pound barrier was something that the junior heavyweights were expected to try and break. Many seemed to accept that the majority of powerlifters were now "squat-ting" 200-400 pounds more than they could deadlift (which doesn't have the ring of truth when looking at body mechanics.) The usual suspects would roll out to pro-claim "he didn't break parallel!" or "he's a belly bencher!" or whatever no-so-clever-anymore jab they chose to take and then everyone would yawn and move on to the next news note. It used to be that the world cared who was the strongest amongst them (the strongest being the person who got more extreme, it was the powerlifting got more extreme, it was the powerlifting



Detective Joe Mazza tied Joe Luther in the Lightweights with 420.

solution of extreme, it was the poweriting before and in various ways and levels of verse contests were both in existence but dozens of shapping cameras and for the community that held itself together with seriousness. So why the rewrite? Because the same person didn't always win them cult sport that was only appreciated by its powerlifting and a move was finally made Weider needed a new competition for members. Now, even the powerlifting on a world stage. The Olympia competition Scott to again rise above his challengers community doesn't seem to care much, was created by Joe Weider when he and make cover worthy news. Weider had gear? Did he really break parallel? Who

standing out on stage, with nothing but his privates covered, flexing for all he's worth and showing what he'd built and chiseled and showing what he'd built and chiseled after months of heavy training and highly disciplined dieting. There was no smoke and mirrors. Aside from some professional stage lighting and tanning methods there

Schwarzenegger, Franco Columbu, Frank "The Chemist" Zane, Lee "Totalee Awe-

some" Haney (Reporter's Note: by this time, the mid-80s, the total prize money had already reached \$100,000 dollars!)

"The Unbelievable." Coleman. This year,

the Mr. Olympia awarded the Men's Divi sion over \$500,000 in total prize money!

Over half a million dollars on the line and up for grabs by the best of the best after just

Not one person in the world (unless there's still an Eastern European nation out there

who fully sponsors their non-Olympic lifters?) can make a living being a powerlifter full time. Why such a differ-

powerlifter full time. Why such a differ-ence between the two gym sports? An africionado could speculate about that in writing for pages but to summarize from my point of view, Bodybuilding was as raw as

you could get in the sense that it's a ma

#### PL USA BACK ISSUES Aug/93... USPF Seniors, USPF Masters, 100 220, ADFPA TOP 20 132s

NASA Masters, Legends of PL, World May/94... USPF/ADFPA Collegiates, Technology, TOP 100 198 lbs. Record Breakers, Rack Training, TOP USPF Jr. Natls., IPF World Bench Press, Mar/95... 100 SHWs ADEPA TOP 20 181s Sep/93... ADFPA Men's Natls., NASA 100 242s, ADFPA TOP 20 148s-Grand Nationals, Female Confessions, O.K.G., Craig Tokarski Seminar, TOP 100 114s, ADFPA TOP 20 198s

Oct/93... APF Seniors, NASA World Cup, Grant Pitts Profile, ADFPA DL Jul/94... USPF National Masters, Rickey Compounds, TOP 100 242s. Nationals, Rest Pause, Bombing Out, TOP 100 123s, ADEPA TOP 20 220s KacDonald Bench Legacy, TOP 100 Collegiates/Bench Natls, Overtraining Karwoski Interview, Anthony Clark or Adaptation?, Greg Warr Interview, Interview, Herb G. "Responds to the Clark Profile, Ed Coan Interview Pt. 2, Nick Theodorou Interview, Louie on Reverse Hypers, TOP 100 148s.

Jr/Master Worlds, WPC Worlds, Greg Sep/94... ADFPA Men's, USPF Men/ Lowe Squat, Cycling Systems, TOP 100 165s, ADFPA TOP 20 SHWs.

Feb/94... Drug Test Methods, ADFPA 123s, ADFPA TOP 20 220s. National Masters, Malibu Classic VI, Nov/94... WDFPF Worlds, Goodwill Success Syndrome, TOP 100 132s Greg Warr BP Workout, Hernia Surgery, OP 181s, ADFPA TOP 114s

Testing Methods Pt. II, The Trap Bar, Teen Training, Tamara Grimwood, TOP 100 198, ADEPA TOP 20 123s

Apr/94... Saliva Tests, Coan DL Video, United We Stand, TOP 100 165s. ob Dempsey Profile, Psyching Up or Jan/95... WPC Worlds, IPF Worlds, IPF Peaking Routine, TOP 100 181s Psyching Out?, WNPF Worlds, TOP World Masters, Greatest All Time Jan/96... IPF/WPC/WDFPF Worlds, Jun/97... I.M. Blakley, Dream Team Pt.

Jun/94... NASA Natural Natis, WPA

100 275s, ADFPA TOP 165s

Jan/94... IPF Men/Women Worlds, IPF TOP 100 114s, ADFPA TOP 20 198s.

Craig Tokarski Interview, Isometrics, TOP Mar/94.. . Women's TOP 20, Drug 100 148s, ADFPA TOP 20 275s.

Dec/94... Jon Cole,

Performance Review, TOP 100 181s. World's Strongest Man, Hank Hill Feb/95... World's Strongest Man, Jesse Interview, TOP 100 198s Kellum Squat Workout, Willie Williams Mar/96... TOP 20 Women/Masters/Teen 705 Bench Press, Video/Computer Rankings, Chromium, Plant Extracts, Women's TOP 20, Don Framework for the Novice. Budweiser Record Breakers, Fluids, TOP Reinhoudt, Ethics of Ergogenics, Jul/96... AAU Men's, USPF JRs., DHEA, Karwoski Squats, Tamara Rainwater- '65 vs. '95 Top Ten, "Chain Reactis" by Grimwood BP Routine, TOP 100 220s Louie S., Rob Wagner, TOP 100 114s Worlds, DASH Record Breakers, Bill Apr/95... NASA Natural Nationals, Aug/96... ADFPA Men's, APF Sr. Natls, Nichols Profile, Sticking Points, TOP Deadlifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm, L.M.W.

Aug/94... APF SRs, Paula Suzuki Curt Leslie BP Workout, TOP 100 SHW Response", TOP 100 148s Interview, Shane Hamman Squat Jul/95... IPF Women's Worlds, Nick Nov/96... APF Can-AM, Clark benches Workout, Leg Training by Louie Simmons, 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 Women's Srs., Relieve Pain With Aloe, Sep/95... Triple SENIORS ISSUE ADFPA/ Feb/97... Power of Compelling Box Squats, Phytochemicals, TOP 100 APF/USPF, How to Use Creatine, Chris Outcomes, WPC Worlds, IPA Natls, Confessore Interview, Women & the Formula for Success, Making Weight, Games, Is PL a Mockery of Strength?, Oct/95... Jamie Harris Interview, Apr/97... Clark Benches 800 - Waterman Successful Deadlift Strategies, Elite Level 600 @ 181, Powerlifting Crisis, World's Supplements, AAU Jr. Olympics, New Strongest Man, USA PL Decline, John Asian Training Devices, TOP 100 148s. Dec/94... Jon Cole, Asian Training Devices, TOP 100 148s. Ford Pt. 2, TOP 100 242s. Championships, Conjugate Training, Dec/95... Walter Thomas Interview, IPF May/97... Dream Team Pt. 1, Kick Start USPF BP Nationals, Euro Jrs/Womens, World Bench Press, Trainers of Your Squat, Ken Ufford 800 lb. Deadlift Tomorrow, Leo Stern Profile, 6 Week Workout, Pyruvate, the Art of Winning,

Squatter, Karl Saliger of Austria, Meet Percent Training Pt. II, IPF World Masters,

Multi-Year Training System, First Seniors,

"Ban All Equipment", Rest Pause Revisited, Specializing in the DL by Louie S., FIBO Show, TOP 100 123s.

Paul Wrenn, TOP 100 165s

USPF Biography, TOP 100 220s Ford Pt. 2, TOP 100 242s.

Deadlift Primer, TOP 100 275s



And on and on to the point that there's over 20 federations in the USA alone all claimholders and or world champions, national record holders. No one really buys into any of it and most people can't make out what to be amazed or annoyed at when they read today's headlines. So, how to get back on track? How to get back to really finding out who the strongest really is? How to again find our true Samsons, Hercules, Thors and Atlases? The answer? Tear down the curtains! Knock down the smoke machines and mirrors, strip off the layers of armor and again do battle where it's man vs. iron! For months I did my research, calling lifters event and keeping the audience enter-tained and in attendance was going to be of these guys were seasoned pros, with a challenge worthy of a first rate team of both of them having competed at

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

Heath Squat Workout Pt. 1, WDFPF Training by Louie, TOP 242s. Champ. Chronology, EPF Europeans, Jun/98... Mark Henry, Emie Milian, The Warmup Room, TOP 100 114s. Olympic Cycle, Louie on "Researching 500 Easy by Louie S., ADFPA TOP 25 All WDFPF Split, TOP 100 SHWs.

Seniors, IPF Women's Worlds, World's Strongest Team, NEW Mineral Orotates, Aug/98... USAPL Men's, Platform Larry Miller interview, Top 100 Ltwts. Nov/97... U.S. Strongest Man Contest, World's FASTEST Bench Presser, Rick

Austen DL, TOP 100 181s World's Strongest Man Qualifiers, Best Feb/99 ... WPC Worlds Pt. 2, Coan goes

IPF Women, TOP 198s Mar/98... Mark Philippi Interview, TOP Anthony Harris Interview, Ken Snell DL

ers (thankfully I was able to enlist BenchAmerica and the WPO Arnold Clas- him odds by squaring off with Hoornstra promoters (thankfully I was able to enlist just such a group to guide me along the journey.) The drafting board finally read-as such; 3 Weight Divisions, No Bench Shirts, 24 Hour Weigh Ins, Quality Plat-form Set Up, World Stage, Very Limited Standards and A Full On Rock N Roll Stage Mazza's 420. For the third, Luther went for the tie with a 420 which he got but which definitely tested his metal that day. Mazza again tried to pass with a 435 which he couldn't get locked out but which he unsuccessfully tried again, for a WPO Raw Presence! And who would the iron gladi-ators be? It wasn't much of a surprise when again unequine to pass which he couldn't get locked out but which he susuccessfully tried again, for a WPO Raw Record on his fourth. The Kings of the Bench would start out with two 165 & Under Lightweight Division Champions and now it was known that a challenger better able to bench well over 400 pounds before stepping up to war with these two belt holders. When Jeremy Hoornstra signed in pto compete in the middleweights, the phone stopped ringing. At the NERB, horne stopped ringing. At the NERB, imiraculous 605 pounds at 242 pounds body tweight. Who would go against this Titan? The only taker I found was Matt Kroczaleski, the current Arnold Classic WPO Middlethe shirt technicians shied away from the opportunity and the lifters who generally avoided a true open class wanted nothing to do with the event as well. We were taking away every safety net that they had and their claims to fame were in jeopardy. Who answered the call was some of the Who answered the call was some of the sport's current champs that most recognized as truly being, or on their way to being, greats in the iron game. With our support base in place, the Olympia stage made available for our battle and the prize money secured were ready to head to Las Vegas to make history and move the sport one step closer to the professional status it so very much deserves. Friday afterthe current Arnold Classic WPO Middle-weight Powerlifting Champion. Kroczaleski, ne was still under me effects of the anti-was at force to be reckoned with in the 3 lift but he didn't mind facing the against Guest Card Girl Becca Swanson with Jason McElroy of Gearman with Jason McElroy of Gearman were the officials? Was their shaky camcorder footage of the lift? Who con-labored in their warm up lifts and the crowd started to gather to see the best of new age super shirt? What federation was the lift done in? Did he really lock it out? internet audiences watching on pay-per-view. In the lightweights it was down to a two man show. When the shirts are taken away only a few men in the world, under 165 pounds, can bench the required 400+ required max bench. It was to be an east coast vs. west coast match up and both contenders were very eager to see how the cards fell when it was simply muscle cards fell when it was simply muscle against muscle. Joe "The Benching Ma-chine" Luther would be the first to open with a conservative 385 pounds. Luther, sponsored by GearMan Nutrition and O.L. Luther Company, hailed from the west coast's Outlook, Washington, a spot off the highway halfway between Spokane and Portland. At 5'7 and a ripped 165 pounds and promoters, posting up questions on the forums, talking to the federation officials abs, corded arms and a 20<sup>e</sup> wrestler's neck and expo organizers and asking the gen-eral gym public what they all thought should be the outline for this ultimative bench challenge. It quickly became appar-ent to me that the production costs were going to be high and that organizing the event and keeping the audience enter. Mazza, representing MHP, Inzer Advance Designs and Nazareth Barbell broke into the 400 club with an easy 400 opener. Both

Apr/98... Bull Stewart Speaks, USAPL Women's, APF All Time TOPWomen, Jul/97... Shane Hamman Profile, Doug Westside Invitational, Foundational

Olympic Cycle, Louie on "Researching Aug/97... Power of Color, How to BP Resistance", 10 Keys to Success, AAUPC/

Sep/97... USAPL/USPF/APF Triple Jouko Ahola, Jon Arenberg, IPF Women's Worlds, TOP 100 Flywts.

Beast, IGF-1, Overcoming Plateaus Part May/00 ... Dennis Cieri, J.M. Press?, Knee Wraps, the Passing of Tamara Progressive Overload, TOP 100 132s. Deadlifts, ADFPA Women, Yueh-Chun 2 by Louie Simmons, TOP 100 123s Sep/99 ... USAPL Men's, APF SRs. Pt. 1, Rainwater-Grimwood, One Arm Rows, Oct/97... Brad Gillingham Profile, Chang, IPF World's, APF Nationals, Mike Bridges Workout, Special Olympics Chemical Exercise, TOP 100 275 Resistance Training by Louie Simmons, Shane Hammon, Top 100 Bantam. Ken Emrich, Power Biceps Training, Sep/98... APF Seniors. Part 1, the Ed World Games, Zenith = Triac, York Jun/00 ... Garry Frank Profile, Black's Spectacular, TOP 100 132s Coan Decision, Power Bells, York Health World, Dawn Reshel Dies, From Summer Picnic, Visit to Westside, 3x3 Oct/99 ... USPFSeniors, APF Seniors Pt. Canada to Westside, BP by Larry Miller. Fred Peterson, TOP 100 SHWs. 2, Ribose, Backstage with Ed Coan, Training Plan Part 1, TOP 100 132s Gaugler Profile, Light Training Days, Nov/98... A Worlds to Remember, Japan Diabetes & PL, TOP 100 165s. Nationals, PL Weapons, Pat Beaumaster, Jul/00 ... WPO Pro Championships, Horace Lane Interview, Circa Maximal The 900 Lb. Squat Club, Beyond Phase by Louie Simmons, TOP 148s Nov/99 ... Muscle Beach Lives, East Diminishing Returns, Louie on Squatting Dec/97... Vicki Steenrod, Functional Joe Dube, Jackie Davis, TOP 100 German Breakthrough, DL Details, Walk in the 800s and 900s, TOP 100 114s Protein Powders, Louie Simmons Squat Middlewts., Isoflavones. Away From Death, Dynamic Duo by Aug/00 ... USAPL Men's, APF Srs. Pt. I, Workout, USPF's Best Women, Walt Dec/98 ... IPF Masters-Juniors - Mens/ AAPF/APF Natls., IPF Women's Worlds, WPC/WDFPF/AAU/AAPFWorld Meets, Louie S., TOP 100 165s. Jan/98... IPF Men - Master - Jr. Worlds, Injury Avoidance, USA All Time 800 Dec/99 ... IPF World Masters/Juniors, Wade Hooper Interview, Joe Onosai, USAPL/AAU BP Natls, Meet Information TOP 100 123s

WDFPF Men - Teen - Ir. - Master Worlds, DLs, Dennis Brady, TOP 100 181s

2463, USPE Worlds, IPE World Bench.

Jan/00 ... IPF Worlds, WABDL Worlds, by Louie , Emie Frantz Insights, Rick Dave Ricks Interview, Russian Mystery, Weil BP, TOP 100 132s 20 Women, Teen, Master Rankings, Workout, TOP 100 220s James Henderson, George Nelson, 1st Apr/99 ... The ED COAN Book, Why Extra Workouts by Louie Simmons, Oct/00 ...Positive Illusions, Tako not



Warming Up - Joe Luther - Lightwt. Champ. (Josaitis/Winsor photos)

Whey?, Gordon Santee, 3x3 Training Strongman II, TOP 100 198s Pt. 5, Training Methodologies by Louie Feb/00 ... WPC Worlds Pt. I, Battle of the Simmons, TOP 100 242s.

May/99 ... LA Tech Program, "Sir Guggulot", Arnold Classic, Westside Invitational, USAPL Women's Nationals, Russian Stretches, TOP100 275s.

Jun/99 ... Powerlifters as Bodybuilders, 1st Women's Worlds, USAPL Time, APF Seniors Chronology, Mark Jul/98... Kirk Karwoski, Angelo Collegiates, Louie S. on Pre-Meet Berardinelli, World 's Strongest Man Training, "Choking", TOP 100 SHWs Aug/99 ... the Rubber Band Man, the

Muscletown USA" book, Beauty & the Methoxivone, TOP 100 242s

Management, Maximal Resistance Sep/00 ... USPF Srs, IPA Worlds, WABDL Method by Louis S. TOP 100 181s

Giants, The Real Triac, IPF World BP, IPA Natls, Best Lifters of the Century, Big BPs by Louie S, TOP 100 220s

Mar/00 ... USAPL Women's , WPC Worlds Pt. II, World's Strongest Man, TOP 20 Women - Teen - Masters, The Conjugate Method by Lou Simmons

Apr/00 ... Arnold Classic, WPF Worlds, Mike Danforth, Leonard McCormick Interview, PL USA Cover Chronology,

BP/DL, Pre-Meet Checklist, Do the SO -



Jeremy Hoornstra breaks the all time record with a 615 @ 240 bwt.

Straps, was nursing a muscle tear and so he picked a opener that he felt didn't put himself at too great a risk. He blew up 475 pounds and was on the board. Jeremy Hoornstra, a fire fighter and college senior from Tallahassee, Florida wanted to show the world that he wasn't fooling around and he opened with a weight that only two men in history (himself in-cluded) had been capable of benching. He blasted up 600 pounds with fury and it became parent to everyone watching that it was Hoornstra against the record books that day. Van Dyke got his head in the game for round two by throwing up a bunch of times in a trash can and then

Taco, Powerlifting's Salvation?, Beauty Jul/01 ... IPF Women's Worlds, Bill Repetition Method" Club, TOP 100 148s.

Nov/00 ... Best Bench of All Time, final Fixing Lockout, TOP 100 114s More from Ken Leistner, Drug Free Bz[ Aug/01 ... Garry Frank Goes 2601 - APF Up Your BP, TOP 242s Simmons, TOP 100 165s

r. + Masters Worlds, More World Record Sep/01 ... WPO Semis, "No Deadlift" Interview, TOP 100 SHWs. Press Shirt, TOP 100 181s

Workout, Eccentric & Concentric Jamie Harris Interview, John Corsello Jr. 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 -Masters Rankings, Hooking Up the Dec/01 ... IPF World Masters, WPC Can Shirt Blues, TOP 100 148s Bands, USAPL Women's Natls, Westside Ams, Halbert Video, WPO BP for Cash, Nov/02 ... Sivokon Speaks, IPF Jr. Ib. Squat Club, What You Need in Your Deadlifting, WPC Worlds Pt. II/BP

Apr/01 ... Arnold Classic, Frank Goes Salvagni, TOP 181s Midote, Jeremy Arias, Extra Workouts by Louie, TOP 100 242s

Fusner's Program, Why Can't I Gain Worlds, WNPF Worlds, WPC Worlds, Jan/03 ... IPF Men's Worlds, WABDL BP Alexander, "Story of Arthur Jones", Speed Siveny Interview, Top 100 SHWs

to fight but fighting with a rippin hangover handicapping him. The 450 didn't pop off his chest the way it normally would have and he posted the first red lighted bench of the day. Kroczaleski, representing Elite nique caused him to miss with 505. Fitness Systems and APT Pro Wrist



Levi "The Magical Liger" Van Dyke with 450.

With Bands, Box Squats by Louie S., Dec/00 ... Tao of Competition Pt. I, IPF Warrior Spirit,, TOP 100 123s

Jan/01 ... IPF Men's Worlds, WABDL Chalk & Powder, TOP 100 132s

Interview700 BP Club, Speed Cycling

by Louie S., TOP 100 165s

Hoornstra moved forward to rewrite the record books by destroying 615 pounds in old school, medium grip, power benching style reminiscent of Bill Kazmaier. In round 3, Van Dyke would miss with 425 pounds and Luther rocked it rounds 3, Van Dyke would miss with 425 pounds and Luther rocked it for cally resonance with 225 pounds and Luther rocked it out with 225 pounds and Luther rocked it out with 225 pounds and Luther rocked it or opresent the heavyweights was two this century's legend killers. "Benchpress Brian" Siders had burned a path through the USPF, USAPL and IPF leaving deat records and wiped out legacies in his wake. Under the strictest of conditions (that still allow the artificial boosting that a bodybuilding audience could really relate to. The 165 Pound Division repped out with 225 pounds and Luther rocked it os prepsent the heavyweights was two this century's legend killers. "Benchpress Brian" Siders had burned a path through the USPF, USAPL and IPF leaving deat records and wiped out legacies in his wake. Under the strictest of conditions (that still allow the artificial boosting totals and with his deadlift getting into the mid 800s he really didn't have any more kinks in his armor. On top of that Sider was already adapting to compete in pro-strongman hw way of box impression to the strongman hy w was already adapting to compete in pro-strongman by way of two impressive out-ings at the Arnold Classic. Nick "Hoosier for 14 reps and so Siders (this time, Daddy" Winters had two of the best gyms rightfully asking to go second) set his mine, in the country in his training corner; Ed to passing that mark which he did with 16 Coan and Quad's Gyms and Louie Simmons reps of his own. None of this would have and Westside Barbell and it showed as he was as thick as he was wide from the many hours he'd spent working with these two legendary task masters. Both gargantuans picked the same opening attempt so Siders, being a good sport, started out with the 600 pounds and he pressed it easily to completion. Winters responded by doing the same, putting himself in second place

based on body weight. Again, both lifters picked the same attempt with 625 (hoping to win off the other's miss?) and this time Siders got red lighted for poor form and Winters hopped into the lead with a bar bending mastery of the load. Being a seasoned pro, Siders went for the win by returning to get the 625 on his third attempt and that left it all up to Winters to get his needed 3rd attempt for the W. Nick had admitted that possible over train-ing and previous competitions had left him not feeling 100% but all the same he went for his current PR by upping the weight to 650. He got that with certainty at the NERB but today was not to be his day and Siders would earn the heavyweight crown for this inaugural event. Immediately fol-

Benches by Louie Simmons, the Bench Routine, Ray Benemerito, Knee Pain & Jul/02 ... Kennelly Benches 780, IPF Back by Louie, TOP 100 242s.

MSM, Louie on Exercises for the Triceps, Women's Worlds, APF Nationals, May/03 ... Bill Crawford's Road Back, Carbohydrate Manifesto Pt. 1, Karen Odd Haugen, Virtual Force by Louie, Worlds, AWPC Worlds, Roy Fokken BP Oct/01 ... World Games, TomManno, Sizemore Interview, TOP 100 114s. Bill Kazmaier Profile Pt. 1, Women's Sep/02 ... Kennelly BPs 800, American 500 lb. SQs & DLs, TOP 100 275s. Strongman, Training Organization Pt. 1 Aug/03 ... Mendelson Benches 804, by Louie S., Preventive Maintenance, 821, 825, 832, 875 ... APF Seniors, Worlds PT.1, IPA Nationals, How Brad Nov/01 ... Nance Avigliano, USAPL BP Mikesell Interview, TOP 100 132s Gillingham Won, Louie on Special Nationals, IPF Jr. Worlds, T.J. Hoemer Oct/02 ... 556 squat @132 by Nance Bench Press Shirt, Vince Anello Deadlift Squat Workout, "Analyzing Your Squat" Avigliano, USAPL BP Natls, Powerhouse Workout, Team PL, TOP 100 SHWs Grains, The Positive of Negatives, Bench SEP/03 ... USAPL Men's Natls, Bench

Westside Success, Jill Mills, Rich Worlds, Serious Mass Pt. 1, Priscilla Gym, TOP 100 114s Salvagni, TOP 181s Ribic Interview, Willie Wessels Oct/03 ... Gene Bell, John Ware 35, Bill Crawford BPs 750, Daisuke Jan/02 ... IPF Men's Worlds, WABDL BP Interview, Ed Coan DL, TOP 100 165s Workout, Sioux-z Hartwig, A.R.T. Worlds, Garry Frank goes 2606, IPA Dec/02 ... WPO Semis (931 DLI), Bench Techniques, 50 Best SQs/BPs, Louie S. Nationals, Carmen Perrotta Interview, Bash for Cash, WPC Worlds, IPF SubJr. on Training the Back, TOP 100 132s.

Weight by J.M. Blakley, Top 100 275's Halbert on Lockout, Blakley on Worlds, IPF Masters Worlds, Becca Day Pt. 1 by Louie S., TOP 100 165s Jun/01 ... Siouz-Z Hartwig, Russian Shoulders, All Time SQs, TOP 100 220s Swanson Squats 705, Intensity Zone Jan/04 ... IPF Worlds, WPC Worlds, IPA Squat Cycle, Big Boys Menu Plan by Mar/02 ... USAPL Women's Natls, TOP Loading Pt. 1 by Louie, TOP 100 198s. Seniors, Acetylcholine, Wade Hooper J.M., Victor Naleikin Interview, Diane 20 Teen/Women/Masters, Russ Barlow, Feb/03 ... IPF BP Worlds, WABDL DL SQ, Atlantis Foundation, Louie on Max Becca Swanson, 850 DLs, Louie on "the Worlds, Steve Goggins Interview, Effort Day, Mabel Rader, TOP 165s

Hoornstra moved forward to rewrite the which the crowd loved as it was something



"Lessons Learned", All Time 308 & SHW & the Beast, Women's 300 Bench Press Crawford, APF Nationals,, Shane Apr/02 ... WPO Finals/Qualifer/Amold rankings, Ken Patera, TOP 100 220s. Hamman, Leslie Look SQ Workout, Bench Bash, Ano Turtiainen, Louie on Mar/03 ... Brad Gillingham Comeback DL Training, Jennifer Thompson, Back Men's 300 kg &Women's 300 lb. BP lists, Controlled Chaos BP, The Tendo Guide, Advanced Squat Cycle by Louie Seniors, USAPL Men's, FIBO, Stretching Jun/02 ... Meet Scot Mendelson, IPF Unit, TOP 20 Women/Master/Teen lists World Masters BP, Fatten Up Your Total, Apr/03 ... WPO Finals & Bench Bash for Louie Simmons on Volume, Dan Austin Cash, Crawford Benches 785, Jamie Harris Pt.1, Equipment, Never Looking

Mikesell Squats 1107, Louie on The America, Keeping Iron in the Blood, 1000

May/01 ... Ed Coan Interview, Russian Training the Lockout, TOP 100 1988 Worlds, Fred Hatfield, Louie on Dec/03 ... WPO Finals,Rychlak BPs BP Training, Russian Nationals, Rob Feb/002 ... WABDL DL Worlds, IPF BP Explosive Strength, TOP 100 181 900, IPF World Masters, Ausby

been possible without the steadfast support of the sponsors, magazines and co-promoters that backed this event. These nanies believe in old school, hardcore. real deal powerlifting and I hope that you take the time to check them out so that they benefit from their sponsorship and so the Kings of the Bench grows in popularity and prize money at the Olympia Expo just like the Men's Bodybuilding does at the Olym-pia Theater. Imagine a bench contest with \$100,000 in prize money! Imagine reporters from all the major muscle magazines coming to cover the competition Imaging being famous in gyms all over the world for your benchpressing! This can happen if the iron community supports it and I'll do everything that I can to make sure that it does happen. So please visit these website and if you see products that interest you, try them out and thank these companies for





Fawnia Mondey - official card girl

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at the trade show by adding an additional \$2,100 worth of product gift certificates! Thanks also to BodyTalk Magazine (call 1.800.666.8870 for a free is-sue), IRONMAN Magazine (www.lronManMagazine.com), Southern Muscle Plus (www.SouthernMusclePlus.com) and to Powerlifting USA for the media support that this contest so greatly needs. And on a final thank you note for this contest, I wanted to admit that I knew that I was diving into deep waters when I undertook this project on a "from the starting gate" rush schedule. Since this was the 1st time the Olympia Expo had ever hosted an offi-cial, sanctioned, bench press Chris Mason of At Large Nutrition talks went on for weeks and

plays with 600 in the promo booth when the papers had finally

Hyperhydration, Coan Update, Low Dec/04 ... Rychlak BPs 1005, IPF Worlds, Back Pain, Becca Benches 465, All Time Siders Interview, Louie on DL Training, Best BPs.TOP 100 198s

benches 501, Water Technology Pt. 2, Jan/05 ... WABDL Worlds, IPF World Message, TOP 100 220s Apr/04 ... Frank Goes 2706/28051, Time Squats/Totals, TOP 100 165s

Louie on "the Staggered Load", California Hall of Fame, TOP 100 242s Jun/04 ... TOP 20 Women, Teen, Masters,

Transformation by Louie S.

Strength TOP 100 275s

Simmons, Luke lams, Women's All Tim

Cup, Becca Swanson, Shrugs for a Big Jul/05 ... Roger Estep Passes, APF Seniors, BP. Advanced System for Beginners by Louie Simmons, TOP 100 114s

Oct/04 ... WPO Finals, Recuperative Mendelson Profile, TOP 100 275s. Modalities, Optimal Eccentrics by Louie Aug/05 ... Louie Simmons on the S., Shrugs, Never Quitl, Cognitive Pendulum Wave, 1000 lb. Squat Club, Control, All Time Squats, TOP 123s Marc Bartley (1058 lbs.) Squat Workout, Control, All Time Squats, TOP 123s Nov/04 ... WPC World PL/BP, BA Worlds, Best Master Lifters, TOP 100 SHWs. Louie S. on Speed Work, Travis Mash & Sep/05 ... IPA Worlds, York Hall of

Feb/04 ... IPF World BP, WABDL Worlds, Squat Workout, TOP 100 132s. Women's/Men's All Time BPs, Scott Mar/04 ... USAPL Women's Natls., Becca Lade BP Workout, TOP 100 148s Brent Mikesell Interview, IPF President's Masters, General Physical Preparedness by Louie, Jo Walker DL Workout, All Arnold Classic, Power Nutrition Recipes, Feb/05 ... Mike Miller's 1200 lb. Squat, IPF BP Worlds, Louie on "Prepare to Bench", IPA Sr. Nationals, 400 Kilo DL Club, All Time DLers, TOP 100 165s Greatest Men's & Women's Ratings, 15 Mar/05 ... Mendelson BP Classic, Louie Min. Injury Solution, Delayed S. on Accommodation, Mikesell SQ Workout, 1st Hawaii Record Breakers, Jul/04 ... APF Seniors, Bench America II, All Time BP/DL lists, TOP 100 198s APF Nationals, Louie Simmons on his Apr/05 ... WPO Arnold Classic BP & PL, "Virtual Force Swing", Digit Ratios and USAPL Women's Nationals, Karwoski Re-Emerges, Jim Kilts Interview, 800# Aug/04 ... IPF Women's Worlds, USAPL Drug Free DL Workout, TOP 100 220s Men's Nationals, World Powers by Louie Jun/05 ... Anthony Clark Passes, USAPL Men's & Masters, Beau Moore & Brad SQ/TOT, TOP 100 SHWs Sep/04 .... IPA Worlds, Mountaineer Recollections Pt. 1, TOP 100 242s. IPF Women's Worlds, Louie on BF Training WSM Super Series, Scott

Oct/05 ... Deadlift Training by Louie Simmons, Raw Benching Westside Style, Brian Schwab Squat Workout, World Top 20 lists, AWPC Words, TOP 123s Interview, John Stafford Interview, Quest Nov/05 ... Kettlebells for PLers, Tony American, NERB, TOP 100 242s. Conyers' 2033 total @ 165, Raw Aug/06 ... APC Natls., George Frenn, Squatting by Jim Wendler, Fan Westside's Top BPers, Bill Gillespie, Fanaticism, Seguin Fitness, TOP 132s. Dec/05 ... WDFPF Single Lift Worlds, Bench America, WPO Semis(1201 squat!), AAU PushPull, GPC Worlds, Jason Beck Worlds Routine, TOP 148s Jan/06 ... WPC Worlds - 970 DLI, IPA Naitonals, AAU World Push Pull, Louie S. on Isometrics, Ted Arcidi, Tiny Meeker Training the Posterior Chain, USPF Srs., Interview, Herb Stroke, TOP 100 165s USAPL Men's, RAW Natls., ADAU Feb/06 WABDI Worlds WDEPE Worlds, IPF World BP, Good Mornings, Old School DL, Becca Swanson's Quest Otis Brown, Iran at the Asian BP, Louie

for the 2000 Total, TOP 100 181s. Mar/06 ... Mendelson BPs 1008, Westside BP Routine, 'One Car Garage Training', IPF Men's Worlds, Jeff Lewis LIST THE ISSUES YOU WOULD LIKE Interview, WNPF Worlds, TOP 100 198 (AND ALTERNATES), MAKE OUT A Apr/06 ... WPO Finals/Bench Bash, USAPL Women's Natls, Louie Simmons Olympics, Gunda Von B., TOP 220s. May/06 ... Ryan Kennelly, More with Bands, Tales from the Olympics, Nick ISSUES - \$4.50 EACH, 4-9 BACK ISSUES Minneti Interview, 2005 TOP 20 - \$4 EACH, 10-24 BACK ISSUES - \$3.50 Women, Teenage, and Masters Rankings. EACH, 25+ BACK ISSUES - WE Tony Conyers Interview, Jon Smoker Fame, Equipment for Sumo, Reactive Jun/06 ... Kennelly's Path to Power, NEGOTIATE A BETTER PRICE)

been signed we only had 90 days to get the project off the ground and profes-sionally dialed in. Believe me when I say that it wouldn't have happened if not for the help of my friends! So, thanks to my Hardcore Powerlifting crew members Leon losaitis (co-owner and photographer), Tyler "The Fu" Fouche (camera man) and Josh Winsor (photographer) and to our officials Mark Swank (owner, Sin City Barbell of Las Vegas), Greg Sin City Barbell of Las Vegas), Greg Jurkowski (owner, GearMan Nutrition) and Chris Mason (owner, At Large Nutri-tion.) My gratitude also goes out to Kenny "86'D" Dinolfo (stage manager) and Collin "Pooh Bear" Rhodes (spotter/ loader) and to Becca "The Iron Maiden" Swanson (Guest Card Girl) and Mike "Mule" Miller (Security Manager), Fawnia Mondey and the other Bodybuilding.com Official Kings of the BOSS Bench card girls and to Sarah "DJ Nutri- Lucifina" White (DJ) and to all the people



Brian Siders hits the ammonia before a packed Olympia crowd.

Kidder (Founder, World Powerlifting Organization), Joe Mukite (Founder, BenchAmerica) and Bruce Derosier (Founder, New England Record Breakers) for honestly and openly spending hours on



Nick Winters inclined 535 at Gold's Gym, Las Vegas

Methods by Louie Simmons, Mendelson Kara Bohigian BP program, Things Louie S. Thinks You Should Know, Running A

Successful Meet, TOP 100 242s. Jul/06 ... APF Seniors, Louie on 'the Lightened Method', Brad Gillingham

Priscilla Ribic, Brent Howard Interviews, Singles Training, TOP 100 Superheavies Sep/06 ... Mike Wolfe - IPF's Detlev Albrings - Wade Hooper Interviews, Shawn Frankl - Janet Faraone Profiles Louie on Kettlebells, TOP 100 114s. Oct/06 - Scott Weech Interview Natls., AAU Jr. Olympics, TOP 123s. Nov/06 ... WPC Europeans, IPA Worlds on Explosive Strength, Jennifer Thompson Interview, TOP 100 132s

CHECK (\$5 PER ISSUE, INCLUDING S&H) SEND TO POWERLIFTING USA. Squat Workout of the Month, PLer at the BACK ISSUES, BOX 467, CAMARILLO, CA 93011. (SPECIAL PRICE ON **MULTIPLE QUANTITIES: 2-3 BACK** 

Tries 1008 BP, TOP 100 114s.

the phone with me, discuss-ing their hits and misses in the pro promotion game and what they would have done differently. I could not have pulled this off without your help and I wanted to tell the world how excited I am to finally see real deal, old school, hardcore powerlifting regain its place on an internanal stage. The Kings of the Bench II will take place at the 2007 Olympia Expo and we'll work to arrange for a qualifier or two in 2007 for benchers who think they've got what it takes to make it with their will and power. Stay Strong. (re-sults provided by Sean Katterle, Co-Owner of Hardcore Powerlifting)

#### **BMS Cup**

22 OCT 06 - Stuttgart, GER Lightweight (up to 90 kgs..) Kutcher-77 859 529 Soloviov-81 771 485 760 2149 661 1918 S. Sterle-82 Ξ -1829 Stoll-87 1785 Middleweight (up to 110 kgs.) Pratschkr-100 848 578 683 M.Weiler-110 881 463 639 2110 1984 Heavyweight (110+ kgs.) Yarymbsh-124 1036 771 832 2640 Yarymbsh-124 1036 771 832 2640 Moser-121 1069 639 815 2524 C. Poppe-120 881 551 705 2138 A. Zaidlin-135859 540 716 2116 Yarymbash of the Ukraine broke the AWR of Ron "Scott" Yard. Sergej Moser be-came the first German 2500 lb. Club member. Yarymbash also beat O. Kutcher for the overall title. This was one of the most successful powerlifting events in Germany with an overall prize money of 10.000 Euro. This event was sponsored by BMS Nutrition, there were approximately 1000 spectators, and was perfectly orga-nized by Matthias Epple and his crew. (thanks to Thomas Klose for these results)

New Mexico Regional 2 SEP 06 - Rio Rancho, NM RENCH Pure

BENCH		Pure	
MALE		R. Kahle	60
165 lbs.		Raw	
Intermediate		FEMALE	
A. Mantes	303	123 lbs.	
181 lbs.		Submaster Pu	re
Junior		T. Adelmann	19
N. Vance	385	Open	
198 lbs.		T. Adelmann	19
Open		132 lbs.	
A. Wolf	485	Master IV	
220 lbs.		M. Hudson	71
<b>High School</b>		165 lbs.	
J. Mitchell	363	Master II	
242 lbs.		E. Keen	11
Novice		MALE	
J. Salmon	534	181 lbs.	
Pure		Master IV	
J. Salmon	534	B. Hudson	15
Submaster I		PS BENCH	
J. Salmon	534	MALE	
Submaster Pu	ire	198 lbs.	
J. Salmon	534	Master III	
Intermediate		R. Keen	18
D. Gonzales	507	<b>PS DEADLIFT</b>	
275 lbs.		MALE	
a broaten			

Serge Moser became the first Ger- B. Hawkins

Master man lifter to total over 2500 at the Master Pure BMS Cup (photo of Thomas Klose) B. Hawkins

600 198 lbs.

delmann 192 Master III

delmann 192 MALE

71

Master III

**Push Pull** 

FEMALE

E. Waugh

165 lbs.

220 lbs

Novice

B. Koski

Master

N. Eddins

R. Anttila

Intermediate

M. Hietala Novice

M. Hietala

Pure B. Koski

110 242 lbs.

154 308 lbs.

181 Pure M. Hietala

		onnas	10000/	242 IDS.		
				Master I		
	R. K	leen	363	N. Eddins	606	
				R. Anttila	507	
	Bb	DL	101	Master Pure		
				S. Striepeke 308 lbs.	512	
	0.2	224		Novice		
	93	231	325	E. Kostin	407	
				Raw		
				FEMALE		
	~ * *			97 lbs.		
	314	424	738	Junior		
	~ ~ ~			A. Romero	55	
	314	424	738	105 lbs.		
				Pure		
				T. Herrera	104	
	474			123 lbs.		
	429	518	948	Submaster II		
				T. Adelmann	226	
				165 lbs.		
	281	501	782	Master III		
				E. Waugh	154	
	281	501	782	Master II		
				E. Keen	159	
	281	501	782	MALE		
SQ	BP	DL	TOT	165 lbs.		

	<b>11</b> >-	
Gold - 250°° Silver - 140°°		11
	-Orien	Gold - 225% Silver - 125%
F		
	2" x 2" Gold - 1,200°0 Silver - 500°0	
Gold - 275∞ Silver - 150∞	Michelle's Jewelry Collection Send check or money order to Michelle Weiss, 405 Petris Ave., Ridgecrest, CA 93555, or call 760-371-7898 (8am-5pm PT) M-F	Gold - 270°° Silver - 160°°

FFALLE					0				
FEMALE 132 lbs.					Pure R. Romero	319	187	413	920
Master 1					181 lbs.	319	10/	413	920
S. Timaul	253	148	297	700	lunior				
148 lbs.	233	140	29/	/00	N. Vance	407	336	507	1951
					198 lbs.	40/	330	507	1251
Novice	100	126	253	578	Pure				
C. Thibodeau		120	253	5/8		120	200	= 20	1345
Submaster Pu		100	252		A. Pickrell		286	529	1245
C Thibodeau	1138	126	253	578	Submaster Pu		201		1345
MALE						429	286	529	1245
148 lbs.					220 lbs.				
Submaster Pu					Novice				
A. Flemming	463	264	501	1229	B. Koski	385	314	424	1124
165 lbs.					Pure				
Master I				1000		385	314	424	1124
C. Lewis	518	325	507	1350	Submaster Pu				
Submaster Pu						385	314	424	1124
M. Garcia	407	237	385	1030	275lbs.				
Novice	12.10				Junior				
E. Finley	176	115	99	391	I. Gonzales	523	385	578	1488
181 lbs.					308 lbs.				
Master I					Intermediate		Sec. 1	dela ma	( sectors)
P. Sambula	501	352	479	1333	M. Hietala	485	281	501	1267
198 lbs.					Novice				
Master II					M. Hietala	485	281	501	1267
E. Duran	440	325	501	1267	Pure				
220 lbs.					M. Hietala	485	281	501	1267
Master 1					<b>Power Sports</b>				
<b>B.</b> Hawkins	429	363	485	1278	MALE				
Master Pure					165 lbs.				
<b>B. Hawkins</b>	429	363	485	1278	Pure				
242 lbs.					R. Romero	137	187	413	738
Master I					220 lbs.				
N. Eddins	606	474	644	1725	Novice				
R. Anttila	507	429	518	1455	B. Koski	165	314	424	903
Master Pure					Pure				
S. Striepeke	512	380	511	1404	B. Koski	165	314	424	903
308 lbs.					FEMALE				
Novice					97 lbs.				
E. Kostin	407	292	463	1162	lunior				
Raw					A. Romero	55	55	71	181
FEMALE					105 lbs.				
97 lbs.					Pure				
lunior					T. Herrera	49	88	126	264
A. Romero	55	55	71	181	123 lbs.				
105 lbs.					Open				
Pure					T. Adelmann	99	192	292	584
T. Herrera	104	88	126	319	Submaster II				
123 lbs.	.04	00		5.5	T. Adelmann	99	192	292	584
Submaster II					198+ lbs.				
T. Adelmann	226	192	292	711	Master II				
165 lbs.			-3-	/	C. Kahle	77	115	248	440
Master III					(results courtes				
	154	93	231	479	(results courte	y will	e a re	ale Ad	cimalin)
E. Waugh Master II	134	93	231	4/9					
E. Keen	159	110	237	507		-			
	123	110	23/	50/			ntuckia		
MALE					19 AUG	06 -	Louis	ville.	KY
165 lbs.								, , ,	

Master (50-54) RENCH FEMALE 220 lbs. 480 Open 148 lbs. T. Bover Raw C. Miner 165 lunior 132 lbs. Raw 132 lbs. C. Fentress 215 Oesterritter DEADLIFT 120 4th-135 MALE MALE Raw Open 220 lbs. Junior 132 lbs. 555 C. Fentress 260 Adams 242 lbs. 480 Watson DL TOT ush Pull BP MALE unior 220 lbs. 335 505 840 . Whalen Open 259 lbs. 455 60 1060 Nagle Thanks **Rodgers** for the

#### Walker's Gym BP Classic 14 OCT 06 - Hopewell, VA

Open		Firemen	
242 lbs.		165 lbs.	12122
C. Rowsey	425	T. King	235
Shw		Police	
P. Battle	525	SHW	
Raw		M. Lilly	435
165 lbs.		Teen	
J. Preskar	225	154 lbs.	
242 lbs.		M. Wilson	235
D. Mason	375	181 lbs.	
Master (40-4	19)	C. Taylor	205
275 lbs.		198 lbs.	
S. Kuzma	500	M. Mellon	230
G. Pavela	375		
(Thanks to I	Barry W	Valker for the	results

#### 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.

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

13 JAN, SPF North Georgia (Open, Raw, PP/BP/DL/SC, BP Reps - City Club Gym, Lafayette, GA) Jesse Rodgers 423-255-3672, www.southempowerlifting.com 13 JAN, USAPL Nor Cal Winter Classic (PL/BP) Jason Burnell, 2327 Alva Ave., El Cerrito, CA 94530, 510-364-0197 13 JAN, SLP Central Illinois Winter Open BP/DL (Athens, IL) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-

5429 sonlight@netcare-il.com. www.sonlightpower.com 13 JAN, APF/AAPF Jersey Open (all divisions - Carteret, NJ) Henri Skiba, 732-598-9369 astrobov252@mac.com

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

**13,14 JAN**, APF/AAPF Lexen Xtreme Open, Dan Dague, 3665 Garden Ct., Grove City, OH 43123, 614-554-8824 **20 JAN**, 100% Raw Midwest PL/BP, Mt. ernon Fitness, 329 S. 9th, Mt. Vernon, , 618-292-6451

20 JAN, APF Space City BP Extrava-ganza (Houston, TX) TX) om\_mccullough@texaspowerscene.com, 713-907-8129

20 JAN, SLP One Way PL Open BP/DL (Aurora, IL) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com 20 JAN, Iron Boy SC State BP

20 JAN, Iron Boy SC State Br (Spartanburg, SC) Keith Payne 336-766-3347, keith@ironboypowerlifting.net 20 JAN, Powerbody Push Pull Meet (O'Fallon, MO) Don Gaines, ww.usaplnationals.com

20 JAN, SPF Blue Ridge Classic (Open Raw, PP/BP/DL/SC, BP Reps - Bristo Bristo Fitness & Aerobic Gym, Bristol, TN) Jesse 423-255-3672 Rodgers www.southernpowerlifting.com Bristol Fitness 423-764-2028 verlifting.com, or Ray at **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, pythongym@aol.com. 27 JAN, USAPL Wisconsin Open, Bruce Sullivan, 1545 4-1/2 Mile Rd., Racine, WI

53402, 262-639-3210 27 JAN, USAPL Wisconsin State, Bruce Sullivan, 1545 4-1/2 Mile Rd., Racine, WI 53402, 262-639-3210 62-639-3210

27 JAN, APF Orlando Barbell BP & DL Classic (BP, DL, Ironman, Teen, Subs, Masters) Brian Schwab, Orlando Barbell, **10 FEB**, SPF West Tennessee Power

#### 2784 Wrights Rd., Ste. 1004, Oviedo, FL 32765, 407-678-2447, lightweightpower@aol.com

**27 JAN**, APF/AAPF Buckeye Open PL/ BP, (Days Inn, Fremont, OH) Rob Twin-419-334-2982.

27 JAN (NEW DATE), APF Michiga State Bench Press Championship/Bench for Cash, Jim Harbourne, 1018 Coolidge Ave., Clawson, MI 48017, 313-610-2019 **27 JAN**, USAPL Louisiana State PL/BP, (Baton Rouge, LA) Jon Magendie, 225-284-0298, jonmagendie@hotmail.com 27 JAN, 100% Raw Old Dominion Classic BP, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com, www.rawpowerlifting.com VA

**27 JAN**, Iron Boy Regional Push Pull (Mocksville, NC) Keith Payne 336-766-3347, keith@ironboypowerlifting.net 27 JAN, SLP Flex Fitness West Michigan Open BP/DL (Holland, MI) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com,

27,28 JAN, USAPL New Jersey State (Atlantic City - in/out of state divisions) Rob Wagner, 609-822-9309, raw @ oceansidesj.com,

www.oceansidesj.com 28 JAN, ISS Wisconsin Winter Cold Steel BP, Mike Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144, 262-960-2155 28 JAN, WNPF Quad State PA/DE/ MD/VA (Philadelphia, PA) Troy Ford, Box

 PID/VA (Printacipila, PA) Troy Toto, Box
 PID/VA (Printacipila, PA) Troy Toto, Box
 PI24247, Fayetteville, GA, 30/214, 678-817-4743, wnpf@aol.com, http://
 members.aol.com/wnpf
 28 JAN, Winter BP/DL Classic, Jon
 Smoker, 30907 CR 16, Elkhart, IN 46516, 5 7 4 - 6 7 4 - 6 6 8 3 , URC Smoker@hotmail.com JJRCSmoker@hotmail.com

3 FEB, 3rd Industrial Strength BP Seminar, Mike Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144, 262-960-2155 3 FEB. SI P Black Iron Gum Open BP/DL (Beech Grove, IN) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253sonlight@netcare-il.com, 5429. v.sonlightpower.com

**3 FEB**, Slaughterhouse Gym/Iron Age Gym BP/DL (Minerva, OH) Dave Bosler 330-833-2578 or Craig Hurst 330-868-

1925 3 FEB, SPF Kentucky State (Open, Raw, PP/BP/DL/SC, BP Reps - Metro Fitness, Louisville, KY) Jesse Rodgers 423-255-3672, www.southernpowerlifting.com 3 FEB, USAPL Virginia Open (PL, BP, Ironman - Raw and Assisted, Culpeper) John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@aol.com **3 FEB**, AAU Sooner State Games Winter Festival (BP/DL - Shawnee, OK) Rickey Dale Crain, 405-275-3689, 800-272-0051, harter.net

3 FEB, NASA Arizona State (Un/Equipped PL/PS/PP/BP Only - Mesa, AZ) NASA, Box 735, Noble, OK 73068, 405-527sqbpdl@aol.com

10 FEB, New Castle's 16th annual BP (men, women, teen, masters) Chuck Ullrich, 214 E. Garfield Ave., New Castle,



(Open, Raw, PP/BP/DL/SC, BP Reps National Guard Armory, Bolivar, TN) Jesse Rodgers 423-255-3672, www.southernpowerlifting.com **10 FEB**, SLP Meador's Gym Open BP/

DL Classic (Lawrenceburg, IN) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, w.sonlightpower.com

www.sonlightpower.com 10 FEB, WNPF South Georgia PL & BP/ DL/SC (Warner Robins, GA) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, http:// members.aol.com/wnpf 11 FEB, 5th West Lafayette Classic (BP/

DL - Blackstone's Gym, W. Lafayette, OH) John Blackstsone 70-502-4964 or 740-502-3790

16-18 FEB, USAPL Women's Nation als, Paul Fletcher, 17735 Creek Hol-low Rd., Baton Rouge, LA 70617, 225-753-8586

17 FEB, APF Indiana State PL/BP

Hawg Farm Open (Plaza Hotel, Evans

Hawg Farm Open (Plaza Hotel, Evans-ville, 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 out to 100 this year Dennis Brochey. 205 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, Triber Hill, NY) Sand or Zane McCaslin, 518-858 www.ironasylumgym.com

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

#### **APF/AAPF/WPO Schedule**

13 JAN, APF/AAPF Jersey Iron 13-14 JAN, APF/AAPF Lexen Xtreme Open 20 JAN, APF Space City Extravaganza 27 JAN, 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 17 FEB, APF Gulf Coast States FEB, APF/AAPF Illinois State 17-18 MAR, APF/AAPF Alabama Open PL/BP 18 MAR, AAPF/APF Snake River 24-25 MAR, APF/AAPF Illinois State 14 APR, APF Junior Open Nationals 5-6 MAY AAPF Nationals 5-7 MAY, APF Master, Submaster, Jr. Nationals 12 MAY APF Summer Bash **IUN, APF/AAPF Chicago Summer Bash** JUN 5, IPF/NAPF North American Championships AUG 4, APF Florida State BP/Ironman

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



#### Fax 972.772.5644 Phone 972.772.8600 customprint@houseofpain.com

**UPCOMING WNPF MEETS** 

DRUG FREE POWERLIFTING

(Raw, Single Ply, Unlimited)

28 JAN, WNPF Quad State

Nationals & American Cup

**10 FEB, WNPF South Georgia** 

24 FEB, WNPF All Raw World Cup

25 MAR, WNPF Youth, Teen, Junior

WNPF, PO Box 142347,

Fayetteville, GA 30214

678-817-4743 or wnpf@aol.com

website - members.aol.com/wnpf

sports.groups.yahoo.com/group/ 17 FEB, APF Gulf Coast States (Hous

TX) tom\_mccullough@texaspowerscene.com, 713-907-8129

17 FEB, Eastern Missouri & Southern Illinois High School Bench Press (Creve Coeur, MO) Harold Gaines 314-805-2044, ww.usaplnationals.com

17 FEB, SLP Brickyard Open BP/DL (Milwaulkee, WI) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com,

17-18 FEB, NASA Ohio State High School & Teenage Nationals (PL/BP/ PP - Springfield, OH) Greg Van Hoose, RR Box 166, Ravenswood, WV 26164, w.vhepower.com

**24 FEB**, SLP Hester's Kentucky Open BP/DL (Louisville, KY) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com

24 FEB, WNPF All Raw World Cup PL, Bench, Deadlift, Strict Curl (Bordentown, NJ) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, http:

/members.aol.com/wnpf
24 FEB, USAPL US Naval Academy Open, Will Spears, USNA, Box 11878, Annapolis, MD 21412
24 FEB, ADAU Virginia State PL/BP

(Raw, Drug Free, Drug Tested, Full/BP) Dean Griffin, 412 Betsybell Rd., Apt. att Strain, 412 Bestoren Rut, Apt.
att Strain, VA 24401, 540-849-8472, deangriffino6@adelphia.net
24 FEB, USAPL SD PL & BP, Jeff Blindauer, 5912 W 56th St., Sioux Falls,

SD 57106, 605-201-2411 FEB, APF/AAPFIllinois State, Emie Frantz/

Jackson, 630-896-7309, kson@aol.com Amy FEB/MAR, USAPL Florida State Power-

lifting Championships (Miami or Ft. Lau-derdale, FL) Robert Keller, 954-790-2249. rhk@verizon.net, www.geocities.com/ floridausapl

2-4 MAR, Arnold Classic BP/WPO (Columbus, OH), 614-431-3600,

MAR, SPF Tennessee State (Open, Raw, PP/BP/DL/SC, BP Reps - Holiday Inn, Sun Spree, Gatlinburg, TN) Jesse Rodgers 423-255-3672, www.southernpowerlifting.com

**3 MAR**, SLP Memphis Open BP/DL (Memphis, TN) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.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, sbush5@twcny.rr.com 3.4 MAR. CPC Canadian Champion-

ships (Okotoks, Alberta) 403-938-3067 10 MAR, 100% Raw Powerlifting Federa Nationals (Cherry Hill Park, Collegiate Nationals (Cherry Hill Park, College Park, MD) Jim Roberts, 301-875-2544, 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 Championships (PL/ BP Only/PS/PP - Joplin, MO) NASA, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@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

Walker 804-458-7918 10 MAR, USA Raw BP Federation Spring Nationals (Tuscola, IL) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com,

www.sonlightpower.com 10 MAR, Missouri State & Ozark Open (PL/BP - Creve Coeur, MO) Harold Gaines 314-805-2044, www.usaplnationals.com 17 MAR, 100% Raw Ironman Nationals, Deadlift Nationals, US Open Bench Press (Zion Crossroads, VA) John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com,

www.rawpowerlifting.com 17 MAR, SLP Lift for the Lord BP/DL (Scottsville, KY) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, s o n l i g h t @ n e t c a r e - i l . c o m ,

17 MAR (NEW DATE), NASA Police, Fire, Military Nationals (Kansas City, KS) Jim Duree, jduree7086@aol.com 17 MAR, NASA Tennessee State (PS/ PL/unequipped, BP/PP - Pickwick St. Park, TN) NASA, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com 17-18 MAR, 3rd APF/AAPF Alabama Open PL/BP (Econolodge Conference Center, Attalia, AL) Buddy McKee 256-442-4002 or 256-613-2753 or Stacie Beacham at Gold's Gym 256-413-0055 or onster@comcast.net

**18 MAR**, ISS March Money BP, Mike Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144, 262-960-2155 18 MAR, AAPF/APF Snake River (PL/ BP/DL - Idaho Falls, ID) Michael Higgins 208-521-3434, snakeriver@vahoo.com -3434, snakeriver@yahoo.com 24 MAR, USAPL MA High School Open Eric Cordeiro, 35 Berkeley St., Watertown,

MA 02472, 617-923-7062 24 MAR, SLP the Body Building Open BP/DL (Van Wert, OH) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429 sonlight@netcare-il.com tpower.com

24 MAR (date assigned), AAU Okla-homa 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/

P - Paintsville, KY) Greg Van Hoose, RR , Box 166, Ravenswood, WV 26164,

24. 25 MAR, AAU East Coast BP, Triple Crown Classic, Virginia State, Police/Fire, 804-559-4624, vapowerlifting@aol.com 24,25 MAR, APF/AAPF Illinois State (Bolingbrook H.S.) Amy Jackson & Emie Frantz, 630-896-7309,

25 MAR, WNPF Youth, Teen, Junior Nationals & American Cup PL & BP/ DL/SC (Philadelphia, PA) Troy Ford, Box 142347, Fayetteville, GA, 30214, wnpf@aol.com, 678-817-4743, http://

members.aol.com/wnpf 25 MAR, WNPF Ohio PL & BP/DL/SC (Youngstown, OH) Ron 330-792-6670, powerlt103@aol.com

**25 MAR**, USPF Rhode Island State PL/ BP, Ted Isabella, 40 Hillcrest Dr., Cranston, RI02921, 401-946-5350, uspf-ri@cox.net,

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

Fireman PL/BP, Ted Isabella, 40 Hillcrest Dr., Cranston, RI 02921, 401-946-5350, ox.net, www.ripl.org

25 MAR, 8th Pittsburgh Monster BP & DL (men, women, all divisions, all classes, cash prizes - Holiday Inn Airport, Pitts-burgh, 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, Urbina, www.highschoolnationals.com 31 MAR, 44th Great Lakes PL (ADAU

National Qualifier) Joe Orengia, 4319 W. 26th St., Erie, PA 16506, 814-833-3727 **31 MAR**, USAPL NJ State High School BP, Mark Salandra, 5 Thompson Close, Hillsborough, NJ 08844, 9008-874-5843 31 MAR, Battle of the Great Lakes X PL/

BP (Cleveland, OH) Gary Kanaga, 440-7 1 7 - 9 6 2 4 , gary kanaga@nordoniaschools.org gary, kanaga@hordoniascrices.org 31 MAR, SLP Harvey's Gym Open BP/ DL (Tullahoma, TN) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-

#### UPCOMING COMPETITIONS

- 13 JAN, SLP Central Ilionois Winter Open BP/DL (Athens, IL)
- 20 JAN, SLP One Way PL Open BP/DL (Aurora, IL)
- 27 JAN, SLP Flex Fitness West Michigan Open BP/DL (Holland, MI)
- 3 FEB, SLP Black Iron Gym Open BP/DL (Beech Grove, IN)

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

5429, sonlight@netcare-il.com, www.sonlightpower.com 31 MAR-1 APR, Iron House Classic IPA PL & BP (Newark, OH) Mike Maxwell 740-704-4747,

www.ironhousezanesville.com 31 MAR-1 APR, NASA High School Nationals (Un/ equipped, PL/PS - Oklahoma City, OK) NASA, Box 735, Noble, OK 73068, 405-527-8513, acts different correct

sqbpdl@aol.com MAR, WNPF Ralph Peace Memorial North Carolina PL & BP/DL/SC (Charlotte, NC) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, http://members.aol.com/wnpl

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

1 APR, WNPF Upstate NY PL & BP/DL/SC (Buffalo.

**7 APR**, WART Obstate WT PL & B7/DL7 & (billau), NY) Ron 330-792-6670, powerl103@aol.com **7 APR**, Iron Gladiator Classic BP, DL, PL (Mirabeau Park Hotel, Spokane, WA) Brent Mikesell, 509-475-7341 or

brent@irongladiators.com 7 APR, SLP Primetime Fitness BP/DL (Crestwood, KY) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.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

Graham, 2203 Excel Dr., Killeen, TX 76542, 254-526-0779

14 APR. SLP Ultimate Body Fitness Open BP/DL (Chicago, IL) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com 14 APR, Wisconsin's Best Bench Press (Independence,

WI) Glen Woychik, N34146?? Moga Rd., Independence, WI54747, 715-985-2608, www.wisconsinsbestbench.com

14 APR (new date), APF Junior Open Nationals & Windy City Open - Velocity Sports, Willowbrook, IL, Eric Storie 630-794-0594, thestone@chicagopowerlifting.com 14 APR, Northern VA Raw PL/BP (Sterling, Virginia) James, 703-475-9885

www.northernvarawpower.com 14 APR (new date), NASA The HUGE One (Milwaukee, WI) Job Hou-Seye, Hou-Seye,

statechairman@wisconsinnowerlifting.com 14 APR, APC Georgia State PL/BP, L.B. Baker, 770-

**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, pythongym@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 APR, SLP John Ware Memorial PL/BP/DL Classic (Kirksville, MO) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, ver.com

www.sonlightpower.com 21-22 APR, Power Palooza IX (full power, BP, DL-Leesport, PA) Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610-948-7823 27,28 APR, WDFPF European Single Event Cham-pionships (Horgen, SWI) www.wdfpf.cc 28 APR, 100% Raw Virginia State BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, will fitted and error wurwer antworker fitting com

valifting@aol.com, www.rawpowerlifting.com

28 APR, NASA New Mexico PL, PS, PP, BP (raw & equipped - Rio Rancho, NM) Mike and Teale Adelmann, 505-891-1237 or

Ademann, 503-591-1237 or mike@liftinglarge.com 28 APR, SLP National BP/DL (Tuscola, IL) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com

**28 APR**, WNPF Western Pennsylvania PL & BP/DL/ SC (Beaver Falls, PA) Ron 330-792-6670, rtt103@aol

APR, WNPF BP/DL/SQ/SC Nationals (Atlantic City, NJ) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, http:// members.aol.com/wnpf APR, WNPF Tennessee PL & BP/DL/SC (Cleveland,



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5 MAY, NASA Bartlesville Push Pull (Bartlesville, OK) Jim iduree7086@aol.com

Duree, Jduree / 080/@aol.com
5 MAY, NASA Western States (Equipped, Unequipped PL/PS/PP/BP Only - Mesa, AZ) NASA, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com
5 MAY, SLP Mason-Dixon Open BP/DL (Somerset, KY)

Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217 253-5429, sonlight@netcare-il.com,

5,6 MAY, AAPF Nationals (Baton Rouge, LA) Garry 5-7 MAY, APF Master, Submaster, Junior Nation

als (PL/BP) Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070 or 207-754-0027

6 MAY, WNPF Furman University Collegiate National BP Challenge & South Carolina PL & BP/DL/ SC (Greenville, SC) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, http:// bers.aol.com/wnpf

12 MAY, APF Summer Bash (Houston, TX tom\_mccullough@texaspowerscene.com, 713-907-8129 12 MAY, Lifetime Natural PL Nationals (Tuscola IL) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com

MAY, WNPF Pan-American & Georgia vs Florida PL, & BP/DL/SC (Lake City or Jacksonville, ??) Troy Ford, Nonf@aol.com, http://members.aol.com/wnpf

12 MAY, Illinois State & Great Rivers Open (PL/BP 12 MAY, linnois State & Great Rivers Open (PL/BP -Harrisburg, IL) Mark Motsinger, www.usaplnationals.com 19 MAY, Chickahominy YMCA BP Classic (Raw, As-sisted, Sculptured Awards, Open - Sandston, VA) Phillip Battle or Nancy Burnet, 5401 Whiteside Rd., Sandston, VA 23150, 804-737-9622

19 MAY, SLP Platinum Fitness Open BP/DL (Tulsa, OK) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429. sonlight@netcare-il.com

19.20 MAY, WNPF Youth, Teen, Junior World & WNPF Elite National PL & BP/DL/SC (Ephrata, PA) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, http://

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20 MAY, ISS Big Bench Challenge, Mike Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144, 262-960-2155 MAY, USAPL Florida State High School mpionships (BP, PL - Ft. Lauderdale, Robert Keller, 954-790-2249, rhk@verizon.net, www.geocities.com/

2 JUN. Pete Lanzi Memorial V. (Cleve land, OH) Gary Kanaga, 440-717-9624, a@nordoniaschools org 2 JUN, WNPF Submasters, Masters & Police/Fire/Military Nationals & Powerfest 2K7 (Biloxi, MS) Troy Ford, Box 142347, Fayetteville, GA. 678-817-4743, 30214.

wnpf@aol.com. http:// members.aol.com/wnpf 3 JUN, "We Don't Need No Stinkin Drugs" Raw BP and Deadlift for Reps, Joe Orengia, 4319 W. 26th St., Erie, PA

6506, 814-833-3727 9 JUN, SLP Superman Classic BP/DL (Metropolis, IL) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com ntpower.com

9 JUN, USAPL NJ State High School, Mark Salandra, 5 Thompson Close, Hillsborough, NJ 08844, 908-874-5843 9 JUN, ADFPF Open Powerlifting (single, equipped - Washington

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

JUN, WNPF New York State PL & BP/ DL/SC & Wnpf New York Police/Fire/ Meet Director, www.adfpf.org 9 JUN, NASA Kansas City Push Pull Military Bench & Deadlift (Long Island, NY) Troy Ford, Box 142347, Favetteville, (Kansas City, KS) Jim Duree, GA, 30214, 678-817-4743, wnpf@aol.com, http://members.aol.com/wnpf als, Tod Miller, 73 N. Pine Rd., Plainwell, MI 49080, 269-664-4814

JUN, APF/AAPF Chicago Summer Bash 4 (Velocity Sports, Willowbrook, IL) Eric 630-794-0594 werilfting.com 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 American Powerlifting Championships (Guatamala City, Guatemala) Robert Keller, rhk@verizon.net, 954-790-2249

7 JUL, SLP Samson's Gym Open BP/DL (Hamilton, OH) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com 12-15 JUL USAPI, Men's Nationals.

Harold Gaines Sr., 2 Tristan Terrace, St. Charles, MO 63303, 314-805-14 JUL, ANPPC World Cup PL

(Tuscola, IL) Dr. Darrell Latch, 122 W. Sale, Tuscola, II, 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com

14 JUL WNPF USA PL & BP/DL/SC & WNPF Women's Nationals (Atlanta, GA) Troy Ford, Box 142347. Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, http:// members.aol.com/wnpf 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 15 JUL, ISS Backyard BBQ and BP, Mike Strom, KAC, 4211 Green Bay Rd., osha, WI 53144, 262-960-2155

**21 JUL**, PPL Southeastern Drug Free (PL, BP, BP reps, DL, P-P, Posedown), Tee Meyers, 2250 Lumpkin Rd., Auusta, GA 30906, 706-790-3806, and com 21 JUL, NASA Grand Nationals (Un/

equipped, PL/PS/PP/BP Only -Pickwick St. Park, TN) 21 JUL, SLP Arkansas Open BP/DL

(Glenwood, AR) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com ightpower.com

22 JUL, SI P Oklahoma Summer Open BP/DL, Sallisaw, OK) Dr. Darrell Lath, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com 28 JUL, Vermont State Open Raw BP,

Rick Poston, 1881 Williston Rd., S. Burlington, VT 05403, 802-865-3068/ allamericanfitnessyt@vahoo.com 29 JUL, WNPF Drug Free Nationals

(Youngstown, OH) Ron 330-792-6670, powerlt103@aol.com JUL, WNPF Arizona PL & BP/DL/SC (Tucson, AZ) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, bers.aol.com/wnpf

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/USOC Tropical Games Championships (BP, DL - West Palm Beach, FL) Robert Keller, 954-790-2249, rhk@verizon.net. www.geocities.com

JUL, AAU Junior Olympics and BP (Knoxville, TN) www.aausports.org JUL/AUG, AWPC Worlds (Chicago, IL) Amy Jackson and Ernie Frantz, 6 3 0 - 8 9 6 - 7 3 0 9,

amyljackson@aol.com 4 AUG, ADAU Single Lift Nationals (SQ, BP, DL - Men/Women - all age divisions, Joe Orengia, 4319 W. 26th St., Erie, PA 16506, 814-833-

4 AUG, Northern VA Raw PL/BP (Ster-ling, Virginia) John James, 703-475-9885, hernvarawnower con

4 AUG, APF Florida State BP/Ironman (Boca Raton, FL) Bob Youngs, Ed Rectenwald, Lance Mosley, 561-718-9877, uthsidebarbell@hotmail.co 4 AUG, WNPF New Jersey PL & BP/DL/

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Delaware vs Maryland (Newark, DE) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, http://members.aol.com/wnpf 5 AUG, SLP Vince Soto Memorial Ohio State Fair BP/DL (Columbus, OH) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcareil.com, www.sonlightpower.com 11 AUG, SLP Wisconsin State Fair BP/ DL (West Allis, WI) Dr. Darrell Latch, 122

Sale, Tuscola, IL 61953, 217-253-5429 sonlight@netcare-il.com. www.sonlightpower.com 12 AUG, SLP Indiana State Fair BP/DL

(Indianapolis, IN) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com tpower.com

(Sedalia, MO) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com 19 AUG, SLP Illinois State Fair BP/DL

(Springfield, IL) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com 25 AUG, SLP Kentucky State Fair BP/DL (Louisville, KY) Dr. Darrell Latch, 122 W.

Sale, Tuscola, IL 61953, 217-253-5429. sonlight@netcare-il.com,

25 AUG, WNPF 4th Southern USA BP/ DL/SC (Warner Robins, GA) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, http:// AUG. USAPI, Deadlift Push Pull Na-

AUG, USAPL Deadlift Push Pull Na-tionals, Jim Hart, Box 82264, Lin-coln, NE 68501, 402-47-3672 8 SEP, NASA New Mexico Regionals PL, PS, PP, BP (raw & equipped - Rio Rancho, NM) Mike and Teale Adelmann, 505-891-1237 or mike@liftinglarge.com

8 SEP. SLP Tennessee State Fair BP/DL (Nashville, TN) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com,

15 SEP, USA Raw BP Federation Fall Nationals (Holland, MI) Dr. Darrell Latch, 12 2W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com 15 SEP, WNPF Lifetime Drug Free PL & BP/DL/SC (Bordentown, NJ) Troy Ford, Box 142347, Fayetteville, GA, 30214. 678-817-4743. wnpf@aol.com, http:/ members.aol.com/wnpf 16 SEP, WNPF Pennsylvania PL & BP/

DL/SC (Ephrata, PA) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, http:// ers.aol.com/wnpf 22 SEP, SLP The Body Building Open II

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BP/DL (Van Wert, OH) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253sonlight@netcare-il.com, 22 SEP, WNPF Alabama PL & BP/DL/ SC (Birmingham, Montgomery or Besse-mer, AL) Troy Ford, Box 142347,

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16 JUN, ADFPF Single Event Nationals (Century Center, South Bend, IN) Jon

Smoker, 30907 CR 16, Elkhart, IN 46516, 574-674-6683, ircsmoker@hotmail.com

16 JUN, SPF Nationals (Open, Raw, PP/BP/DL/SC, BP Reps - Holiday Inn, Sun Spree, Gatlinburg, TN) Jesse Rodgers 423-255-3672,

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Summer Nationals (Tuscola, IL) Dr. Darrell Latch, 122 W. Sale, Tuscola,

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50214, 678-5174745, whpredot.com, http://members.aol.com/wnpf 6 OCT, SPF Worlds (Open, Raw, PP/ BP/DL/SC, BP Reps - Holiday Inn, Sun Spree, Gatlinburg, TN) Jesse Rodares 423-255-3672 423-255-3672, Rodgers www.southernpowerlifting.com

www.southernpowerlifting.com 6 OCT, SLP Tennessee State BP/DL (Lexington, TN) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com,

12-14 OCT, AAU 3 lift World, Single BP, Single DL, Push-Pull (Disney World, Orlando, FL) vapowerlifting@aol.com, 804-559-4624

13 OCT, SLP Oklahoma State BP/DL (Tulsa, OK) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com,

20 OCT, PPL Nationals Drug Free (PL, BP, BP reps, DL, P-P, Posedown), Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com. 20 OCT, NASA Unequipped Nation-

als & Power Sports Championships (Oklahoma City, OK) NASA, Box 735, Noble, OK 73068, 405-527-

**20 OCT**, SLP Chicago Open BP/DL (Chicago, IL) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com

27 OCT, ANPPC National PL (Tuscola, IL) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com,

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4743, wnpf@aol.com, http:// members.aol.com/wnpf OCT, WDFPF Single Event World Championship (Montesilvajo, Italy)

www.wdfpf.cc 3 NOV, Northern VA Raw PL/BP (Ster ling, Virginia) John James, 703-475-9885,

w.northernvarawpower.com **3 NOV,** NASA Kansas City Regional (Kansas City, KS) Jim Duree, jduree7086@aol.com

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10 NOV. SLP Ohio State BP/DI (Hamilton, OH) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com

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2249, rhk@verizon.net, www.geocities.com/floridausapl 1 DEC, SLP Tennessee Christmas for Kids BP/DL (Memphis, TN) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com. ww.sonlightpower.com

8 DEC, SLP Arkansas Christmas for Kids BP/DL (Glenwood, AR) Dr. Darrell Latch 122 W. Sale, Tuscola, IL 61953, 217-253sonlight@netcare-il.com, 5429. ww.sonlightpower.com

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DEC, WNPF Sarge McCray BP/DL/SC (Bordentown, NJ) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, http://

members.aol.com/wnpf DEC, WNPF Rorida PL & BP/DL/SC (TBA) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpl@aol.com,

GA, 30214, 6783174743, wnpi@aoi.com, http://members.aoi.com/wnpf DEC, 6th USAPL American Open Cham-pionships (BP, PL - Philadelphia, PA) Robert Keller, rkh@verizon.net, 954-790-content

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

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

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At the SLP Olympic 24 Hour Fitness Classic: Phil Hardy, Carrie Johnson, Joe Carter, Mark Evans, and Keith Johnson (photograph provided by the courtesy of Meet Director Dr. Darrell Latch)

SLP Olympic 24 Hour Fitness 17 JUN 06 - Clarksville, TN BENCH K. Johnson 500 FEMALE 275 lbs. Junior 123 lbs. Carter 520 DEADLIFT C. John 110\* MALE Master (50-54) MALE Master (45-49) 181 lbs. 148 lbs M. Evans 420\* 355\* Open 148 lbs. P. Hardy Master (50-54) 148 lbs M. Evans 420\* 235\* 275 lbs. M. Evans 650 I. Carter Open 242 lbs.

\*=Son Light Power Tennessee state records. The Son Light Power Olympic 24 Hour Fitness Bench Press & Deadlift Championship was held at the fitness club in Clarksville, Tennessee. Thanks to owners Jules Hewitt and Keith Johnson for sponsoring this event. In the bench press competition first time lifter Carrie Johnson did well, taking the junior women's 123 class with a new Tennessee state record of 110. Philip Hardy broke his own state record at 45-49/181 by five pounds, ending with 355. For the 50-54/148 class it was Mark Evans with a new state record of 235. Keith Johnson, still recovering from a shoulder injury of six months ago, took only two attempts, finishing with 500 at 242 open. Also in the open division was 275 winner loe Carter. loe, who works in 275 winner joe Carter, joe, who works in construction, had a tough week at work, so was only able to make his opener of 520. In the deadlift competition Mark Evans won both the 50-54 and open 148 class, setting new state records in both as well. Mark finished with 420, just missing ford attempt of 445. Not both at a 120 a final attempt of 445. Not bad at a 139 bodyweight! And fifty years old! Joe Carter continued to have energy prob-lems, again just making his opener of 650, after 730 failed just off the ground. Thanks to Keith Johnson, Donnell Bailey and Jules Hewitt for their help loading and spotting (Meet results from Dr. Darrell Latch

Dungeon Gym BP Challenge 16 SEP 06 - Galt, CA

BENCH		242 lbs.	
MEN		J. Thomas	405
Open		275 lbs.	
198 lbs.		R Metz	500
K. Harrison	425*	Master (45-49	<b>)</b> )
220 lbs.		220 lbs.	
M. Knight	585*	M. Knight	585
L. Mills	405		
4 D I D	and the second se	The Dunner	Com

\*=Personal Recorda. The Dungeon Gym Bench Press Challenge was held on Sat-urday. In the Open 198 class, Kevin Harrison benched a new PR 425. Mike Knight, age 48 (weighing 285 about 4



Roger Barker with 500 @ 242 at the Express Fitness meet (D. Latch)

months before this meet, and in a meet here on 7/15/06) benched a PR 675 weighing 240), dropped all the way down to the 220 class, winning a weight-loss bet with his wife and benching a PR 585 in the process. He dedicated the lift to his wife, Paty, who was celebrating her birthday on this day as well. In the 242 class, lim Thomas benched a big 405, just missing 455 at lockout, he'll get it next time. In the 275 class, Roger Metz PR'd with a huge 500 bench press. I'd like to thank the spotters, loaders, and judges that made this event possible, Joe Weiss, Darryl Skeva, and Robert Davis. Thank you Powerlifting USA Magazine. (Results pro-SLP Express Fitness Open 24 JUN 06 - Benton, AR I. Duckett Open 242 lbs. R. Barker DEADLIET MALE Master (60-64) 242 lbs. A. Harris Police/Fre (60-64)

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242 lbs. Powerlifting USA Magazine. (Results pro-vided by courtesy of Kurt Heath) 275 lbs. A. Harris

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\*=Son Light Power Arkansas state records. The first annual Son Light Power Express Fitness Open Bench Press & Deadlift 375 Championship was held at Express Fitness in Benton, Arkansas. Thanks to owners Roger Barker, Dennis Washkowiak and D.D. Nichols for hosting this event. In the 500 bench press competition first-timer Molly Dickinson won the teenage women's 13-Dickinson won the teenage women's 13-15/198 class with a new Arkansas state record of 95. At age fourteen Molly is already a several-time state arm wres-tling champion, who also finished fourth in the open women's nationals last year! At novice 220 it was Richard White for the 365\* win with a new personal record of 345. This was within five pounds of the existing state record! Dennis Washkowiak won at 55-59/242 with a new state raw record of

55-59/242 with a new state raw record of 350, but was unable to get more than his opener. Jimmie Duckett also struggled, making just his opener of 375, but which was still good enough for a new state record at 65-69/275. The biggest lift of the meet came from Roger Barker who settled with 500, though he is definitely capable of much more. Roger took the open 242 class. Our lone puller was Arkadelphia Chief of Police Al Harris. Making just his opener. Al broke both the 60-64/242 and opener, Al broke both the 60-64/242 and police & fire/60-64 records with his 365. Thanks again to our hosts at Express Fitness, the lifters, helpers and spectators who attended the competition. See you all again next year! (Dr. D. Latch

	1 00 -	Rehobeth, D	)E
BENCH		FEMALE	
FEMALE		165 lbs.	
165 lbs.		Open	
Open		J. Dohring	110
J. Dohring	205	MALE	
Master		198 lbs.	
L. Dische	160	Open/DT	
181 lbs.		D. Pusey	160
Master		242 lbs.	
S. Brown	200*	Master II	
MALE		J. Bosley	170
Master I		DEADLIFT	
T. Taylor	435	FEMALE	
R. Marsh	380	165 lbs.	
220 lbs.		Master	
Open/DT		L. Dische	215
R. Marsh	380	MALE	
J. Hamer	315	Open/DT	
Open		M. Burns	525
S. Beam	450	Open	
CURL		S. Beam	500
!=World Rec	ords. *:	=State Records	s. Bes

## 343

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stainless steel tongue loop, then place the nylon strap through the ratchet center slot and pull snug.

 Quality. Riveted and lock-stitch sewn with corrosive resistant hi-density nylon. One solid thickness of the 3. While holding the nylon strap tight begin ratcheting the belt and release your grasp of the finest, select, exclusive leather. TIG-welded apparatus nylon strap. Finished with top quality, fine suede which provides 4. Ratchet/tighten belt as desired non-slip surface.

5. To loosen, with your middle and index finger just Very secure. The belt automatically locks until yo pull up and hold open the spring loaded ratchet manually release it. safety lever. Next open (180°) the ratchet all the way until it can't open any more. At this point the nylon strap will be loose and you can open the belt by . Hand-crafted in the USA. Patent # 5,647,824 pushing out with your tummy or using your hands.



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Sean Anderson squatted 735 at the Carolina Classic (Keith Payne)

	06	- Shelb		
BENCH		148 lb		
165 lbs.		Interm		
Intermediate			-Gooch	275
Allah	335	Open	· · ·	
198 lbs.			-Gooch	275
Master (50-54	)	198 lb	IS.	
	410	Open		
Raw		E. She		325
114 lbs.		Subma		
Teen (12-13)		E. She	lton	325
B. Etringer	115	00		TOT
132 lbs.	SQ	BP	DL	TOT
Open				
S. Warren	300	270	415	985
165 lbs.				
Teen (16-17)	270	225	270	0/ 5
T. Childress	370	225	370	965
181 lbs.				
Master (40-44		330	450	1230
D. Pierce			450	1230
	4th-L	DL-475		
Submastser	405	260	500	1165
S. Maxson	405	200	500	1105
198 lbs. Master (40-44	0			
B. Nichols	660	430	570	1660
	000	430	3/0	1000
Open B. Nichols	660	430	570	1660
242 lbs.	000	430	570	1000
Junior				
M. Harris	585	360	585	1530
Master (45-49		300	303	1330
K. Hall	540	400	550	1490
308 lbs.	540	400	330	1430
Intermediate				
	735	505	630	1870
308+ lbs.	133	505	0.50	10/0
Junior				
C. Martin	615	640	500	1715
Ci martin.		Q-640		
Raw		4.010		
114 lbs.				
Teen (12-13)				
	165	115	220	500
132 lbs.				
Teen (12-13)				
T. Payne	160	175	200	445
		Q-175		
Teen (16-17)				
C. Ladd	215	150	305	670
181 lbs.				
Teen (16-17)				
T. Lowery	310	210	400	920
		Q-325		
198 lbs.				
Intermediate				
S. Carringer	-		-	-
Open				
S. Carringer	_	_	_	_
	495	250	525	1325
L Fev				
J. Fey	4th-I	01-550		
	4th-I	DL-550		
J. Fey Teen (16-17) J. Marrow	4th-1	300	405	1055

Teen (18-19)				
T. Gordy G. Marrow II	455	340	440	1235
G. Marrow II Master (55-59	385	280	540	1205
	280	305	405	900
	4th-BI		403	500
220 lbs.		-515		
Master (40-44	()			
	415	315	450	1180
Master (50-54	()			
<b>B.</b> Strauss	400	270	400	1070
Novice				
L. Marrow Jr.		200	335	770
Teen (18-19)				020
	340	205	385	930
275 lbs.				
Intermediate M. Belk	700	560	665	1925
M. DCIK	4th-D		005	1323
Master (40-44		2-000		
G. Marrow Si		425	335	430
1190				
Master (50-54	1)			
G. Potoka	415	265	380	1060
	4th-D	L-400		
Junior				
C. Edmunds	410	395	510	1315
198+ lbs.				
Master (40-44	300	190	320	810
L. Marrow Junior	300	190	320	010
A. Marrow	275	185	340	800
	4th-D	1-350		
Open Outst	anding	Lift	er Fei	male:
America Mari	ow. N	laster	Outsta	nding
Lifter Female:	Leonty	ne Ma	arrow.	Open
Outstanding L	ifter N	lale: N	lichael	Belk.
Teen Outstand	ing Lift	er Mal	e: TC C	ordy.
Master Outsta	nding	Lifter	Male: I	Buddy
Nichols. Outst (Thanks to Kei	anding	Team:	Projec	t Lift.
(Inanks to Ken	in Fayn	le for	mese re	esuns)
Line Manuella			1	1
IBP Ocone	e Co	unty I	Bench	Blast
28 OC	T 06	- Sen	eca, S	С
BENCH		132 I	bs.	
FEMALE		Open		
Raw			arren	275
132 lbs.		181 I		
Master (40-44	1)		er (55-	59)
P. Burnett	175		oodell	250
148 lbs.		198		
Master (40-44			er (45-	
M. Kleffman	135		eynolds	335
Submaster		220		10)
A. Caldwell 165 lbs.	65		er (45-	49) 500
Youth/Teen (1	16-17)	P. He Maste	er (40-	
M. Harmon			Idwell	
181 lbs.		Open		
		o pen		

Youth/Teen (12-13) P. Horn

115

110

Submaster

T. Isbell

275 lbs.

C. Edm

308 lbs.

T. Sisk

r. Pitts

MALE

198+ lbs.

4th-125

Master (40-44)

500

500

450



Keith Mackey benched 510 raw at the Oconee County Bench Blast

Master (40-44	1)	Teen (12-13)	
E. Paul			195
Master (55-59	<del>)</del> )	4th-205	
<b>F.</b> Heyne	-	Teen (18-19)	
SHW		B. Vaughn	215
lunior		165 lbs.	
C. Martin	485	Intermediate	
Raw		C. Cummings	275
88 lbs.		Teen (14-15)	
Youth (8-9)		Z. Harmon	135
B. Carraway	75	Teen (18-19)	
114 lbs.		J. Todd	275
Novice		181 lbs.	
B. Etringer	135	Intermediate	
Open		W. Brothers	305
B. Etringer	135	Novice	
Teen (14-15)		R. Stovall	315
B. Etringer	135	Open	
132 lbs.		W. Jackson	350
Teen (12-13)		R. Stovall	315
T. Payne	80	W. Brothers	305
148 lbs.		Submaster	

R. Stovall 315 242 lbs. 198 lbs. S. Barmore 495 Master (55-59) K. Harmon 345 4th-505 Teen (18-19) Intermediate 260 D. Becker 355 I. Amerson N. Leslie 255 Police/Fire/Military 220 lbs. D. Becker 355 275 lbs. 320 Police/Fire/Military Submaster R. Doiron S. Simpson Teen (16-17) 285 K. Mackey 510 Je Green (16-17) J. Greer 280 Male Teen Outstanding Lifter: Jermaine Todd. Male Master Outstanding Lifter: Phil Horn. Male Open Outstanding Lifter: Phil Horn. Female Teen Outstanding Lifter: Tiffany Sisk. Female Master Outstanding Lifter: Patter Detter Detter Outstanding Lifter: Patty Burnett. Fe-male Open Outstanding Lifter: Amy Caldwell. (Thanks to Keith Payne for providing these meet results)

#### **BACK ISSUE OF THE MONTH**

December 1997 - Vicki Steenrod is on the cover and inside Marty Gallagher's article chronicles her career achievements to justify the declaration that she's the greatest woman lifter in USPF history, Rick Brunner, of Atletika, enumerates the protein requirements of top lifters and tells how 'functional' protein powders satisfy those needs. Pennsylvanian drug free star Willie Croner was interviewed by Dr. Larry Miller, and we had an awesome photo that Bill Kazmaier sent us of him pressing a173 lb. Inch Dumbbell replica in Perth, Australia. The idea was just to deadlift it, but Bill was able to put it over head and press it. Louie Simmons talks "Squat" in his training article, where we have a photo of one of the alltime Westside Greats, the late Matt Dimel, Walt Austen, who has deadlifted over 800 lbs. in the 242 lb. class, revealed his training routine. Herb Glossbrenner produced a list of the USPF 25 All-Time Best Women Lifters. The giant of Polish powerlifting, Andrzej Stanaszek, was interviewed by Stephen Korte, He set many world records in the IPF, while standing only four feet tall. On our Top 100 list for the 181 lb. class the



top squatter and totaler was Ray Rosales with 771 and 1862. Dave Waterman had the top bench press at 600, and Chris Turner had the best deadlift at 716. Elsewhere on the list, among lifters who are active today: in the squat, Greg Buffington was 98th with a 562. In the bench press, Jim Klostergaard was 88th with a 407. In the deadlift, Joe Orengia was 79th with a 585, and Greg Zangl was 92nd in the total with 1470. For information on how to order this back issue, and the many dozens of others that are still available, see our listing on pages 44-47 of this issue of PL USA.

307.5 needed to win the class, but did put forth great effort. Aaron was the bronze medalist and Randy finished right behind him in fourth. Randy Kandy timshedright behindrin in fourth. Kandy and Aaron battled for the spot on the team at Master's Nationals and Lexpect another battle again next year. Both are great lifters. Returning World Champion Floyd Givens represented the USA in the 100 kg class. Floydhada disappointing day as he had depth issues with his squat and was unable to get one passed. Look for Floyd to be back next year. Johnny Graham not only ran the meet, he also competed in the 110 kg class. Johnny lost weight the week of the meet and weighed in at a light 234. I don't know if I have ever seen Johnny look that sim. Also, lifting in this classisthe everlikeable, cattlebaron, Bill Sindelar. It's tough to coach these two lifters. They are both great people and you want to see both of them in the gold medal spot on the podium. For this coaching dilemma, the next best thing is a goldand silver medalist. That is exactly how these two performed, Johnny winning the goldand Bill taking the silver. Johnny also got the gold for his accordion squat and Bill got the gold in the bench press. Goodol' southern boy Curtis Wainwright was the USA's 125 kg member. I think Curtis brought all of his family with him - what a cheer-ing section with his lovely wife Leslie and Mama Wainwright leading them all. It was neat to see It's tough to coach these two lifters. They are Wainwright leading them all. It was neat to see all the red, white, and blue in the audience. Curtis hada disappointing experience last year in South Africa, but redeemed himself this year. Curtis found himself on the podium with four golds aroundhisneck. NewcomerSteve Green wasour 125+'er. Steve gave the coaching staff a scare missing his first two bench pressattempts. Steve finished as the gold medalist and received golds in all the disciplin

(continued from page 29)

MEN'S MASTER III - Robert Truiillo was th MEN'S MASTER III - Robert Trujilo was the MIII representative in the 60 kg class. Robert had a solid performance going 9 for 9. He also set the World Record in the bench. Robert went home with four golds. Former multi-team member and Multi-World Champion, Robert Cortes wasback Multi-Wond Champion, Robert Cortes was back with us once again in the 67.5 kg. What a joy to see a man of his young age, 76, lifting the weights that Robert does. However, Robert was not the oldest in his class. The oldest lifter was Joe Stockinger



Greg Page is one of several incoming strong US prospects for IPF World Masters Championship Gold Medals in the years to come.



working member of the team. Bill was helping all his team members from start to finish everyday I would like to say "Great job to each and lifted) either in the warm-up room, wrapping, etc. Bill and Bugs battled at Master's Nationals the future as both are great lifters. In the 110 kg agreat fourney. I will be watching to see you on the platform again. Maybe our paths will cross again one day. Take care! Was newcomer Curt Farrison. Curt made the team when a team memberhadto pull out due to family healthissuse. Curt was so anxious to be on the team, 1 received everything Lasked for within two differences.

received everything I asked for within two days. Curt is a new lifter and did well in his first international competition. Curt was the silver medalist. Curt is another lifter that I expect to see hislifts improve with expe-rience and confidence. A strategic move was made to move Thomas "Arnold" Arrington up to the 125 kg class. After all nominations were made at the technical meeting, Arnold was lifting uncontested. Arnold got the gold with a near perfect 8 for 9 day, Returning team mem ber Harry Heyman was the USA lifter for the 125+kg class. Harry had been experiencing some knee issues and was unable to get a squat in. I'm sure he'll return to the platform to re-deem himself. With lifting finishing on Sat-

urday, it was now time to relax, unwind, and spend time with old and new friends. The banquet wasan all you can eat BBQ and music by the DJ that had provided the music all week long

from Canada at 77 years young. And what a bath fixed as the gold mediatist and Joe was the sixth medalist. What an inspiration to usal. Master her Stag Cass since we didn't have any one in this gym bag. It appears they have her Stag Cass since we didn't have any one in this sym bag. It appears they have her Stag Cass since we didn't have any one in this sym bag. It appears they have her Stag Cass since we didn't have any one in this sym bag. It appears they have her Stag Cass since we didn't have any one in this sym bag. It appears they have her Stag Cass since we didn't have any one in this sym bag. It appears they have her Stag Cass since we didn't have any one in this sym bag. It appears they have her Stag Cass since we didn't have any one in this sym bag. It appears they have her Stag Cass since we didn't have any one in this sym bag. It appears they have her Stag Cass since we didn't have any one in this sym bag. It appears they have her Stag Cass since we didn't have any one in this sym bag. It appears they have her Stag Cass since we didn't have any one in this sym bag. It appears they have her Stag Cass since we didn't have any one in this sym bag. It appears they have her Stag Cass since we didn't have any one in this sym bag. It appears they have her Stag Cass since we didn't have any one in this sym bag. It appears they have her Stag Cass since we didn't have any one in this sym bag. It appears they have her Stag Cass since we didn't have any one in this sym bag. It appears they have her Stag Cass since we didn't have any one in this sym bag. It appears they have her Stag Cass since we didn't have any appear they have any have an

(except the day before he lifted and the session he lifted) either in the warm-up room, wrapping, etc. Bill and Bugsbattled at Master's Nationals experience will be one of your fondest memories. etc. but and bugs battled at master's Nationals experience will be one of your indest memories, and the Worlds wasno exception. Bill had trouble Thanks to everyone for helping each other. This is with his benches and deadlifts, getting only one lift each passed. Bugs pulled a hamstring and was only able to get one squar passed. At the end of the session Bill and Bugs finished first and second agreat journey. I will be watching to see you on





the NCAPF Clayton Fitness meet. (Thanks to Joseph P. (photo provided by Joey Smith)

			APF Bac	kyard	<b>Bench Meet</b>
APF Clayton Fit	iness		5 AUG	06 - T	ribes Hill, NY
28 JAN 06 - Ralei	gh. N	С	BENCH		242 lbs.
	Butia	589	FEMALE		Junior
	lbs.		123 lbs.		A. Szeps
165 lbs. J. St	mith	661	Open		275 lbs.
J. Gupton 435 D. I	Everha	rt 650	R. Kilts	190	Open
	Rabon	628	MALE		S. Burns
181 lbs. P. F		600	148 lbs.		J. Farina
	lowd	-	Open		J. Sylvia
	lbs.		J. Ceklovsky	-	Submaster
	Colema	n 655	165 lbs.		R. Tonini
B. Williams 606 SHV 220 lbs. C. C	Cooke		Open		Masters (55-59
C. Smith 650	LOOKe		A. Manatrizio	305	B. Levers
ci pinin obo	DL	TOT	181 lbs.		SHW
FEMALE	DL	101	Open		Open
148 lbs.			R. Hillyard	355	D. Carbone
D. Lemon — 170	_	170	198 lbs.		Master (45-49)
165 lbs.			Open		D. Carbone
H. Johnson 275 209	347	832	J. Matta	500	Special Guest
R. Lupton 418 264	380	1063	J. Kilts	-	S. Lattimer
MALE			Teen (16-17)		Raw
165 lbs.		Scheller.	N. Fox	350	84 lbs. (Age 1
M. Huntoner 424 336	446	1207	Teen (18-19)		D. Levers
181 lbs.	1223	4004	J. Sylvia	340	181 lbs.
J. Sheffield 479 440	474	1394 1559	Junior		Teen (16-17)
R. Herring 501 352	705	1559	T. Morris	455	J. Kiernan
198 lbs. L. Hodges 622 474	556	1653	220 lbs.		Junior
L. Hodges 622 474 220 lbs.	330	1033	Open		D. Cull
T. Mitchell 600 540	463	1603	<b>B. Henderson</b>	275	308 lbs.
B. Bleau 573 286	451	1311	Junior		Teen (18-19)
242 lbs.			J. Bonilla	405	Addenbrooke

RRECT AND THAT I AM ELIGIBLE IN CORDANCE WITH THE RULES OF THE

Smith for the results)

Masters (55-59)

Master (45-49)

Lattimer 865

84 lbs. (Age 11)

505

480

540

600

260

B. Godden SHW B. Mimnaugh 410 Masters (50-54) Open

365

Masters (40-44)

V. Vardine 485 T. Barbaccio 505 This meet was held at Iron Asylum Gym. Who in their right mind holds a bench meet in August? Hey, they don't call it the Asylum because we are all playing with a full deck. It was hot, and it was hot, and just incase I didn't mention .it was hot! We had plenty of cold drinks and the grill was fired up immediately. Why Backyard Bench Meet? Well, we figured it's ever going to be called a backyard meet, then we wanted to do it first. In reality, it was anything but that. We charged a \$25 entry fee which included all food and drinks. We're hoping this will be an annual event as an act of appreciation to our lifters. A sanctioned ench meet with food for \$25 is a great bench meet with food for \$25 is a great deal. We gave out custom certificates along with medals for prizes, and some awesome Outstanding Lifter awards as well. Thanks to all who came out for the official Backyard meet. We had about 30 lifters and meme consections. Thanks to all who came out for the official Backyard meet. We had about 30 seults) official Backyard meet. We had about 30 lifters and many spectatators. Thanks to those who came to help out and support the meet as well. Mike Ferlito was happy as hell to step up and volunteer, and he ended up spotting both flights. John Poremba and Ted Morris did a good share of spotting. Billy Mimnaugh pitched in a bit on the and Henri Skiba and Buster Godden, and Sebastian Burns. I sure hope I don't miss
700 anyone. A lot of people have said that Zane 605 and I are good meet directors. That's kinda
705 bologna as you are only as good as your and I are good meet directors. That's kinda bologna as you are only as good as your support network, and we have a great network of friends. Janis Godden stayed at the head table with me and helped me run the meet, and helped print out certificates and frame them. I really appreciate Janis a lot, she knows the head table and is a real asset to have there. Robin Kilts has been through hell lately with personal issues, and still came down, not only to compete in only her second meet, but she brought down a huge salad to share, and was a set to have there. Robin Kilts has been in only her second meet, but she brought down a huge salad to share, and was a set to have there. He's and still came down not only to compete in only her second meet, but she brought 600 in only her second meet, but she brought down a huge salad to share, and was actually picking up after the meet. The things that make a meet are that great people. My brother and his wife worked the food all day, and working the grill on a hot August day is no easy task. They are not even lifters, they just do this to help out. I'd like to give a big thanks to Southside Barbell They brought up a nice group do the second the top lift and the second Barbell. They brought up a nice group of lifters, and it was great to see them. I love something good in October. Buster Godden,



Another regular at the asylum, another regular at the asylum, benched raw for this meet. He came up in his RV and enjoyed the weekend with his wife. Brent Addenbrooke didn't have the best day, but Addenbrooke didn't have the best day, but when he fixes a few issues with his form, he'll do some damage on the bench. Teddy "Road Head" Morris of Collingswood, NJ, benched an awesome 455 at 198. The incredibly sexy Billy Mimnaugh benched a raw 410 and left the women weeping. To ose this group in a singlet is comparing the groups a raw 410 and left the women weeping. Io see this man in a singlet is something every woman should have the pleasure of atleast once in her life. Tony Barbaccio benched 505 RAW, typically he is a gear whore, but he gets caught up in a whizzing contest now and then. Vinnie Vardine benched a raw 485 at 50 yrs old. Nice masters lift. James Matta, also from Vermont, benched James Matta, also from Vermont, benched 500 at 198. Rob Tonini, graced our platform as a full power lifter in May, came back for the Backyard Bench and hit a nice 480 bench. Barry Levers, after watching his son's display of strength, benched an awesome 540 at 55 years of age. Danny was right there at the platform. It was quite the sight. Joe Ceklovsky tried opening with 500, but just didn't have it on this day. I think he's gonna have some big surprises for us all in October. Also hailing from CT, Joe Sylvia benched a very clean 505, while 46 year old Dino Carbone hit his first 600 46 year old Dino Carbone hit his first 600 (and let me tell you, Dino was very pleased). Adam Szeps, in his first ever benched an amazing 560 in the Juniors division. Jim Farina, who also trains at the asylum, benched 605. He will surpass that easily later in the year. Jim Kilts, a very impressive lightweight lifter, attempted to bulk up to the 198 class and take a shot at the all time record. John Caligan entered the meet, but wasn't happy with his warm-ups, so he passed. Sebastian Burns of Queensbury, NY, benched 700 on his opener. He got 750 to the top, but one arm

just refused to lock out. Shawn Lattimer 220 lbs. surprised a whole lot of people. Many thought his benching days were over. He Master (75-70) M. opened with 715, and made all of his attempts including 865. Of course he about la knocked himself out after when he jumped for joy and had a bit of trouble with his landing. That's alright, it made for a pretty hardcore pic. Thanks once again to all involved in this meet. Hopefully we will see you all back her in October. Our full 24 Op R Jun meets are February, May, and October, and our bench meet is in August. For C. 27 pictures and videos from this meet and many others on the east coast, check out Sul www.ironasylumgym.com. We have many upcoming events listed there as well. (Thanks to Sandi McCaslin for the results) Op G. Ma



Tiffany Sisk was the Outstanding Op W. Ma Teenage Lifter at the AAU National Push Pull Championships (photo by courtesy of Keith Payne)

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Clark	340	570	910
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Clark	340	570	910
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aster (40-44)			
Nichols	425	540	965
. Sunter	350	365	715

Master (75-79)				
M. Branham	250	420	670	
Law/Fire				
C. Smith	300	505	805	
	4th-D	L-515		
242 lbs.				
Open				
E. Gordy Jr.	550	550	1100	
B. Smith	360	500	860	
lunior				
C. Wichtl	375	590	965	
275 lbs.				
Submaster				
B. Shaw	470	500	970	
Open	4/0	500	310	
G. Staley	475	630	1105	
Master (50-54)	4/3	030	1105	
W. Alsup	370	650	1020	
Law/Fire/Military	370	050	1020	
Law/Fire/Military W. Alsup 308+ lbs. Junior	270	100	1020	
W. Alsup	370	030	1020	
308+ IDs.				
	475	600	1075	
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Youth (10-11)				
C. Rhymer	205	220	295	
Youth (10-11) C. Rhymer 114 lbs.				
Leen (12-13)				
B. Etringer	120	180	300	
123 lbs.				
Teen (14-15) A. Nelson				
A. Nelson	160	300	460	
148 lbs.				
Toon (16-17)				
C. Ladd	145	310	455	
C. Ladd 165 lbs.				
Teen (14-15)				
J. Synder	135	300	435	
J. Miller	125	220	345	
Teen (18-19)				
T. Gordy	325	435	760	
181 lbs. Teen (18-19) T. Gordy Open W. Brothers Master (70-74)				
W Brothors	305	350	655	
Master (70-74)	505	550	035	
J. Lynn T. Lowery	215	250	465	
J. Lynn T. Lowery	215	370	570	
Open	200	370	370	
R. Mabe	375	275	650	
	2/5	3/3	030	
198 lbs.				
			020	J.
L. Bullins	430	500	930	W
242 lbs. Submaster				13
Submaster				M
R. McMillan	310	490	800	P.
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C. Edmunds	390	500	890	T.
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unior 340 D. Cull 308 lb Teen (18-19) Addenbrooke

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Gentry OMEN	405	630	1035
lbs.			
ster (40-44)			
Burnette	175	270	445
lbs.			
v/Teen (12-13)			
Sisk	112	220	332.5
		L-230	
tstanding Lifters	198 and	d Unde	r: Open

Outstanding Lifter (Male): L.B. Bullins, Master Outstanding Lifter (Male): Buddy Nichols, Master Outstanding Lifter (Fe-Nichols, Master Outstanding Lifter (Fe-male): Patty Burnett, Teen Outstanding Lifter (Male): T.C. Gordy, Teen Outstand-ing Lifter (Female): Tiffany Sisk. Outstand-ing Lifter 220 and Over: Open Outstand-ing Lifter (Male): Eddie Gordy, Master Outstanding Lifter (Male): Advance Merry Outstanding Lifter (Male): Wayne Alsup. (Thanks to Keith Payne for these results)

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Open . O'Donnel

R. Hecht

G. Kelly

MALE

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Raw

132 lbs.

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N. Keenan

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SQ BP

19 AUG	: 06 - (	Centerville, Ol	4	275+ lbs. Raw
BENCH		Raw		FEMALE
WOMEN		J. Luis	225	148 lbs.
FEMALE		148 lbs.		Master
181 lbs.		Junior		K. Zur
Master		D. Hostetter	195	P. Horn
J. Mcwhirt	165	198 lbs.		Open
Teen I		Open		K. Zur
A. Centers	165	R. Huey	365	
198 lbs.		220 lbs.		Raw
Open		Open		J. McWhir
J. Koenig	150	J. Hall	500	
198+ lbs.		242 lbs.		<b>B.</b> Centers
Junior		Raw		198 lbs.
R. Hecht	245	S. Tanner	525	
MALE		Master		J. Koenig
123 lbs.		G. Kanaga	135	Open



M. Willet Jessica O'Donnell squatting 570 lunior pouds at the USAPL Southern A. Harrod Ohio Championships (Meet C. Jones Director Dave Ricks photographs) Teen III

Onen		343	4/3	1285
Open				
W. Mance	365	285	455	1105
242 lbs.				
Junior	1000			
B. Westfall	525	425	550	1500
Teen III				
D. Kuck	440	370	435	1245
Raw				
J. Valpatic	405	275	500	1180
Master			455	
K. Paxton	500	-	455	_
275 lbs. Raw				
R. Dixon	425	205	430	1150
275+ lbs.	423	293	430	1150
Raw				
D. McGlothe	n 480	350	600	1430

to make this a great event. (Thanks to David Ricks, Meet Promoter, for results) Best Lifter Male: Mike Willet. The 3rd An Southern Ohio Powerlifting and Bench Press Championships were held at the superb Neo Limits Fitness Center, which is APF Gulf Coast Classic 9 SEP 06 - New Port Richey, FL located in Centerville Ohio on 51 E. Spring Valley Road. This is a great facility to host a powerlifting meet and the Neo Limits BENCH Master (50-60+) MALE 220 lbs. Special Olympic 181 lbs. R. Douglas 385 staff did a great job setting things up. There were 39 lifters for this event. This event was a sanction drug tested event by USA Powerlifting organization. Participants can D Viers 242 lbs. 281 Churchman 429 E. Fitzpatrick 435 R. William Southern OH Team Champs: Dark County Y - Brian Westfall, Charles Jones, Brenda Centers, Ashley Centers, and Coach Mark Ridgeway 308 lbs. 380 **B.** McKee 485 Open 165 lbs. 474 D. Viars 198 lbs. event were Dr. Larry Miller (National and International Bench Press Champion), Greg 440 J. Williams BP DL FEMALE SQ DL TOT Page (2006 Masters National Powerlifting Champion), Andrew Furnas (National Bench Press Champion), and Julia Ricks. The computer scores were accurately ran by International Referees, Cathy and Joe Marksteiner. The mighty big Gary Kanaga was the announcer for the event and he always does a great job. I want to also thank Terry Matlock for being my right hand in getting this event organized and "Dusty" Vaughn Dewitt for spotting. Also a special thanks to Larry Miller who provided the squat rack and bench. The bench only category had 4 female lifters and 8 male lifters. The best overall female bencher was Rachelle Hecht. She com-posed in the four spotting. Page (2006 Masters National Powerlifting D. McGlothen 350 Champion), Andrew Furnas (National Bench 407 198 363 970 DL TOT 181 259 677 237 429 220 391 1041 242 126 259 628 292 93 242 628 573 413 540 1526 551 363 485 1399 bencher was Rachelle Hecht. She com-peted in the female Junior Division in the S. O'Malley 628 358 501 1488 198+ weight class with a top bench of 245 Master (50+) pounds on her second attempt. She tried 198 lbs. 260 pounds on her third attempt but failed. M. Hamburg 501 303 429 1234 The best overall male bencher was Master (60+) Stephuan Tanner. He competed in the male 148 bls. RAW (no bench shirt) Division in the 242- D. Whitney 463 231 485 1179 570 390 510 1470 weight class with an impressive top bench of 525 pounds. The full powerlifting meet had 8 female lifters and 23 male lifters. The Land 551 479 440 1471 best overall female powerlifter was les-sica O' Donnell. She competed in the N. Castellano 650 523 551 1725 female Open Division in the 198+ pound 308 lbs. weight class. She hit an impressive 570 T. Nelson pound squat on her third attempt after missing 560 pounds on her second. She 148 bls. 705 501 562 1769 finished with a 390 bench and a 510 R. Blunschi 440 49 429 1140 deadlift for a combined total of 1,470. 181 lbs. 400 245 400 1045 Jessica is the 2006 Women's National B. Tincher 766 518 622 1907 champion and will be competing with the J. McElroy National team at the World Championships this November in Norway. The best overall D. Flesh 369 622 655 1647 749 523 584 male powerlifter was Mike Willet. He J. Williams competed in the male Masters and the male K. Kirby 340 290 435 1065 650 413 551 666 336 573





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380

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1857

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1576

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430

300

480

125

125

The Iron Boy Best Lifters: Mark Sunter, Jamie Langdon, T.C. Gordy

The Iron B						
220 11-					6th Iron	Boy Classic
220 lbs.	-70	252	501	1422	16 SEP 06 - W	inston-Salem, NC
J. Banning 242 lbs.	578	352	501	1433	BENCH	242 lbs.
R. Weinstein	677	501	578	1758	MALE	Master (40-44)
N. Tatum	551	468	551	1570	181 lbs.	E. Barker 4:
S. Johnson	622	400	529	1554	Master (60-64)	4th-440
275 lbs.	022	402	349	1334	J. Shoaf 275	Police/Fire
R. Tinney	876	545	727	2149	198 lbs.	C. Smith 30
D. Favre	804	551	600	1956	Master (50-54)	4th-315
308 lbs.	004	551	000	1350	S. Durham 400	308+ lbs.
B. Phillips	733	485	600	1818	220 lbs.	Junior
Out	155	405	000	1010	Master (40-44)	C. Martin 4
165 lbs.					M. Sunter 430	Raw
T. Convers	700	_	_	700	Open	114 lbs.
198 lbs.	100			100	M. Sunter 430	Open
R. Paras	738	501	_	1240	A. Smith 325	B. Etringer 1
J. Wisenbake		_		_	T. Isbell -	Teen (12-13)
220 lbs.					Submaster	B. Etringer 1
L. Barry	_	_	_		A. Smith 325	123 lbs.
242 lbs.					AND THE CAMPUT IS	AND DESCRIPTION OF ADDRESS
D. Blue	159	_	_	159		
275 lbs.						
J. LaComb	-	_	-	100		
G. Jurkowski	804	-	-	804		
Best Lifter M			Whitn	ev. Best	0	
Lifter Lightw						- 1 (A) (
Lifter Heavyw	eight:	Rvan T	. Tinne	y. Team	210 2	
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MALE	sQ	J. Fil Oper J. Fil BP	as /DT as	405	Bely	GNS
MALE 132 lbs. Teen (13-15) K. Judd	sQ	J. Fil Oper J. Fil BP	as /DT as DL	405	Jim Shoaf curl	ed 110 at the Iro
MALE 132 lbs. Teen (13-15)	sQ	J. Fil Oper J. Fil BP	as /DT as DL	405 TOT		ed 110 at the Iro
MALE 132 lbs. Teen (13-15) K. Judd 148 lbs. Teen (13-15)	SQ 180	J. Fil Oper J. Fil BP 105	as /DT as DL	405 TOT 540		ed 110 at the Iro Payne photoraph
MALE 132 lbs. Teen (13-15) K. Judd 148 lbs. Teen (13-15)	SQ 180	J. Fil Oper J. Fil BP 105	as /DT as DL	405 TOT		
MALE 132 lbs. Teen (13-15) K. Judd 148 lbs. Teen (13-15) J. Gillette Teen (18-19)	SQ 180 245	J. Fil Oper J. Fil BP 105 150	as //DT as DL 255 255	405 TOT 540 650	Boy. (Keith P	ayne photoraph
MALE 132 lbs. Teen (13-15) K. Judd 148 lbs. Teen (13-15) J. Gillette Teen (18-19) P. Tucker	SQ 180 245	J. Fil Oper J. Fil BP 105	as DT as DL 255	405 TOT 540	Boy. (Keith P	ayne photoraph
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MALE 132 lbs. Teen (13-15) K. Judd 148 lbs. Teen (13-15) J. Gillette Teen (18-19) P. Tucker 181 lbs. Master III	SQ 180 245 410	J. Fil Oper J. Fil BP 105 150 300	as h/DT as DL 255 255 400	405 TOT 540 650 1110	Boy. (Keith P	ayne photoraph
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MALE 132 lbs. Teen (13-15) K. Judd 148 lbs. Teen (13-15) J. Gillette Teen (18-19) P. Tucker 181 lbs. Master III D. Judd 198 lbs. Teen (18-19) K. Chayka Master III J. Ellis	SQ 180 245 410 285 435 350	J. Fil Oper J. Fil BP 105 150 300 145 290 215	as //DT as DL 255 255 400 375 465 405	405 TOT 540 650 1110 805 1190	Boy. (Keith F	Payne photoraph
MALE 132 lbs. Teen (13-15) K. Judd 148 lbs. Teen (13-15) J. Gillette Teen (18-19) P. Tucker 181 lbs. Master III D. Judd 198 lbs. Teen (18-19) K. Chayka Master III J. Ellis Open/DT A. Haggerty	SQ 180 245 410 285 435 350 565	J. Fil Oper J. Fil BP 105 150 300 145 290 215 365	as //DT as DL 255 255 400 375 465 405 585	405 TOT 540 650 1110 805 1190 970	Boy. (Keith F	Payne photoraph
MALE 132 lbs. Teen (13-15) K. Judd 148 lbs. Teen (13-15) J. Gillette Teen (18-19) P. Tucker 181 lbs. Master III D. Judd 198 lbs. Teen (18-19) K. Chayka Master III J. Ellis Open/DT A. Haggerty	SQ 180 245 410 285 435 350 565	J. Fil Oper J. Fil BP 105 150 300 145 290 215	as //DT as DL 255 255 400 375 465 405 585	405 TOT 540 650 1110 805 1190 970	Boy. (Keith F	Payne photoraph
MALE 132 lbs. Teen (13-15) K. Judd 148 lbs. Teen (13-15) J. Gillette Teen (18-19) P. Tucker 181 lbs. Master III D. Judd 198 lbs. Teen (18-19) K. Chayka Master III J. Ellis Open/DT A. Haggerty 220 lbs.	SQ 180 245 410 285 435 350 565	J. Fil Oper J. Fil BP 105 150 300 145 290 215 365	as 255 255 400 375 465 405 585	405 TOT 540 650 1110 805 1190 970	Boy. (Keith F	ayne photoraph
MALE 132 lbs. Teen (13-15) K. Judd 148 lbs. Teen (13-15) J. Gillette Teen (18-19) P. Tucker 181 lbs. Master III D. Judd 198 lbs. Teen (18-19) K. Chayka Master III J. Ellis Open/DT A. Haggerty 220 lbs. Open/DT	SQ 180 245 410 285 435 350 565	J. Fil Oper J. Fil BP 105 150 300 145 290 215 365	as 255 255 400 375 465 405 585	405 TOT 540 650 1110 805 1190 970 1515	Boy. (Keith F	Payne photoraph
MALE 132 lbs. Teen (13-15) K. Judd 148 lbs. Teen (13-15) J. Gillette Teen (18-19) P. Tucker 181 lbs. Master III D. Judd 198 lbs. Teen (18-19) K. Chayka Master III J. Ellis Open/DT A. Haggerty 220 lbs. Open/DT L. DeAlva 275 lbs.	SQ 180 245 410 285 435 350 565	J. Fil Oper J. Fil BP 105 150 300 145 290 215 365	as 255 255 400 375 465 405 585	405 TOT 540 650 1110 805 1190 970 1515	Boy. (Keith F	Payne photoraph
MALE 132 lbs. Teen (13-15) K. Judd 148 lbs. Teen (13-15) J. Gillette Teen (18-19) P. Tucker 181 lbs. Master III D. Judd 198 lbs. Teen (18-19) K. Chayka Master III J. Ellis Open/DT A. Haggerty 220 lbs. Open/DT L. DeAlva	SQ 180 245 410 285 435 350 565 560	J. Fil Oper J. Fil BP 105 150 300 145 290 215 365 430	as 1/DT as DL 255 400 375 465 405 585 365	405 TOT 540 650 1110 805 1190 970 1515	Boy. (Keith F	Payne photoraph

to Scott Taylor for providing the

nior		Submaster		J. Walsh	120		. Fergu	son 13
. Claypatch	205	K. Hubbard	315	181 lbs.			MALE	
. Claypatch	205	242 lbs.		Master (45-4	49)		8 lbs.	
18 lbs.		Junior			1 120	In	termedi	ate
aster (40-44	4)	M. Landon	160	Master (60-6	64)	J.	Langdo	n 80
Walsh	225	4th-170		J. Shoaf	110			
aster (50-54	1)	Master (50-5	4)	308 lbs.				
. Claypatch	245	V. Sherard	380	Master (50-	54)			
pen		Master (55-5	9)	Outstanding	Female	Oper	n Lifter:	Jamie
. Claypatch	245	L. Bearden	235	Langdon. Of	utstandi	ng Ma	le Teen	Lifter:
5 lbs.		Master (75-7	9)	T.C. Gordy.	. Outsta	anding	Male	Master
en (18-19)		G. Jones		Lifter: Mark	Sunter.	(courte	sy Keith	Payne)
Martin	230	275 lbs.					1	
31 lbs.		Junior		Manfall, D	lawart's	ting 1	DD/T	thing
termediate		C. Edmunds	385	Norfolk P				
Mabe	275	Master (50-5		9 JU	L 06 -	Norfo	lk, MA	
aster (45-49	))	W. Ferguson	350	BENCH		Allar	d	250
Upchurch		Master (55-5		Raw		Simp	son	225
pen		D. House	310	(18-25)		(36-4		
Mabe	275	FEMALE		Rudolph	280	Beno	it	415
98 lbs.		Raw		Rogers	315	Holle	oman	350
aster (45-49	9)	198 lbs.		(26-30)		Powe	r	285
	235	Intermediate		Delacruz	340	(56-6	(0)	
aster (50-54		J. Langdon		Heil	255	Junie	r	420
Goode	250	Open		(31-35)				
en (18-19)		H. Isbell	145	Simon	350			
Gordy	335	CURL		Triathlon	Reps	DL	5K	Final
Pennell		MALE		Rodriguez	16	405	19:42	12:25
20 lbs.		114 lbs.		Kane	13	415	22:42	15:01
aster (40-44		Teen (12-13)		Holloman	21	510	37:30	28:28
. Wall	350	B. Etringer		Rogers	18	425	_	_
		148 lbs.		Simpson	8	_	-	-
olice/Fire								



t the Iron Edward Duane Barker got a 4th attempt 440 pound bench press in otoraphs) the masters 40-44 age group/242 lbs. at the Iron Boy Bench Classic

## **VA BIGGER BENCH?** HE BIG BENCH BELT! Open J. Lanier Best Lifter Powerlifting: Aaron Haggerty. Best Lifter Powerlifting: Aaron Haggerty. Best Lifter Bench Press: John Filas. (Thanks to Scott Taylor for providing the results)



by the courtesy of Rodney Wood)

1 JUL 03	50	BP	DL	TOT
123 lbs.	34	Dr	DL	101
Submaster				
S. Wood	242	147	285	675
165 lbs.	242	14/	205	0/5
Open				
S. Hudson	145	110	165	420
MALE				
148 lbs.				
Open				
I. Ernst	230	160	325	715
165 lbs.				
Master (40-44	1)			
S. Hawkins	265	150	375	790
181 lbs.				
Teen (13-15)				
K. O'Conner	275	175	325	775
Teen (16-17)				
C. Raynor	622	335	507	1464
Teen (18-19)	1. 1			1
J. Hawkins	450	300	500	1250
198 lbs.				
Open				
M. Elmore	475	300	455	130
Master (40-44				
J. Neef	460	305	420	1185
220 lbs.				

J. Girdley	500	350	600	1450
Master (40-44	4)			
G. Pitts	-	405	510	915
Junior				
Z. Talbot	620	250	545	1415
Teen (16-17)				
B. Behning	435	-	-	435
242 lbs.				
Open				
J. Wantland	-	- 23	-	
Master (45-49	9)			
S. Hazen	-	-		-
Teen (16-17)				
E. Metcalf	365	260	405	1030
275 lbs.				
Open				
J. Svobada	645	-	- 17	645
308 lbs.				
Open				
1 Davis	730	530	650	1910

J. Davis 730 530 650 1910 Powerlifting Grand Champion: Jarod Davis. Powerlifting Runner-Up: Chris Rayner. Powerlifting Second Runner-Up: Jarrod Girdley. Single Event Championship Grand Champion: Justin Wantland. Single Event

deadlift, and total teenage World Ameri-can record. For a 16 year old young man, Chris shows great poise and technique during all of his lifts. Chris has a very bright future ahead of him and we look forward to seeing him lift in the APA again. MALE Second runner up was new comer Jarod 165 lbs. Girdley in only his second meet and after MBS









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500 lbs., respectfully. Also, new member, Jack Davenport, in his first meet surprised everyone totaling 1040 lbs. and pulling a

crowd cheering 450 lb. dead lift. In the 220's, Best Raw Lifter, Nick Cirignano out

lifted a field of seven lifters. Marcus Hurd won 2nd place in the 220's, coming just off

a hernia operation, so watch out Nick, Marcus is coming back! Best Master Lifter, 57 year old Dick Seymour, PR'ed his squat and total, finally breaking the 1200 lb. total barrier he has been chasing for years. total barrier he has been chasing for years. Ron Bent PR'ed his squat, lifting raw, pushing 400 lbs. up with a few pounds to spare. Walter Hussey, in his second meet made all his lifts and put up some great lift numbers, 400 squat and 510 deadlift. In the 165's, Bobby "Bezzie" Batcheldor just hissed his 400 lb. deadlift that would of taken him over the top and make his numbers. Even though the team razzes Bobby about his numbers, a lot can be learned from Bobby's determination and dedication to the sport of power lifting. In the 275's, Marcel Young won without any competition from Rich Messina. Rich Messina, lifting raw, after squatting 500 lb., miss judged his bench and deadlift opener and fell off the board. Rich was awarded the Nagasaki Award (Boom) Special thanks to Head Judge Dennis Montenbault for his help and advice in the sport of powerlifting. Also, special thanks to all the spotters, loaders and referees for doing an awesome job throughout the day. The power Team would like to thank the Superintendent of Bay State Correctional Center and his Recreational Officers for making this event possible. (Thanks to



Andy Shaffer benched the most weight raw in the WNPF with 600 at the Pennsylvania State meet on September 10th (from Troy Ford)

WNPF Pennsylvania

600

22

28

160

140

170

150

160

160

150

525

500

525

525

525

TOT

DL

10 SEP 06 - Ephrata, PA RENCH Opn Raw Shaffer! WOMEN RENCH REPS 123 lbs. **Open-Single Ply** 181 lbs. Renner 160\* Open Colordrillo (40-44)-Single Ply 160\* (40-44)Renner 165 lbs Passman POWERCURL (50-54) Raw 145 181 lbs. Cox MEN (40-49)181 lb Passman (40-44) Raw Open Colordrillo 340 Passman 198 lbs 242 lbs. (13-16) Raw (40-49) Passman 200 lohnson 220 lbs **Open-Single** Ply Parillo Bray! 450 (50-59) Bosley 275 lbs (45-49) Raw Smith 280 (45-49) (50-59)mith 315 Grossman 300 lbs. (60-64) Raw Davis 242 lbs. 300 Schoelkoph DEADLIFT (4-44) Raw 181 lbs. 375 johnson Open (45-49) Raw Neiman! 400 220 lbs. Kleinsmith (50-54) **Open Raw** Harman lensen (55-59) Raw Novice 310 Arment Bonga 300 lbs. (35 - 39)(60-64) Arment Schoelkoph 320 Police/Fire SHW Arment

SO

BP

WOMEN



(65-69)-Single Ply Winkelblech 205 95

148 lbs.

290 590

fetime Raw									record with	a 280 lb. bench. I	veep up me
eisey	110	90	175	375	AP	F Sun	nmer Slam		good work	Joel. The 198 lb. cla	iss was won
EN							Concord, NH	1		e Welch who bench was awarded first p	
) Ibs. -10) Raw					BENCH		P. Kulas	430		ss. Paul found his	
oas	75	60	125	260	MALE		S. Thompson	420		ft. Shane Thompson	
48 lbs.					Open		I. Cintron	345	place in th	e 220 lb. class with	a nice 420
fetime-Single		-			165 lbs. A. Eason	350	J. Lamport 242 lbs.	335		should be noted that	
tipa Single I	415	265	420	1100	181 lbs.	350	M. Tweedie	460		nursing an injury	
pen-Single I lipa	415	265	420	1100	J. Smith	280	T. Ladd	265		Also in the 220 lb. c	
55 lbs.			tori	ALL OF	J. Roy	325	275 lbs.		Lamport w	ho took first place i	n the Junior
3-16) Raw				ti ua 1	198 lbs. A. Welch	410	B. Reynolds SHW	640		an impressive 335 l	
ratton	230	180	280	690	I. Knowles	350	R. Geehan	340		242 lb. class. It was ner Moe Tweedie. W	
fetime Raw rowe	47034	15	550	1365	220 lbs.					Moe in action, and	
B1 lbs.	1105	1	0.2 0.				nmer Slam Benc		disappoint	us. He didn't jus	t take first
7-19) Raw	Nete .						lew Hampshire			is debut performance	
hultz	355	185	440	980	Prison. We w	Maste	e to thank Rod F r″Limoge, wl	toy and	new state	record in the sub-n D lb. press. Moe a	lasters class
5-49)-Single atina	455	235	440	1130	behind all of	the pr	ison's powerlifti	ing and	second high	hest Schwartz of the	day, Great
20 lbs.	435	233	440	1150	weight room	activiti	es. We would a	lso like		econd place in the	
fetime Raw					to thank A.P	.F. rep	resentatives Jam	nie Fel-	went to Tol	bey Ladd who bench	ed 265 lbs.!
ensen	-	-	-	-	lows and N	like "	The Bench Mo	onster"		. class was dominat	
pen Raw					rup the meet	This	g in to judge ar vas a sanctioned	APE		Brian showed us what ng heart can produc	
42 lbs.	-	T	-	_			d the competite			e old state record l	
0-23) Raw					chance to b	oreak s	tate records,	and as	with a jaw	dropping 640 lb. ben	ch. It should
mith	410	285	450	1145			165 lb. class w			t and just missed 67	
pen-Single I							easy 350 lb. be record in the 40		next lift. W	e expect 700 lbs. pl ming November me	us from him
	505	460	550	1515	class with thi	s lift. (	Great job Al! In 1	the 181		", keep up the g	
cAllister			440	1195	Ib. class, Josh	ua Roy	set a new state	record	Reynolds a	lso received best o	verall lifter.
10-44) Raw	405	350									41
10-44) Raw Ioudt 00 Ibs.	405 Natersh	ural	Pov	verlit	fting Fede	b. lift i	in the 33-39 ag		(Thanks to	Norman Franks for	. <u> </u>
10-44) Raw loudt 00 lbs. World	Nat	ural	Pov	verlit tratic	fting Fede	b. lift i	in the 33-39 ag		T BUG Tal	Norman Franks for	
World Membe	Nat	ural	Pov	verlit tratic	fting Fede	b. lift i	in the 33-39 ag		T BUG Tal	000344.60	
World Membe	Nat	ural	Pov	verlit tratic	fting Fede	b. lift i	in the 33-39 ag		T BUG Tal		
10-44) Raw Joudt D0 lbs. World Member LAST N. STREET	Nat ersh	ip R	Pov	tratio	fting Fede	natic	in the 33-39 ag on (WNPF FIRST		E		INT.
10-44) Raw Joudt D0 lbs. World Member LAST N. STREET	Nat ersh	ip R	Povegist	tratio	fting Fede	natic	in the 33-39 ag on (WNPF FIRST	NAM	E	AD	_ INT. DRESS
World Member LAST N. STREET CITY,	Nat ersh	ip R	Povegist	tratio	fting Fede	natic	in the 33-39 ag on (WNPF FIRST	NAM	E	AD	_ INT. DRESS
World Member LAST N. STREET CITY,	Natersh AME	ip R	Pov egist	tratio	fting Fede	s	in the 33-39 ag on (WNPF FIRST	NAM DAT	E	AD	_ INT. DRESS
World Member LAST N. STREET CITY, AREA C	Nate ersh	TEL	Pov egist	tratio	fting Fede	s	n the 33-39 ag on (WNPF FIRST TATE,	NAM DAT	E	AD	_ INT. DRESS ZIP
World Member LAST N. STREET CITY, AREA C AGE	Nat ersh AME ODE	TEL SEX	Pov egist	DNE:	fting Fede	s NE:	In the 33-39 ag DN (WNPF FIRST TATE, LIFETIME [	DAT	E	AD RTH 5 YRS	_ INT. DRESS ZIP 
ID-44) Raw Ioudt IOO Ibs. World Member LAST N. STREET CITY, AREA C AGE REGISTR \$10.00 S	Nat ersh AME ODE	, TEL SEX	Povegist EPHC	DNE:	fting Fede on CHECK O	s NE:	In the 33-39 ag DI (WNPF FIRST TATE, LIFETIME E NTIRE APPLI	NAM DAT DRUGI	E E OF BI FREE	AD RTH 5 YRS	_ INT. DRESS ZIP 
ID-44) Raw Ioudt IOO Ibs. World Member LAST N. STREET CITY, AREA C AGE REGISTR	Nat ersh AME ODE	TEL SEX	Povegist EPHC	DNE:	fting Fede on CHECK O	s lift i ratic s	In the 33-39 ag DIA (WNPF FIRST TATE, LIFETIME I NTIRE APPLI 30X 142347,	NAM DAT DRUGI	E E OF BI FREE	AD RTH 5 YRS	_ INT. DRESS ZIP 
ID-44) Raw Ioudt IO-165. World Member LAST N. STREET CITY, AREA C AGE REGISTR \$10.00 S \$20.00 F	Nat ersh AME ODE	TEL SEX	Povegist EPHC	DNE:	fting Fede on CHECK O FILL C WNPF	s lift i ratic s	In the 33-39 ag DIA (WNPF FIRST TATE, LIFETIME I NTIRE APPLI 30X 142347,	DAT DAT DRUGI	E E OF BI FREE	AD RTH 5 YRS	_ INT. DRESS ZIP 
ID-44) Raw Ioudt Iou lbs. World Member LAST N. STREET CITY, AREA C AGE REGISTR \$10.00 S \$20.00 F \$40.00 A SIGNAT	Nat ersh AME ODE	TEL SEX	Pov egist EPHC E YMPI	ONE:	fting Fede on CHECK O FILL C WNPF (678) PARENTS	6. Inf 1 ratic s NE: DUT E , PO I 817-4;	In the 33-39 ag on (WNPF FIRST TATE, LIFETIME I NTIRE APPLI 30X 142347, 743 SIGNATURI	DAT DAT DRUGI	E E OF BI FREE N AND M	AD RTH	_ INT. DRESS ZIP 
ID-44) Raw loudt D0 lbs. World Member LAST N. STREET CITY, AREA C AGE REGISTR \$10.00 S \$20.00 F \$40.00 A SIGNAT DATE	Nat ersh AME ODE ODE	, TEL SEX N FEE SCHOTS	Povegist ephc	ONE:	fting Fede on CHECK OI FILL C WNPF (678) PARENTS (memberships a	s lift in a second seco	in the 33-39 ag on (WNPF FIRST TATE, LIFETIME E NTIRE APPLI 30X 142347, 743 SIGNATURI for one year)	DAT DAT DRUGI CATIO FAYE	E E OF BI FREE ITEVILLE, IF	AD RTH	_ INT. DRESS ZIP 

Novice Raw Rambo 315 265 370 950

Novice Raw Rambo 315 265 370 950 "Grand Ma-Ma" Smith. Joel represented !=Best Lifters. (results courtesy Troy Ford)



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9 SEI	P 06 -	Oma	ha, NE	
BENCH		242	lb.	
FEMALE		Op	en	
181lb.		E.	Fodd	374
Open		(35	-39)	
K. Sharp	170	S. 1	Peterso	n 363
MALE		(40	-44)	
97 lb.		E.	Horwitz	z 187
(16-17)		(55	-59)	
J. Henkel	170	Β.	Sindela	r 336
198 lb.		275	lb.	
Open		(40	-44)	
M. Cole	385	Τ.	Westfa	II 192
220 lb.		SH	W	
(40-44)		(35	-39)	
J. Probasco		R.	Vincent	1 380
G. Rhoades	314			
FEMALE		BP	DL	TOT
Open				
181 lb.				
K. Sharp		170	358	529

....

Open 181 lb.

 
 Ronnie Powell pulled 501 pounds
 K. Sharp
 314
 170
 358
 843

 at Master 55-59/220 lb. at the
 B. Bishop
 137
 99
 159
 396
 100% RAW Omaha competition. MALE

d 501 pounds K. Sharp 314 170 358 843 R. Hraban 402 231 413 1047 20 lb. at the Master (65-69) B. Bishop 137 99 159 396 B. Sindelar 446 336 523 1306 MALE 9 159 396 B. Sindelar 446 336 523 1306 100% RAW Powerlifting Federation Membership Application 9 for 9 the 20 16-17 yr. old division had Glenn Melnick getting a 1,089 total with a nice 479 deadlift, in the 242 open division, Brian Hegemann totaled 1045 going 9 for 9 in his first meet, in the 242 Master 55-59 division, Bill Sindelar totaled 1303 with a nice 50 division, Bill Sindelar totaled 1303 with a first meet, in the 242 Master 55-59 division, Bill Sindelar totaled 1303 with a first meet in the 50 division, Bill Sindelar totaled 1303 with a first meet in the 50 division for 9 in his first meet, in the 242 Master 55-59 division, Bill Sindelar totaled 1303 with a first meet in the 50 division for 9 in his first meet in the 50 division for 9 in his first meet in the 50 division for 9 in his first meet in the 50 division for 9 in his first meet in the 50 division for 9 in his first meet in the 50 division for 9 in his first meet in the 50 division for 9 in his first meet in the 50 division for 9 division, ball Sindelar totaled 1303 with a first meet in the 50 division for 9 divisio Webs Colland and the FIRST NAME: INT. LAST NAME: STREET ADDRESS: CITY/STATE/ZIP: DATE OF BIRTH: AREA CODE / TELEPHONE: AGE: SEX: E-MAIL ADDRESS: REGISTRATION FEE MAKE CHECK PAYABLE TO: 100% RAW 139 MARLAS WAY, CAMDEN, NC 27921 \$25 - ADULTS NOTE: Your 100% RAW Membership Will Expire \$10 - HIGH SCHOOL One Year From The Date of Application. LIFTERS SIGNATURE: PARENTS SIGNATURE IF UNDER 18 YRS. OLD

C. Kenkel

I. Harvey

220 lb. (30-34)T Prati

Master (45-49)

Master 55-59

Master (55-59)

(40-44)

R. Powell

242 lb.

lobe

275 lb.

(30-34)

. Bangs

T. Westfall

lunior (20-24) Edsill

Master

(30-34)R. Vincent FEMALE

SHW

R. Cavalieri

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

132 lb

T. Bishop 203 154 303 661 Meet Director: D.J. Satterfield Sponsor Director: Richard "Vince" Vincent, The 100% RAW Powerlifting Federation Ne braska State Championships were held at the A.V. Sorensen Recreation Center in Omaha. This was the first time 100% RAW had been to Nebraska and it was a successful debut. We had 28 lifters from 3 states (NE, IA, and MO), ages 16-69, with 13 competing in the full meet. The meet was completed in four hours, thanks to great help. Only a belt and chalk were allowed and the competitors loved it. I would like to send a huge thank you to our local sponsors: MaxMuscle Nutrition, Omaha Sports Physical Therapy, Brumbaugh & Quandahl Law Office, Dave's Auto Body, -Birds Food & Spirits and Dr. John lukasiewicz from Back, Neck and Pain Relief Center; our national sponsors: Egg Whites International, Ironmind and Strong Magazine. These companies helped make for some great awards and prizes for the lifters. Also, I want to thank Shawn Baier, Bill Purcell, Tom Young, Judi Satterfield, Dan Gross, Kris McNeil, Tonya Satterfield, Jesse Jobe of lowa benched 303 in Omaha (photos from Paul Bossi) Pramote Khamsanit, T.J. Martin, Bret Carter, Sandy Vincent, Bill Sindelar, Don McElravy, Howard Huffman, Paul Bossi, Shawn Lyte, Nicole Melnick, Brittney Clemons, Cody Peters and Rob Blair. With-out all of you, this meet would have never run as smoothly. I want to give a special thank you to Keith Machulda, for guiding 

 R. March
 479
 —
 —
 mank you to Kenn Machina, for guiding

 198 lb.
 B. Edwards
 363
 330
 385
 1080

 B. Edwards
 363
 330
 385
 1080
 partner, Richard "Vince" Vincent, for all he did trying to keep me calm. The meet started at 10:00a.m. and had some impressive lifts. In the full meet, 97 lb. 16-17 yr.

 old division, 16 yr. old Jasen Henkel put up a 594 total with the highlight being his 258 squat, the 132# 18-19yr. old division had Chris Svoboda with a 726 total and 69 yr. old Tom Bishop with a 660 total including a 303 deadlift, in the 165 submaster division, Brian Terry totaled 990 with an impressive 523 deadlift, the 181 open impressive 523 deadlift, the 181 open division had Ryan March going deep on a 479 squat only to miss all his benches, the women's side of the 181 lb. division had 66 yr. old Buellah Bishop putting up a 396 total with a lot more left in the tank and 20 yr. old Kacie Sharp totaling 841 with an impressive 314 squat, in the 181 Master 55-59 division, Randy Hraban put up a 1,045 nice 523 deadlift, the SHW Junior 20-24 division had Idsac Edsill putting up a 1193 total. In the Push/Pull competition, the 198 Open division had Corey Kenkel going 6 for 6 with a 704 total, the 198 Master 45-49 division saw Jeff Harvey go 6 for 6 with a 643 total and 198 Master 55-59 Rick Cavalieri total 583 in the 220 Submaster Division, Terry Prati totaled 847 and 220 Master 55-59 Ronnie Powell total 841 with an impressive 341 bench, the 242 open division had Jesse Jobe putting up a 775 total, in the 275 submaster division, lason Bangs totaled 869 and the 275 Master 40 44 saw Tom Westfall put up a 500 total, in the SHW submaster division, Richard "Vince" Vincent went 6 for 6 with a 880 total. The Bench competition had 198 open division lifter Mario Cole pushing up a 385 bench, in the 220 Master 40.44 division, John Probasco put up a 363 bench edging out fellow 220 Master 40-44 competitor Gregg Rhoades, who had a 314 bench, the 242 lb. open division had Eric Todd putting up a 374 lb. bench, the 242 lb. submaster division saw Shane Peterson benching 363 lb. and 242 lb. Master 40-44 Ed Horwitz putting up a 187 lb. bench. Outstanding Full Meet: Bill Sindelar. Outstanding Push/ Pull: Terry Prati. Outstanding Bench: Mario Cole. Once again I would like to personally thank everyone that was involved in any way with the 100% RAW Powerlifting Federation 2006 Nebraska State Champi-onships. It was because of all of you, that this meet turned out to be a success. (thanks to D.J. Satterfield for these results)

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14 OCT	00 -			, 11		T			
BENCH		220		262		1.10			0.0
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198 lbs.	1	00	205	232	C. Gabbart	-	325	501	826
Z. Ogden	88	93	264	446	Open				
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A. Jacobsen	_	104		104	148 lbs.				
132 lbs.					J. McNeil	347	253	413	1014
. Sutter	253	132	314	700	Schoonover	253	220	264	738
148 lbs.					181 lbs.				
Z. Timmons	352	237	308	898	T. Scagliarini		341	485	1366
C. Harris	297	176	132	595	G. Meyerkord	-	281	474	755
165 lbs.					198 lbs.	100	49.4		1007
J. Ogden	330	192	380	903	T. Green R. Wood	628 639	424 451	644 545	1697 1636
B. Cuvar	264	220	363	848	W. Lemire	584	431	573	1603
181 lbs.				in the second	A. Odenwald		418	573	1532
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198 lbs.		~		1200	L. Haddad	402	231	369	1003
E. Leitman	501	341	556	1399	B. Croghan Jr		226	380	881
A. Winkle 275 lbs.	-	226	451	1113	220 lbs.				
E. Kern	429	363	451	1245	M. Tuley	523	391	584	1499
	429	303	451	1245	S. Welch	501	347	518	1366
Open/Teen 165 lbs.					B. Chaney	330	363	407	1102
D. Montieth	341	242	352	937	B. Coghan Sr.		231	418	925
181 lbs.	341	242	332	337	242 lbs.				
C. Motsinger	380	203	418	1003	B. Stewart	479	418	545	1444
198 lbs.	500	205	410	1005	McClelland	523	413	501	1438
. Oneill	308	214	341	865	P. Ostrander	501	330	501	1333
Master I					275 lbs.				
275 lbs.					T. Robbins	578	402	639	1620
R. Burgess	363	297	413	1074	J. Newsome	600	330	600	1532
	1				P. Buss	468	490	501	1460
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Open/Master 165 lbs. R. Bertel	363	226	429	1019					
Open/Master 165 lbs.	363	226	429	1019	Army used thi				

ifting \*\* (formerly ADFPA) Membership Application • PO Box 668, Columbia City, IN 46725 i0) 248-4889 • (260) 248-4879 fax • www.adfpa.com • www.usapowerlifting.com further agree that the rules, regulations, and drug

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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 Cl	ub Represented:
Membership Prices: (please circle one) • Adult - \$40.00 • High School Seasonal (6 mo. Only good Dec. 1 thru May	High School Division (Full year) - \$30.00     Opgrade from current HS	Special Olympian - \$10.00 • Youth (10-13) - \$15.00 Seasonal to HS Div. Full year - \$15.00
Competing Divisions:         (please circle all that apply)           Collegiate         Military         Police & Fire         High	Open Youth (10-13 yrs.) Teen (1	4-19 yrs.) Junior (20-23 yrs.) Master (40 yrs. & up)
USAPL Merchandise: (please circle choices) •T-Shirt •Women's T-Shirt - \$18.00 (sizeqty)(colors: Black, •White Referee Designation Polo - \$30.00 (sizeqty) •Lifter Classification Patch - \$5.00 (qty) (must provide	gray and white) •Kids T-Shirts and hooded sw •Logo Patch - \$5.00 (qt)	ack, gray) •Sweatshirts (Crewneck, zipper or hooded)- see e.store veatshirts - see e.store on website () (Shpg for patch: .50) •Tanks - see e.store on website •Caps and Beanies - \$15.00 (qty)(colors: Navy)



132 lb

165 lb.

**B.** Terry

R. March

181 lb

(16-17)

7 lb.

220 lb.

(18-19)

132 lb

165 lb.

181 lb.

B. Terry

Master (55-59)

C. Svoboda, 248 165 314 727

I. Henkel 259 170 165 595

C. Svoboda 248 165 314 727

Junior (20-24)

I. Edsill 407 270 518 1196 Submaster

R. Hraban 402 231 413 1047

225 242 523 992

G. Melnick 352 259 479 1091

225 242 523 992

479 - - -

253 451 705

242 402 644

237 347 584

347 501 848

341 501 843

303 473 777

363 507 870

192 308 501

270 518 788

380 501 881

SQ BP DL TOT



used this place to store its supplies light as he chronicled the event. The (Thanks to Harold Gaines for the results)

udges were dressed in the USAPL blue blazers and this looked more like a national meet than one might have expected. Great entertainment was provided by Brad Manion who wowed the audience by bend-ing metals spikes into odd shapes. Manion, a great bencher himself, is a master at and great bencher himself, is a master at engaging the spectators by using his bare hands to tear telephone books and decks of cards in half. The event opened with MC and former champ, Pat Rankin on the microphone. Pat has a natural gift and if he decided to would make a great football announcer. Seven women entered and for most of them it was their first or second meet. Newcomer Cassandra Sandoval qualified for the Teen Nationals with an easy total of 205k. Sandoval was probably good for another 15-20 kilos over her final deadlift of 102.5k. Female Best Lifter was taken by 14 year old, Megan Hall of southern Illinois with a Wilkes total of 239.4k. In the Women's Bench Press, three competed and Best Lifter honors son Green's opening squat of 584 pounds was a good lift at the second time in only her second contest. APL River's Edge meet in Granite City, Illinois (Traman photograph) The teen turnout was fantastic with 13 athletes. The division was won by Eric 551 418 485 1455 of war. But on this day it was being used Leitman of St. Peters, MO with a total of Keen5514184851455of war. But on this day it was being used<br/>as a stage for the biggest war of iron to ever<br/>hit Granite City, Illinois. 60 lifters, from 4Leitman of St. Peters, MO with a total of<br/>633k. Second was Caleb Motsinger, son of<br/>USAPL Illinois State Chair Mark & wife,<br/>PRs, and for some, participate for the first<br/>time in a huge meet. Rookies paired with<br/>veterans and the place was abuzz with the<br/>sechange of knowledge and the passion for<br/>moving big iron. Champion lifters like leff<br/>onover<br/>253Leitman of St. Peters, MO with a total of<br/>633k. Second was Caleb Motsinger, son of<br/>USAPL Illinois State Chair Mark & wife,<br/>Suzanne. 17 year old Gus Croghan rounded<br/>out the top three hitting 3 for 3 in the<br/>deadlift for a best deadlift of 195k. Local<br/>favorite Ben Cuvar had several PRs going<br/>of 155 lbs. There were 3 Master lifters in<br/>the 40-49s. Dan Keen edged out Rick Bertel<br/>of Paris, MO for first place and Ron Burgess<br/>With 4 warm-up platforms, every time the With 4 warm-up platforms, every time the plates clanked on the floor the echo was heard a dozen more times. There was a constant din of grunts, bangs, and flurries of dust as the lifters prepared themselves to change this place from a place of war power to a palace of raw power. Since this was an unheated warehouse and the out-95k. In the Open class there was a battle Id 5404185731532<br/>side temperature was in the low 50's<br/>side temperature was in the low 50's<br/>of the 198'ers between strongman Rodney<br/>Wood of West Plains, MO, and young man<br/>stadium blankets and the line for brats and<br/>tadium blankets and the line for brats and<br/>stadium blankets and the line for brats and<br/>Rick Fowler pulled out all the stops and had<br/>31095k. In the Open class there was a battle<br/>soft the 198'ers between strongman Rodney<br/>Wood of West Plains, MO, and young man<br/>totaled 742.5k but missed his third deadlift.<br/>23 year old Green surged ahead with a big<br/>third deadlift for a total of 771k taking first<br/>place. In the 275 lb, weight class there<br/>on an 8 ft x 8 ft video screen. A huge sound<br/>for at 13 soft 1438Weight class there dist<br/>were singlayed real line,<br/>on an 8 ft x 8 ft video screen. A luge sound<br/>system helped Van Halen and Metallica<br/>was the lightest man in that class winning<br/>ste the day. 30 year old Tim Robbins gathered rock the cavernous complex. Al Siegel's birting racks were used along with cali-brated York kilo plates on a carpeted lifting platform. The spotters and loaders while SHW Donovan Garris won Male Best Kobbins5784026391620inting platform. The spotters and loaderswhile SHW Donovan Garris won Male BestNewsome6003306001532were seasoned vets, and included pro<br/>football player, Chris Janek back spotting<br/>facility. I can't wait to see what to see howBencher. It was a well run meet in unique<br/>facility. I can't wait to see what to see howBales4183915181328during squats. The professional camera of<br/>bre it was decommissioned in 1998, theShawn Traman provided flashes of whitewonder if the cobwebs will still be there?

Mike Wolfley's MACC Bench Meet 26 AUG 06 - Beaver Springs, PA

20 100 0	0 - 00	aver springs	
BENCH		M. Major	420
FEMALE		S. Wilson	370
(48 lbs.		Masters I	
Open		L. Reese Masters II	355
. Furniss	225	Masters II	
MALE		B. Shafer	365
		R. Crowl	
Open		242 lbs.	
B. Rouzer	240	Open	
leen		C. Kitchen	500
A. Clarke	235	S. Boop	430
165 lbs.		J. White Masters I	385
Open		Masters I	
B. Crowe	435	D. Stahl	475
Blattenberger	425	275 lbs.	
Masters		Open	
Blattenberger	425	T. Shartzer	485
E. Armstrong	290	L. Livermore	475
181 lbs		M Rordner	245
Open		Masters II	
F. Permattei	485	P. Simpson	575
M. Stahl	255	308 lbs.	
198 lbs.		Open	
Open		D. Johnston	455
S. Kuhns			
M. Blackburn	340	B. Godden	455
Teen		B. Carmack	365
M. Holdren	335	SHW	
220 lbs.		Open	
Open		Pultynovich	500
D. Stahl	515	ALL PROPERTY OF	

Well we headed down to Beaver Springs for the annual MACC Bench Meet, hosted Mike Wolfley. Mike had a great meet about 30 lifters. Everything ran smooth. The judging was great. The spotters were and talk to lifters. (photographs courtesy of Sandi McCaslin) meet and talk to lifters. (photographs courtesy of Sandi McCaslin) with Weas. Jen has been away for a while, with a 420 and Shawn Wilson third, with Stosh Pultynovich's 500 raw at 312. This





Palmer Simpson bench pressed an awesome 575 pounds at 275 lbs. Master II age group at the Backyard Bench Meet in Beaver Springs. M. Pariso 80 J. Stephenson 305 Brian Crowe for providing these results)



The First Man in the World to Bench Press 1000 lbs. (1005) Gene weight Rychlak, with Sarah McCaslin, came out to judge the MACC Bench

cake. 148 lb Miller the fo **Becht** Fiorio J. Zig MEN L D well. Zane and I stuck to Dr Pepper as we had to drive home Saturday night. We had Ope an auction on Sunday. It was a long drive 181 home, but we actually didn't even get tired, made it with no problems at all. Wish G. S we could have stayed, it was great. Maybe D. A next year we'll be able to make an auction 198 adjustment. Zane even made a comment about moving the asylum to PA, since we M. H spend so much time there anyhow. I got lost 220 of great video and pics, thanks to Sarah, D. O she works very hard at the meets and J. He doesn't get nearly enough credit for what 242 works very hard at the meets and she does. All of the pics and videos can be N. H seen at www.ironasylumgym.com. We have 275 many meet results there and lots of upcom-ing information as well. (Thanks to Sandi J. Ba

		e Bench III
	CI 00 .	Buffalo, NY
BENCH		Open
NOMEN		148 lbs.
Open		J. Wozniak
32 lbs.		J. Bruney
. Pedulla	95	Teen (15-18)
81 lbs.		148 lbs.
R. Miller	225	J. Wozniak
leen		165 lbs.
A. Wizner	85	T. Wilkinson
MEN		A. Ferchen
outh		220 lbs.
A Pariso	80	I Stenhenson

McCaslin for providing these meet results)

225

185 255 440 Barsh R. Herron 105 225 330 Champs Fitness Center, along with the Central Susquehanna Area Special Olym-pics, and Champs Powerlifting Team sponsored another great special Olympic com-petition. It featured 14 special Olympic athletes, two guest lifters, and a big crowd of family and powerlifting fans. This com-250 petition would not have been possible vithout the help of the Folio Family, Bud wolfe, Mac MacFadden, Sara Bierly, Palmer Simpson, Joe Brown, Robin Rudy, Eric 250 Lennartz, Lynn Fatool, and the families of all the special athletes. I would like to give nson 240 a big thank you to Champ Fitness Center for allowing us to train in a powerlifting friendly gym all these years. (Thanks to

105 105.		J. Hall	433
E. Carter	305	R. Blaser	285
181 lbs.		SHW	
J. Green III	375	I. Miller	500
A. Wegerski	195	P. Granto	365
198 lbs.		Master (40-5	0)
E. Carter	350	A. Williams	470
J. Fiorella	350	D. Cronkhite	
I. Brothers	325	Master (50-6	
220 lbs.		D. Brochey	
C. Hoplight	460	J. Green Jr.	
I. Conte		Submaster	
242 lbs.	515	A. Jackson	345
	275	J. Hall	
		Vinners: Youth	
		Nozniak, Men-	
		55 lb. Reps I	
		er: Marissa W	
		Bench Press C	
		o. The Battle	
		success. The c	
was promot	led by	WNPF Nat	Tonal
Powerlifting	Champ	ion Al Lewis,	along
with the Jewi	sh Com	munity Center.	Start-
ing the conte	st off v	vas 8 year old	Mike
		hed 80 lbs. and	
		the youth put	
		was amazing.	
		irst place in the	
		some strong rat	
		Ann Miller had	
		a bench press of	
Ibs. Andre Ja	ckson	had won lighty	veight
best lifter w	ith a 3	45 lbs. bench	press
weighing 137	lbs. Cra	aig Hoplight had	d won
Heavy weight	t best l	ifter with a 40	50 lb.
bench press.	Other g	good lifts were	Vince
		guest lifter wh	
benched 450	b. raw	like it was a pie	ece of
cake. Master	lifter	Dennis Bracher	y had
benched 290	b. weig	hing a little les	s then
148 lbs. The	meet's	biggest lift wa	s Jeff
		ed 500 lbs. Tha	
		ade the contest	
		munity Center,	
Becht and Mr	s. Bech	t, Tony Evans,	David
Fiorio, Pat D	ick, De	wayne Lowery,	Jason
Fiorio, and F	alls Fitn	ess Factory. (I	hanks
		ding the meet r	
to the Lenna It	Poor	o me meet t	

275 lbs

J. Hall

435

Champs Fitenss/Susquehanna 16 SEP 06 - Shamokin Dam, PA

СН				
E				
atlin 105				
nyder 175				
ial Olympics	BP	DL	TOT	
MEN				
igler	90	175	265	
Valker	75	205	280	
1				
lbs.				
avis	75	175	250	
lbs.				
n				
fillyard	405	_	- 405	
lbs.		1.1		
sman	195	300	495	
choll	160	315	475	
Intal	85	175	260	
lbs.	05		200	
105.				
Holdren	385	455	840	
lbs.	303	433	040	
)sman	190	350	540	
ess	185	225	410	
lbs.	105	223	410	
(alcich	165	350	515	
	165	350	515	
lbs.	240		7/0	
Bordner	240	520	760	

#### LNPS Nationals 13 MAY 06 - Tuscola, IL

C. Weihmeir 235\* BENCH 181 lbs. FEMALE C. Weihmeir 235\* Teen (18-19) 114 lbs. Master (55-59) 65\* C. Morgan 198 lbs MALE R. Carlson 320\* Teen (18-19) Open 198 lbs. 242 lbs K. Minnaert 375\* D. Walker 660\* Master (40-44) DEADLIFT 275 lbs. MALE Master (45-49) M. Hinkston 460\* Master (45-49) 165 lbs 165 lbs Weihmeir 325\* MALE SQ RP DI TOT Teen (18-19) 181 lbs. 450\* 360\* 500\* 1310\* K. Mattis 220 lbs. 380\* 275\* 420\* 1075\* R. Terry Master (45-49)

C. Weihmeir 245\* 235\* 325\* 805\*



Ryan's first competition. For the master men's 45-49/165 class it was Chris Weihmeir with a 245 squat, a 235 bench and a 325 deadlift for an 805 total. All were new national records for Chris, who will soon go under the knife once again for his back. We all wish him the best in for his back. We all wish him the best in his upcoming surgery, for it was, quite apparent to everyone the pain he was feeling with each lift! Moving up to the 198 class for the 55-59 age division was Richard Carlson. Setting all new national records for the class, Richard finished with a 425 court a 320 banch and a Natural Powerlifting Society Nationals with a 425 squat, a 320 bench and a were held at Son Light Power Gym in personal best 445 pull for a 1190 total! In Tuscola, Illinois, Thanks to my son Joey the open division Mike Strom success-and grandson Daniel for helping with the fully defended his title at 181 with a new And grandson Daniel for helping with the<br/>and grandson Daniel for helping with the<br/>vevent. In the powerlifting competition we<br/>had two great teenage lifters in the 18-19<br/>age group, both of which set new national<br/>records for their respective classes. At<br/>181 it was kris Mattis with a big 450 squat,<br/>followed with a 360 bench and a great 500<br/>pull for a 1310 total. Ryan Terry won at<br/>220 with 380-275-420-1075. This wastill with a new<br/>hat two great teenage<br/>tilty defended his title at 181 with a new<br/>hat work for the bench (525) and<br/>total (1645). This also gave Mike his first<br/>Eite total in powerlifting, which included<br/>a 590 squat and a 530 pull. At 242 it was<br/>Tim Wilke with a 1455 total, via his 550<br/>squat, 405 bench and 500 pull. On his final<br/>teept with 380-275-420-1075. This wasKale Minnaert & Courtney Mor-<br/>gan (photos by Dr. Darrell Latch)Kale Minnaert & Court Latch)

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and Mark Hinkston with awards at the LNPS Nationals in Tuscola.

Master (55-5	59)			
198 lbs.				
R. Carlson	425*	320*	445*	
1190*				
Open				
181 lbs.				
M. Strom	590	525*	530	
1645*				
242 lbs.				
T. Wilke	550	405*	500	1455
*LNPS Nati	onal R	ecords.	. Best	Lifter
Powerlifting	: Mike	Strom	. Best	Lifter
Bench Press:				
Natural Pov	verliftin	g Socie	etv Na	tionals



Dave Walker (Best Lifter Bench Press), Mike Strom (Best Lifter - PL)

event newcomer Courtney Morgan set the mark for the womenis 18-19/114 class with 65! Gee, it was nice to have at least one good looking lifter in the meet! For the nen's 18-19/198 class it was boyfriend Kale Minnaert with a new national record 375 bench, Mark Hinkston also got a new national record for his class, 40-44/275 with his 460 final attempt. Chris Weihmei got the records at 45-49/165/181 with 235. Then at 55-59/198 it was Richard Carlson with his national record 320. David Walker had some problems with his David Walker had some problems with his OLD shirt, getting a slight tear with his second attempt, but came back with 660 to make that weight convincingly for a new national record at 242. Our single competitor in the deadlift event was Chris Weihmeir, who garnered another national record at 45-49/165 with 325. Best lifter for the powerlifting event was Mike Strom, while the best lifter for the bench press event was David Walker. Thanks again to all the competitors and specta-tors. See you again next year! (Thanks to Dr. Darrell Latch for the meet results)



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Scott Hazelton benched 407 lbs. at 165 at the ADFPF Michigan State.

ADEDE I			
		an State Ope	en
30 SE	P 06 -	Lansing MI	
BENCH		138 lbs.	
FEMALE		Master II	
154 lbs.		C. Burr	159
Master II		MALE	
K. Waugh	-	181 lbs.	
MALE		Open	
168 lbs.		S. Baynes	341
<b>Open/Master</b>	1	Master III	
S. Hazelton	407	D. Gannage	248
<b>Open/Master</b>	1	Master VI	
T. Greenman	325	J. Kiszelik	181
198 lbs.		Open	
Master II		V. Gilchrist	-
J. Jachim	363	198 lbs.	
L. Delis	-	Master IV	
242 lbs.		A. Ross	292
Master II		Master VI	
Police/Fire/M	Ailitary	T. Andrews	264
G. Andrew	451	242 lbs.	
Master IV		Master IV	
Police/Fire/M	Ailitary	R. Moleski	325
Washington	281	Master V	
319 lbs.		D. Meloche	297
<b>Open/Master</b>	IV	R. VanEck	110
J. Buchin	418	275 lbs.	
Raw		Teen III	
FEMALE		E. Schiauch	270
MALE	SQ	BP DL T	OT
148 lbs.			
<b>Open/Master</b>	11		
R. Fricke	187	187 270 6	44

0		Ez-	
	B		

220 lb Open/Master II B. Bolyard 30

242 lbs

275 lbs Master II G. Ostrom

319 lbs Teen III

Raw

138 lbs Master II

C. Burr 181 lbs

M. Waller

Master III

220 lbs.

275 lbs

**Open/Master II** . Polena

M. Arman

Open/Master A. Diaz

363

407

314 529 1207

1267

463 433 463 1361

352 507

600 402 567 1570

220 159 314 694

352 292 501 1146

369 259 418 1047

303 253 407 964

407 418 -Thirty lifters representing 3 states (Illi-nois, Michigan & Ohio) along with fami-

George Washington of Lansing, Michigan competed in the 242 class.

AMERICAN DRUG-FREE POWERLIFTING FEDERATION . Active & Non-active Membership Application Form Complete this form and mail with membership fee to: ADFPF, 27 ELMO DRIVE; MACOMB, IL 61455 Need more information? Go to: <www.adfpf.org>

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

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

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

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 suspended member and/or member who is suspended for testing positive for a banned substance or doping method on the internet, in Powerlifting USA, in RAW POWER, or any other publication that the ADFPF and WDFPF so choose

Signature	1	If Un	der 21 yrs., Parent Initial	Date		Prior Registration No	
Name		Phone	e	E-mail	1000 S		_
Address		100 Page 1	City	n-Finaleat and	State	Zip Code	_
Date of Birth	Gender	U.S. Citizen?	ADFPF Registered Club	Member			

Referee Ranks & Organization

Active ADFPF Membership Fee \$20.00. Paid via (CIRCLE ONE): CASH CHECK made out to the ADFPF MONEY ORDER made out to the ADFPF The ADFPF offers a NON-ACTIVE MEMBERSHIP for coaches, meet directors or officiate who want to join the ADFPF but who WOULD NOT BE ALLOWED TO COMPETE nor would they be DRUG TESTED. The Non-active ADFPF Membership Fee is \$20.00. (It is possible to change the NON-ACTIVE membership into an ACTIVE mem nal fee of \$75.00 to cover the cost of a ure drug test).

Non-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 are non-refundable



Greg Ostrom and son and trophy

ships. The ADFPF lifters were looking forward to another crack at establishing o breaking ADFPF American & State Records. Many were successful as goals were achieved; some goals had to be postponed for a future competition. By the time the last deadlift was ripped off the floor, the 30 lifters had set 25 American powerlifting records and 16 American Single event records. The Michigan State records took a beating as 38 new powerlifting and 17 new single event records replaced what had been on the books since 2005. Many thanks to the Lansing Community College Athletic Administrator, Lynn Savage, Lead Support Staff Sarah Parkhos, Kenijo Buchin, Barb & Jack Bowen, announcer Greg Brobny, J.D. Buchin, and assorted workers were well prepared for the influx of guests and lifters whose hopes were focused on doing their best. Much appreciation for Meet Director Jeff Buchin and for the dozen young men recruited from LCCs weight raining classes to assist with spotting and loading. They did an excellent job! How do we thank our ADFPF Photographer Jack Stevens with lovely wife & assistant Violv? Stevens with lovely wife & assistant Violyf Once again, they honored us by flying in from Florida armed with cameras, large quantities of film, business cards and enthusiasm. Joining the film crew was son John, a past ADFPA & WDFPF Teenage Champion. Jack and Violy were busy throughout the meet getting pictures with names, loads on the bar, event, division, category, etc., while son John assisted lifters who arrived without a coach and

when needed, John moved in to work as a back-up spotter. Anyone wanting to see the array of meet photos should contact jack. k7kjack@yahoo.com. The ADFPF lifters of meet photos should contact Jack: k7kjack@yahoo.com. The ADFPF lifters had their choice of competing in the unequipped and/or the equipped division of powerlifting and/or single events. Lifters had the option of competing in seven different lifting categories depending on their specific age (date of birth) on 9-30-06 (the day of the competition); the Police/ Fire/Military category can be entered by lifters who are employed full time as lifters who are employed full time as Police/Fire/Military personnel. Because the ADFPF is the U.S. affiliate to the World Drug-Free Powerlifting Federation, many lifters have qualified to compete in the 2006 World Championships. ADFPF mem-bers are encouraged to check the Powerlifting International Qualification Totals listed in their ADFPF Condensed Rulebooks. Qualification for participation in the 2006 Single Event World Champion ships is via posting a Total in an ADFPF sanctioned event. The following is our 2006 international schedule (our website includes all meet information with entry forms): www.adfpf.org, The 2006 Single Event World Championships will be held in Bendigo, Australia on October 20 (Squat event); 21 (Bench Press Event) and 22nd event); 21 (Bench Press Event) and 22nd (Deadlift Event). The 2006 Powerlifting World Championships will be held in Kinsale, Ireland on November 11th (Un-equipped Division) & 12th (Equipped Divi-sion). There were many meet highlights as evidenced by the records set and the meet recents fixed heldew. The experience and results listed below. The experience and ages of the participants ran the gamut. The state of Ohio with only two entries repre-sented the youngest and the oldest lifters in the Single Event Competition; Eric Schiauch at 19 years of age and Charles Lee at 86 years of age and Charles of Lima, Ohio completed the Unequipped Division Bench Press competition with Ohio State and American Records. Charles will be one of the ADFPF members representing the USA in the WDFPF Single Event World Championships held in Bendigo, Australia on October 20, 21 & 22nd. In the Equipped Division of Powerlifting, was another 19 year old, Matt Arman of Newaygo, MI who re-wrote the record book with an impressive 712 kilo total qualifying him for the 2006 Powerlifting World Championships in Kinsale, Ireland! Read on for the meet results, WDFPF





BANDS	CO:
Mini	(1/2" wide, assorted colors)
Light	(1-1/8" wide, Purple)
Averag	e (1-3/4" wide, Green)
Strong	(2-1/2" wide, Blue)
Jump S	tretch Regular Platform
Jump S	tretch Sumo Platform

and an an and the fill	Checks a
EF	E
WWW.ELITEFTS.COM	

Qualifiers and more info for athletes enter-ing drug free international competition. Two ADFPF members qualified to enter the World Drug Free Powerlifting Federation's 2006 Powerlifting World Championships via their total in the Unequ9pped Division of Powerlifting: Carol Burr and Chris Polena. Congratulations to these lifters who now have a spot secured on the U.S. Team traveling to Kinsale, Ireland to com-pete on November 11th. One ADFPF mem-ber qualified for the 2006 World Powerlifting Championships held in Kinsale, Ireland on November 12th. Congratula-tions once again to 19 year old Matt Arman for winning a slot on the Teenage U.S. Team traveling to Kinsale, Ireland. All the ADFPF lifters who totaled in either the Team traveling to Kinsale, Ireland. All the Amador Diaz, and Todd Greenman; all ADEPF lifters who totaled in either the Unequipped or the Equipped Division of the Single Event Bench Press Qualified for the 2006 Single Event World Chemical Chemica ships held in Bendigo, Australia on Octo-ber 20, 21 & 22nd. Lifters who would like to take advantage of this incredible oppor-tunity to travel to Australia, contact Judith M. Gedney immediately. All the Champi-onships Information is posted on the ADFPF website at www.adfpf.org. The ADFPF has a travel agent who may be able to get good Brandon Bolyard pulled 529 lbs. prices for the lifters on our U.S. Teams. Please phone the following toll free num-

ITE FITNESS SYSTEMS 38 Maple St. London, Ohio 43140 P 888.854.8806 F 740.845.0498

Qualifiers and more info for athletes enter- ber and ask for Margaret 877-837-4711.



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Carol Burr squatted 220 @ 63 kg.

One KILOGRAM equals 2.2046 Pounds For a quick approximation, take the amount in kilos and double it, then add 10 percent of the doubled amount. For example, to convert 115 kilos, double the amount (230) and add 10 percent of the doubled amount (23) for a total of 253, which is the conversion of 115 kilograms to 253 pounds.

#### **USPF** Regional 22 OCT 06 - Martinsville, WV BENCH Master (40-49) MALE 181 lbs . Potts Open S. Modesitt Submaster 529 . Taylor 440 308 lbs. lunior (20-23) Open M. Gehrig A. Grass DEADLIFT 270 242 Master (50-59) 391 M. Fox FEMALE 198 lbs. 181 lbs Master (40-49) Open K. Baker 385 S. Strozza 325 220 lbs. MALE Open J. Bennett 242 lbs. 181 lbs. Master (50-59) 418

E. Snider

352 M. McCae

308 lbs.

est Lifter

lunior (20-23)

529!

617

485



Josh Stottlemire deadlifted 551 at the USPF Regionals in WV.

5-6 AUG 06 - Colorado Sprgs., CO Shane Modesitt benched 529 in the Open 275s at the USPF Regional in New Martinsville (photographs by courtesy Venturella) FEMALE 50 BP DL TOT D. O'Brien 352 303 396 1051 148 lbs 181 lbs Master (40-49) Junior (18-19) V. Baker 154 264 418 Throckmorton 380 319 446 1145 Master (40-49) Master (40-49) T. Mullett 176 148 248 572 R. Billiter 281 380 424 1085 165 lbs. 220 lbs Junior (18-19) Open 347 259! 380 J. Stottlemire 507 435 551 1493 Porter 986 181 lbs Junior (20-23) Master (40-49) Christopher 562 352 644 1558 S. Strozza 110 325 435 Open Adams 578 512 622 1712 Pierce 181 297 478 242 lbs. MALE Junior (20-23) 132 lbs D. Westfall 473 440 551 1464 unior (18-19) !=American Records, Best Lifter Female: Jessica Porter. Best Lifter Male: Jason A. Herrick 347 192 352 891 165 lbs. Adams. (results courtesy of Matt McCase lunior (20-23) Application for Registration UNITED STATES POWERLIFTING FEDERATION (801) 776-2300 · FAX (801) 776-4600 First Name Initial Current Card # (If Renewal) Renewal YN Club Nam Area Code/Telephone Current High School Special Olympian Y N Y N Y IPF Cat.1 Cat.2 Nat. State N Sex Today's Date Card Issued By Date of Birth MF 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 UNITED STATES POWERLIFTING FEDERATION testing

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.

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B. Mayo 181 lbs.

lunior

**USAPL Rocky Mountain State** 

D. Hessie 245 425 670 198 lbs Teen T. Katka 295 530 825 198 lbs. Master T. Haggenmille 305 480 785 Open J. Icehour 320 600 920 lunior 305 405 710 R. Trappen 220 lbs Teen T. Richter 255 465 720 Open C. Davis 330 450 785 Junior M. Neels 350 575 925 Master M Edelstein 430 660 1090 242 lbs. Master B. Hudyma 850 485 I. Milnes 335 820 Master (72) 190 325 515 D. lacobson 275 lbs. Open R. Kolbeck 435 600 1035 515 975 460 J. Harvey 275+ lbs Open B. Madvig Rep Your Bodyweight 460 700 1160 M. Shuttleworth 24 Kraska Kluver 39 R. Trappen 18 D Vanke 14 D. Hessig 22 Icenhou 21 P. Wong 49 After the meet was the Farmer's Walk, with a pair of 125 lb. dumbbells, won by Joe Icenhour, 2-3/4 times around the property. Next we had the bench press your for reps. Peter Wong, a 148 lb. lifter, won an amazing 49 times. This was Power Works Gym all time record. Also, Maura ittleworth, 110 lb. female lifter, lifter her bodyweight 24 times, Judges were Tim Cahill, Tom Hines, Jane & Aaron Welburn. Also, Jesse Kluver, a 148 lb. Junior, did 2 Also, Jesse Kiuver, a 148 ib. Junior, did 2 tours in Iraq, left me a note after the meet saying, "Thanks for the great competi-tion. It's people like you who motivate me to do the things I do." (Thanks to Tom Haggenmiller, owner of Power Works Gym, for providing these contest results) **ISS Bench Press Championships** 16 SEP 06 - Kenosha, WI BENCH Junior/Raw MALE B. Troia 300 242 lbs **Open/Raw** T. Johnson 220 lbs. 335 Open S. Corbett 485

Open/Raw J. Dietrich 165 lbs. 305 Raw Best Lifter: Travis Johnson. Equippe Best Lifter: Sean Corbett. (courtesy Mike The Anabolic Solution is all about manipulating lean body mass and body fat. And it does this by affecting metabolic changes and altering the body's anabolic and the catabolic hormones and growth factors. But the Anabolic Solution is more than just the best natural way to reach your powerlifting goals. By duplicating much of what people get from the use of ergogenic and body composition changing drugs the Anabolic Solution is a safe. effective, and natural alternative to the

use of these drugs.



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unior (18-19)

Master (40-49)

M. Modesitt 545

M. Byrd

72

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USPF Rhode Island High School

26 MA	R 06	- Cran	iston,	KI
BENCH 148 lbs.		E. Va 198	lerio lbs.	190
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H. Degrace	250	200	305	755
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B. Cox	155	135	235	525
198 lbs.	200	-	110	1115
N. Morgan 242 lbs.	380	295	440	1115
D. Braccio	450	325	455	1230
R. Perry			335	

R. Perry 315 165 335 815 these competitor for coming out and \*=RI State Records. As always, I would first putting on a great performance, showing like to thank all my sponsors, Spine Tech, what our youth of today can dot. Hope-a.k.a Dr. Robert A L'Europa, Ocean State fully we will see you all again next year, Gym, TJI Construction, Coventry Physical bigger and better. Have a great year. Therapy & Sports Medical, Inc., Elmwood (Results by Ted J. Isabella, USPF RI State Countertop, Allendale Auto body & Sales, Chairman, USPF Executive Committee)

and Remember When Vintage Candies. With my sponsors continued support each year, it has allowed me to continually put this contest each year. I would like to on this contest each year. I would like to also thank all my judges, spotters, load-ers, score keepers and my announcers who are always a huge help each year. As always, I would like to thank my co-meet director, Bob Connell Jr. for all his help director, Bob Connell Jr. for all his help and for maintaining our website, www.ripl.org. This was my second year trying to run the High School meet with the RI State Championships. I was a little happier than I was last year. We had twelve lifters compete, which was a lot better than the numbers we had last year. Same as last year, I did not get much help and support from the local high schools. As before, the schools still will not even put up the posters. Hopefully this year competitors is a good sign of things to come. We had a number of lifters put up some impressive numbers. I want to thank these competitor for coming out and

$\begin{array}{c c c c c c c c c c c c c c c c c c c $	$ \begin{array}{c ccccccccccccccccccccccccccccccccccc$	3       SQ       BP       DL       TOT       165 lbs. RLM (45-49) D. Selby       121       93       253 Raw-DL-254       468         166       132       214       513       R Life V. Stephens       —       # <td< th=""><th>RHS (16-17)       286       187       341       815         NcLeod       286       187       341       815         RHS (14-15)       242       165       319       727         RT (16-17)       214       143       319       677         RHS (14-15)       214       143       319       677         RHS (14-15)       214       143       319       677         RHS (14-15)       253       176       319       749         RLM (45-49)       D. Kinoshita       —       —       —         J. Dumn       —       —       —       —         J. Dumn       —       —       —       —         J. Dumn       —       —       —       —         I. Boodriguez       429       281       501       1212         LM (50-54)       R       Branch       463       343       443       1250         RLM (55-59)       M. Drake       143       303       286       733         Mil Jr       P. Brown       451       308       622       1383         Life       C. Meier       451       402       584       1438   <th>220 lbs. RM (40-44) S. Landry 523 391 661 1576 RLM (50-54) E. Berteaux 385 352 501 1240 Raw-DL-502 Mil W. Kisse 485 374 501 1361 M (40-44) K. Mattison 556 402 485 1444 Mil K. Mattison 556 402 485 1444</th></th></td<>	RHS (16-17)       286       187       341       815         NcLeod       286       187       341       815         RHS (14-15)       242       165       319       727         RT (16-17)       214       143       319       677         RHS (14-15)       214       143       319       677         RHS (14-15)       214       143       319       677         RHS (14-15)       253       176       319       749         RLM (45-49)       D. Kinoshita       —       —       —         J. Dumn       —       —       —       —         J. Dumn       —       —       —       —         J. Dumn       —       —       —       —         I. Boodriguez       429       281       501       1212         LM (50-54)       R       Branch       463       343       443       1250         RLM (55-59)       M. Drake       143       303       286       733         Mil Jr       P. Brown       451       308       622       1383         Life       C. Meier       451       402       584       1438 <th>220 lbs. RM (40-44) S. Landry 523 391 661 1576 RLM (50-54) E. Berteaux 385 352 501 1240 Raw-DL-502 Mil W. Kisse 485 374 501 1361 M (40-44) K. Mattison 556 402 485 1444 Mil K. Mattison 556 402 485 1444</th>	220 lbs. RM (40-44) S. Landry 523 391 661 1576 RLM (50-54) E. Berteaux 385 352 501 1240 Raw-DL-502 Mil W. Kisse 485 374 501 1361 M (40-44) K. Mattison 556 402 485 1444 Mil K. Mattison 556 402 485 1444
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#### FOR REVIEW Muscle Mechan ics, 2nd Edition, which uniquely de scribes the correct performance techniques for 65 different resistance exercises, was written by Everett Aaberg. Mr. Aaberg has been a teacher and

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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" describes 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

HHILIH within the body and the external movement in question. The effect is profound because you 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 movements they're undertaking, which could easily result in greater performance, enhanced safety, and more effective training sessions. Thisbook 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 1-800-448-7693



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A. Mitchell	215	195	285	695	Calvin Tucker,		
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	MALE				
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	M. Grizzard	305*	195	355*	855*
	220 lbs.				
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		4th-B	P-510!		
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148 lb

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K Minnaert 365

Novice 181 lbs. B. Hanrahan 380 340 T. Hague Teen (18-19) SHW Wojciechows 500 198 lbs.

USA Raw BP Summer Nationals

11 IUN 06 - Mattoon, IL

RENCH

FEMALE

C. Morgan

242 lbs.

MALE

\*=USA Raw Bench Press Federation National Records, Best Lifter Bench: Jacob Wojciechowski. The USA Raw Bench Press Federation Summer Nationals was held at Cross County Mall in Mattoon, Illinois. Thanks again to the Mall Association for promoting this event. In the teenage women's 18-19/114 class it was Courtney Morgan with a new personal and national mark of 75. Also getting a new personal, along with a new national record was Carolyn Muessman, winner at 40-49/242. Carolyn finished with 205, but returned to the platform for a successful fourth of 210! New lifter Trey Hague won at novice 181 with a new personal best of 340. Trey also took the junior 181 class as well. For the men's 18-19/198 class it as well. For the men's 18-19/198 class it was Kale Minnaert with 370, upping his previous best by five pounds. In the submaster division it was Derek Matlock with 325, followed by a 330 fourth. John Wojciechowski looked strong at 40-49/ shw as he worked through his attempts, finishing with 475. Brian Hanrahan got a strong 380 at a 181 bodyweight for the open 181 title. Our final lifter was open shw and best lifter Jacob Wojciechowski who won his class with an eave 500. All who won his class with an easy 500. All of these lifters are now qualified for the USA Raw Bench Press Federation World Championship to be held November 4 Thanks to my son Joey and others who helped out. (Thanks to Dr. Darrell Latch for providing these meet results

					A STATE
WNPF 23 S	Upsta EP 06				Brian Hanr
BENCH		198 I			the USA Ra
MALE		Lifeti			
Equipped		B. Me		270	J. Sarratori
220 lbs.		Natur			*=State Record
(65-69)		S. Sh	ales	360*	Joe Sarratori
S. Shales	470*	220	bs.		W.N.P.F. upsta
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181 lbs.		181 I	bs.		
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K. Moroni	130*	VanB	uskirk	345	
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148 lbs.		(40-4	4)		
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C. Bartlett	235*				
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#### REFEREE STATUS: Club Membership g For informatio A.D.A.U. mem

A.D.A.U. even Adult . 25.00





w BP Summer Nationals (Dr. Darrell Latch photograph)

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270	J. Sarratori 525* 340* 505* *=State Records. Best Lifters: Ken	1370 Beatty,
360*	Joe Sarratori, and Scott Shale W.N.P.F. upstate New York II wa again a great meet with some ex-	s. The is once
375*	lifting and as al ways a lot of fun. to Rich and the gang at the Lancaste Center, along with Steve and M	Thanks er Party
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me	Member's Signature Parent/Guardian Signature
Zip Code	<ul> <li>For more information, contact: Allan Siegel, President, CFO</li> </ul>

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Rogers and their crew, this meet is always looking forward to breaking it at the a great time. In the powerlifting events, wNPF Worlds. All lifters qualified for the new state records were set by Ken Beaty and Mark Burne in their divisions with Ken taking home best equipped lifter with a great total at 132 lbs. In the raw divisions father and son Dan and Jim Brault entered their first meet and did a great job with

IDA

setting all new state records. Teen lifter Andrew Ciaccia also competed for the first time setting new state records with a strong total at 165 lb. Kevin Dineen turned in a nice total for a newcomer winning the 198 lb. junior class and Joe winning the 198 lb. junior class and Joe Sarratori returned after a few years off to put up some strong numbers in the 220 lb. class and also taking home best raw lifter. It was good to see Joe return. In the Ironman event, old iron horse Maurice Harling returned to set a new record in the heavyweight division. In the bench only divisions, new state records were set by father and sen Scott and Scott Ir. Shales by father and son Scott and Scott Jr. Shales with both also taking home best lifter awards. Cody Bartlett, Cralg Hoplight and James Mitchell Jr. also set new state lifter Robert Marsh set a new state record as did Ed Shill in their divisions, and Owen Vanbuskirk tied his own record but is Rogers and their crew, this meet is always looking forward to breaking it at the

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#### (continued from page 7)

pull no more and Shawn took the Gold. Corey Akers with balanced lifts took the Bronze. Toledzhon Kholnaz of Tajikistan had the heaviest deadlift with a fine 749.

If you look at the overall results you will see the USA lifters are dominant in the two lifts that benefit most from the equipment. The foreign lifters have, with a few exceptions, not yet mastered the use of equipment. In the deadlift the reverse is true, the foreign lifters are more dominant. When they become more proficient in the use of equipment things will really get interesting.

A perfect illustration of this is the 242 lb. Class. Justin Redding of the USA had the biggest squat 902, and biggest bench 561, and had a 44 lb. Lead at sub-total, yet ended up losing by 88 lbs. Rufat Aghayev of Aserbaijan squatted 891 and benched 528. The deadlift is Rufat's Ace in the Hole, and he pulled a strong 759 to take the Gold. Justin got Silver and Andrey Sizov of Russia took Bronze.

There was some big time squatting in the 275 lb. Class. Ivars Cirulis of Latvia made 946. Ano Turtiainen of Finland, another WPO veteran, made 1003. Ano is tall and quite lean, so he must really go down a long way to squat. The USA's Jim Grandick got 1024. Evgen Yarymbash of the Ukraine, a foreign lifter who has mastered the equipment, made 1041. Charlie Bailey of Florida had the highest squat with a 1058, after missing it on the previous try.

In the Bench Grandick took top honors with a 788. Ano, with his long arms, had to settle for 600, and dug quite a hole for himself. At sub-total Ano was last, and Grandick had a 5 lb. Lead over Yarymbash. Once the deadlifting began you could easily see the contest was over. Yarymbash pulled 837 and took the Gold and Best Lifter Award by 100 lbs.

The heaviest deadlift of the class belonged to Ano with an easy 859 and a close attempt at 901.

A.J. Roberts of the USA was the only 308 lber to total and took the Gold with a 2287.

In the Super Heavy Weight Class Chris Clark of the USA beat Tibor Meszaros of Hungary. Chris had balanced lifts and totaled 2309. Saturday also had the WPO

Middleweights, Heavyweights and Super Heavyweight Classes. In the middle weight class the USA took the 1<sup>st</sup> six places. Michael Cartinian and Chris Mason had a class battle for 5th with Chris's 666 deadlift being the difference. Tyson Hubbard was 4th and Larry Hook 3<sup>rd</sup>, neither of these lifters entered the open. Carroll was 2<sup>nd</sup> and Frankl took the Gold.



He's BAAACK! ... Ano Turtiainen pulled an 859, but only came in 3rd!

the bar, set himself and began to

pull. The pull was strong and steady,

not terribly slow. The bar was

locked and the down signal was

given. A good lift, two whites and

one red. I had the same view as the

side ref and I would have passed it.

There was an article in Muscular

Development about thirty years ago

predicting a 1000 lb.deadlift. It

token squat, he had to settle for 5th

along with his place in history. Todd

Greninger of the USA was 4th with

a 2353 total. Mike Brown with

2425 took the Bronze. The Silver

Medal went to Marc Bartley with

2563. Chad Aichs, with a 2629

Total was the Gold Medal Winner.

pull, and Kieran Kidder, who is no

The meet ended with Andu's

The fact Andy took only a

finally happened!

The WPO Heavyweight Class had the same top three as the Open, Yarymbash Gold, Grandick Silver, Turtiainen Bronze. Greg Panora of the USA was 4th and Canada's Allan Mehan was 5th.

In the WPO Super Marc Bartley and Andy Bolton were the lightest at 299 and Jeff Lewis at 540 the heaviest. You know the rumors about Bolton were true when he took only 2 light squats without equipment. After that the squatgot really heavy. Chad Aichs of the USA made 1101. Marc Bartley made 1123 and Jeff Lewis did 1195. Jeff is so big his squats are tough to judge, and he squats faster than most lifters do today, which makes it even tougher.

In the Bench, 749, which Jeff has made in the past, would not go, and he was out. Bolton opened his Bench with 396. He was working with Bill Crawford on the use of equipment. He then took a 265 lb. Jump for his 2<sup>nd</sup> attempt. He was successful with 661 for a new British Record. Chad Aichs had the heaviest Bench with 821, which gave him a substantial lead at subtotal

Matt Smith of the USA was third at sub-total, but injured his quad squatting and made only a token deadlift. Under normal conditions Matt would have been right in there. The deadlift was the Andy

Bolton show. His opener looked like 315, it was so easy. The crowd kept getting closer and closer to the lifting platform, everyone wanted a picture of history. Andy passed his second attempt, which even excited the crowd more. When everyone else was

220 lbs. done, the call was made and the Tretvak bar was loaded to 1003. With the 242 Ibs music blasting Andy approached I. Jursic

lightweight, was announcing when Andy completed the lift. Kieran jumped up and over the scoring table, quite a feat by itself.

The pluses of this meet by far outweigh the negatives. Tighten up the judging in the squat, do a better job of crowd control around the platform, and no one would complain.

The fellowship at this meet was outstanding. Everyone seemed to get along, and competitors routed for each other. APF/WPC/AWPO, a job well done.The WPC World Bench Press Championships were held Sunday November 5, 2006. This was a separate contest from the 3 lift championships. There were 115 entries, with 14 no shows. Powerlifters who lifted Thursday, Friday or Saturday, and wanted to compete in the Bench Press Championships had to weigh in again and lift again on Sunday. The Saturday lifters made weight, ate and then gained weight, which is normal, and then had to make weight again or move up a weight class.

In the Men's Teenage Division there were four entires, and in the Women's there were three. In the Men's 132 Lb. Class, 13 to 15 age group, Levon Sargsyan of Russia was the winner. In the same age group, at 220 lbs, Yuriy Khandzhyan, also of Russia, took the Gold

In the Mens 18 to 19, 165 lb. Class, the Ukraine's Vadym Mysak took gold. At 220 the Ukraine's Vadym Dovganyuk, who had taken the Gold in the Powerlifting Championships, improved his bench by 33 lbs. in the Bench Press Championships, and captured the Best Teenage Bencher Award.

In the Women's Division all three benchers were from the USA. Amanda Harrison in the 52 KG, Erin Fitzpatrick in the 75 kg, and

FRIDAY								
FEMALE				275 lbs.	1.2.2.2	Sec.	a state	
Junior (20-23)				McQuaid-USA909	523	716	2149	
198+ lbs.				308 lbs.				
Dudley-USA 650	380	496	1526	J. Nuttall-GBR 892	595	694	2182	
Open				Ruuskane-FIN 551	374	485	1410	
105 lbs.				Open		1.		
Kuznetso-UKR 369	203	352	925	132 lbs.		33		
Barnes-USA 286	-	-	286	Chebotar-UKR 551	308	496	1355	
123 lbs.				Zalcman-AUS 501	286	429	1218	
Kirkland-USA 435	198	380	1014	148 lbs.				
J. Burkey-USA-	_			Murygin-UKR 595	330	529	1455	
148 lbs.				165 lbs.				
Hartnett-USA 501	248	523	1273	Kutcher-UKR 870	540	705	2116	
Silbert-USA 463	_	_	463	Tincher-USA 760	507	606	1873	
165 lbs.			100	Kokorev-RUS 716	485	622	1824	
Povolots-RUS 551	259	485	1295	181 lbs.				
Krupinsk-USA 451	303	429	1185	Priakhin-RUS 771	457	672	1901	
181 lbs.				J. Hurley-GBR 782	451	595	1829	
Widdis-USA 584	308	523	1416	VanAlsty-USA 755	501	545	1802	
K. Ford-USA 589	270	501	1361	Solov'iov-UKR-	_	_	_	
MALE				275 lbs.				
Junior (20-23)				Goldston-USA -	_	_	-	
132 lbs.				WPO Lifters				
A. Smith-USA 407	198	413	1019	148 lbs.				
165 lbs.				Schwab-USA 727	_	_	727	
Trentin-AUS 468	363	507	1339	165 lbs.				
Grenon-USA 523	352	429	1306	Kutcher-UKR 870	540	705	2116	
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Mehmel-USA 578	501	523	1603	Berardin-USA 777	501	551	1829	
220 lbs.	501	343	1005	Kokorev-RUS 716	485	622	1824	
Fedorenk-RUS705	424	661	1791	McElroy-USA 722	380	562	1664	
Tretyak-UKR 606	429	595	1631	Talmant-USA 650	380	584	1614	
242 lbs.	449	333	1031	181 lbs.				
I. Jursich-USA 562	402	435	1399	Priakhin-RUS 771	457	672	1901	
J. Jul sich-03/1302	402	433	1333	1111111111111000 771				

Ashton Lineham in the 90Kg were the winners. Amanda took the Best Bencher Award.

There was only one entry in the Women's junior and Women's Master, both benchers from the Ukraine, Ulyana Pikhunyk and Alevtyna Skrypka. There were six women in the Open Bench with five finishing. In the 48 kg class Taisiya Kuznetsova of the Ukraine beat Lynne Barlow of the USA's 198 lb. to 176 lb. In the 56 kg class, Janet Faraone of the USA took the Gold. and won the Best Bencher Award with a 303. In the 90 kg. Class, Kate Radon of the USA topped Taria Rantanen of Finland.

Anatoly Nefedov of Russia won the gold in the Masters 40 to 44 Age Group 148 lb. Wt Class. At 165 Daryl Boyington of the USA won Gold with a 363 Lb Press. Darvl had also won the three lift title.

Valery Poryadin and Sergey Gromov of Russia took the 198 and 220 lb. Classes. Sergey had a nice 589. The USA's Joe Martin was 2nd at 220 with a 551.

At 242 there were five entries with one no show, two lifters for the USA, one from Canada and one from Russia. This was a very competitive class, and Eric Hubbs of the USA was 4th with a 523. In 3rd place was Canada's Tony Tomra. Tony also lifted in the three lift championship. The Silver Medal winner was Boca Raton, Florida's Mike Hummel. Mike is a very unique lifter, and his story was featured in the May 2005 issue of Powerlifting USA. Even though his left arm is missing above the elbow, don't tell Mike he is handicapped. Mike made 606 and was close with 639. The winner was Russia's Alexei Neklyudov of Russia with a strong 661.

At 275 Vladimir Maksimov of Russia was the Gold Medal Winner, and Best Bench Master Heavyweight with a 771. Jim Hoskinson of Florida, who had some tough luck in the three lift championship, came back to set a Master World Record in the Bench with a 667.

In the 45 to 49 Age Group, the

in the loto I	rige	oroup	, uic	low turnout in the li	ight w	eight c	asses
ATURDAY							
AALE				Open/WPO			
98 lbs.				Yarymba-UKR 1041	766	837	2645
Open/WPO				Grandic-USA 1025	788	733	2546
Delmonti-USA854	545	705	2105	Turtiaine-FIN 1003	600	859	2463
Open				I. Cirulis-LAT 948	683	771	2403
Bukhtiyc-UKR 848	534	683	2066	C. Bailey-USA1058	639	683	2381
Driggers-USA 854	545	650	2050	308 lbs.			
20 lbs.				WPC Open			
Open/WPO				Roberts-USA 881	700	705	2287
Frankl-USA 942	733	700	2375	308+ lbs.			
Carroll-USA 1030	633	711	2375	WPC Open			
. Reksne-LAT771	551	727	2050	C. Clark-USA 970	606	733	2309
Open				Meszar-HUN 793	308	837	1940
Akers-USA 903	606	700	2210	WPO Middleweights			
Ailyutin-UKR 925	573	661	2160	198 lbs.			
Cholnazar-TJK 815	485	749	2050	Open/WPO			
Visema-CAN 683	529	617	1829	Delmonti-USA854	545	705	2105
ylkkane-FIN 727	463	628	1818	WPO			
ozzoli-FRA 617	474	595	1686	Cartinia-USA 881	644	644	2171
42 lbs.				220 lbs.			
Open				Open/WPO			
ghayev-AZE 892	529	760	2182	S. Frankl-USA 942	733	700	2375
Redding-USA 903	562	628	2094	Carroll-USA 1030	633	711	2375
A. Sizov-RUS 749	440	683	1873	E. Reksne-LAT771	551	727	2050
olviala-FIN 727	496	628	1851	WPO			
275 lbs.				L. Hook-USA 953	545	749	2248
.7.5 105.				L. 1100K-03A 933	343	/49	2240



Bolton with a British Record 661 to go with that other PR of his - 1003

Gold Medal Winners at 148, 181 and 198 were Sergey Lopatin of Russia, Bob Benedix of the USA and Didier Theux of France. In the 220 lb. Class there were three lifters. Greg Haves of the USA took the Bronze with a 501, Jim Pinckard also of the USA, took the Silver with 523 and the Gold went to Russia's Andrey Paley with a 562. At 242 the Gold went to Tony Bartolomei of the USA. The 275's had one of the closest competitions, with Canada's 49 yr old Bruce McIntyre just edging the USA's Mark Hennessey 600 to 595. At 308 and Super, Tony Patrino and Igor Nostynov were the winners. Tony had an age group high of 650.

The best lightweight Master Bencher was 63 yr old, 165 lb. Yury Chepetz of Russia. Yury had an outstanding 413. At 220, 60 to 64, Tony Lancaster won Gold.

In the Men's Junior Division 20 to 23, David Varanov of Russia, Juhani Niskanen of Finland, Yaroslav Velygan and Stanislav Tretvak of the Ukraine, all took Gold. Yaroslav was the Best Junior I ifter

In the Men's Open there were only two lifters in the first four weight classes. The APF prides itself on being a lifters organization. This

is normal. Maybe the weight classes should be looked at.

At 132 Junior Winner David Varanov also took the Open. At 148 Russia's Anatoly Nefedov was gold with a 330 effort.

There were two lifters at 165. both of Russia. Ilya Kokorev was an easy win with s 496 Bench. At 181 Brad Heck of the USA was dominate. Brad did a big 650 to grab the Gold and the Best Bencher Award in the lighter weight classes. Jason Coker, who had tough luck in the Bench on Saturday, just made weight for Sunday, but it was worth the effort. Jason made a 683, and with that lift took home Gold.

At 220 the USA took the Gold and the Silver . Cory Dexter was the winner with 644. Matt Minuth edged Andrey Paley of Russia for the Silver 584 to 562.

There were some big benches at 242. Alexei Neklyudov of Russia had a 661, but this was only good enough for Bronze. Taking the Silver and going over 700 was the USA's Rvan Girard. The Gold Medal went to the Urkraine. Vitaliv Ponomarenko had an outstanding 771. How the bench pressing world has changed. I attended the first Worlds ever held, and the best bench was 660, as a matter of fact, it was the only bench over 600

Hubbard-USA	937	584	688	2210
Mason-USA	903	606	666	2177
Rantanen-FIN	837	584	738	2160
Hairston-USA	903	639	573	2116
S. Rowe-USA	848	611	628	2088
WPO Heavyw	eights			
242 lbs.	-			
WPO				
Panora-USA	1003	688	744	2436
275 lbs.				
Open/WPO				
Yarymba-UKR	1041	766	837	2645
Grandic-USA	1025	788	733	2546
<b>Turtiaine-FIN</b>	1003	600	859	2463
I. Cirulis-LAT	948	683	771	2403
C. Bailey-USA	1058	639	683	2381
WPO				
Mehan-CAN	1052	617	749	2419
Wenning-USA	1003	644	755	2403
WPO SHW				
308 lbs.				
WPO				
Bartley-USA	1124	716	722	2562
Brown-USA	1030	644	749	2425
A. Bolton-GBR	551	661	1003	2215
308+ lbs.				

At 275 the weights got even heavier. Tommy Harrison of the USA got 738, but that was only good for the Bronze. The Silver Medal was taken by Russia, with Vladimir Maksimov benching 771. The Gold Medal winner was the USA'a Alberto Franco. Alb erto did an 859, which was the 2<sup>nd</sup> heaviest lift of the competition. With that lift Alberto also took the heavyweight Bench Bench Award.

At 308, Alexey Brazhkin won Gold. In the Supers, 755 lb s. was not good enough for a medal. I think Bob McCray was looking for more, but he had to settle for 4th on this day. Clint Harwood of Canada grabbed the Bronze with a 771. The top two were Travis Rogers of the USA and Jani Murtomaki of Finland. When the dust had settled Travis was credited with 805, which gave him Silver. Jani made the heaviest bench of the meet, and his 882 took Gold

The meet ran very smoothly all day and was over around 3:00 P.M. There was a nice Awards Ceremony, and everyone seemed to enjoy themselves. There was talk in the future that the Bench Press and three lift meet would be separate meets. We will see what direction the WPC goes.



Shawn Frankl (J.D. Gaynor pix)

)	Open/WPO			
,	Meszar-HUN 793	308	837	1940
)	WPO			
,	C. Aichs-USA 1102	821	705	2629
\$	Grening-USA 1047	595	711	2353
	M. Smith-USA 1069	749	137	1956
	OUT			
	198 lbs.			
,	J. Coker-USA 777	-	556	1333
	Coleman-USA -	534	655	1190
	220 lbs.			
;	A. Hires-USA -	-	-	_ 0
	242 lbs.			
,	Acome-USA -	672	639	1311
;	275 lbs.			
1	Cole-USA 953	- 1	683	1636
	Griffin-USA -	551	777	1328
,	J. Bayles-USA 931	_	_	931
	308 lbs.			
	Cartwrig-USA 1008	-	672	1681
	Hoskinso-USA-	639	672	1311
	Stafford-USA -	-	_	_
2	308+ lbs.			
5	J. Lewis-USA 1196	_	700	1896
;	Childres-USA -	677	705	1383
	Nostynov-RUS-	518	705	1223



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	TOP 1	<b>00</b> For stand results rec
	SQUAT	BENCH
1 2 3 4 5 6 7 8 9 9 10	804 Hoerner, T.J., 4/1/06 722 Schwab, B3/3/06 694 Williams, C7/7/06 633 Green, J6/10/06 600 Taylor, D2/25/06 584 Layman, S6/17/06 573 Williams, M6/17/06 570 Weisberger, A4/1/06 562 Edmondson, D6/17/06 560 Morrow, J8/5/06	508 Schwab, B3/3/06 500 Ceklovsky, J12/17/05 473 Williams, C7/7/06 470 Smith, J6/3/06 488 Tom, T6/17/06 430 Albano, T9/2/06 418 Imamura, J6/17/06 415 Knight, E11/5/05
11 12 13 14 15 16 17 17 18 19 20	530 Polk, M2/4/06	407 Bohigian, C6/2/06 402 Evangelista, A3/11/06 402 Crossen, W6/17/06 402 Smith, D8/5/06 400 Byrnes, C9/10/06 391 Layman, S9/9/06 385 Albert, B7/22/06 380 Harrison, J6/24/06 375 Judge, T11/10/05
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31 32 33 34 35 36 37 38 39 40	505 Whitney, D4/1/06 501 Holloway, W12/3/05 501 Bohigian, K6/2/06 501 Hartnett, S7/7/06 501 Montefolka, B8/5/06 500 Russell, H3/25/06 500 Wong, P4/29/06 500 Monk, J7/22/06 490 Santiago, H4/22/06 485 Phillips, A1/28/06	358 Edralin, A6/17/06 352 Simmons10/6/05 352 Mansourian, N12/3/05 352 Bracken, D3/25/06 352 Baichert, G5/12/06 352 Baidwin, S7/7/06 352 Duke, P8/26/06 350 Villafranca, D11/5/05 350 McDonald, K11/19/05 350 Locklear, K1/21/06
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51 52 53 54 55 56 57 58 59 60	468 Schwartz, J12/10/05 465 Squier, W1/28/06 465 Hill, C3/25/06 465 Walczak, B6/3/06 460 Estes3/9/06 460 Guzman, R3/25/06 457 Frasquilla, S11/19/05 457 Edwards, J2/4/06 451 Buck, M12/10/05 451 Sato, B4/29/06	341 Olsen, A., 6/17/06 340 Jackson, A., 2/18/06 340 Adams 3/9/06 340 Monk, J., 7/22/06 336 Nahorniak, E., 11/19/05 336 Williams, M., 6/17/06 336 Asp, M., 6/26/06 335 Revels, M., 10/22/05 335 McNeil, F., 6/24/06
61 62 63 64 65 66 67 68 69 70	451 Fink, D6/3/06 450 Constanzo, D9/24/05 450 Constanzo, D9/24/05 450 Townsend, J11/12/05 450 Gengo, J7/22/06 445 Jenks, M11/12/05 445 Sanchez, O.J2/25/06 440 Esobeda, D2/18/06 440 Romanelli, B4/8/06	331 Sowards4/1/06 330 Taylor, D2/25/06 330 Watkins3/9/06 330 Majewski, C3/18/06 330 Romanello, M5/13/06 325 Eates3/9/06 325 Langmead, G3/25/06 325 Derstine, M7/7/06 325 Porter, M8/5/06
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91 92 93 94 95 96 97 97 98 99 99 100	413 Rohan, B5/6/06	308 Morse, C6/10/06 308 Olmstead, E7/6/06 305 Williams, J1/14/06 305 Bisker, J3/11/06 305 Perez, G3/25/06 305 Manns, M4/1/06 303 Enoch, J11/5/05 303 Uyeoka, B1/14/06 303 Phillips, A1/28/06

#### lard 148 lb./67.5 Kg. USA lifters in ceived from OCT/05 through SEP/06

645 Williams, M..6/17/06 622 Hoerner, T.J..4/1/06 606 Schwab, B..3/3/06 600 Polk, M..2/4/06 595 Derstine, M..7/7/06 584 Williams, C..7/7/06 578 Ruiz, M..6/17/06 573 Taylor, D..2/25/06 565 Russell, H..3/25/06 562 Shocket, S..10/15/05

DEADLIFT

556 Padro, J.. 11/19/05 556 Reichert, G..5/12/06 551 Brown, C..1/28/06 551 Dunn, N..5/13/06 551 Tikhic, P..6/15/06 550 Ticknor, M..2/11/06 545 Morrow, J..8/5/06 545 Eggers, T..8/5/06 540 Simmos..10/6/05 540 Weinstein, L..11/19/05

540 Warner, J. 12/3/05 540 Walker, D. 3/25/06 534 Layman, S. 6/17/06 530 Wilson, K. 10/22/05 530 Edmondson, D. 11/18/05 529 Corbin, K. 6/10/06 529 Schwalbach, R. 6/17/06 525 Phillips, J. 8/5/06 523 Rohan, B. 5/6/06 520 Perez, G. 3/25/06

520 Hill, C..3/25/06 518 Holloway, W..12/3/05 518 Scisney, K..5/6/06 512 Wilson, D..10/1/05 512 Matsumoto, D..5/6/06 512 Green, J..6/10/06 510 Guzman, R..3/25/06 510 King..4/22/06 507 Salemi, M..5/20/06 507 Hartnett, S..7/7/06

505 Villafranca, D..11/5/05 505 Biliancione, R..7/22/06 05 501 Imamura, J..3/18/06 501 Pulizzi, P..3/18/06 501 Montefolka, M..8/5/06 501 Duke, P..8/26/06 500 Sanchez, O.J..2/2/06 500 Sanchez, O.J..2/2/06 500 Wiltiney, D..4/1/06 /05 500 Wong, P..8/5/06

495 Revels, M. 10/22/05 490 Abruzzio, N. 2/11/06 486 Langmead, G. 7/15/06 485 Waggoner, Z. 11/12/05 485 Jenks, M. 11/12/05 485 Schwartz, J. 12/10/05 485 Tanabe, V. 2/19/06 480 McDonald, J. 2/25/06 480 Belen, T..3/25/06 479 Houle, R..10/15/05

479 Kunkel, B..11/18/05 479 Uyeoka, B..5/20/06 479 Shouse, A..8/26/06 475 Ramirez, E..2/4/06 475 Smith, L..2/11/06 475 Shouth, C..2/11/06 475 Willimas..3/9/06 475 Santiago, H..4/2/06 475 Rodriquez, A..4/2/06 473 Weisberger, A..3/3/06

473 Herstein, J..9/24/06 470 Gengo, J..11/10/05 470 Christenson, J..3/25/06 470 Felder, J..3/25/06 470 Martucci, J..4/1/06 468 Evangelista, A..11/18/05 468 Romanello, M..2/4/06 468 Higgins, D..3/25/06 468 Higgins, J..3/25/06 465 Hindman, J..2/4/06

462 Szaraz, J. 2/18/06 462 Sato, B. 4/29/06 460 Acosta, M. 2/11/06 460 Swith, S. 2/18/06 460 Smith, S. 2/18/06 450 Buck, R. 8/26/06 457 Buck, M. 12/10/05 457 Veal, W. 1/21/06 455 Lee, J. 1/21/06

455 Bruff, L..2/11/06 455 Jordan..3/9/06 455 Monk, J..4/8/06 455 Zingone, P..7/22/06 451 Morse, C..11/3/05 451 Bell, J.1/28/06 451 Blunschi, R..4/9/06 451 Blunschi, R..4/9/06 451 Baldlwin, S..7/7/06

#### TOTAL

1835 Schwab, B..3/3/06 1752 Williams, C..7/7/06 1653 Hoerner, T.J..4/1/06 1554 Williams, M..6/17/06 1554 Williams, M. 6/17/06 1504 Taylor, D. 2/25/06 1504 Layman, S. 6/17/06 1475 Morrow, J. 8/5/06 1455 Green, J. 6/10/06 1449 Derstine, M. 7/7/06 1449 Matsumoto, D. 7/7/06

1444 Simmons..10/6/05 1444 Reichert, G..5/12/06 1405 Polk, M..2/4/06 1405 Edmondson, D..6/17/00 1400 Wilson, K..10/22/05 1399 Brown, C..1/28/06 1399 Scisney, K..5/6/06 1394 Holloway, W..12/3/05 1377 Montefolka, B..8/5/06 1366 Ribic, P..7/6/06

1285 Estes..3/9/06 1280 Christenson, J..3/25/06 1278 Morse, C..4/7/06 1275 Wong, P..4/29/06 1275 Biliancione, R..7/22/06 1265 Wagoner, Z..11/12/05 1265 Bookman, C..3/25/06 1260 Revels, M..10/22/05 1260 Roselli, T..3/26/06

1256 Rohan, B.. 10/6/05 1255 Adams.. 3/9/06 1255 Monk, J.. 7/22/06 1250 Whitney, D.. 4/1/06 1245 Padro, J.. 11/19/05 1245 Flores, J.. 3/25/06 1245 Hartnett, S.. 7/7/06 1240 Hill, C.. 3/25/06 1240 Guzman, R.. 3/25/06

1240 Schwalbach, R., 6/17/06 1240 Schwalbach, R. 6/17/06 1229 Schwartz, J. 12/10/05 1225 Santiago, H. 4/2/06 1220 Jenks, M. 11/12/05 1218 Frasquilla, S. 11/19/05 1218 Buck, M. 12/10/05 1215 Ramirez, E. 2/4/06 1212 Tanabe, V. 12/10/05 1206 Romanello, M. 5/13/06 1201 Phillips, J. 3/18/06

1157 Wilson, D.. 1/28/06 1157 Keseker, J.. 4/22/06 1151 Uyeoka, B.. 1/14/06 1150 Hile, J..5/13/06 1145 Shavers, K..2/4/06 1140 Townsend, J.. 11/12/05 1140 Blunschi, R..9/9/06 1135 Acosta, M..2/11/06 1135 Rodriguez, A..4/2/06

1135 Corbin, K..6/10/06 1130 Esobeda, D..2/18/06 1130 Watkins..3/9/06 1129 Grenman, T..2/25/06 1129 Silbert, L..6/2/06 1125 Hindman, J..2/4/06 1125 Edwards, J..2/4/06 1120 Rivera, A..1/21/06 1120 Smith, S..2/18/06 1120 Smith, S..2/18/06 1120 McDonald, J..2/25/06

1115 Ticknor, M..2/11/06 1115 Politino, C..3/25/06 1113 Burris, R..11/20/05 1113 Wider, M..4/8/06 1110 Wess, R..10/1/05 1110 Flores, R..1/28/06 1110 Tucker, P..7/8/06 1105 Scanga, F..3/5/06 1102 Lofing, M..6/3/06

#### PL USA Top 100 **Achievement Awards**



Powerlifting USA TOP 100 Achievement Certificates are printed in Red and Gold ink on exquisite paper, embossed with the gold seal of Powerlifting USA Magazine, and signed by Mike Lambert. They specify your name, TOP 20, 50, or 100 ranking 1361 Weisberger, A.. 10/29/05 division, weight class, and actual 1361 Bohigian, K..6/2706 1355 Ruiz, M..6/17/06 1350 Walker, D..3/25/06 1340 Weinstein, L..1/15/05 1310 Sussell, H..3/25/06 1311 Baldwin, S..7/7/06 1306 Duke, P..8/26/06 certificate and display plaque are available together for \$21.95. If you have appeared on a TOP 100 list, you are eligible. Send your name, street address, weight class, lift, date it was made, the amount of weight, and the list that your name appeared on. Send \$6 per certificate or \$21.95 for certificate and deluxe mounting plaque, payable to Powerlifting USA, Box 467, Camarillo, CA 93011. (CA residents - 7.25% tax).

#### NEXT MONTH... TOP 165s

**CORRECTIONS** ... Robert Dahlhamer's name was spelled incorrectly in the results of the ADAU Nationals in the October edition of PL USA, Jamie Caporosso should not have been credited with a 605 bench 1200 Romanelli, B. 4/8/06 1196 Shouse, A. 8/26/06 1190 Constanzo, D. 9/24/06 1190 Constanzo, D. 9/24/06 1180 Stewart, M. 1/28/06 1165 Walczak, B. 9/23/06 1160 Sanchez, O.J. 2/25/06 1160 Sanchez, O.J. 2/25/06 press in the results of the APA not actually the first 800 plus squat in raw competition, as Greg "Beatle" Lowe has an 850 pound lift, done raw, in June 2001, which is still on the ADAU record books. Steve Petrencak should have been credited with a 353 4th attempt bench press on the TOP 100 list for the 123 lb. class in the October 2006 issue. 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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