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ON THE COVER ... Mike Tuchscherer finishing off a huge total for the 275 lb. class victory at the inaugural presence of the USAPL at the Arnold Classic (photo courtesy Brady Stewart)

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**INTERVIEW** 

#### MICHAEL TUCHSCHERER as interviewed by PAUL LEONARD



Michael Tuchscherer squatting at the Arnold Classic (Scot DePanfilis)

Michael Tuchscherer is a 22year-old 2nd Lieutenant in the United States Air Force, stationed at Vandenberg Air Force Base, in California and will be transferring to Minot, ND in April 2008. Originally from Indiana, Michael has acclimated well to training alone at the Vandenberg gym, resulting in pre-Arnold training bests of a 905 squat, 680 bench, and 835 deadlift. The Internet video clips of Michael show him performing these awesome numbers in strict IPF style, with few if any spotters present, and looking like he is capable of much more. Let's learn more about this powerlifting phenom.

PL: Mike, how long have you been

competing in powerlifting? MT: I've been competing in Powerlifting for 7 years. PL: Please provide a brief competition history:

MT: My first competition was the South Spencer High School Bench and Sauat Championship in early 2002. It was an unsanctioned Squat/Bench meet that they run every year for football players. I got much more serious about Powerlifting while at the Air Force Academy. There, got to compete in Collegiate National four times, Junior Nationals once, and Junior Worlds twice (including a trip to Bulgaria!). We also did a handful of local meets every year. My highest total coming out of the

Academy was 2105 @ 275 from IPF Jr. Worlds in 2006 (I won my weight class and was 2nd place in "best lifter"). Since graduation in May of 07, I've only done one other meet — the USAPL Iron Eagle Desert Thunder meet in Hemet, CA where I posted a 2210 total @ 275. My upcoming schedule is the Quest Invitational at the Arnold and Men's Nationals.

PL: Describe where you presently

MT: I train at the Air Force Base gym at Vandenberg AFB. It is commercial-ish, but overall, it's not bad. They have a decent power rack, a couple good bars, and 100 lb. plates. On top of that, they let me keep my chains and my Safety Squat bar in there. which saves me the inconvenience of having to bring it in and out everyday. I'll only be at Vandenberg until April. I'll be moving to Minot, North Dakota then, so I'll be training at the YMCA. I've been told the YMCA in Minot is very Powerlifter friendly, so I look forward to that. Before Vandenberg, I lifted with the Air Force Academy team. We had our own little dungeon in a converted racquetball court in the bowels of the Cadet Gym. We called it "The Pit". It was great! PL: How do you feel about not currently having any training partners

MT: I know a lot of people can't imagine powerlifting at a high level without them, but where there's a will, there's a way. Don't get me wrong - I had great training partners on the Academy team and I wouldn't trade them. But I don't have training partners now and, although it took a little time to get used to, I'm making fantastic progress.

PL: Could you describe some challenges you face to being an elite powerlifter due to the fact you are currently on active duty with the Air Force?

MT: I do have to pass a PT test, which consists of a 1.5 mile run, pushups, sit-ups, and a waist measurement. You get points for each "event" which is added for a final score. As long as you're scoring satisfactory or better, you're okay. If you are marginal or failing, then ... I'm not totally sure what happens. but I can't imagine it would be good for a Powerlifter! I've never been close to failing an AF fitness test, but that's because I make sure to run once or twice per week. Honestly, it hasn't affected my lifting by any noticeable amount. I have to plan for it, but that's not too big of a deal. Another "challenge" of being a Powerlifter in the Air Force is Unit PT. We have Unit PT once or twice per week with our Squadron or Flight. That usually consists of some pushups, sit-ups, and running. It doesn't bother me too much because I try to run a few times per week anyway. Other than that, the Air Force is pretty supportive. Idon't get any flak for being too heavy or anything like that.

PL: How would you describe your current training philosophy?

MT: I train using my own progression and conglomeration of methods that a few teammates of mine have dubbed RTS (the Reactive Training System). It began as a way to help intermediate lifters customize their programs to fit their individual needs and it's taken on a life of its own. It has components of the Westside program, Sheiko programs, some Inno-Sport ideas, and some of my own thoughts and it's combined into a package that is sane and personalized. I'm working on writing it all down in a book/manual format that I'd like to make available to everyone at some point. I've worked with a small, but growing, number of powerlifters who have been having very good results from this style of training and I am very excited about it! I know that some will think it sounds gimmicky or something, but there's no gimmick to the results ve've been seeing!

PL: Would you please describe your current training program Michael?

MT: My main lifting sessions are Sunday, Tuesday, Thursday, and Friday. Sundays I do raw squats, full range of motion benching with bands and/or chains, and either Good Mornings or Straight leg deadlifts. Tuesdays I do shirt bench, deadlifts (I train and compete raw in the DL), and incline or standing military. Thursdays I do suit squats, raw benching, and Safety Bar Squats with various depth/shoe/chain

(continued on page 90)



With his gold at the Jr. Worlds



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The USAPL was invited to participate in the 2008 Arnold Sports Festival in Columbus, Ohio. The festival, centered around the Arnold Classic bodybuilding competition, has grown over the past 20 150,000 spectators over the course of the American Record 418 for a commanding three day event. The host is the former Mr. subtotal lead. Unfortunately, he opened Olympia and current Governor of Califor-nia Arnold Schwarzenegger along with his business partner Mr. Jim Lorimer. Sherman attempt. Mike's misses would have put 

score its best six lifters by Wilkes formula and the average score would represent the board. His typically strong deadlift final tally in the team competition. All was not there, but a 523 opener was five teams wore different color shirts and had groups of supported to an output for the competition with a back and forth that was designed to Bick would and attempted lifts that would have put the constraints of the competition with the com describe the action and get the crowd fired up. I was working the scoretable along At 165, there were only with loe and Cathy Marksteiner to keep the crowd informed and the competition moving

The contest began the way every USAPL Seniors has for over a decade.

USAPL	Que	st Invi	tation	al
1 MAR	- 80	Colum	ous, C	Н
Lifter 123 lbs.	SQ	BP	DL	тот
E. Gainer 132 lbs.	451	292	446	1190
Kupperstein	512	281	523	1317
Haffenbrack	479	286	501	1267
M. Kuhns 148 lbs.	578	418	-	997
V.Niedolikwa	578	380	584	1543
A. Chan	462	418	518	1399
165 lbs.				
W. Hooper	777	512	562	1851
E. Nickson 181 lbs.	611	391	628	1631
D. Hammers	606	446	589	1642
N. Guiterrez		418	562	1620
T. Acosta	606	347	644	1598
T. Butler 198 lbs.	672	-	529	1202
M. Bridges	716	462	617	1797
J. Pena	699	479	584	1763
J. Walker	661	407	655	1725
D. Williams 220 lbs.	-	451	705	1157
H. Augilar	705	485	661	1851
S. Powell	633	451	661	1747
S. Dicataldo 242 lbs.	639	435	617	1692
M. Mastrean	903	556	744	2204
J. Emberley	771	551	683	2006
J. Douglas	804	523	672	2000
S. Mann	788	534	644	1967
J. McDonald	727	485	639	1851
J. Betzinger 275 lbs.	-	490	639	1130
Tuchscherer	882	639	821	2342
T. Cardella	860	562	827	2249
G. Wagner	788	595	661	2045
K. Stewart 275+ lbs.	777	551	650	1979
J. Christus	837	633	733	2204
D. Gaudreau	755	650	677	2083
M. Court	804	606	606	2017
B. Sumner	755	556	633	1945
A. Mardell	-		-	-
L. Karabel	942	611	-	1554
J. Lewis	931	-	-	931

# Quest Invitational have moved him past Nick Gutierrez. Nick was in the lead at subtotal but was only able to score an opening pull of 562

Ervin Gainer, 1st place. Ervin lifted 1631. Earlier I referenced Ervin Gainer's His early win put the Central team in the lead in team scoring. At 123, Mike Kuhns set a PA state squat record on his opener at 578. A jump to 606 for the American Record was too much, with one of the attempts sliding up USAPL Quest Invitational 1 MAR 08 - Columbus, OH Lifter SQ BP DL TOT 123 lbs. At 123, Mike wan with one of the attempts of the delight of the large crowd that made a WR 777 SQ, the judges not passing his and attempt on depth. Wade is not far from the 800 barrier at 165 with a possible crack at arguably the greatest WR squat in powerlifting, Mike Bridges' 837 at 181. With one more bench and deadlift, Wade would have broken the WR total, currently bit to a work of the stream of the attempt states work of the stream of t would have broken the WR total, currently

at 1907 by Russia's Viktor Furashkin. Army Captain Terry Butler took the Army Captain Terry butter took the early lead at 181 with a nice 672 SQ. Capt. Butler had the crowd support behind him all day but was unable to register a bench at 396. Terry Acosta had a class high 644 He early 80s. Everyone in the ballroom Development of 27 works of 28 works of DL to finish in 2nd. Terry's try at 672 would



by Dr. Patrick Anderson only able to score an opening pour data in the victory. Making it back-to-back wins for Team Midwest was years into nearly 40 events with more than American Record 418 for a commanding Hammers. Hammers pitched a "perfect" game with excellent attempt selection coupled with technical precision for his 1st ever 9/9 day. Particularly explosive deadlifting brought David the titlee.

to announce the competition and here are my thoughts on the action. The format was a modified version of the first two North American champion-ships in 2003 and '04. Due to time constraints , the limit was set at 40 lifters including a team of eight from Canada. The remaining 32 lifters were broken up into four regional teams. Each team would corre gional teams. Each team would him. He was by far the most explosive lifter of the day and just destroyed his openers. Large 2nd attempt jumps were handled without a problem and he even five teams wore different color shirts and had groups of supporters representing each region. Rick Fowler and I were chosen to announce the competition with the 2nd win for the Central team was Vince Niedd with a fast of the win with a fast of the win

a back and form that was designed to recommand. Write initial ince 378 squares try, but the victory wasn't to be, inform as well as entertain. Rick would and attempted lifts that would have put the victory wasn't to be. patrol the venue from the warmup room to make a contender at the Seniors this Mike Bridges. With a 3rd win for Team summer in Killeen Texas. At 165, there were only two, but they are both World Class. The Central team both World Class. The Central team by Eriek Nichson. Eriek hit a big 611 squat on a comeback attempt and even gave a 650 deadlift a run to finish on the finish in 5th place. Pennsylvania's Steve At 165, there were only two, but they are both World Class. The Central team by Eriek Nichson. Eriek hit a big 611 squat on a comeback attempt and even gave a by Friek Nichson. Eries in a org of r space in e porce and entered Hatfield has deservedly year after year. Jett was in 210 with a nice on a comeback attempt and even gave a 650 deadlift a run to finish out the day at 1631. Earlier I referenced Ervin Gainer's than three decades. Maybe it's time to than three decades. Maybe it's time to than three decades. Maybe it's time to 2000 total, at 242, as a Master, puts Jeff Ervin Gainer, 1st place. Ervin lifted uncontested at 123 and was off his perfor-mance from the '07 Worlds but his consis-tency is nearly unmatched in the USAPL. His early win put the Central team in the

> squatted nearly 20 years ago in St. Louis put on a show the likes of which U.S. during his mano a mano squatoff with Rob powerlifting hasn't seen since the days of Wagner at the 1988 ADFPA Nationals. Up Kirk Karwoski. It was nearly 14 years ago one weight class and now in the Masters that Kirk set the IPF World Record with 914

exactly what to do with 755 on my back". Mike has made great strides in his other A strong setup was followed by a smooth two lifts in recent years and he took two descent and a steady ascent and an cracks at the same American Record BP explosion in the crowd, only to be crushed as the lights came on 2/1 red, with the lift not achieving depth to the judges' satis-faction. The crowd rose again to acknowl edge what we had witnessed, a man who eoge what we had witnessed, a man who Duluth, GA. Mike, who got the 2nd win belongs on Powerlifting's Mount Rushmore for the Atlantic team, was unable to get a doing what he does better than anyone squat passed at the Worlds last year and else who has ever stepped on a platform. would sorely like to rectify that this fall Mike locked out an American and Masters the Worlds in Canada. First up is the World Record 518 BP that was turned down. Seniors in June. and made two easy pulls to seal the win. At 275, Master lifter Kevin Stewart and made two easy pulls to seal the win. At 275, Master lifter Kevin Stewart Let's hope he sticks around long enough was born and raised in Columbus, Ohio to put all that he is capable of together on and came back to put on a show. All his ne special day.

Dicataldo finished in 3rd at 220 with a rounded out the day in 4th with a 1978 couple of misses at 661 in the pull. Sean total. Greg Wagner had a rare off day in couple of misses at 661 in the pull. Sean total. Greg Wagner had a rare off day in barely weighed over 200, and that put him the squat and that set him back. He behind a couple of solid Canadians. Steve rebounded with a 595 BP and a 661 DL to Powell needed three tries to get in the finish 3rd. The battle for the top spot was meet at 633, then made five straight attempts to finish in 2nd with 1747. Hector Augilar gave Canada its only victory of the Cardella. Tony has dominated this class compatibut with a 1852 total. He open first life at the Owner for the top spot the straight is class to the owner with a set of the set competition with an 1852 total. He only made five lifts but showed great potential, as the 749 squat he attempted would have moved him close to 1900.

Neenah, WI cohort Dan Williams Wade Hooper .... Mr. Consistency power on his 1st two attempts in the squat, (article continued on page 78)

Mike Mastrean ... 1000 kg. total.

without reaching legal depth. His 3rd attempt at 738 appeared to be low enough but he was unable to complete it. He did stick around to go 3/3 in the bench and finish up close to 500. Canada's John McDonald made his 1st five attempts to finish in 5th place. Paragraphics Stars

was standing and Mike looked as focused explodes out of the hole to completion as ever with a surreal calmness that The hardest part of his lift is the setup and

cial day. Veteran Nationals lifter Sean 3rd at 777 that had room to spare. Kevin in the U.S. since first lifting at the Open Nationals and in November achieved the ultimate dream, 2007 Champion of the World at 275. In the other corner was fast Former Junior World Champ Jesse rising 2006 Junior World Champ Mike Betzinger, suffered the same fate that his Tuchscherer, fresh out of the Air Force Academy. Mike had been generating



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ave you ever thought that ideas should be Lreversed? What if we were born with the wisdom and the reasoning of a 65-year-old. We would make more right decisions and possibly stay out of trouble and make the most of our time while we're young. Then as we get older. we could start thrill-chasing and taking chances that instinctively we would never consider. This, of

poet Dylan Thomas, "Do not go gentle into that good night, old age should burn and rage at close

of day; rage, rage against the dying of the light" (1940). I try to live as Dulan Thomas put into words, and, yes, I have the scars to prove it. But, of course, we can never live our lives in roverse

There are a few that have read the exploits of a person who has been said to have made great progress doing, let's say, eccentrics. But were there other factors involved in their training? I have read several articles by sports experts around the globe, vet none have conclusive evidence that eccentrics work. Mel Siff in Supertraining explains eccentrics as action in which the proximal and distal muscle attachments move away from one another. Eccentric work uses significantly less energy than concentric work. When doing slow eccentrics with large loads, there is no reason to associate these advantages with the possibility of developing the ability to move quickly and powerfully in concentric Lowering work. weights slowly builds larger muscles for body building but will not assist concentric actions Let's look at depth

jumps. One is accelerating close to 9.8 meters/second/ second when one lands on the floor. Everyone knows they work, so why would you lower a weight at 0.1 or 0.2 meters/second and destroy the stretch reflex? In the book Science of Sports Training, T. Kurz states that some athletes can



#### as told to PL USA by Louie Simmons

course, would lead us to live by the code of the lower 10% to 60% more than they can overcome of a second, hold the weight statically and then concentrically

in powerifting. To build larger muscles, yes. If you want to become very sore, ves. What does it matter if you can lower 60% more than you can raise? If I recall correctly, you must raise the bar from the floor in a clean, snatch, and deadlift. In the bench press after the bar is lowered to the chest, after the pause, you must raise the bar to completion. The squat is similar. After lowering to parallel, you must, for a fraction raise to completion. If you load the bar with 60% All this said, slow eccentrics have no place more than your best squat of, say, 1000 pounds,

the total bar weight would be 1600 pounds. Does this sound like a good idea to you?

A weight that feels fine at the top becomes much too heavy in the bottom. How can a bar weight be perfect at the top and also at the bottom? It can't. That's precisely why we use a combination of bar weight and bands or chains to accommodate resistance, causing a reactive method. But that's another story.

The key to eccentric success is overspeed eccentrics. Hopefully, you already know that force equals mass times acceleration. But the force is almost always connected to concentric movements. What about eccentric work? Light weights can be lowered with greater acceleration than heavy weights, just as in concentric movements. You must understand that the largest force may not always be associated with the heaviest loads. Jump-Stretch bands can produce much greater acceleration properties by pulling the bar down by means of great tension. This causes overspeed eccentrics, adding to kinetic energy. If one could triple the bar speed on the eccentric phase, it would produce 9 times the kinetic energy. In a simple action, such as a depth jump, a 200pound man jumping off a platform of 10 feet will produce many times his bodyweight. Force will decrease

concentric movements due to deceleration, while force will increase on eccentric movements due to acceleration. This (cont. on page 72)

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 Open
 669
 242
 501

 K. Walford
 369
 242
 501

 M. Sparango
 303
 259
 363

 165
 lbs.
 259
 363
 1113 925 Open H. Harper 336 446 181 lbs Open T. Reed 374 292 402 1069 198 lbs. Open J. Loveall



Charles Bailey had the highest total of the competition - 2210 lbs.

				474	308	545	1328
			L. Sparango	440	_	-	-
209	330	865	181 lbs.				
			Open				
			M. Caplan	650	474	578	1703
			E. Kinsey	606	418	534	1559
380	501	1482	B. Benedix	622	363	573	1559
242	523	1278	198 lbs.				
270	457	1168	Open				
			R. Celli	705	584	672	1962
			V. Calia	573	418	606	1598
	380 242	380 501 242 523	380         501         1482           242         523         1278	Open M. Caplan E. Kinsey 380 501 1482 B. Benedix 242 523 1278 198 lbs. 270 457 1168 Open R. Celli	Open M. Caplan 650 E. Kinsey 606 380 501 1482 B. Benedix 622 242 523 1278 198 lbs. 270 457 1168 Open R. Celli 705	Open M. Caplan 650 474 E. Kinsey 606 418 380 501 1482 B. Benedix 622 363 242 523 1278 198 lbs. 270 457 1168 Open R. Celli 705 584	Open M. Caplan         650         474         578           880         501         1482         B. Benedix         622         363         573           242         523         1278         198         bs.         622         363         573           270         457         1168         Open R. Celli         705         584         672



Scott Layman went over ten times bodyweight in the lightweights.

220 lbs. Open M. Laney 705 474 705 1884 M. Tronske 474 633 606 512 1714 I. Kelske 242 lbs. Open Didomenica 
 666
 474
 661
 1802

 617
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 R. Marum 275 lbs. Open C. Bailey 903 622 683 2210 A. Best 865 600 733 2199 308 lbs. Open Mikesell 804 523 749 207 705 562 529 644 1912 D. Flonta 617 W. Lee 1807 S. Cartwright -308+ lbs. Open 
 644
 490
 512
 1647

 606
 440
 584
 1631
 O. Roussell A. Patalano 606 T. Coleman 865 622 Powerlifting Best Lifters: Women-Kimberly

Walford. Open Men Light (114-198).Ryan Celli. Open Men Heavy (220-SHW)-Charles Bailey. Bench Best Lifters: Women-Bonnie Aerts, Junior Men-Fred Sanchez Ir, Onen Men-Scott Hoekstra. Master Men-Rudy Lozano, Deadlift Best Lifters: Women Morgan Hefley. Junior Men-Joel Paredes. Open Men-Brent Howard. Master Men-Roger Hill. Meet Director: Steve Denison. Referees: lim Merlino-Natl. Gordon Santee-Internatl, Pete Wilson-Natl, Kevin Meskew-Natl. Scott Lavman-Natl. Steve Matthews-State, Karen Matthews-State, Alan Aerts State. Spotter/loaders: Don Hodges, Eddie Laporte, Brad Iannucci, Rob Duran, & Troy Harris, Sponsors: Con-Cret, www.concret.com, Team Alan & Bonnie Aerts, Inzer Advance Designs, At Large Nutrition, Los Angeles Fit Expo & Creation Entertainment. (Steve Denison St. Chair) "The LA Fit Expo venue was very nice. The main platform was right out in the crowd at the end of the LA Fit Expo displays. Great end of the LA Fit Expo displays. Great sound system, great judges, great crowd. We had some no shows with Scott Smith getting hurt and pulling out at 275 and the 165 Russian, Victor Furazhkin, no-showed because of a shoulder problem. Brandon Cass was also scheduled to lift at 242 but hurt his shoulder too. Gene Bell at 198 had timing insert and exclude it one is the ad timing issues and couldn't make it and a few others fell off the invite list since I published it on Dec 15. But I expected that and I had alot of alternates lined up and and I had alot of alternates lined up and several of them stepped up. We had terrific lifting by many of the guys. Everyone was solid! Scott Layman at 148, did over 10X bodyweight and was absolutely ripped with no bodyfat. Phenom-enal that a guy with as small calves as he has, can squat 600 and 4X bodyweight. has, can squat 600 and 4X bodyweight. Scott had another great day on the plat-form. Scott works for UPS in Bakersfield, CA and never has a problem making weight. He also has the luxury of using one of my Combo/ER type racks. <u>www.comborack.com</u> By far one of the best racks on the market. At 181 we had Marc Caplan who owns his own training facility, The Dogg LB. Gym in the Port-land, OR area. At age 49 Marc is still pútting up great numbers with his 650 squat, 473 bench, and 578 deadlift. Marc told me he had actually lifted in this same meet over 25 years ago in Los Angeles with the same name, American PL Cup. At 198, we had Ryan Celli from Pittsburgh, PA, a phenomenal lifter. He broke Mike MacDonalds full meet American bench record that has stood since Oct 4, 1988. Ryan put up some great numbers and had the best Wilks score to come away with the best lifter for the lightweight men 148-198 and \$1000. Ryan squatted 705, benched an American Record of 584 and pulled 672 for a 1962 total. Incredible strength in this guy. This guy benches 525 raw and he's only at 193 bodyweight! My old training partner from the late 90's, Mike Laney, took the 220 class with his 705 squat, 473 bench, and 705 deadlift. Mike was using an old Inzer EHPHD

(article continued on page 79)



Gair

Muscle

385 292

D. Bergfield 330 209 325

396

1074

865

# THE To create a scientific formula so powerful that it would be superior to any regular pre-workout nitric

the Muscle Asylum Project<sup>™</sup> analyzed the physiological processes in the body required to trigger an unrivaled training experience. At the end of it all, a total of 64 ingredients were loaded into seven proprietary blends, creating an unimaginably potent formula aptly known as N.O. PlasmaCore" - the hardest hitting anabolic nitric oxide formula ever made. The N.O. PlasmaCore experience begins with a pump that starts in the core of your muscle, deeper and more intense than ever before. This extreme muscle pump activates severe anabolism and unstoppable training intensity. The raw musclebuilding firepower that drives this explosive formula triggers reactions well beneath the surface, beyond the superficial pump of regular nitric oxide products and to the very core of your vasodilatory, neurological and anabolic systems for a training experience that few can handle. It's time for you to experience N.O. PlasmaCore, a scientifically superior anabolic pre-workout formula more intense than anything you've ever felt.





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# The Strongest Raw Bencher In The World Trusts USPLabs – Shouldn't You?

Nick Winters, the man responsible for the world's best raw bench (675 competiton – 715 training) uses USPLa supplements to help him lift heavy and pain free. Here's what he had to say...



"I have gained about 10 solid pounds and a ton of strength since I started stacking three USPLabs produ Anabolic-Pump, PowerFULL and SuperCissus RX. With these supplements not only am I pushing m weight but my joints feel much better, not nearly as sore anymore. It's been a rare occurrence that muscles have been sore, the recovery I get from these supplements is incredible.

I went from having trouble deadlifting 675 to getting a solid 730 on deadlifts and I got a 750 but I took a s with it. My hack squat went from 785x10 to 965x5. Shoulder press went from 405x5 to 455x3. Bench is h to tell due the bicep tendonitis hampering my lifting so much, but when the tendonitis was at its worst it I like hell to do a couple reps with 515. Now, after the USPLabs stack, I am back to doing 675 with a lo pause, and it doesn't really hurt at all.

I strongly recommend every powerlifter use these three effective products from USPLabs.

- Nick Winters
 NERB champion bencher - 650lb lift, Highest raw bench in world for the past two years, Best raw bench in competi 675lbs, 2 APA world records.

#### Anabolic-Pump™



Anabolic-Pump is a proprietary blend of rare, exotic compounds in a pill that you take before a meal. "AP", as it's known on the streets, automatically "opens up" your muscle cells, forcing them to accept large amounts of proteins and carbohydrates. Effectively turning every single meal into an anabolic dream, creating a highly anabolic muscle building, fat burning environment. Even steroids do not work unless this occurs. Simply put, if you're currently eating (and I know you are or you wouldn't be reading this!) then you can gain muscle and lose fat by merely adding Anabolic-Pump before your meals. It's really that simple and it's backed by tons of research proving its safety and efficiency!

Scientifically proven to naturally increase Growth Hormone Production by 221% starting with the very first dose! No other natural product has been proven to have such a dramatic effect on Growth Hormone. In addition, its natural source is completely safe and effective, unlike it's synthetic counterpart. PowerFULL can dramatically increase strength, recovery and help you feel and perform at your best. PowerFULL also promotes anabolic sleep, causing a cascade of growth hormone released while you sleep so you wake up refreshed and recovered!



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# **Strength-Size-Power — OPTIMIZE Your Post-Workout Nutrition!!!**



Donnie Thompson - is certainly one of the world's strongest human beings, with the highest powerlifting total posted in the sport's history!

straight

consume a whey-only protein shake as to say. soon as possible after training. The

Immediately after an intense

Post-workout (PWO) nutrition has reasoning provided is that the quick session in the gym our body is in a net protein by itself PWO is really quite been shrouded in half-truths and lies for absorption rate of whey stimulates negative state relative to skeletal muscle ineffective. Whey protein is quickly too long. It is time to set the record protein synthesis at a time when the protein. Intense training accelerates absorbed and does promote a spike in body is most receptive to said stimulation. the catabolism of muscular protein and protein synthesis. However, whey The current accepted norm for This concept is valid, but neglects the blunts its synthesis with this double does very little to attenuate protein PWO nutrition is that one should "rest of the story" as Paul Harvey used whammy resulting in a net catabolic catabolism, thus it only affects one state.

The consumption of whey

(continued on next page)



Chuck Vogelpohl - raw power incarnate, a ferocious competitor! Phil Harrington - squats over 900 lbs at 181 lbs of body weight!

portion of the net protein equation and does a poor job of reversing the net catabolic state. In addition, whey's fast absorption rate is a limiting factor in that it results in a lower net retention (less amino acids are available to fuel recovery) when compared to other high quality proteins such as casein and egg

The real key to the PWO puzzle lies in empirical evidence (what the biggest and strongest have known for years) and in the research if one is unbiased and willing to delve into the world of scientific mumbo-jumbo (I know, there are a few of those terms used here). Men like Louis Cyr, Paul Anderson, Doug Hepburn, and now Chuck Vogelpohl, Phil Harrington, and Donnie Thompson, the strongest men to have ever walked the planet, have always known the one must eat after training. From milk to steaks, calorie dense, protein packed foods have always been the PWO foods of choice for the mass monsters. Research proves-out this iron wisdom. A complete "meal" PWO is the most efficient means of getting the skeletal muscles into a net positive protein state. This is due to a myriad of factors of which the three most important are briefly outlined below:

carbohydrates. Insulin provides for a reduced protein synthesis. "permissive" effect relative to the stimulation of protein synthesis. Its released during and after training which

1) Insulin, a very important presence in and of itself does not both suppresses protein synthesis and to train harder, more often, and reap anabolic hormone, is released primarily directly enhance protein synthesis, but enhances protein catabolism. in response to the ingestion of its absence results in dramatically ingestion of a meal PWO quickly reduces training session. Heck, you may even its blood levels thus permitting an become one of the strongest men on 2) Cortisol is a catabolic hormone anabolic environment.



22

INZER

(Advertisement)



Mike Wolfe – bench presser extraordinaire, with a ripped physique!

3) Amino acids from ingested athletes pictured above!

protein work in concert with insulin to synergistically enhance protein synthesis

Now, for an additional fact that you may never have heard before (especially in an article like this): protein synthesis, assuming a normal level of nutrition, will be spiked within a few hours of training and a net positive protein state will be realized nearly irrespective of what is done nutritionally. That said, **a net positive** state will be more quickly realized and said state will be more anabolic if one consumes a complete meal as soon as possible after training. If said meal is in a liquid state the results will be even better Thus, the ideal PWO meal is a liquid shake which provides all of the macronutrients to include a high quality protein blend, a relatively high-GI rating form of carbohydrate, and a small amount of fat (so as to not delay absorption). Opticen by AtLarge Nutrition, LIC (www.atlargenutrition.com) is a product which does exactly that.

For best results, one 2/3 serving size Opticen shake should be consumed immediately PWO. At the 1-hour PWO mark, another shake, or a solid food meal should be consumed. Follow these instructions and you will be able The increased benefits from each and every the planet like the AtLarge Nutrition

# **Can they make this Guarantee?**

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DIESEL TEST Hardcore - GUARANTEED to outperform any herbal testosterone booster available at increasing total and free testosterone levels, while also decreasing cortisol, prolactin and bad estrogen. Diesel Test Hardcore will increase your sex drive, training intensity, recovery, motivation, mood, and sexual health "below the belt" increasing hardness and ejaculate volume better than any product available! DIESEL TEST Hardcore produces intense pumps and fast strength gains all 100% drug free and natural.

NOS ETHER - GUARANTEED to increase strength/power better than any creatine/ATP product available without the water bloat seen with most creatine products. The pumps blow other Nitric Oxide products out the water. The recovery, endurance and true lean muscle mass gains on NOS ETHER are 2nd to none. That's not hype, that's GUARANTEED. Read the customer feedback on our website for yourself.

TRIB TEST Extreme - GUARANTEED to be the 2nd most effective herbal test booster available behind our DIESEL TEST Hardcore at a lower price than DIESEL TEST Hardcore for those on a budget. Trib Test Extreme is excellent at increasing total and free testosterone and libido. Results are GUARANTEED!

Ready4War - GUARANTEED to outperform any pre-workout energizer available at increasing motivation, mental focus, training intensity, and mood. Ready4War (R4W) also produces Nitric Oxide enhancement with thermogenic effects you will feel. Endurance will be up and you will destroy the gym every single workout!

Coq Diesel - GUARANTEED to increase hardness/frequency/firmness and libido/sex drive over any other sexual health product on the market! This isn't a "gain 4 inches" product or a "good for tonight, take when needed" pill. This is 24/7 increased libido/sex drive and 24/7 increased hardness whenever you need it. You will be satisfied with the results; your partner will be even more satisfied.

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# **MUSCLE BIOPSIES SHOW A FIBER SIZE**

Envision yourself with 17% more muscle fiber size. Under normal conditions, this level of dramatic physique ruction seems impossible to the average bodybuilder. So when Muscle Asylum Project<sup>™</sup> scientists reviewed the results of a 16-week study in which test subjects using a key ingredient in Anabolic Optimal Dose™ experienced an average of 17% increased muscle fiber size, they were amazed. Scientifically engineered with over 40 ultra-pure ingredients, Anabolic Optimal Dose is a powerful mega-dosed post-workout hyper-anabolic creatine system. Once consumed, the cutting-edge formula goes to work stimulating muscle satellite cells. When activated, these satellite cells fuse with existing muscle fibers, forcing rapid muscle thickening. The aftermath of this growth signaling is an unparalleled muscle fiber expansion that stretches the skin with new size. Get on Anabolic Optimal Dose today and morph your muscle fibers with more size and strength than ever before



uscle Fiber Size anded by 17%

#### low Anabolic Optimal Dose Builds Muscle



nuous post-workout ingestion of Anabo Optimal Dose, a key ingredient activates satellite cell to fuse with muscle fibers, which expands muscle fiber size by an unbelievable 17% in only 16 weeks.

# ANABC CREATINE

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I want to talk to you about something that really disturbs me. I am sure most of you are familiar with honor codes such as the "The Blue Wall of Silence" (ironclad police rule) and the unspoken code of silence in journalism and sports. These are codes of ideology in which people do not snitch on other people committing crimes, breaking rules, or engaging in unethical practices. Those who live by such a code are seen to be honorable people who can be trusted to stand steadfast by their commitments even though their behavior supersedes doing what is right and, often, moral. Converselv, people who tell the truth and take responsibility for their actions are considered reprehensible snitches and rats. For example, when Andy Pettitte testified to the congressional committee on drug use in baseball that Roger Clemens told him that he had used performance-enhancing substances, there was an immediate backlash of criticism and condemnation of Pettitte. He was called a snitch, a rat, and a dirty gutless burn by literally thousands of bloggers. Perhaps one blogger summed up the sentiments of most bloggers when he wrote, "Andy is a coward, a snitch and a rat. For God's sake, he rolled over on his own father. No one likes a rat; how can anyone have respect for this guy? All he had to tell investigators is that he did not know and that he couldn't remember Roger telling him anything. Instead, since he got caught using HGH, he felt that someone had to go down with him and that was Roger Clemens. Instead of manning up to it and taking the fall, he dragged his so called "best friend" down with him. What a friend. Andy Pettitte = snake." Yes! That sums it up nicely.

Now, from reading a prolific number of articles and blogs, I will admit that the way it looks now I am in the minority on this issue. I accept that distinction wholeheartedly. I will also admit that the origin of "stop snitching" in the late sixties was essential and beneficial for the survival of oppressed black people who were being harassed by the United States law enforcement authorities. However, in my opinion, what started out as something necessary and positive has evolved into something that is insidious and destructive. What is the honor in doing something that is dishonorable? Calling such behavior a code of honor is an oxymoron. At best, it's a code of disgrace.

Personally, what Pettitte did was the right thing to do. In the midst of all the baloney and hot air, Pettitte refused to pay tribute to a ridiculous tradition of concealing facts for the sake of protecting a teammate. Instead, he stood up and told the truth. "I have to live with myself, Pettitte said in his deposition. "And one day, I have to give an account to God and not to nobody else - of what I've done in my life. And that's why I've said and shared the stuff with y'all that I've shared with y'all today — that I wouldn't like to share with y'all." That's courage!

The idea that people who tell the truth are rats perpetuates immoral and corrupt behavior. To paraphrase Earl Ofari Hutchinson, all of you are doing by voicing this no snitching nonsense is saying; PLEASE KEEP OUR NEIGHBORHOODS, SCHOOLS, AND SPORTS TEAMS SAFE FOR MURDERERS, THIEVES, CHEATERS,





Dr. Judd Biasiotto is upset over some recent developments within Major League Baseball.

AND LIARS, because that is exactly what you are doing ... creating a safe haven for thugs and cheaters. It seems to me that is the worst kind of self-destruction imaginable, and your selfdestruction isn't just killing you; it's killing all of

Let's say, for the sake of argument that Clemens is guilty, which isn't a real stretch of the imagination, considering that just about every

Nobody can acquire honor by doing what is wrong. - THOMAS JEFFERSON

#### Rather fail with honor than succeed by fraud.

- SOPHOCLES

He has honor if he holds himself to an ideal of conduct though it is inconvenient, unprofitable, or dangerous to do so.

- WALTER LIPPMANN

one in America thinks he is culpable. What honor is there in cheating, then lying about it, and worse yet, trying to ruin another man's character to save your own ass? That is cowardly ... you do the crime, you do the

Let me ask you this too: if a person sees a rape or a crime being committed, should he just walk on by as if nothing is happening? I don't know about anyone else, but I'd rather take my chances standing up for what is right, instead of having to live with the guilt of knowing I could have done something to help someone. If it means getting hurt to help another ... well, so be it. I would rather be a rat, even a dead rat, than an accessory to a crime. I am also willing to chance speaking out about what is wrong in sports, academia and any other institution or individual who is debasing our way of life. Call me a snitch, a rat, a stool pigeon, an informant ... call me what you will. I am willing to do all of that for only one reason -IT IS THE RIGHT THING TO DO!

When I was in college we had an honor code, a real honor code, which stated that a person should not at any time, any place, or for any reason lie, cheat, or steal, nor tolerate those who do. In fact, we were obliged to turn in anyone who did not abide by the honor code. Everyone who agreed to the university's code of honor, which was everyone at the school, took that pledge very seriously. How serious? I will give you an example. One of my friends saw his roommate cheat on a test. In stead of reporting him to the instructor, he went to his roommate and told him to turn himself in. His roommate informed him that he had already turned himself in. This presented a problem for my friend because he had breeched the honor code. He should have immediately reported the incident to the instructor. Consequently, he had to go to the instructor and acknowledge that he had also breeched the honor code. As a result, they were both suspended from school. Neither my friend nor his roommate expressed any ill will towards the professor or each other because they both knew they had broken their code of honor, and they took full responsibility for their own behavior. That, too, is courage!

I'm repulsed by pathetic individuals looking the other way at wrong doing, teaching others to do the same, and categorizing those who have a sense of fairness and justice as rats and snitches. It is rather astonishing to me that children are being educated from a young age to honor these rather bizarre codes which, in truth, advocate dishonesty and corruption. Even more amazing is that the guiding principles of these codes have been embraced not only by young children, but also by adults who you would think would have enough common sense to see the absolute duplicity and hypocrisy of such a system. What you are doing is buying into this lie that you are better off letting thugs and liars go free because in some perverse distorted way you want to honor a code that supports deceit and dishonesty rather than integrity.

I will say it again, these bizarre and absurd codes are simply tactics that permit criminal and immoral behavior to proliferate, and I'm not buying into it ... not for a second.

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		Performance	
1 MAR 0	- 8	Columbus, OF	
FEMALE		<b>Dave Ricks</b>	710
132 lbs.		220 lbs.	
Jen Perry	391	J. Hartman	766
148 lbs.		242 lbs.	
P. Ribic	523	N. Tylutki	782
A. Hitchcock	457		694
F. Bachhaus	418	275 lbs.	
165 lbs.		McGettigan	760
<b>Dalian</b> James	523	S. Culnan	
198+ lbs.		D. Rogers	716
I. O'Donnell	523	275+ lbs.	
MALE		B. Gillingham	865
198 lbs.		R. Harris	
	749	N. Huslander	

Held on the main stage at the Arnold Classic in front of a standing room audience, prizes were awarded for the biggest deadlift (\$1000 each for men and for women, won by Brad Gillingham and Priscilla Ribic) and by Wilkes Formula, with Brad winning another \$1000 for first in winning another \$1000 for first in that category, followed by Craig Terry (\$750), Dave Ricks (\$500), Jeremy Hartman (\$500), and Nick Tylutki (\$500), and in the women's Wilkes Point category, Priscilla won \$1000, followed by Daliann James (\$750), and Alyssa Hitchcock (\$500). Three women deadlifted 523, and Brad felt like he had more in him, so he is optimistic about reaching 400 kilos (881 lbs.) in the future. (photographs provided courtesy of Brad Gillingham)





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#### STILL CRAZY AFTER ALL THESE YEARS



THEN ... standing, left to right, Henry (Hank) McRobie, Dick Jenkins, Brian Blough; kneeling, Rick Plummer, Brooke Blough; missing - John Lockwood. NOW ... standing, I-r, John Lockwood, Dick Jenkins, Brian Blough; kneeling - Rich Plummer, Brooke Blough, missing - Henry (Hank) McRobie (deceased).



It takes being a little crazy to be a powerlifter. No sane person would dedicate the amount of time, effort, expense, inconvenience, and pain to a sport that has as its only remuneration the satisfaction of winning a plaque or trophy. (What other sport has training facilities that have names like "House of Pain"?)

It takes being a lot crazier to be a powerlifter for forty plus years like the five powerlifters in the photos. The one photo (where we had more dark hair and less pot belly) was taken at a meet in Baltimore, Maryland in the fall of 1967. We were the Columbia (Maryland) Barbell Club and we traveled to meets primarily on the east coast to compete. We were pretty successful locally, regionally, and nationally. We often competed against some of the big names of the 60's and 70's-John Kuc, Big Jim Williams, Hugh Cassidy, Allen Lord, Larry Pacifico, Joe Weinstein, Vince Anello, etc. It was therefore interesting to reminisce about the old days while reading Bob do it all over again?

So far we have seen some success. Dick Jenkinsl our 181 pounderl deadlifted a WNPF World Record 500 lbs. in the 65-69 age group. Later he set another deadlift record in the 70-74 age group with a lift of 441 lbs. Rich Plummer, in the 300 lb. class, set a WNPF bench press world record at 303 lbs. in the 65-69 age bracket. He also holds 60-64 age group bench press record at 290 lbs. Some of us plan to lift at the WNPF World Championships in Atlanta this November and hopefully set some additional records in our age and

We all lift heavily and regularly and we all live with the craziness of being powerlifters, then and now. Now there is more timel effortl expensel inconveniencel and pain (especially pain) involved. But you know what, we do it simply because we love the sport.

Gaynor's article "The History of Powerlifting" in the July, 2007 issue of Powerlifting USA. (Incidentally, Bob and I lifted in the 198 lb class at the 1/ 71 Junior National in West Patterson, NJ).

As mentioned previously, we all did some competitive pretty powerlifting. Our 181 pounder, Dick Jenkins, held many records. His deadlifts in the 198 lb. class were always near the 700 lb. mark. I personally had my best lift in the 198 lb. class with a bench press of 450 lbs. In the 220 lb. class was Brian Blough. In the 242 lb. class we had two lifters, Rich Plummer and John Lockwood. Our super heavyweight, Henry McRobie, and I lifted in the Junior Nationals in West Patterson, NJ in August of 1971. I ended up placing in the middle of the pack. Henry, however, placed second. In 1973 Henry ended up in the "Top Ten" lifters nationally with a 710 Ib. squat, 725 lb. deadlift and an 1820 lb. total. Remember, all of our lifts back then were raw and unassisted. Henry "Hank", our friend, was lost in an auto accident in 2005.

Families and careers caused us to drift apart for awhilel but we all continued lifting. Five years ago, one of our team members built a new house and put in a nicely equipped powerlifting gym. Gradually we began to drift back together and powerlifting together again. Because powerlifting had established age classifications that allowed older lifters to compete (in our case ages 59 to 70) we soon began looking at meet results and records and decidedl why not

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

Dear Dr. Di Pasquale: I have periodically read your articles in Powerlifting USA for many years as I have been a competitive powerlifter in the USA for over 20 years. Thanks for contributing your medical expertise to the powerlifting community. Presently, there is conflicting advice regarding appropriate protein intake for strength athletes, endurance athletes and non-athletes. Supplement companies will typically advise that 1 to 1.5 grams of protein per pound of bodyweight is necessary for muscular repair & growth. I also understand these companies want to sell protein products and this could greatly influence their advice to consumers. On the flip side, I recently read an article by a "sports nutritionist" with a masters degree in exercise science that claimed there is no value in consuming extra protein since the body cannot store extra

protein and that the USRDA for protein is around .36 gram of protein per pound of bodyweight. This "sports nutritionist" was NOT a strength athlete, but an endurance athlete having participated in track & cycling events. She also said excessive protein intake places extra burdens on the kidneys. I am not a nutritionist or a doctor, but whenever I watch the reality TV show, "Survivor". I notice the muscle mass of the losing contestants shrink dramatically in a matter of a few weeks. Seems to me, this occurs because the only protein they get is the occasional fish they catch & eat. So....how much protein do you recommend for the competitive powerlifter/ strength athlete, endurance athlete and non-athlete? Which form protein of supplementation is best and easily digested? Egg or whey? Is glutamine supplementation beneficial? Thanks for taking the time to respond and have a great day. Jim Hi Jim: One of the books was

the new edition of my Amino Acids and Proteins for the Athlete, a book that would answer your questions in detail. Unfortunately that book won't

(who now own CRC Press, the publisher of my first edition). On the positive side I'm doing a series of articles, that well may be an ebook by late summer, that will answer some if not all of your questions. I'll have two or three of these articles done by the end of this week and will send them to you. The short answer to your questions are that yes power athletes need more protein than the average couch potato, about twice as much is a good guide. One of the articles I will send you will have substantiation for this statement. The best protein is a mix of proteins, again the article I send will explain this in detail. And glutamine definitely has its place but should be in a formulation that contains various other amino acids in specific proportions. Again..... Best regards, Mauro

Dear Mauro: First of all I want

vears. I'm writing again to ask you advice about something that has recently turned my world around. used an over the counter aromatase inhibitor in order to raise testosterone levels in mu body. First of all I experimented with some short cycles, 2 and 4 weeks of administration initially. then experimented with an aggressive and longer term administration period -13 weeks. Over the course of this time I performed periodic saliva tests of free testosterone and E2. I would always take my dose in the evening prior to bedtime. Around the 12th week I began to notice I was getting ovestimulated both mentally and physically, feeling tense, anxious, difficulty sleeping and experiencing tremors. These symptoms began to become more evident so I tried administration at an earlier time of day to see if it had anything to do with the AI and it did. I applied a dose around 3:00 PM one day and within 30 minutes I became very aware of an anxious feeling and tremors, like my whole body was vibrating. Upon stopping usage I developed difficulty maintaining body temperature, severe anxiety, fatigue, lethargy, depression and the tremors that I experienced while on AI actually got worse. I am still recovering and each day I to thank you for all the advice and do feel a bit better - but progress help you've given me over the is slow. I am beginning to take



be released by Francis and Taylor **Dr. Mauro DiPasquale** at his home with bodybuilding legend Tom Platz.

some supplements again to help nudge my endocrine system 'd appreciate any feedback you can give me. Jerry

Hi Jerry: With the demise of prohormones, many are turning to aromatase inhibitors in their quest for higher degrees of the anabolic hormone testosterone. But like the prohormones, there are potentially serious adverse effects with the aromatase inhibitors (AI). While they may well be effective in increasing testosterone levels they are also associated with significant adverse effects. As you noticed extended use of the AI can overwork the hypothalamic-pituitary axis and basically stress it to the point that it functions abnormally as the AI are continued and after coming off them. As a result there can be a dysfunction in the production of various hormones, including growth hormone, testosterone, estrogen, and thyroid. Reducing estradiol levels in relation to testosterone levels can also have severe consequences, including disrupting neurotransmitter function in the brain (which can produce tremors). with resulting changes in energy, metabolism, anxiety levels, and many other harmful effects. There's much more to this story and I'm working on an article right now that will explain the effects and adverse effects of AI. I'll send it to you as soon as it's ready for publication. At this point your best bet is to see an endocrinologist who is knowledgeable in this area and to try and get your system back to normal. And obviously to stay off all of the AI now available over the counter. Keep me in the loop and I'll help where I can.

> Dear Mauro: I see a lot of amino acid products out there these days. Some are just the BCAA kind

Best regards, Mauro

and others have all of the essential and non-essential amino acids. I've notices that

BCAA cost more than the products that have all of the aminos acids. Why is the cost different and which one is more beneficial for bodybuilding?

Thank You, Kevin Woods Hi Kevin: Sorry for the late response but I'm way behind in my email. Proteins and amino acids are complex and it would be difficult to answer your question without going into a lot of detail. Your best bet if you're really into finding out all the details as we know them is to get a copy of my new book at http:// www.crcpress.com/ shopping\_cart/products/ product\_detail.asp?sku=43803& isbn=9781420043808&parent id=&pc=. Best, Mauro

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#### - Fouad Abiad

t GNC Live Well.

In Part 1 of this interview. Mike touched on some of the dangers drinking soda offers your health. He also informed us on the relation between soda and some of the injuries we see in the sport. In this second installment. Mike is going to shed light on the different diseases that drinking soda can lead to, like Type II Diabetes and how it affects brain function. Since Diabetes, especially Type II, is prevalent in lifters; this will be an eye opener. Since many of you reading this article have children, I asked Mike questions on how drinking soda in the younger years affects growth, on a skeletal and neurological level.

AR: Can you explain how soda destroys teeth? Is it a synergistic combination between the sugar and Phosphoric Acid?

MA: The blame lies with the sugar and the Phosphoric Acid as you mentioned. The sugar damages your teeth at the surface. This allows bacteria to grow and also wears away at enamel. That alone will cause cavities. The phosphoric acid lowers bone density in your jaw and the roots of your teeth. The Phosphoric Acid is what weakens your teeth and causes them to fall out. If you combine the two then you get cavities and weak roots. This is how a lot of people lose their teeth at a young age.

AR: In Powerlifting, Diabetes is a problem, especially for those in heavier classes. Many of the Powerlifters I have done nutritional analysis with are Diabetic, and many more are very Insulin resistant. They are on their way to welcoming Diabetes into their life if they don't clean up their eating. I would like you to elaborate on high fructose corn syrup and how it contributes to Type II Diabetes? MA: High fructose corn syrup directly contributes to Type II Diabetes. This works in two ways. The first is that it spikes your blood sugar. This leads to Insulin resistance, i.e., the hormone



Mike Adams holistic nutritionist



An in Depth Interview with Holistic Nutritionist Mike Adams on THE DANGERS OF SODA CONSUMPTION AMONG POWERLIFTERS ... PART II by Anthony Ricciuto, B.Phed. C.F.T. S.P.N. S.W.M. F.T.

that is supposed to clear sugar from vour blood stream and carry it into the cells is no longer being listened to by your cells. Basically when you have Insulin resistance you have pre-Diabetes. Athletes can get away with this for a while, compared to sedentary individuals, but once they stop exercising it can blow up into full scale Type II Diabetes quickly. Along with this you get an increased rate of heart disease, obesituand moodiness. Moodiness is something you find often and is no doubt caused by the blood sugar swings that soda contributes to. With Powerlifters, many people think that this moodiness is associated with illegal steroid use. Often it's not, it's actually the soda pop that is causing these mood swings. You have to get off the sodas to stabilize your mental function

AR: I have told readers that soda contributes to obesity. Can you explain in detail how this works? MA: Your body is made to process complex carbohydrates that are slow hurners

AR: Exactly, this is why I am such a proponent of Low Glycemic Index carbohydrates when trying to optimize my lifters performance and allow them to burn fat as well. MA: Yes, they are burned slowly and absorbed slowly, providing stable blood glucose over a sustained period. Soda, on the other hand, is like rocket fuel. It burns much too hot and fast. Soda jacks up your blood sugar rapidly and your body was not designed to handle this very efficiently. If your pancreas is working properly it will produce Insulin that will cause all the extra sugar to be converted to body fat and stored. Getting rid of that body fat is difficult.

AR: Oh yeah, trying to get some lifters to eat clean so that they can get into a lower weight class is like pulling teeth, believe me!

MA: It is hard to find a sugar anywhere that has a higher Glycemic Index than high fructose corn syrup. Now let me makea metaphor. If you take your car, a diesel pickup, and you fill it with diesel fuel, then it runs correctly. If you took your pickup over to your local airport and filled it up with jet fuel what do you think would happen to the engine?

AR: I guess it would destroy the



Anthony Ricciuto - the food guru behind www.NutritionXP3.com

MA: Exactly! That is the same thing that is happening to the human body because it is not made to handle that form of carbohudrate.

AR: I have pushed my readers to understand that one calorie is not necessarily equal to another calorie. How is a calorie from soda not going to benefit your performance like a calorie from a yam. Can you explain how soda's empty calories will decrease their performance? MA: The processed food industry wants the general public to think that a calorie is a calorie. Now where you get calories from directly affects your body. The calories from a yam are probably one of the best sources of complex carbohydrates that a powerlifter could consume.

AR: I include plenty of yams and sweet potatoes in the plans of my athletes because of all the numerous benefits they offer their performance and health.

MA: There is a product by Jay Robb called Yam It. This provides slow released sustained energy for any athlete. Your readers need to know that calories from yams are loaded with trace minerals which you are not getting from sodas or processed foods. This is one of the best sources of natural calories. You need to understand the difference between consuming calories from processed foods and sodas and consuming calories from nutrient dense healthy whole foods. One comparison would be drinking coca leaf tea versus

smoking crack cocaine. Coca leaf tea in its natural form is completely safe. personally drank this tea while I was hiking in the Andes Mountains in Peru. Even though I drank this tea, I would not smoke crack cocaine even though it's from the same plant. You see, crack cocaine is dangerous while drinking the coca leaf tea is safe! AR: You couldn't have better described the difference between processed, low quality foods and tural, healthy, clean foods.

MA: It's the same story with sugars. If you take it in its natural form, it's ine. For example corn is healthy. If you take corn and extract the high fructose syrup, this is like crack and vou don't want to be consuming it. The source of a calorie matters as well as the processing. Natural whole foods are the only way to go.

AR: It seems that kids are one of the largest consumers of soda How damaging is this for a child in their growing years?

MA: I think a study done on this would show that soft drink consumption stunts growth in children, in terms of their skeletal system and also their neurological system. Since soda consumption in children causes chronic dehydration and nutrient depletion. I am of the belief that we should ban the marketing of junk foods and soda to children. With soft drink companies this is their primary market because they are easy to manipulate through advertising. Typically, children don't think much about their health and only chose what tastes good right now. This makes them prime targets for soda companies. Soda consumption will no doubt affect their health in their growing years and their entire life time. I think we should ban advertising to children because of the detrimental effects it has on their health.

AR: Is there a link between the increased rate of ADHD and increased soda consumption?

MA: There is no doubt in my mind that there is a link. ADHD is a disease we know can be reversed in about two weeks by simply changing the child's diet. If you remove the soft drinks as well as the refined sugars and artificial food coloring, then children become symptom free of ADHD. ADHD is diagnosed as a disease based on certain behaviours that are caused by poor nutrition, which can be reversed. In reality you don't need to give your kids drugs to enhance their health. What you need to do is feed them real foods

AR: How about the business of soda in America? Can you explain more about what is going on behind the scenes?

MA: The soft drink industry is a multibillion dollar business. When you pay a dollar for a soda there is only about three cents worth of ingredients in there. In fact, the can is more expensive than the ingredients in it. It is a hugely profitable business

and these companies can afford to spend hundreds of millions of dollars on their advertising. This creates a very strong relationship between the soda companies and the mainstream media. The media begins to depend on the bigdollars from soda companies spent on advertising. This causes the media to stay away from the truth on the dangers of soda because they don't want to annoy their advertisers. In my opinion, soda companies are one of the primary contributors to an epidemic of disease. Just like tobacco companies, soda manufacturers refuse to admit their products harm anyone.

AR: I guess the bottom line with many companies is the dollar. MA: I remember reading a quote from a Vice President of one of the major soft drink companies which stated that their drink was a wholesome beverage and provided an excellent source of hydration. That makes about as much sense as tobacco companies saying "smoke cigarettes, they help you lose weight". AR: Do these corporations understand how harmful their products are, especially with the presence of soda machines in schools?

MA: I don't think the people that work in those companies understand the dark reality. They are not evil people, but they have blinders on. They hate to look at evidence that relates their products to Diabetes. obesity, and Osteoporosis. They don't want to hear about evidence that their products should be categorized as harmful. I think they are in a state of denial much like the tobacco industry has been for decades. The people that work there don't want to believe that they are doing harm, but as long as they are making money they selectively ignore the fact that their products are harmful. AR: Can you explain the link

between soda and mental illness? MA: In my opinion there is a direct relation between soda consumption and mental illness. The brain is a physical organ that requires nutrients from the blood in order to function next they are fighting over correctly. Many of the ingredients in

soda are assimilated and then brought to the brain. Everything that you drink in soda is impacting your brain health. When you have too much sugar in your blood it impairs brain function. When your blood sugar drops and leaves you in a state of Hypoglycaemia then your brain function really suffers. Iam not joking here, but this is where we get a lot of criminal and aggressive behaviour in young males. It also leads to poor cognitive function and memory. If we look at one study it showed that 25% of prisoners in U.S. jails suffer from Hypoglycaemia, a blood sugar disorder. It is my opinion that soda consumption helps create Hypoglycaemia and other blood sugar problems that directly lead to criminal behaviour in young males. What if it's actually our diets that are creating criminals? If so, we could prevent crime by choosing what foods that we promote. Ithink we could dramatically curb criminal behaviour by looking at

nutrition AR: I have had one of my athletes. who is a student, tell me that since he stopped drinking 4-5 cans of soda per day, he noticed a big improvement in his concentration skills. Can you explain this?

MA: It's not surprising to hear this result when soft drinks were discontinued from his diet. Soda can affect your concentration and ability to focus. The blood sugar swings that are caused by drinking soda dramatically affect not only concentration, but also mood. This is not the best thing for you when you are in a relationship. You can dramatically improve your relationship with your girlfriend or wife when you are not suffering from mood swings. Blood sugar drops will make you irritable and you just pass this on to those around you. Improving your mood with your loved ones is just another of the many benefits that stopping soda consumption and poisoning your body with these

chemicals can offer you. AR: A lot of guys tget mood swings. One minute they are happy, the something petty. The reaction to



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blood sugar drops can affect some more than others. It can change the personality of someone if they are spiking your blood sugar and Insulin through the roof 5-8 times per day. But, having such spikes and then the blood sugar lows that follow is exactly what is happening to many people. Once they change their diet, they find themselves a different person altogether.

#### PART II OVERVIEW

In this part Mike covered a lot of controversial topics that are not readily discussed in mainstream media. The reality of "Big Business" behind soda with their marketing and audiences is something that many will find disturbing. This is the reality of soda companies and many others. In the end they don't care what happens to you down the road. So the reason why I chose many of the questions I did for this interview is to help educate you not only of the dangers soda poses to your body, but also the dirty reality of what goes on behind the scenes. Many who are younger are not familiar with this reality. Mike's comparisons of processed foods and soda versus whole natural foods can be quite humorous. In all honesty, he couldn't be closer to the truth. These foods and drinks

will destroy your health and performance if you consume them as a regular part of your diet. In the end big companies don't care about the consumer and the bottom line is net profit at the end of the day. It is a sad reality, but this is how many businesses operate. It's your responsibility as an adult to help make the right choices for yourself and also your children. The health situation in America is one of the worst in the world and this is directly related to nutritional and lifestyle choices. You can either clean up vour diet or feed your body healthy foods that nourish it and keep you in a healthy state, or you can pollute your body with processed foods and harmful drinks only to live a life full of disease. What you can look forward to is a quality of life that is very poor and dependent on pharmaceuticals just to keep you alive. If that is what you want for yourself and your family, then ignore the warnings I put forth because when you do too little, too late, you are the one who is going to have to live with your choices!

If you have any questions or comments you can contact me at:

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#### MEET ASSISTANT CHECKLIST as told to by Doug Daniels

Rappers have entourages, golfers have caddies, Brad has Angelina, but when it comes down to the task at hand, the rapper, golfer and the movie star have to come through on their own. However, their assistants do play a key role in their success. The powerlifter is alone on the platform versus the weight and gravity. For best results at a meet, however, each lifter needs dedicated support and that comes from his meet assistant. This support does not stop with yelling encouragement to the lifter on the platform. This is where an individual sport gains team characteristics.

In the past, I presented a checklist for lifters to review before a meet. A pre-meet checklist can help ensure a lifter is prepared for all items and situations leading up to a meet. This checklist will describe the job description of the meet assistant. To do this, I have broken out the checklist by categories: pre-meet, each lift, and miscellaneous. **Pre-Meet:** 1. Help at weigh-in; 2. Turn in

opening attempts; 3. Understand meet rules; 4. Check that all lifting gear, etc., is ready to go.

Squat: 1. Verify bar height and rack in/ out setting for each attempt; 2. Help put on squat suit for each attempt; 3. Belt tightening; 4. Knee wrapping; 5. Knee wrap re-rolling after attempts; 6. Assist in loosening equipment after attempts; 7. Chalk and powder



at an at all is ar / hut h



Frank Caminita gets some assistance setting up for a big bench press attempt at this year's Scot Mendelson Bench Press meet.

application on lifter.

**Bench press:** 1. Assist putting on and removing bench shirt; 2. Adjust bench shirt between attempts; 3. Chalk application on lifter; 4. Belt tightening; 5. Provide hand off, if allowed.

**Deadlift:** 1. Assist in putting on and removing lifting gear; 2. Belt tightening; 3. Powder application to lifter's legs.

Miscellaneous: 1. Warm-up room help; 2. Monitoring lifting order; 3. Location of lifting gear; 4. Assist in determining next attempts; 5. Giving next attempts to scorer's table; 6. Quick check if bar is at least symmetrically loaded for attempt; 7. Ask for spotters to clean excess chalk, etc., from platform and bar; 8. Check lifter's standing during meet; 9. Food and beverages; 10. Take photos or videos; 11. Objective critique of lifting technique.

As you can see, the assistant's job description is substantial. I'm sure I'm missed some tasks, so your own list could grow easily. When I was an assistant, after the meet I was more exhausted than the lifter I was helping. The value of a competent aide at a meet can't be understated. I've seen lifters not show on the platform for an attempt because they didn't know it was their turn to lift. That's a costly and unnecessary mistake. This should never happen with competent meet support.

Having an assistant help you deal with the items on this checklist can mean the difference between a successful meet and a disaster. Without good meet assistance, all your hard work can quickly go right down the drain. Of course, yelling encouragement to your lifter is just as critical as any item on the list above. An effective meet assistant can make an individual sport a successful team event.

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### HARDCOREGYM#73

**RETRO GYM ... "Training In The Midst Of** Desparate Soccer Moms" by Rick Brewer



Maura handing 65 pound dumbbells at Retro Gym. (courtesy Rick)

Last month we went to the Press Gym, and not only was it cold - we got cold ice cream protein shakes. That was colder than a welldigger's shovel. This month, we'll take a break from tradition and shock you with chrome. This month's gum follows no Hard-Core Gym rules; it's clean, it has very little powerlifting equipment, and (gasp) no 100# plates.

We can make a strong argument that this gym is the most extreme training environment we've ever seen - since it has very little to offer the powerlifter. But we've already learned that hard core lifters can survive and thrive anywhere: from training in a freezing cold shack - to training right beside wet swimmers - to training in the deserts of Afghanistan. The next time you wanna complain about your gym 'cause it doesn't have a water fountain - I want you to think of Retro Gym.

Maybe it would interest you to see the raw e-mail exchange; as Dave Petro tells me about training at the Retro Gym. The truth is that Dave is so well-spoken, we could print any one of his emails exactly as it arrived. But I will condense them and insert unnecessary comments as we go through his e-mails, in an effort to give myself apparent value as a 'writer'

\*Dear Rick, Ialways look forward to your articles in PLUSA, and over the years I've become a fan. I particularly enjoyed the article in which you described how young women are very attracted to us older guys, and yet they're so good at hiding it. I used to think that this was a situation unique to me. It was enlightening to learn that young women exhibit this trait universally (genetic, perhaps?). Now I walk around the gym with renewed confidence, comfortable in the knowledge that all the women there desperately want me based on how completely they ignore me. That being said, I'm writing with the hope that you might include this in your "Hardcore Gym" series. (Good intro by Dave; combining flattery with a true-life story of how he applied a tip that he learned from one of my previous PLUSA articles. Sort of a mini-success story. Oprah won't give you this sort of truth remember where you saw it first.

I must begin by stating that the actual physical structure and accommodations of our "gym" are far from what one would describe as hardcore. Actually, we train in a (dare I say it?) fitness center -Retro Fitness in Waterbury, Connecticut, to be exact. It's big and well maintained, with lots of shinny new fitness equipment, but no powerlifting equipment, save for a single power rack and lifting platform tucked away in a remote corner. We don't have a single power bar or any 100 lb. plates. However, we make do and succeed with what we have. That brings me to my point: It is my contention that it is the members' attitudes and not the venue that determines whether a gym is hardcore or not. (True dat. RB)

While most of the membership trains primarily for general fitness or bodybuilding. there is a small, but growing contingency of powerlifters and strength athletes who train here on a regular basis. Some of us have actually achieved world class status. Most of us just do it for the sheer enjoyment. All of us, however; share the same mentality, dedication, and determination. (Can PLUSA readers define 'contingency'? RB) We've taken to calling

ourselves the Waterbury Barbell Club. It's a loosely run organization and anyone is welcome to join and train with us even the curious who simply want to experience what powerlifting is all about. The nucleus of the club is comprised of some of the most hardcore or bizarre personalities you'll find anywhere. Except for two isolated incidents, the "cardio crowd" has been very supportive and tolerant. (Soit's called Retro Gym, aka Retro Fitness, aka Waterbury Barbell Club? Umm, OK... RB)

We include: Brian "No Neck" Ubben. He's the only guy I know who ever won a bar brawl without ever getting off the bar stool (but that's another story). Brian pulls in the high 500s at a body weight of around 220. He is a lifer in the Air Force Reserve and has served tours of duty in both Gulf Wars. Because of his military commitment, he must often miss training for extended periods of time. Regardless, he always manages to come back without any discernable loss of power or technique (and we hate him for this). Lately, he has become our wandering ambassador at large. Then there's Jay "The Monster" **Cochiolla.** At 220#s he took 2nd place in his very first contest after only 6 months of power training. Heiscurrently the ADAU (Anti Drug Athletes United) Connecticut State Champ in the 242# class. The ADAU is a raw

federation. Jay lifts big, but we call him "Monster" mostly because he's just plain scary. Derek "Viper" Poundstone (yes, Poundstone is his real name) weighed a ripped 310#'s at last weigh in and stands 6'2". Manu readers will recognize him. At 26 years old he has already won many amateur and professional strongman contests and is currently America's Strongest Man. In the recent World's Strongest Man contest held in Korea he placed 4th overall. He also holds ADAU American records in his class for the bench press and deadlift. Check him out on U-Tube where you'll see him deadlift 815#'s raw! He may also be on network TV soon. NBC has approached him to be part of a new reality show that's in the works. Inzer already sponsors him. Since his main focus is strongman events, we haven't really tested his max bench. However, I personally spotted him when he did an easy, raw 520#s after he had repped 425 for ten! Derek is a police officer and is unofficially the world's strongest There aren't many cop. disturbances in town when he's on duty. (I'm sure that Dave's right, but readers should recall that there are a lot of strong cops; including Ronnie Coleman. This is not an easy claim. RB) Then Big Tom "The Mastodon" McClure lumbers in from time to time to train with us. Tom is 350#'s and competes in strongman contests with Derek. He took 10th at the World's Strongest Man contest in Korea where the locals referred to him as "Godzilla". Mike 'Mikecules" Amici, aka "Iron Mike", is not a powerlifter per se. However, his feats of strength at a body weight of 200#s are legendary here. I've seen him pull 500#s raw for a double with no warm up! He's earned the additional nick name "Bumble Bee". You see, the laws of physics have shown that the bumble bee's wings, compared to its bodyweight, are too small to permit flight. Of course, the bee doesn't know this so it flies Like wise, Mike anyway. shouldn't be able to do some of the things he does, but Mike never studied physics, and none of us has the courage to tell him. Mike is also into strongman training and placed third in his very first strongman contest. Then there's "Little John" D'Aniello. We call him that because when he first joined us he was...well...little. He is tenacious, though, and at just over 150#'s he recently pulled 455#s raw. John's training partner, Mark Neri, will soon become a US Marshal. Meanwhile, Rob Maurice is fresh out of the Connecticut State Police

Academy and after training with us for only a short while had to buy a bigger shirt for his uniform. Rob is really into muscle cars and fast women (or is it fast cars and muscular women?-I forget). Bono - he's one of those guys with just a first name - is a DI in the army reserve. That pretty much tells you what his attitude is like. After just 5 months of power training and weighing 210#s, **Tony** "**Super T**" **Bell** pulls 600#s and can do a touch and go bench with 425#s. He's gentle as a lamb, but one night at a party, three guys gave his sister a hard time. Now they all qualify for handicapped parking. Vinny "Syndrome" Paladino is the most recent addition to our group. He's training for his first contest and just pulled 225#s. Oh, by the way, Vin is 79 (that's hardcore determination)! Valerie "Valley Girl" Sheldon lifts as a light weight and already deadlifts 225#s. Her squat and bench press are also coming along nicely. She plans to compete in her 1st contest soon. "Mad" Max Dobrushkin, Sean "Hollywood" Pennington and Maura Gaudiosi train with us when they can. Although they have no stories to tell vet, they are dedicated and have great potential. I'm Dave Petro and I started all this back in 2000. Valerie started calling me "Boss" Petro after watching the movie Pretty Baby (she has far too much time on her hands). I'm 58 and compete in the 165# class. I entered my 1st competition at age 50 and currently hold records in both the ADAU and 100% Raw Federations. My contest lifts are 425# squat, 240# bench and 485# deadlift. As a high school math teacher, I now insist that when my students call me a jerk, they must refer to me as "Mr. Jerk"! Frank Bianchini is the owner of the gym and has played professional football with the New England Patriots (can ya getanymore hardcore?). Frank understands strength training and has been kind enough to turn a blind eye to our escapades (insanity?). Thanks, Frank! We do our best not

to deadlift as a group on the same day. Trust me; Idon't care what you lift; you don't want to piss off the soccer moms during their "me" time. You'll get a lesson in attitude real fast. Occasionally, though, when four or five of us (including the big guys) are deadlifting, the building reverberates to

place sounds like a foundry. Still, know that there are those who will not be impressed by some of our lifts but I must point out that we all lift 100% steroid free.

In conclusion, I'll admit that atmosphere certainly can contribute to (a HardCore Gvm). but as you can see, it's not the onlyaspect. Hardcore mentality is largely responsible for our success and that's why I say our 'avm" and The Waterbury Barbell Club is hardcore.

Well, Rick, that pretty much sums up what the power crew at Retro Fitness in Waterbury, Connecticut, is all about. I hope vou will feel that we are worthy of mention in one of your articles. (Very much so! Congrat's on overcoming the shiny chrome aspect to train like real Hard-Core strength athletes! RB) Sincerely, Dave Petro

\*Dear Rick, Thanks for your reply!. Ican't tell you how thrilled my friends and I are that you are going to run our story (everyone except the pissy soccer moms, that is). Anyway, you asked if there were any other strange/ oddball things worth mentioning so here goes.

I can't be 100% sure of this, but I bet we're the only "fitness club" in the country with our own sports bar and grill housed in the gym(a partition wall was recently added as per local codes but an easy access door is located right next to the reception/supplement desk). It's called the Ultimate Cafe

I know this seems incongruous and, to be honest, at first it had us scratching our heads. We thought Frank had lost his mind. None-the-less, it's turned out to be a great concept. The food is terrific and there's nothing better than discussing our lifts over a thick, juicy, well cooked steak after a hard training session. After hours it's a great place to gather and share our "other" lives



#### together.

Hey, maybe we should call ourselves "The Waterbury Barbell Ultimate Cafe Retro Sports Bar and Grill Fitness Club". Nah, the only T-shirts on which that would fit are Derek's and Tom's. (Add this gym name to the aka list of extra aliases noted previously. RB) Sincerely, Dave Petro

PS: I've included some pictures of women who agreed to be photographed. I hope you can use them as well as the new info. Let me know if there is anything else Ican provide. Thanks. (Dave, my request for photos of sweaty women was personal in nature. Why are you telling other people about my fetish; it had nothing to do with the article. RB)

\*Hello again, Rick, can I add a few thank you's? I'd like to thank Frank Bianchini the owner of Retro Fitness; Tom McRae, the gym manager; Aaron Paris, a personal trainer at Retro; and Rob Delavega at Powerhouse Gym in Brookfield, Connecticut, for hosting the best powerlifting meets in the area! Sincerely, Dave Petro

\*Hey Rick, I just want to update you on recent events of which you may already be aware. On January 19, 2008, **Derek** Poundstone competed in the World's Strongest Man Super Series which was held at the Mohegan Sun Casino Arena in Connecticut. It was an exciting event and a real nail biter right to the very end. Many of us from the club went to enthusiastically support Derek - perhaps too enthusiastically (I've been asked never to return). Hey, how was I to know that they frown on spectators charging the arena floor and slapping the athletes to motivate them

Derek won the Series, Mariusz beating Pudzianowski. Karl

Gillingham, Mark Felix and a host of other world class athletes. It is scheduled to be broadcast on ESPN in the near future and is already on UTube. Now it's off to the World's for him where we are confident he will claim the title. We are all very proud of Derek.

Needless to say this is attracting many powerlifting and strongman athletes to our facility. Frank and Tom are planning an addition to our building to house an extensive array of strongman and powerlifting training apparatuses. We expect more exciting things to happen as a result. Not bad for a "fitness" club, eh? Sincerely, Dave Petro

"Rick, a further update on Derek's lifting success is that he was invited to the Strongest Man Contest at this year's Arnold Classic only 2 weeks before the Columbus event - and took 2nd place behind Zadrunis Savickus! Derek said that Zadrunis was awesome and absolutely unbeatable that day. (I love to hear well-deserved props like this. RB) Everyone will be thrilled to know that the article is going to run next month. Please let me know if there is anything else I may provide. Best Always, Dave Petro/ Retro-Roy

P.S. By the way, we are all House of Pain fans. My all time favorite is still the chalk outline T-Shirt -"Powerlifting is not for everyone"

WOW, it's usually tough to get 2 or 3 complete sentences about a gym! Thanks to Dave for all of this wellwritten info. I don't know how to properly thank Dave; our usual entry (via mail or e-mail) reads more like this: "Dude wer rally strawng over her at hanks barbell we never stop lifting even when the mine caved in and joe wenbt to jail for that b\*7\$!# he kept in trailer all them years and soon well be power lifting like in mags and kickin fire

outta all, them fancy city boys Riteabot us or well get u good. Sammy Joe Straiter (DOC#317865)"

After reading dozens of these notes; it's always great to get the good emails - like Dave's. It never ceases to amaze me that some of you can actually read the articles!! Next month, we'll look at a gym with only one name. (Keepin' it simple for Sammy Joe Straiter.) Until then, keep training - keep reading - and keep trying to add punctuation to your e-mails

Comments and complaints: rick@houseofpain.com



Joe Bradley was the first human to bench press triple bodyweight



George Hummell .. a great bencher and an ADFPA pioneer



accurate (as to my knowledge) as of 7/4/07.



Jim Lawrence (above left) traveled extensively to pursue his benching goals, and Randall Kea (below at right) once defeated Lamar Gant.

# ALL TIME HISTORICAL TOP 50 AMERICAN WOMEN'S

ALL TIME HISTORICAL TOP 50 AMERICAN WOMEN'S 114 Pound (52 Kilogram) Weight Division -- BENCH BP X-BWI Female Athlete/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation 1.319.7 (1450.) \*2.82X Janet Faraone/67 12/1/07 (1450. kg. @ 51.5 kg.) (Montreal, Quebec, Canada) (APF/WPC) 2.259.0 (117.5) \*2.27X Ashley Awalt/83 10/1/05 (117.5 kg. @ 114.0 lb.) (Elgin, Illinois) (Bench America3) 3.259.0 (117.5) \*2.29X Jill Darling/78 5/31/07 (117.5 kg. @ 51.38 kg.) (Thisted, Denmark) (USAPL/IPF) 4.248.0 (112.5) \*2.11X Marg Rayn-Jeffrey/60 4/2/89 (112.5 kg.) (Honolulu, Hawaii) (USPF/APF/WPC) 5.248.0 (112.5) \*2.17X Jennie Hollier/80 9/17/05 (112.5 kg. @ 51.96 kg.) (Maryland Heights, Missouri) (USAPL/IPF) 6.240.0 (108.9) \*2.11X Marg area Kirkland/63 10/1/05 (235.0 lb.) (Saint Petersburg, Florida) (APF/MPC) 7.237.0 (107.5) 2.07X Dawn Baker/51 11/5/00 (107.5 kg.) (Canterbury, Connecticut) (APA/WPA) 8.235.0 (106.6) 2.05X Tracy Jo Beard 5/9/87 (235.0 lb.) (Saint Petersburg, Florida) (APF/WPC) 9.231.5 (105.0) 2.02X Marg Ryan-Jeffrey/60 7/26/91 (105.0 kg. @ 51.7 kg.) (Duisburg, Germany) (USAPL/IPF) 11.230.0 (104.3) 2.01X Lisa James 8/29/99 (230.0 lb.) (Chatterbury, Connecticut) (APA/WPA) 8.226.0 (102.5) 1.97X Susan Rim/63 3/11/00 (102.5 kg.) (Dallas, Texas) (USPF) 13.226.0 (102.5) 1.97X Susan Rim/63 3/11/00 (102.5 kg.) (Dallas, Texas) (USPF) 14.226.0 (102.5) 1.97X Susan Rim/63 3/11/00 (102.5 kg.) (Anatesin, California) (WABDL) 15.226.0 (102.5) 1.97X Susan Rim/63 3/11/00 (102.5 kg.) (Anatesin, California) (WABDL) 16.225.0 (102.1) \*1.99X Lynn Pitts/61 5/16/99 (225.0 lb. @ 113.0 lb.) (Northampton, Massachusetts) (APA) 17.205 (100.0) 1.92X Kim Aanenson/70 6/11/05 (100.0 kg.) (San Francisco, California) (WABDL) 18.215 (97.5) 1.83X Cheryl Finley 11/4/90 (95.0 kg.) (Oceanside, New York) (NSM) 19.204.9 (95.0) 1.83X Cheryl Finley 11/4/96 (95.0 kg.) (San Francisco, California) (USPF) 20.204.9 (95.0) 1.83X Cheryl Finley 11/4/90 (95.0 kg.) (San Francisco, California) (USPF) 20.205.9 (93.0) \*1.83X Shannon Parrish 209.4 (95.0) 1.63X Catoline Garca 12/10/24 (95.0 kg.) (Occanible, New Yorkhorok, Illinois) (APF/WPC)
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 220.5 (93.0) 1.83X Shannon Parrish/62 4/12/03 (205.0 lb. @ 112.0 lb.) (Bangor, Pennsylvania) (IPA)
 203.9 (92.5) 1.78X Le N. Le 8/10/96 (92.5 kg.) (Venice, California) (USPF)
 203.9 (92.5) 1.78X Yueh-Chun Chang/70 4/26/97 (92.5 kg. @ 112.98 lb.) (Lincoln, Nebraska) (USAPL)
 203.9 (92.5) 1.78X Yueh-Chun Chang/70 4/26/97 (92.5 kg. @ 112.98 lb.) (Lincoln, Nebraska) (USAPL)
 203.9 (92.5) 1.78X Yaleri Tyree/73 11/16/00 (92.5 kg.) (Reno, Nevada) (WABDL)
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 23. 198.4 (90.0) 1.73X Kelly 11/19/94 (90.0 kg.) (Beno, Nevada) (WABDL)
 24. 192.9 (87.5) 1.68X Kmar Antutleworth/76 9/23/06 (90.0 kg. @ 51.4 kg.) (Apple Valley, Minnesota) (USAPL)
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 24. 192.9 (87.5) 1.68X Mary Ann Price/51-07.5 kg.) (Columbus, Ohio) (APF/WPC)
 25. 1.68X Mary Ann Price/51-07.5 kg.) (Columbus, Ohio) (APF/WPC)
 26. 192.9 (87.5) 1.68X Ma



**Janet Faraone** is the leader of the pack on this ranking by a wide margin. (photographs by M. Lambert)

48



Susan Hedman at the 2007 WABDL Worlds in Anaheim, CA



Linda Chicado-Shendow, with multi-color ribbons hanging from her pigtails at the 1982 Women's Nationals, is the wife of long time USPF officer/referee Jan Shendow



Mary Jeffrey with one of her innumerable Best Lifter awards

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- HAND CRAFTED IN THE USA - INDUSTRIAL GRADE - BUILT YOUR WAY - FACTORY DIRECT - **SINCE 1988** 

#### SLATER'S HARDWARE STONE MOLDS





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- Make spherical concrete stones continuously in a multitide of sizes.
- · Fasy to make hard to break Our molds are constructed of Heavy duty Polystyrene and Lexan for ease of making stones and time after time uses.
- Currently available in 8, 10, 12, 14, 16, 18, 20, 21 and 24 inch diameter sizes with complete easy to follow instructions.
- · Increase Mass and Strength in the entire Back, Biceps, Forearms, Hamstrings, Chest and Hip areas unlike any other exercise.
- · Place stones in your gym to attract new members.
- · Great training for Football, Wrestling, Powerlifting, Bodybuilding, Ultimate Fighting or any type of Heavy Athletic Sport

Wallace 175				
220 lbs.	BP	DL	TOT	
(40-49) Raw				
Womer	350	450	800	
242 lbs.				
(40-49) Raw				
Edgerton	305	405	710	
275 lbs.				
Lifetime Raw				
Haddaway!	410	600	1010	

!=Best Lifters. Many state records were set. Venue: The Seaford Health and Raquetball Club, home of Perry Thomas. Although the area was small it was just the right size for the 20 lifters that we had. There were over 50 spectators who came to cheer on the lifters and everyone had a good time. Thanks to the lifters, specta-tors, WNPF staff and the Seaford Health & Raquetball club for their support. (WNPF)





contour

\$69.95







Sioux-z Hartwig-Gary

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	SQ	BP	DL	TOT
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MALE				
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R. Savell 275 lbs.	352	248	440	1041
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B. Tabler	518	402	017	518
275+ lbs.	510			310
M. Hedlesky	551	402	699	1653
Master				
165 lbs.				
D. Thompson	407	352	451	1212
198 lbs.		144		1
. Brown	540	374	507	1421
220 lbs.				
B. Schmidt	496	358	562	1416
R. Dues 275+ lbs.	451	369	451	1273
. Pope	633	429	705	1769
K. Ryder	556	457	672	1686
Open	550	437	0/2	1000
165 lbs.				
R. Spencer	501	314	600	1416
R. Howell	446	319	479	1245
D. Thompson	407	352	451	1212
181 lbs.				
. Brown	540	374	507	1421
. Lupia	462	325	551	1339
A. Bigbee	446	374	485	1306
N. Micelli 220 lbs.	352	325	446	1124
L. Shelton	501	374	611	1488
B. Schmidt	496	358	562	1400
M. Barcelone		330	518	1394
242 lbs.	540	000	510	
B. Stewart	573	451	606	1631
. Vitiloe	551	374	633	1559
R. McDonnell	551	402	567	1521
275 lbs.				
. Grosulak	573	402	617	1592
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275+ lbs.		1	1	
M. Neal	760	562	639	1962
B. Madvig	683	457	672	1813
. Cahill	622	418	716	1758



Kokorev 165 507 518 518 507 Burdette 198 705 705 705 Caminita 198 705 705 738 Laguna 220 264 264 Heavyweight Wong SHW 854 920 Bell SHW 782 804 920 854 782 804 859 909 909 909 804 Vick SHW 1003 1003 1052 Mendelson









USA's Dave Doan - 2nd @ 275

Arnold Bench Press 2 MAD 00 Cala 011

BENCH		J. Wegiera	518
FEMALE		198 lbs.	
Open		Y. Watanabe	606
105 lbs.		J. Bast	562
Y. Fukushima	284	L. Kirchner	-
132 lbs.		D. Cieri	-
J. Thompson	309	220 lbs.	
148 lbs.		K. Chida	573
G. Bachhaus	347	242 lbs.	
P. Ribic	309	K. Mayer	634
198 lbs.		T. Anderson	628
I. Strik	402	S. Minami	584
198+ lbs.		S. Hara	_
J. Schaefer	353	275 lbs.	
MALE		M. Hirvonen	689
123 lbs.		D. Doan	606
A. Kraft	419	275+ lbs.	
148 lbs.		D. Midote	779
K. Takahashi	509	B. Siders	
181 lbs.		J. Wahlquist	
D. Kodama	619	S. Lade	
M. Schick	562	O'Halloran	
M. Hara	546	F. Svensson	





K. Cannard

Submaster K. Shipley

Sanders

Master

MEN Teen V. Williams

K. Early

M. Foster

E. Rivera

M. Olson

D. Foster

G. Evans

B. Gimbel

. Jacobs Muir

Submaster

K. Williams

S. MacGregor— T. Obteshka —

Angelo

Master

(40-46)B. Read

M. Ross P. Clark

R. Fisher . Brown

Police

J. Angel

G. Silgrist

Open C. McFarland —

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K. Richardson 80 80

K. Kuykendall — 245 A. Bernahrdt 290 245

bar, against the weight, against your own bar, against the weight, against your own PR, nothing else and nothing more. Giving it all you have for the love of the sport. Thats what RAW lifting is really all about isn't it? Vic's Power House and Big Bears Gym are looking forward to next years meets- check out our websites for upcoming meets, pictures from the last meets and stats. www.vicspowerhouse.com and www.bigbearsgym.com. (Thanks to Vicki Beck for providing these contest results)

		ed Fall Nat Holland, M	
BENCH		Master (60-	-69)
WOMEN		242 lbs.	
Novice		B. Moleski	350*
123 lbs.		4th-360	*
J. Slomp	100*		(40-44)
4th-105*		242 lbs.	
148 lbs.		D. Currie Police/Fire	410*
A. Miller	145*	Police/Fire	(50-59)
Junior		198 lbs.	1
181 lbs.		L Johnson	220*
J. Todd	195*	Police/Fire	Open
4th-200*		242 lbs.	open
Master (50-59	0	B. Stanton	400
165 lbs.	'	Open	400
L. Boshoven	255*	148 lbs.	
MEN	233	C. Loyola	290
Novice		165 lbs.	230
165 lbs.			295
S. Wiemero	200	R. Loyola 4th-305	233
4th-205	200	181 lbs.	
			275
SHW	200	E. Johnson	
W. Darnell	300	4th-285	
4th-315		220 lbs.	120
Teen (13-15)		K. Herron	
148 lbs.		4th-440	
S. Wellman	160	275 lbs.	
Teen (18-19)		J. Garza	-
148 lbs.		SLP DEADI	IFT
M. Hall	250	WOMEN	
Junior		Novice	
198 lbs.		123 lbs.	
L. Ruiz	385*	J. Slomp	175
220 lbs.		4th-185	
S. Wilde Submaster 220 lbs.	365	Teen (16-1)	7)
Submaster		114 lbs.	
220 lbs.		A. Post	185
K. Herron	430	4th-195	
4th-440		Submaster	
242 lbs.		165 lbs.	
B. Hislop	455*	A. Lovely	210
Master (40-49	))	4th-215	
165 lbs.		Master (45	-49)
T. Bruce	350	148 lbs.	
4th-360		K. Waugh	220
220 lbs.		4th-235	
M. LeClair	375	MEN	
275 lbs		Junior	
M. Gacek	425	198 lbs.	
Master (50-59	))	L. Ruiz	500
198 lbs.		Submaster	
G. Huey	335	242 lbs.	
220 lbs.		B. Hislop	625
T. Sheehan	335	Master (45	-49)
4th-350	333	220 lbs.	
T. Wiemero	260	M. LeClair	525
4th-270	200	3-Person	545
401-270		Merrell	380
Rost Lifter R.	anch B	ross Woman	. Lynne
Best Lifter Be Boshoven. Be	st Lift	r Bench Pro	se Mon
bosnoven. Be	st Lifte	a bench Pre	ss wien:
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120 245 365

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420\*

400

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540 505\*

660

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150 290\* 440

425 525\* 950

170\* 350\* 520

120 -

185

315 \_

270

200\* 405

315

305

405

295

360 -

240

440

265

- 365 -455 315 500

600 385

455 315 530 1300 - 425 - 425

365 455

4th-BP-325\*

B. Crutcher 480 355\* 465 1300

J. Berokoff 405 315 455 Stephenson — 315 —

450

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390

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f. McCorning 415 J. Wands — 415 R. Rabourn 405 295 R. Cabourn 650 445 T. McCormick-

155\* 235

120

185

245

535

325

1175

315

720

605 16

820

1125

305

400

405

295

950

955 19

1205

1755 22

360

240

440

265

365



59) 95



USA Raw BP - Jacki Slomp, Kathy Waugh, Audrey Post, Andrea Lovely

20° Bill Hislop. Team Champions: Iron House the men it was Luis Ruiz with 500 at junior n Fitness. The USA Raw Bench Press Federa- 198, tying the state record there. Bil Fitness. The USA Raw Bench Press Federa-tion Fall Nationals was held at Flex Fitness in Holland, Michigan. Thanks Usbmaster 242 while Mark LeClair owners Shawn and Amy Miller for once again sponsoring this event. Starting with the novice women's division, newcomer jacki Slomp set the national record at 123 with her 100 bench. A fourth with 105 was also successful. Amy Miller, another first-times of the scener d at 148 with LeClair due to a three person action successful. Amy Miller, another first-times of the scener d at 148 with LeClair due to a three person also successful. Amy Miller, another first-times of the scener d at 148 with LeClair due to a three person also successful. Amy Miller, another first-times of the scener d at 148 with LeClair due to the scener d at 45-49/ again sponsoring the scener d at 45-49/ again sponsoring this event. Starting with the scener d at 123 with 240 with 24 also successful. Amy Miller, another first-timer, set the record at 148 with 145. Iocked out 380 pounds to the cheers of the Jasmine Todd, a great young lifter in the junior division, set the national record at 181 with her first 200 bench. Best lifter thanks to everyone who helped with the Lynne Boshoven broke the national record Shawn Miller, who did the bulk of the for the 50-59/165 class with 255. Lynne, loading and spotting. See you all again who is without a doubt one of the greatest next year. (results from Dr. Darrell Latch) female lifters of all time, at the age of fifty has the number one deadlift in the country at 165 with 530! She has also done a 570 squat at 165! For the novice men's 165 class it was Stephen Wiemero with 205 while SHW winner William "Hamburger" Darnell finished with 315. In the 13-15/ 148 class it was Stephen Wellman with 160. This thirteen year old kid has perfect form! Great job! Our only other teenager was Mike Hall, who took the 18-19/148 class with 250. Junior 198 winner Luis Ruiz broke the national record there 385. Then at junior 220 it was Scott Wilde for the win with 365. Taking the submaster 220 class was Keith Herron, who ended with a personal best 440, which he made on his fourth attempt. Keith also captured the open 220 class as well. The best lifter award for the men went to submaster 242 winner Bill Hislop, Bill finished with a new national record of 455. For the master 40-tralia. Inc., State Bench Press Champion-49 age group it was Terry Bruce at 165 with a personal best 360. Mark LeClair won at 220 with 375 while Matt Gacek Western Australia. Session One Referees: won at 220 with 375 while Matt Gacek took the 275's with 425. Gregg Huey won at 50-59/198 with 335 while Tim Sheehan won at 220 over Timo Wiemero 335 to 260. Both also got their fourth attempts with 350 and 270 respectively. Our final mark of ther lifter was 60-69/242 winner Bob Moleski who finished with a new national mark of 260 le the prolice § for division 100 km set of the prolice for the p 360. In the police & fire division 40-49/ 242 winner Dave Currie tied the national record with 410. John Johnson set the record at 50-59/198 with 220. Then at open 242 was Bryan Stanton who finished with a personal best 400. For the open division it was 148 winner Cristino Loyola who finished with 290 while Ramiro Loyola took the 165 class with 305. Evan Johnson took the 181 class with 285. Jesse Garza, lifting in the open 275 class, failed to get in his opener of 425. The team award went to Iron House Fitness Center with mem-bers Bryan Stanton, Dave Currie, Bill Darnell and J.J. Johnson. Along with the USA 'RAW' Bench Press Federation meet a SLP sanctioned deadlift competitionwas held as well. Starting with the women's novice 165 class it was Jacki Slomp with her second title of the day, finishing with a personal best and Michigan state record of 185. Taking the women's 16-17/114 class was Audrey Post, who finished with a new state record of 195. Andrea Lovely, who also was competing for the first time won at submaster 165 with 215. Kathy competitive meets. Many were nervous and filled with doubt but were reassured they could do this meet. Its you against the *USA BP Fall Nationals Best Lifters - Lynn Boshoven and Bill Hislop.* Wough won at 45-49/148 with a new personal best and state record 235. For

#### All-Around West Australia

16 SE	P 07-	Perth, AUS	
BENCH		Open	
FEMALE		P. McMarus	270
Sub Junior		M. Lewis	264
A. Martin	44	N. Howell	264
Open		S. Mackenzie	231
M. Phillips	132	B. Ernest	214
Master		Thrower Jr.	-
J. Taylor	126	Master	
MALÉ		H. Day	352
Junior		P. Phillips	286
D. Macri	341	G. Barker	286
A. Abdelgham	253	M. Savage	286
M. Yezdery		A. Short	264
	192	J. Canlone	231
L. Duckett	187	B. Chapman	159
S. Harley	170	F. Lamp	115

tralia, Inc., State Bench Press Champion-ships was held at the Belmont Sports and Darren Thrower. Session Two Loaders: Simon Farey and Russell Davidson. (pho tograph below thanks to Frank Lamp







Best Lifter for the ANPPC Nationals Bench Press TONY NORWOOD and f

nd friends. (photographs provided cou	
ANPPC Nationals 27 OCT 07 - Tuscola, IL	
INCH Open OMEN 148 lbs.	
aster (55-59) D. Frost 205 0 lbs. DEADLIFT	XTREME LIFTING GEAR
Vincent 110* WOMEN N Master (55-59)	ARAI CASE & CASE M
n (16-17) 165 lbs. Ibs. M. Harmon 275*	Single Provide State Single Ply Gear
Wedeking 265* MEN Teen (16-17)	AIRBAUB LIFTING GEAR (IFF Approved)
lbs. 275 lbs. Norwood 390* W. Wedeking 400* ter (50-54) 4th-420*	RDC 800 lbs @ 165 lb Bubba Dowling
ter (50-54) 4th-420* Ibs. Submaster Newman 385* 242 lbs.	705 Ibs WR chest, shoulder and bicep
ter (55-59) K. Phillips 750* lbs. Open	measurements.
ell'Aquila 335* 148 lbs. ce/Fire D. Frost 250*	* When ordering SUITS please give height, weight and thigh
lbs. 242 lbs. uff 365 K. Phillips 750*	RDC 716 lbs @ 165 lb measurements.
erlifting SQ BP DL TOT MEN	Custom Alterations on Shirts or Suits \$15.00 Adding Velcro to Shirts or Suits \$25.00 FOR EXPERIENCED LIFTERS ONLY!
er (45-49) lbs.	The CX1 material is the top of the line CX1 poly available. It performs like canvas but is a true poly.
eeves 380* 240* 365* 985*	CX1 Power SHIRT (90'sleeve) \$145.00 DOUBLE PLY \$175.00
lbs. aston 440 360* 550* 1350	CX1 Power SUIT. (SQUAT) \$145.00 DOUBLE PLY \$175.00
naster Ibs.	CX1 Power SUIT. (DEADLIFT) \$145.00 DOUBLE PLY \$175.00
awlik — — — — — er (45-49)	
lbs. arnaghi 760* 375 575* 1710*	The CX2 material is the THICKEST single poly available. The longest lasting garment you will ever purchase.
lbs. Dugherty 575 375 560 1510	CX2 Power SHIRT Xtreme Cut Stretch back \$145.00 DOUBLE PLY \$175.00
Aaxwell 480 375 425 1280 er (50-54)	
CONTRACTOR DESCRIPTION DESCRIPTION	
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Carnaghi readies for his 760	Call FOR Full www.crain.ws
opener squat in the 45-49/	
s at the A.N.P.P.C. Nationals	

181 lbs.					*=ANPPC N
D. Newman	570*	385*	525*	1480*	Powerlifting
Master (55-59	9)				Bench Press
181 lbs.					Deadlift: Ke
M. Caliendo	465*	365*	490*	1320*	National Po
Master (60-64	1)				held at Son
220 lbs.					meet we ha
T. Roberts	350	250	450	1050	with our onl
	4th-Se	4th-SQ-400			Taking the ti
Open					all new natio
165 lbs.					240 bench an
P. Halverson	425	335	440	1200	total. First-ti
		L-455			won at junio
181 lbs.					Mitch set ne
S. Gawlik	_	_		_	and the dead
198 lbs.					440 squat. /
T. Carnaghi	760	375	575	1710	Steve Gawlik
I. Stanton	650	325	600	1575	injured his le
220 lbs.					with 620, and
S. Wagner	680	450	565	1695	competition.
K. Wagner	505	365	520	1390	was Tom Ca
242 lbs.					squat of 760,
T. Wilke	615	_	_	_	his opening d
	4th-Se	0-625			Tom nosted r

National Records, Best Lifter Tom Carnaghi. Best Lifter Tony Norwood, Best Lifter ss: Iony Norwood. Best Litter Keithan Phillips. The ANPPC owerlifting Championship was a Light Power Gym. In the full ad some great lifters, starting ly lady lifter, "E" Girl Reeves. title at 45-49/181 "E" Girl set incel at 45-49/181 "E" Girl set ional records with a 380 squat, nd a 365 deadlift for a great 985 time competitor Mitch Easton or 242 with a fine 1350 total. w records for the bench (360) dlift (550) to go along with his Mitch was competing "raw". ik, a great lifter out of Chicago, eft quad on his second attempt d was forced to drop out of the arnaghi making just his opener 0, followed by a 375 bench and deadlift of 575 for a 1710 total.

except the bench. Taking the best lifter award for the competition, Tom also won at open 198. At 220 it was John Dougherty finished with all new personal bests, fin-ishing at 575-375-560. Mike ended with a 480 squat, 375 bench and a 425 pull for his total. Dave Newman, who claimed this was his last competition, set five new national records at 50-54/181. Finishing with a 525 pull, Dave totalled 1480. Dave has been a great lifter over the last ten years, winning many NNPPC, SLP, AAPF and AWPF national and world titles along the way. Hopefully Dave's "retirement" will just be a tempo rary thing! At 55-59/181 it was Marty Caliendo going 465-365-490-1320, break-Caliendo going 465-365-490-1320, break-ing all the national records for that class. benched him 450 to 365. Tom Roberts, who was also talking retire-ment, won at 60-64/220 with a 400 fourth deadlift with Steve again



ment, won at 60-64/220 with a 450 deadlift ing Kevin 565 to out-lifting Kevin 565 to for a 1050 (1100) total. In the open division Phil Halverson had his best day yet at 165. Commitment, was only able to enter the the existing record at open 242 with a commitment, was only able to enter the the existing record at open 242 with a commitment, was only able to enter the the existing record at open 242 with a Richmond, Indiana, set the national record





Tom Carnaghi's Team at the ANPPC Nationals had a guest - Ernie Frantz - who shared his plans for the future

strong 625 final attempt. In the bench press event Marjorie Vincent set the national mark at 55-59/220 with her 110 opener. Wade Wedeking broke the record at 16-17/275 with 265 while best lifter Tony Norwood broke the mark at junior Newman got his final na-tional record at 50-54/181 with 385. Dr. Joe Dell'Aquila broke the na-tional mark at 55- 59/242 with 335 while local favorite Eric Ruff broke his own personal record at police & fire/242 with 365. Our final hencher was Dennis Frost, who won at open 148 with 205. For the deadlift

Richmond, Indiana, set the national record there with a personal best 275. Wade Wedeking won his second title of the day at 16-17/275, setting his second national record of the day with a solid 420 final pull. Our big puller of the meet, and probably the strongest lifter in the meet, Keithan Dillice woon at eubmaster and onen 242 the strongest lifter in the meet, Keithan Phillips, won at submaster and open 242 with a strong 750 national record pull. A final attempt with 800 came within inches of locking out; if only he had his head up! He's just one good lift away from 800. And none of that sumo crap either, this guy is the real deal, a conventional puller, no wide stance, squat suit, hip lift lifter, but a real deadlifter! Best lifter! Taking the win at onen 148 was Duane Frost. twin brother at open 148 was Duane Frost, twin brother of Dennis, with a 250 national mark. We had with us, on this special day, a very special guest, Ernie Frantz. To many of us Ernie is considered the Father of Modern Powerlifting, Ernie shared with us all about his blessed life, because of power-lifting, and his concern for its future along with his dream of the CREEDO program. We were honored by your presence, Ernie, Thanks to my wife Susie, Linda Middleton and Mary Tewell, all certified national SLP judges, for doing another great job. Also to my son Joey and grandson Daniel Cordes for a fantastic job spotting and loading. See you all again next year! (Thanks to Dr. Darrell Latch for providing the results)

#### Blackstone's 2nd Gym Classic

<b>10 FEB</b>	08 - W	. Lata	yette,	OH	
BENCH		Subm	aster		
165 lbs.		C. H	urst	360	
Open Raw		275 I	bs.		
Z. Cross	325	Open			
181 lbs.		D. Be	osler	450	
Submaster		S. Ha	artzell	340	
T. Bluck	405	Teen	Raw		
198 lbs.		Z. W	alker	275	
Master		DEAD	DLIFT		
T. Myler	415	220	bs.		
220 lbs.		Open	Raw		
Open Raw		J. He	nkel	320	
J. Henkel	260				
Ironman		BP	DL	TOT	
165 lbs.					
Teen Raw					
R. Logan		200	320	520	
220 lbs.					
Open Raw					
J. Henkel		260	320	580	
242 lbs.					
Master					
T. Nubent		505	645	1150	
Openm					
R. Bluck		505	605	1110	
308 lbs.					
Onen					

N. Courtad 515 685 1200 Best Lifter Bench: Tracy Bluck. Best Lifter Best Lifter Bench: Iracy Bluck. Best Lifter Ironman: Tim Nugent. Winner of the bodyweght rep contest and \$100 donated by K&J Nutrition was Zack Cross doing his bodyweight for 36 reps. We would like to give a special thanks to John Gladstone of K&J Nutrition for donating \$100 for the rep context L would also like to thank our contest. I would also like to thank our judges, Ralph Young, Adam Hicks, tom Sarver, and Doug Foster. Thanks to Jamie Dorsey for working the score table. (results by John Blackstone, Meet Promoter)

# MAX BENCH PRESS BY

ou've replayed this moment over and over again in your head with mental reps. You've sweat, bled and sacrificed for this one shot, it's just you and a ton of weight. Today it's gonna take something extra to laim a new PB – and you have it. Powered by Six Star® Muscle Professional Strength Whey Protein, you're primed to shatter your previous best lifts. Vith 50 grams of high-powered 100-percent whey protein per maximum erving coursing through your veins, the weight doesn't stand a chance. n a 10-week study, individuals using the key ingredient in Six Star Muscle Vhey Protein increased their max bench press by an incredible average of 05 pounds. You lift raw - no bench shirt and no wrist wraps, all you need s what you've got inside you. Knowing that the key ingredient found in ix Star Muscle Whey Protein has been scientifically tested to dramatically ncrease bench press strength, you've got all the confidence in the world. ou've done all you can do. Only four steps remain - Lift, Lower, Pause and xplode. With Six Star<sup>®</sup> Muscle fueling your lifts - YOU'LL LOCKOUT EVERY TIME

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12 APR, 100% RAW Battle of the Border BP (Currituck, NC) Paul Bossi, President, 139 Marles Way, Camden, NC 27921, 252-339-5025 pres@rawpowerlifting.com, rlifting.com

12 APR, 100% & AAU Granite City Iron Wars V (full, single, SC - First Fitness, Barre, VT) Bret Kernoff, pret@vermontpowerlifting.com 12 APR, SLP National Raw BP/DL (Sallisaw, OK) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-2 5 3 - 5 4 2 9 sonlightgym@verizon.net, www.sonlightpower.com

12 APR, USPF Works Fitness PL, BP, DL (Works Fitness World, New Martinsville, WV) Power Promotions, Matt McCase, Director, 210 Gilbob St., Fairmont, WV 26554. mccase@yahoo.com, 304-376-2432 12 APR, WABDL Northwest Regional BP & DL (Medford, OR) Dan Guches 541-890-3258 or Sam Pecktol 541-210-2026

12 APR, WABDL Heart of America BP/DL (Gateway Center, Collinsville, IL) Erica Haislar 618-530-5402 12 APR, APC Georgia State Open PL/BP, L.B. Baker, 770-713-3080 12 APR, APA West Coast Iron Wars PL BP DL PP (Kennewick, WA) Scott Taylor, 5233 First St., #K-16, Zephyrhills, FL 33542, 941-626-4247, scott@apa-wpa.com, www.apawha com/entryforms htm

12 APR, 5th Super Bench, Louie LaPoint, 337 Roxbury St., Keene, NH 03431 603-352-8590 12 APR, 18th Weightlifting Unlimited

BP (Winchester, VA) Randy Brooks, 540-667-6288, or Randy R. 304-283 6059

12 APR, NASA Kansas State Equipped & Unequipped PL& BP and Power Sports & Push Pull & Pro Qualifier (Salina, KS) 405-527-8513, P.O. Box 735, Noble, OK 73068. SQBPDL@aol.com

12 APR, UPA South Carolina Battle of the Beasts (PL, BP - 5820 Augusta Rd., Greenville, SC) Bart Kelley, 864-286-

5 2 3 bkelly@unitedpowerliftingassociation.com, k taillon@hotmail.com

12 APR. APF Gulf Coast (New Port Richey, FL) Rick Lawrence, 727-376-1707 or Bart 727-919-4738 12-13 APR, AAPF Nationals (Lake George, NY) Sam Luciano, 518-

Kennesaw@fitnessresource.com 19 APR, WABDL Florida BP/DL 747-3242 13 APR-WNPF Upstate NY II (Buffalo, (Lakeland, FL) Louis Baltz 863-687-6268 NY) Ron Deamicis 330-792-6670,

erlt@aol.com 19 APR, ADFPF Chicago PL & Single Event (Qualification for '08 WDFPF World Championships - Chicago, IL) B&W Gym, 5920 N. Ridge, Chicago, IL, 309-837-2111, adfpf.org

19 APR, Bartlesville Classic (Bartlesville, OK) JDuree@aol.com 19 APR, APF Classic PL Showdown (raw) & GADL (raw or equip-Kennesav,

GA) Jon Grove, 770-426-1077 19 APR, Kern County High School Meet (Bakersfield, CA) Steve Denison, 661-333-9800, pwrlftrs@msn.com, www.powerliftingCA.com

**19 APR - WNPF Lifetime All** American Bench Press, Deadlift & Powercurl Championships (Atlantic City, NJ) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com

19 APR, PPL Georgia State Drug Free PL, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, puthongum@aol.com

19 APR - WNPF National BP, Bench for Reps, DL & PC Championships (Atlantic City, NJ) Troy Ford 678-817-4743, wnpf@aol.com

19 APR, 100% RAW Maryland State PL & BP Open Invitational (Hagerstown, Corridean Dan MD) Bdan1745@aol.com, 240-417-2229 19 APR, Mighty Christian Powerlifting IV (Dover, NJ) Contest themightygibbors@aol.com, 973-303-3645

19 APR, Damn Large One (Madison, WI) Job Hou-Seye, Meet Director, 1-888-JOB-HOUSEYE

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Fitness Expo PL, Matt McCase, 210 Gilbob St., Fairmont, WV 26554, 304-376-7538, mccase@yahoo.com

19 APR. North Georgia Barbell Club Classic PL Showdown, Georgia Deadlift (Kennesaw, GA) Jon Grove, 770-426-0 7 7

19 APR, USPF "Lock N' Load Buckaroo!" PL/BP/DL (Cold Iron Gym, Tombstone, AZ) 520-457-3955, www.coldirongvm.com.

19 APR, NASA Ohio State, Equipped

& Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Lancaster, OH) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

19 APR, Pride Pro-Am BP & DL (single, raw, equipped) Judy Sverchek, 401 N. 2nd St., Coeur d'Alene, ID 83814, 208-964-5066 www.pridepowerlifting.com

19 APR, APA Thunder Bay Open PL, PP, BP, DL (Tampa, FL) Scott Taylor, 5233 First St., #K-16, Zephyrhills, FL 33542, 941-626-4247, scott@apawpa.com, www.apa-wpa.com/ entryforms.htm

19 APR, WABDL River Country Classic (Gadsden, AL) Brant Bishop 256-390-4436

19 APR, 13th Dungeon Powerworks Slam BP/DL (3 Rivers, MI) Mark Mellinger, 369-435-7586, 15681 Featherstone, Constantine, MI 4 + 053

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

12 APR, APF Gulf Coast Open 12-13 APR, AAPF Nationals 19 APR, APF Classic Showdown 3-4 MAY, APF Master, Teen & Junior Nationals 5 MAY, APF Bench Press Meet 17-18 MAY, APF Maine State 30-31 MAY, 1 JUN, APF Senior Nationals 7 JUN, APF South Texas JUN, APF-AAPF Florida State JUN, APF/AAPF Chicago Summer Bash 5 12 JUL, APF Texas Rio Bravo 19 JUL, AAPF Big Sky State Games 19 JUL, APF Barbee Classic 26 JUL, APF Southeast Challenge 1-3 AUG, AWPC World Championship 16 AUG, APF Push Pull Meet 23 AUG, APF/AAPF High Country Push/Pull 6 SEP, APF Georgia State 13 SEP, APF Cornerstone Fitness Push/Pull 27 SEP, APF Bend It Championship 25 OCT, APF Halloween Monster Bench Bash OCT, APF/AAPF Snake River OCT, APF Mississippi State PL/BP **1 NOV, APF Texas Cup** 8 NOV, APF Bench Press NOV, WPC World PL/BP 6 DEC, APF Gulf Coast 13 DEC, APF Rio Grande Valley DEC, APF/AAPF Southern States

Dates subject to change Call 886-389-4744 for info. (worldpowerlifting.org) (worldpowerliftingcongress)

19 APR, 100% Raw Maryland State PL/BP Open Invitational (open to all states) Dan Corridean, 240-417-2229. Bdan1745@aol.com

19 APR, SLP Wisconsin State BP/DL (Delavan, WI) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

19-20 APR (NEW DATE), UPA Powerlifting & BP Nationals (Columbus, OH) Kenny Patterson, Meet Director, 614-335-5181, Kpatterson@unitedpowerlifting association.com, www.unitedpowerliftingassociation.com 19, 20 APR, Powerpalooza 10 (Full power, BP, DL - Leesport, PA) Gene Rychlak Jr., 143 2nd Ave., Roversford, 610-948-7823. PA bench a grand@vahoo.com

19, 20 APR, BPO British PL, BP, DL (University of Bath, Claverton Down, Bath, Somerset) Greg Ashford (01373 859997) www.wpfpowerlifting.com 25 APR, IBP Raw Bench Press &

Strict Curl (Pfafftown, NC) Keith Payne 336-251-8704. keith@ironbovpowerlifting.net 25-27 APR, AFPF/AAFPF Texas

State/Senior Nationals (Plano, TX) Les Cramer, 512-329-8528, Ernie 630-546-3760. Frantz. www.umcanationals.com. www.frantzpowerlifting.com

26 APR. IBP Tarheel State PL (Pfafftown, NC) Keith Payne 336-251-8704 keith@ironboupowerlifting net 26 APR. 29th Raw ADAU Power Day Classic (separate BP and DL, open and all age groups, men and women) Al Siegel 304 Daisy St., Clearfield, PA 16830 814-765-3214, al@pikitup.com

26 APR, SLP National BP/DL.

#### NASA Powerlifting & Power Sports March 15th - Power Sports Nationals, Oklahoma City, OK 16th - 1st Annual Pro Power Sports Championships, OKC 22nd - Tennessee State Championships, Pickwick State Park, TN 29-30th - High School Nationals, OKC April 5th - Arizona High School (Mesa, AZ) 5th - Illinois State, Niles, IL. (David Oyler) 12th - Kansas State Championships, Salina, KS 19th - Ohio State Championships, Lancaster, Ohio 19th - The "Damned Large One", Madison, WI (Job Hou-seve) 26th - W. Virginia State (Ravenswood, WV) 26th - Iowa State Championships, Des Moines, IA 26th - New Mexico St., Rio Rancho, NM (Mike & Teale Adelmann) Mav 3rd - Western State Nationals, Mesa, AZ 3rd - Oklahoma State Championships OKC OK 10th - West Texas State, Hereford, TX 17th - Colorado State Championshins Denver CO 24th - Kentucky State, Moorehead, KY 24th - South Texas Open, Alvin, TX 31st - Arkansas State, Russellville, AR June 7th - Northeastern States, Washington, PA 7th - Minnesota State, Rochester, MN 14th - East Texas Open, Tyler, TX 21, 22nd - USA Nationals, Lancaster, Ohio July 5.6th - East Coast Nationals (Hickory, NC) 12th - Youth Nationals (Ravenswood, WV) 12th - W. Virginia Open (Ravenswood, WV) 19th - Grand Nationals (Sheboygan, WI) 26th - Tri-State Regional, Flora, IL 26th - South Texas Classic (Alvin, TX) August 2,3 AUG - World Cup (OKC, OK) September 6th - New Mexico Regional (Rio Rancho, NM) 20th - Ohio Regional 27th - Arkansas Regional (Russellville, AR) October 4th - East Texas Regional (Tyler, TX) 18th - Unequipped Nationals (OKC, OK) 19th - 1st Pro Equipped Nationals (OKC, OK) 25th - Iowa Regional (Des Moines, IA) November 1st - Masters/Submasters Nationals (Mesa, AZ) 15th - Colorado Regional (Loveland, CO) 22nd - Kansas Regional (Salina, KS) 29th - Oklahoma Open December 6th - Missouri Regional 13th - West Texas Regional 20th - Illinois Christmas Regional

26 APR, 100% Raw Virginia State BP/DL/CR, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968 valifting@aol.com. www.rawpowerlifting.com

26 APR, ADFPF 3rd Massachusetts State DL Invitational (unequipped. equipped - SETS, Hingham, MA) Meet Director. Saul Shocket. www.adfpf.org, shocketa@aol.com 26 APR, ADFPF Michigan State & Open PL/Single (unequipped, equipped - Lansing Community College, Lansing, MI) Meet Director Jeff Buchin www.adfpf.org, gedney@logonix.net 26 APR - WNPF Lifetime North American PL, BP, DL, PC Championships (Kissimmee, FL) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com 26 APR - WNPF 9th Elite Nationals & Subs/Masters National (PL, BP, DL, PC - Kissimmee, FL) Troy Ford 678-817-4743, wnpf@aol.com 26 APR, Brute Strength Strongman (Norfolk, VA) Brute Strength Gym 757-893-9111, 757-650-5410, schroeder\_gayle@yahoo.com, www.powerandstrength.com

26 APR, NASA NM State (PL/BP/PS) mike@liftinglarge.com. www.lifting rge.com

26 APR, NASA Iowa State, Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Des Moines, IA) 405-527-8513, P.O. Box 735. Noble, OK 73068, SQBPDL@aol.com

26 APR, NASA West Virginia State. Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Ravenswood, WV) Greg & Susan Van Hoose, Route 1 Box 166 Ravenswood, WV 26164, 304-273-2283. greg@vhepower.com

26 APR, USA Southern Open "Bash on the Beach" (St. George Island, FL) Tim Whitehead, 850-670-4205 or George Herring 770-963-6738, bbga2000@bellsouth net

26 APR, CREDO Texas State High School Age Group BP & DL for Reps (Plano, TX) Ernie Frantz, www.frantzpowerlifting.com

26-27 APR. USAPL Florida State BP & DL & Florida State High School BP & PL (Ft. Lauderdale) Robert Keller. Box 281571, Davie, FL 33329, 954-790-2249. rhk@verizon.net. www.geocities.com/floridausapl

26-27 APR, 100% Raw Y Nationals Sports Weekend & Texas State (Holiday Inn Express, Plano, TX) Kirk Stroud, 512-329-8528 www.ymcanationals.com

26-27 APR, IPA Iron House Classic PL & BP (Zanesville, OH) Mike Maxwell 740-704-4747, download entry at www.ironhousezanesville.com

26,27 APR, AAU Triple Crowne Classic, Law/Fire Nationals, Military Nationals, East Coast Bench Press Classic (Richmond, VA) Judy & Steve Wood, 804-559-4624, vapowerlifting@aol.com 2-4 MAY (NEW DATE), USAPL Master Nationals, Robert Keller, Box 291571, Davie, FL 33329, 954-790-2249. www.usaplnationals.com/ 2008masters 3 MAY, Central California Open &

Novice PI / RP 3 MAY - WNPF Lifetime Palmetto PL. BP, DL, PC Championships &

Collegiate Challenge (Clemson, SC) WNPF Lifetime, PO Box 142347, Favetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com 3 MAY, NASA Western States Nation-

als, Equipped & Unequipped Powerlifting & BP and Power Sports & Push Pull & Pro Qualifier (Mesa, AZ) 405-527-8513, P.O. Box 735, Noble OK 73068, SQBPDL@aol.com 3 MAY, NASA Oklahoma State.

Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Norman or OKC, OK) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

3 MAY - WNPF 11th Carolina State PL, BP, DL, PC & Collegiate Challenge (Clemson, SC) Troy Ford 678-817-4743, wnpf@aol.com

3 MAY, ADFPF Open PL/BP Challenge, Jason Peck, South Gallia High School, Gallipolis, OH, gedney@logonix.net 3 MAY, IPA Virginia State & National

Qualifier (Fredericksburg, VA) Gene Rychlak, Jr., 143 Second Ave., Royersford, PA 19468, 610-948-7823, Bench\_a\_grand@yahoo.com 3 MAY, WABDL Washington State BP/DL (Sam Benn Gvm, Aberdeen, WA) Don Bell 360-533-6620

3, 4 MAY, (NEW DATES) USPF San Diego Open PL/BP/DL, Steve 661-333-9800. Denison, pwrlftrs@msn.com, www.powerliftingCA.com

3, 4 MAY(NEW DATES), USPF Collegiate Nationals, (San Diego, CA) Steve Denison 661-333-9800, pwrlftrs@msn.com, www.powerliftingCA.como

3, 4 MAY, (NEW DATES) USPF Military Nationals (San Diego, CA) Steve Denison 661-333-9800, pwrlftrs@msn.com

www.powerliftingCA.com 3, 4 MAY, WPC Austria Nationals, Harald Selsam, kapout@aon.at 3-4 MAY, APF Master, Teen & Junior Nationals & WPC World Qualifier (Baton Rouge, LA) Garry Frank. 225-241-8154

4 MAY - WNPF Flatline Classic (PL BP, DL, PC - Richmond, KY) Evan Claunch or Mike Watkins, 859-582-9744 606-271-0037 www.flatlinepowerlifting.com/wnpf/ 2008\_FPC\_ENTRYFORM.pdf

5 MAY, APF Bench Press Meet (Phoenix, AZ) J.R. Bolger, 602-281-6489, azapf@cox.net

10 MAY, NASA West Texas State. Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Hereford, TX) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

10 MAY, USPF Northern Cup BP (Twin River Casino Events Center, Lincoln, RI) Dave Follansbee & IFBB Pro Maggie Blanchard, 865 Second St., Manchester, NH 03102, 603-626-5489, NHBodybuilding@yahoo.com, AmericanPowerlifting.com

10 MAY, APA Delaware Power Classic (raw, equipped - New Castle, DE) Kate Baird. 302-381-0040.

#### UPCOMING SLP COMPETITIONS

12 APR, SLP National Raw BP/DL (Sallisaw, OK) 19 APR, SLP Wisconsin State BP/DL (Delavan, WI)

26 APR, SLP National BP/DL, (Tuscola, IL)

17 MAY, SLP Platinum Fitness BP/DL (Tulsa, OK)

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

owerfulkate@comcast.net 10 MAY, WABDL Texas BP/DL (Houston, TX) Tiny Meeker 832-423-7662

10 MAY, Lifetime Natural Powerlifting Nationals, Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, power.com

10 MAY, APA Fit For Life Power Palooza (Shreveport, LA - PL, BP, DL, PP, SC) Ryan Cidzik, 318-663-0077, rcidzik@yahoo.com, www.apawpa.com

10 MAY. Mr. T's Freak Show II (strongman, powerlifting - New London, WI) Tom Theama 920-359-0432, ttheama@charter.net

16-17 MAY, USAPL Texas State. Hector Munoz, 108 S. 18th, Carrizo Springs, TX 78834, 361-813-9691 16-18 MAY (New DATE/NAME), 100% RAW/RAW United Florida State (all current membership cards honored, all lifters & teams receive awards, entry deadline Saturday, May 10) Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-5 0 5 - 1 1 9 4 .

tshontis@brevard.k12.fl.us 17 MAY, USAPL New England States Open, Greg Kostas, Box 483, Whitman, MA 02382, 781-447-6714, 8-10PM, Sunday-Thursday

17 MAY, USAPL Ketchikan Spring Record Breakers, Doug Gregg, 1225 S. Port Higgins Rd., Ketchikan, AK 99901 907-247-8463 17 MAY, TBR Fitness Center 1st An-

nual Bench Bash (Dallas, PA) TBR Fitness Center, Rt. 309 Fernwood Plaza, Dallas, PA 18612, 570-674-2420, tbrpower@epix.net

17 MAY, 3 lift/BP Meet (sculpted trophies, all divisions), Gym Warriors, 119 r Foster St., Peabody, MA, Paul, 978-766-6280, pauldesimone01@aol.com

17 MAY, SLP Platinum Fitness Open BP/DL (Tulsa, OK) SLP, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, sonlightgym@verizon.net 17 MAY, NASA Colorado State,

Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Denver, CO) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

17 MAY, Atilis Gym BP, Chris Lambert, 3015 Pacific Ave., Wildwood, NJ 08260, 609-729-2050

#### 17 MAY, WABDL USP Labs National BP/DL (Wisconsin Dells, WI) Gus Rethwisch 763-545-8654 or 503-901-1622 17 MAY SI P Platinum Fitness Open

BP/DL (Tulsa, OK) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net. www.sonlightpower.com

17 MAY, San Jose Open PL/BP/DL. Steve Denison, 661-333-9800, pwrlftrs@msn.com www.powerliftingCA.com

17-18 MAY, APF Maine State, Matt Israelson, 207-415-207523-25 MAY, WPC European Cup (Vienna, Austria) Harald Selsam, kapoun@aon.at

WE OFFER FULL MEETS, BENCH ONLY, DEADLIFT ONLY, SQUAT ONLY, REPS AND POWERCURL EVENTS. EQUIPMENT-RAW, SINGLE PLY AND UNLIMITED DIVISIONS PL-Full Powerlifting meet, BP-Bench Press, DL-Deadlift, PC-Powercurl

APRIL 26 WNPF ELITE NATIONALS & SUB/MASTERS (Kissimmee, FL)

Contact Troy Ford 678 817-4743 or wnpf@aol.com \*\*\*\*\*\*\* WNPF LIFETIME DRUG FREE EVENTS (FOR THE LIFETIME DRUG FREE LIFTER) WE OFFER FULL MEETS, BENCH ONLY, DEADLIFT ONLY, SOUAT ONLY. REPS AND POWERCURL EVENTS. EQUIPMENT - RAW AND SINGLE PLY ONLY (NEW RECORDS AND A NEW BEGINNING FOR THE LIFETIME DRUG FREE LIFTER)

> APRIL 19 WNPF LIFETIME ALL AMERICAN BP, DL, PC ATLANTIC CITY, NJ

APRIL 26 WNPF LIFETIME NORTH AMERICAN PL, BP, DL, PC Kissimmee, FL

62

Kentucky (PL, PS, PP, BP Only-) Greg & Susan Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com

24 MAY, AAU Oklahoma State High School & Open PL/BP (Broken Arrow, OK) Danny Berry, 918-695-3823, DBerry48@windstream.net

24 MAY, ADAU Raw Pittsburgh PL & Kumite Classic, Monroeville Expomart, www.pghfitness.com monsters\_unlimited@msn.com, 412-335-7569

24 MAY, NASA South Texas State Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Alvin, TX) 405-527-8513, P.O. Box 735, Noble, OK 73068, SOBPDL@aol.com

24 MAY, IBP SC State BP & Srict Curl (Core 24 Gym - Seneca, SC) Keith 336-251-8704, Pavne. keith@ironbovpowerlifting.net

30-31 MAY 1 JUN, APF Senior Nationals (1-3 qualifies for WPC Worlds - Omaha, NE) Rick Hussey/ Becca Swanson. www.bigirongum.com

31 MAY, 3rd USPF Summerfest BP/ DL (Wavetech Park) Matt McCase, 210 Gilbob St., Fairmont, WV 26554. 304-376-7538. mccase@vahoo.com 31 MAY, WABDL Golden State BP/ DL (Doubletree Hotel, Modesto, CA) Mike Womack 209-303-4105

31 MAY, SSA Full Power/Ironman/ Single Lift (Iron Asylym Gym, Tribes Hill, NY) Sandi McCaslin, 518-858-7002, www.ironasylumgym.com

#### WNPF EVENTS

APRIL 19

WNPF NATIONAL BENCH PRESS BENCH FOR REPS, DEADLIFT, POWER CURL Atlantic City, NJ

Contact Troy Ford at 678 817-4743 or wnpflifetime@aol.com

24 MAY (NEW DATE), NASA 31 MAY - WNPF Lifetime Elite PL, BP. DL. PC Nationals (Ephrata, PA) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 817-4743. 678 wnpflifetime@aol.com

31 MAY, PPL Georgia State Strongman, PPL, 2250 Lumpkin Rd... Augusta, GA 30906, 706-790-3806. pythongym@aol.com

31 MAY - WNPF Raw Nationals & 9th Pan-American Equipped (USA, Canada, Puerto Rico - Ephrata, PA) Troy Ford 678-817-4743. wnpf@aol.com

31 MAY, NASA Arkansas State. Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Russellville, AR) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

31 MAY, Team Weber YWCA Push Pull (Trap Bar - YWCA, Clinton, IA) Bob Weber Jr., 563-259-8690, Dan Phipps, 563-249-4075

MAY - WNPF USA vs. Brazil (Caxias do Sul, Brazil) Troy Ford 678-817-4743, wnpf@aol.com

MAY '08, WDFPF European Single Event (Como, Italy) www.wdfpf.cc 1 JUN, New England Raw PL/BP/DL NE Training Ctr., 25 Coronado Rd. Warwick, RI 02896, Joe Reeves, 401-952-9166, www.motonutracing.com 6-8 JUN, APC National

Powerlifting & Bench Press Championships (Norfolk, VA) Meet Director, Gayle Schroeder, 757-650-5410, Brute Strength Gym, 757-8 9 3 - 9 1 1 1 ,

amicanpowerliftingcommittee.com, LB Baker 770-713-3080

7 JUN (CORRECTED DATE), SPF Nationals PL/BP (Gatlinburg, TN) Jesse Rodgers, 423-344-7161, rodgersmadmax@bellsouth.net, www.southernpowerlifting.com

7 JUN, NASA Minnesota State PL, BP. PS. PP. Pro Qualifier, Rochester, MN, Job Hou-Seye 1-888-J0B-HOUSEVE

7 JUN, APF S. Texas (Sequin, TX) Gary Pendergrass, 800-378-6460, www.sequinfitness.com

7 JUN, NASA Northeastern States PL, BP, PP, PS (Washington, PA) Greg Van Hoose, RR1 Box 166, 26164 WV Ravenswood. www.whepower.com

7 JUN, NPA Central States Open Drug Free BP/DL, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032 815-233-2292

7 JUN, WADL National Push Pull (Sheraton Crescent Hotel, Phoenix, AZ) Gus Rethwisch 763-545-8654 or 503-901-1622

7 JUN, 6th USAPL Pete Lanzi Memorial PL, IM, BP (Cleveland, OH) Gary Kanaga. 440-717-9624. www.BIGKSPOWERMEETS.com

7 JUN, 1st Carroll County Power Day Challenge (SQ, BP, DL or PL, all weights, men & women - Powerhouse Gym. Westminster, MD) Chaz Riddle, 410-857-1232.

7 JUN. SLP Missouri Open BP/DL (Chesterfield, MO) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

7-8 JUN, Immaculate Heart of Mary Festival BP/DL Ironman & Strongman (Youngstown, OH) Ron, 330-792-



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6670 or 330-519-3078 **7-8 JUN**, USAPL NJ State HS PL, Mark Salandra, 5 Thompson Close, Hillsborough, NJ 08844, 908-874-6125, www.strengthcondition.com

8 JUN, Summer Push Pull Contest (Granger, IN) Jon moker, jjrcsmoker@hotmail.com

13 JUN, USAPL Sunshine State Games BP & PL (Lakeland/Tampa, FL) Robert Keller, Box 281571, Davie, FL 33329, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl

14 JUN, NASA East Texas State, Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Tyler, TX) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

14 JUN, SLP Superman Classic BP/DL (Metropolis, IL) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

14 JUN, WABDL Rocky Mountain Regional BP/ DL (Hampton Inn, Salt Lake City, UT) David Edgell 81-721-5438

13-14 JUN, USAPL Teen Junior Nationals (St. Louis, MO) Harold Gaines Sr., 2 Tristan Terrace, St. Charles, MO 63303, 314-805-2044 13-15 JUN, USAPL Men's, Teen, Junior Nationals, Johnny A. Graham, 2203 Excel Dr.,

Killeen, TX 76542, 254-526-0779 14 JUN, USPF Muscle Beach BP/DL (Venice

Beach, CA) Steve Denison, 661-333-9800, pwrlftrs@msn.com, www.powerliftingCA.com 21 JUN, WADL Northeastern Regional BP/DL (Newport, ME) Al Stork 207-223-5945

21 JUN, Iron Chamber Gym Summer Bench Bash (Sandy Valley High School - Magnolia, OH - 125 entry limit) Jeff Begue, 330-844-1011 ICG-Pride@hotmail.com

21 JUN, Sonny's 4th WABDL Push Pull (Sheraton Waikiki Hotel, Honolulu, HI) Mike Saito 808-221-0129. Jocelyn Ronolo 808-387-8776. Levana Furtado 808-368-6727

21 JUN, USA Raw Bench Press Federation Summer Nationals (Tuscola, IL) Darrel Latch.





**Events Calendar** 2008 IPA WORLD POWERLIFTING **CHAMPIONSHIPS** 

York Barbell Company York, Pennsylvania June 28 - 29, 2008

2008 IPA SENIOR NATIONAL POWERLIFTING **CHAMPIONSHIPS** 

York Barbell Company York, Pennsylvania November 22- 23, 2008

For information about the meet and lodging, visit www.IPAPOWER.com for a downloadable entry form.

#### Meet Directors

Mark Chaillet at 717-495-0024.

Chaillet's Private Fitness,

190 Arsenal Rd., York, PA 17404 Or Email: Ellen Chaillet at echaillet@aol.com



York Barbell 3300 Board Rd., York, PA 17406

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NLPOSE, 200gm 19.7 N-Acetyl L-Glutamine, 300gm 16.5 Acetyl L-Canitine, 100gm 8.5 Creatine Ethyl Ester HCI, 300gm 10.5 CLA, 1000mg, 100 gelcaps 11.5	000
Creatine Mono. 99+%, Micronized, 1kg. 15.0 Arginine base powder, 300gm 12.0 Arginine AKG, 150 gm 9.0 Citrulline, 100gm 11.5	0
Serum Protein, 90%, 1 pound         16.5           Whey Protein 90% instant isolate, 24oz         18.0           Tribulus Ext, 45% 100gm         7.5           Long Jack 100:1, 20gm         37.5           Yohim be 2% Std. Extract! 50gm         7.5           Glutamine 300gm/1kg         10.50/28.5           Glucosamine Sulfate, 250gm         9.5	000
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0939, Dick Connor 812-867-1736, or 309-837-2111, www.adfpf.org 21 JUN, 100% RAW & AAU RAW Twisted Fitness Push-Pull, Bench, Deadlift & Strict Curl (Claremont,

NH) Meet Director, Bret Kernoff 802-865-2747, bret@vermontpowerliting.com. www.vermontpowerlifting.com

21-22 JUN, NASA USA Nationals, Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Lancaster, OH) 405-527-8513, P.O. Box 735, Noble, OK 73068, SOBPDL@aol.com

26-29 JUN, WPF European PL, BP, DL (Kulturhalle Stadt Forchheim (Jahnhalle). Friedrich-Ludwig-Jan-Strasse, 91301 Forchhein, Germany, Peter and Jorg Wiemann, www.wpfpowerlifting.com



28 JUN, ADAU National Powerlifting (men, women, all ages) Joe Orengia, 4319 W. 26 St., Erie, PA 16506, 814-833-3727

28 JUN - WNPF 17th New Jersey PL, BP. DL. PC (Bordentown, NJ) Troy Ford 678-817-4743, wnpf@aol.com 28 JUN - WNPF Lifetime Raw Nationals & Powerfest 2K8 (Bordentown, NJ) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com 28 JUN, 100% Raw Freedom USA

Open BP/CR, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968. valifting@aol.com. www.rawpowerlifting.com

28 JUN, AAU Sooner State Summer Games PL/BP/DL (Shawnee, OK) Rickey Dale Crain, rcrain@allegiance.tv 28 JUN, WABDL 12th Alki Beach BP/DL (Seattle, WA) Bull Stewart 206-725-7894

28, 29 JUN, IPA World PL/BP, York Barbell, 3300 Board Rd., York, PA 17406, Mark Chaillet, 717-495-0024, chailfit@yahoo.com, Ellen Chaillet, echaillet@aol.com 28,29 JUN, USPF Multi-Nationals (Men, Women, Junior, Masters, Police & Fire, BP & DL, Sheraton-Providence Airport Hotel, Warwick, RI) Ted J. Isabella, 401-946-5350, uspf-ri@cox.net, www.ripl.org JUN, APF/AAPF Chicago Summer Bash 5 (Willowbrook, IL) Eric Stone,

630-794-0594 thestone@chicagopowerlifting.com JUN - WNPF Lifetime Pan-Americans PL, BP, DL, PC Champs (Nanuet, NY) WNPF Lifetime, PO

Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com JUN, APF-AAPF Florida State, Kieran

866-389-4744, Kidder. amyljackson@aol.com

JUN - WNPF Powerfest 2K8 PL, BP, DL, PC (Nanuet, NY) Troy Ford 678-817-4743, wnpf@aol.com JUN, USPF Multi-National Junior, Senior, Masters PL/BP/DL Championship (Providence, RI) Ted Isabella, uspf-ri@cox.net, Matt

McCase mccase@yahoo.com 3-5 JUL, IBSA/USAPL World BP & Powerlfiting Championships fo the Blind and Visually Impaired (Miami, FL) Robert Keller, Box 281571, Davie, FL 954-790-2249 33329 rhk@verizon.net, www.geocities.com/

floridausapl 5 JUL, SLP Samson's Gym Open BP/ DL (Hamilton, OH) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

5,6 JUL (additional day), NASA East Coast Nationals & Pro Qualifier, Equipped & Unequipped PL & **BP and Power Sports & Push Pull** (includes qualifier for all NASA Pro events - NC) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

6 JUL, USAPL U.S. Open BP & DL (Miami, FL) Robert Keller, Box 281571, Davie, FL 33329, 954-790-2249, rhk@verizon.net, www.geocities.com/ floridausapl

12 JUL, Monster Muscle Record





Schedule:

Weigh-Ins will be held on Saturday, July 26 from 4:00 pm to 5:30 pm. Competition starts at 6:00 pm.

Divisions:

SHW

Membership:	All participa membe		
Entry Fee:	\$40 per ath		
Deadline:	Register on 2008.		
More Info:	A Full Pow		

#### What are the AAU Junior Olympic Games?

Don't miss out on the largest, multi-sport youth event in the country. Over 16,000 participants will compete in 22 sports in Detroit, Michigan from July 23-August 2, 2008.

Breakers BP & DL (single lift, raw, equipped) Judy Sverchek, 401 N. 2nd St., Coeur d'Alene, ID 83814, 208-964-5066, www.pridepowerlifting.com 12 JUL, Nebraska Strongest Man Strongman Competition (American Legion, 230 W. Lincoln Rd., Papillion, NE 68046) DJ Satterfield 402-592-1243. dinechair@vahoo.com

12 JUL, NASA Youth Nationals & WV Open BP PP & PS (Ravenswood. WV) Greg Van Hoose, RR1 Box 166, Ravenswood, WV 26164, www.vhepower.com

12 JUL, USPF Fresno Open PL/BP/ DL, Steve Denison, 661-333-9800, pwrlftrs@msn.com, www.powerliftingCA.com 12 JUL - WNPF North Americans

PL, BP, DL, PC Championships (Atlanta, GA) Troy Ford 678-817-4743, wnpf@aol.com 12 JUL, NASA WV Open BP, PP, PS.



#### 2008 AAU Junior **Olympic Games** Detroit, MI

#### **Bench Press Meet** July 26, 2008

All male and female weight and age classes.

Men: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308

Women: 97, 105, 114, 123, 132, 148, 165, 181, 198 HWT

Teen (11 & under) (12-13) (14-15) (16-17) (18-19) Junior (20-23) Sub-master (35-39) Masters (40-44) (45-49) (50-54) (55-59) (60-64) (65+) (OPEN) (RAW)

> ants must be members of the AAU. AAU athlete ership is \$12 for youth and \$32 for adult.

hlete for Bench Press meet

nline at www.aaujrogames.org by July 11,

ver World meet is also being held July 26-27. Visit www.aauirogames.org for more information.

> WV 26164, Ravenswood, www.vhepower.com

> 12 JUL, APF Texas Rio Bravo (McAllen, TX) Gary Pendergrass, 800-378-6460, www.seguinfitness.com

12 JUL - WNPF Lifetime USA PL, BP, DL, PC Championships (Atlanta, GA) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com

12 JUL, ANPPC World Cup PL, Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

12 JUL, WABDL Midwest Regional BP/DL (Marriott Hotel, Minneapolis West, MN) Gus Rethwisch 763-545-8654 or 503-901-1622

12-13 JUL (NEW DATE), UPA Power Weekend, Bench Bash for Cash, Pro Powerlifting, Amateur Strongman, Amateur Bench Press, Bill Carpenter 563-599-1390, Kenny Patterson 614-563-0279

19 JUL, PPL Southeasterns, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, , 706-790-3806, pythongym@aol.com

19 JUL, SLP Northwest Arkansas Open BP/DL Classic, 479-636-0996, Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

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

19 JUL, AAPF Big Sky State Games (Billing, MT) Jim Thompson, 406-208-6094, ironjim@bresnan.net

19 JUL, APF Barbee Classic (Houston, TX) Gary Pendergrass, 800-378-6460, www.seguinfitness.com

19 JUL, USAPL Mid Atlantic Open (PL/BP/DL/Ironman, raw, assisted



Below is a list of meets being offered by the AAU Association AAUSports.org

April 19	Nebraska High School Powerlifting Invitational	
	Beatrice, NE Monte Lofing – 4052-223-2269 before 9pm	
	Email: lofing@alltel.net	
April 26-27	AAU Military Nationals - Full Power & Military Bench Press Nationals	
	AAU Triple Crown Classic & East Coast Bench Press Championship	
	Richmond, VA – Brooklyn Middle School	
	Judy & Steve Wood, Jill Meads - 804-559-4624	
24	Email: vapowerlifting@aol.com	
May 24	AAU Middle & High School Powerlifting & Bench Press Championship	
	Borken Arrow, OK Danny Berry – 918-695-3823	
	Email: dberry48@windstream.net	
June 21-22	AAU North American Powerlifting Bench, Deadlift & Pushpull	
oune 21-22	(International meet)	
	Rancho Buena Vista Performing Arts Center - Vista, CA	
	Martin Drake - 951-928-4797	
	Email – naturalpower@earthlink.net	
June 21	AAU Twisted Fitness Push Pull	
	Claremont, NH	
	Bret Kernoff – 802-865-2747	
100.00	Email: <u>bret@vermontpowerlifting.com</u>	
July 26-27	AAU Junior Olympics (World Meet for ages 5-23 years)	
	AAU Bench Press Meet (All ages- Men, Women & Children)	
	Bench Press meet will follow the full power meet on Saturday	
	Detroit, MI Judy & Steve Wood, Jill Meads – 804-559-4624	
	Email: vapowerlifting@aol.com	
August 16	AAU US-Canada International	
Trugust 10	South Burlington, VT	
	Bret Kernoff – 802-865-2747	
	Email: bret@vermontpowerlifting.com	
September 20	AAU Supreme Fitness Challenge II Push-Pull, Bench, Deadlift	
	Brattleboro, VT	
	Bret Kernoff – 804-865-2747	
and states of	Email: bret@vermontpowerlifting.com	
Nøvember 8-9	AAU World Full Power, AAU International Bench Press, International	
	Deadlift, International Push-Pull Championship	
	Hampton, Virginia Judy & Steve Wood, Jill Meads – 804-559-4624	
	Email: vapowerlifting@aol.com	
	Entry Kit: Available mid-summer by email or AAU website	
December 6-7	AAU World Bench, Deadlift & Pushpull Championship	
	River Palms Resort Hotel Casino, Laughlin, NV	1
	Martin Drake – 951-928-4797	
	Email: naturalpower@earthlink.net	
	Entry Kit: Available mid-summer by email or AAU website	

Standardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968. valifting@aol.com, www.virginiausapl.com

19 JUL, Grand Nationals Meet (Sheboygan, WI) Rich Peters, Meet Director, 405-527-8513

19-20 JUL - WNPF Drug Free Nationals & Team Ford vs. Team Deamicis (PA) Troy Ford 678-817-4743, wnpf@aol.com or Ron Deamicis 330-792-6670. powerlt103@aol.com 26 JUL, APF Southeast Challenge

(Beaumont, TX) Gary Pendergrass, 800-378-6460 www.seguinfitness.com

26 JUL, 4th Oil Heritage Weightlifting Competition (Joseph Social Hall, Oil City, PA, to benefit T.J. Wilson, 2 year old with heart transplant complications) Chris Snuder 814-676-3750. 26 JUL, 4th Vermont State Open

Raw BP, All American Fitness, 1881

Williston Rd., S. Burlington, VT 05403, 802-865-3068, 802-999-7845, www.allamericanfitnessvt.com 26 JUL - WNPF Lifetime Youth, Teen, Junior, Subs, Masters & Police/Fire Nationals & Summer Classic (PL, BP, DL, PC -Kissimmee, FL) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com 26 JUL - WNPF 16th Florida State &

USA Championships (Kissimmee, FL) Troy Ford 678-817-4743, wnnf@aol.com

26 JUL, SSA West Coast Summer Ironman Classic (Newport, OR) Jason Centoni 540-336-2779, www.strengthalliance.com

26 JUL, SLP YMCA of Kansas City Push/Pull Classic (Kansas City, KS) Darrel Latch, 126 W. Sale, Tucola, IL 61953. 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com 26 JUL, NASA Tri-State Regional,

Lindell Smith, lesmitty@speedy.com, 681-662-3413 26 JUL, Granite State BP & Rip the Grip DL, Louie LaPoint, 337 Roxbury St. Keene, NH 03431, 603-352-8590 26 JUL, NASA South Texas Classic, Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Alvin, TX) 405-527-8513, P.O. Box 735, Noble, OK 73068, SOBPDL@aol.com

26-27 JUL, AAU Junior Olympics/ AAU Bench Press (Detroit, MI) Judy & Steve Wood, Jill Meads, 804-559-4624, vapowerlifting@aol.com

26-28 JUL, USAPL Raw National Championships (St. Louis, MO) Harold Gaines 314-805-2044, www.usaplnationals.com

27 JUL, APA Maine Iron Bash PL, BP, DL, PP, SC (Freeport, ME) Scott Tay-

lor, 5233 First St., #K-16, Zephyrhills, FL 33542, 941-626-4247, scott@apawpa.com, www.apa-wpa.com/ entruforms htm

27 JUL, WNPF Drug Free Nationals (Youngstown, OH) Ron, 330-792-6670 or 330-519-3078 30 JUL-3 AUG, AWPC/WPC

Eurasian Championships (Chelyabinsk, Russia) Vladimir Chadkov, wpc@wpc-wpo.ru 1-3 AUG, AWPC Worlds (Oakbrook, IL) Kieran Kidder/Amy Jackson, 866-389-4744,

amyljackson@aol.com 1-3 AUG, 100% RAW/RAW United Women's Nationals and Kids/ Youth/Teenage Nationals (all current membership cards honored, all lifters & teams receive awards, entry deadline Saturday, July 12) Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194,

tshontis@brevard.k12.fl.us 2 AUG, USPF Muscle Beach Push Pull BP/DL (Venice Beach, CA) Steve Denison, 661-333-9800. pwrlftrs@msn.com. www.powerliftingCA.com

2 AUG, USAPL Larry Garro Memorial PL (Towson, MD) Brian Washington, Brian@usbf.net 410-265-8264 www.ushf.net/2008Garro.ndf

2 AUG, SSA Backyard Bench/ Deadlift/Iron Man (Iron Asylym Gym, Tribes Hill, NY) Sandi McCaslin, 518-858-7002, www.ironasylumgvm.com 2 AUG, WABDL Iron Gladiators Great Northern BP/DL (Red Lion Hottel. Olympia, WA) Gus Rethwisch 763-545-8654 or 503-901-1622

2, 3 AUG, NASA World Cup, Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (OKC, OK) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

3 AUG, SLP Vince Soto Memorial/ Ohio State Fair BP/DL (Columbus, OH) Darrel Latch, 126 W. Sale, Tucola, 61953, 217-253-5429, IL sonlightgym@verizon.net, www.sonlightpower.com

9 AUG, N. Virginia Raw PL/BP (VA) John James 703-475-9885, www.northernvirginiarawpower.com 26 JUL (NEW DATE), ADAU SQ, BP, DL Nationals (Lehighton, PA) Rob Eckhart, 1271 E. Lizard Creek Rd., Lehighton, PA 18235, 610-377-5852, eckhart1@ptd.net 9 AUG, Fall Classic (Bartlesville, OK)

JDuree@aol.com 9 AUG, IPA New York PL/BP (Rochester) Gene Rychlak Jr., 143 Second

Ave., Royersford, PA 19468, 610-4 8 - 7 8 2 3 ench a grand@vahoo.com

9 AUG (NEW DATE), WABDL World Cup (120 Miles NW of Helsinki Tampere, Finland) Sakari Selkainaho 011-358-505-354-106

9 AUG. WABDL Southern Regional BP/DL (Crown Plaza Hotel, Dallas, TX) Gus Rethwisch 763-545-8654 or 503-901-1622

9 AUG, SLP Wisconsin State Fair BP/ DL (West Allis, WI) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

10 AUG, SLP Missouri State Fair BP/

DL (Sedalia, MO) Darrel Latch, 126 W Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightnower.com

10 AUG - WNPF Lifetime 1st World Cup BP, DL, PC Championships (Philadelphia, PA) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com

10 AUG - WNPF Single Lift Nationals & Ironman Nationals (BP, DL, PC -Philadelphia, PA) Troy Ford 678-817-4743, wnpf@aol.com

15-16 AUG, Europa Super Show World Powerlifting Championship Event (Dallas Convention Center) Betty Pariso, P.O. Box 210145, Bedford, 76095, 817-498-3631, TX BettyPariso@aol.com

16 AUG, SLP Indiana State Fair BP/ DL (Beech Grove, IN) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

16 AUG, USAPL Northern California PL (West Coast Muscle Athletic Club -Yuba City, CA) Mike Womelsdorf, 909-880-2948 usaplcachair@aol.com 16 AUG. AAU & 100% Raw International Can-Am Championships (PP. single SC - Sheraton Burlington, S Burlington, VT) Bret Kernoff, bret@vermontpowerlifting.com 16 AUG, APF Push Pull Meet (Phoenix.

AZ) J.R. Bolger, 602-218-6489, azanf@cox.net

17 AUG, SLP Illinois State Fair BP/ DL (Springfield, IL) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

23 AUG, 100% Raw Eastern USA Open BP/CR, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.rawpowerlifting.com

23 AUG, APF/AAPF High Country Push/Pull (Brigham City, UT) Jon Cunningham, 801-985-1164 23 AUG, IBP Mountain Bench Bash & Strict Curl (Asheville, NC) Keith 336-251-8704, Payne

keith@ironboypowerlifting.net 23 AUG, SLP Kentucky State Fair BP/DL (Louisville, KY) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

30 AUG, 2nd USPF Works Outdoor BP/DL (New Martinsville, WV) Matt McCase, 210 Gilbob St., Fairmont, WV 26554, 304-376-7538. mccase@vahoo.com

30 AUG, PPL Southeasterns Strongman, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806 puthongum@aol.com

30 AUG, WABDL West Coast Open BP/DL (Marriott Hotel, Rancho Cordova, Sacramento, CA) Jody Woods 916-524-0914

6 SEP, APF Georgia State (Kennesaw, GA) Jon Grove, 770-426-1077. kennesaw@fitnessresource.com 6 SEP, NASA NM Regional (PL/BP/

mike@liftinglarge.com, PS). www.liftinglarge.com 6 SEP - WNPF Lifetime Southern

States (Fitzgerald, GA) WNPF Lifetime, PO Box 142347, Fayetteville, GA 817-4743, 30214. 678 wnpflifetime@aol.com

6 SEP - WNPF 2nd Jake the Hammer

#### **APC Central California**

**Powerlifting & Bench Press** (Open, novice) A.P.C. National Qualifier

May 3rd, 2008 (Fresno, CA) Bob & Kim Packer 559-322-6805, 559-323-3892

Classic BP, DL, PC (Fitzgerald, GA) Troy Ford 678-817-4743, wnnf@aol.com 6 SEP, WABDL United We Stand BP/

DL (New Castle, PA) charles Venturella 8700

6 SEP. WABDL Southwest Classic BP/DL (Houston, TX) Tiny Meeker 832-423-7662 6 SEP, SLP Tennessee State Fair BP/

DL (Nashville, TN) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

724-654-4117

SEP, WNPF Upstate New York II (Rochester, NY) Ron, 330-792-6670 or 330-519-3078 12-13 SEP, USPAL Bench Press

Nationals, Gary Kanaga, 591 Central Dr., Broadview Hts., OH 44147, 440-717-9624

13 SEP, NPA National Drug Free BP/DL, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292 13 SEP, USA Raw Bench Press Federation Fall Nationals (Holland,

MI) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net. www.sonlightpower.com 13 SEP. APF Cornerstone Fitness

Push/Pull (Bastrop, TX) Cornerstone

#### **1ST ANNUALTOM ELDRIDGE** TOP GUN AZ STATE CHAMPIONSHIP MEET

- September 27, 2008 -**Full Meet - Single Lift Bench Press Meet - Single Lift Deadlift Meet. Divisions: OPEN, JUNIOR** (13-17), SUBMASTER & MASTER For further info, www.coldirongym.com or 520-457-3955 7th & Allen St., **Tombstone**, AZ



512-321-2667, Fitness. www.sequinfitness.com

13 SEP. WABDL Hawaii BP/DL (Kamilioki Elementary School, Waimanalo, HI) Keith Ward, 808-375-

13 SEP. WABDL Greater Seattle Classic BP/DL (TBA, Seattle, WA) Bull Stewart 206-725-7894

13,14 SEP, USPF Muscle Beach PL/ BP/DL (Venice Beach, CA) Steve 661-333-9800, Denison, pwrlftrs@msn.com, www.powerliftingCA.com

14 SEP, WABDL United We Stand (Holiday Inn, Beaver Falls, PA) Charles Venturella, 718 Mable St., New Castle, PA 16101, 724-654-4117, sircharles148@peoplepc.com,

www.wabdl.org 14 SEP (NEW DATE), UK Open PL, BP, DL (Four Seasons, Trallwn Road, Llansamlet, Swansea) Ken Williams (07970 625946), Nigel Wilding (07814 939047) www.wpfpowerlifting.com

20 SEP (NEW DATE/LOCATION), ADFPF Bill Beckwith Memorial PL/ Single Lift, Rich Van Eck (Grand Rapids, MI) rvaneck@bpc-bci.com, 269-521-4031

20 SEP, SLP Bodyworks Gym Spears Foundation Benefit BP/DL Classic (Dry



Ridge, KY) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

20 SEP, Supreme Fitness Challenge II 100% Raw & AAU PP/BP/SC (Supreme Fitness, Brattleboo, VT) Meet Director Bret Kernoff, 802-865-2747, Vermontpowerlifting.com, bret@vermontpowerlifting.com

20 SEP. NASA Ohio Regional. Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (OH) 405-527-8513, P.O. Box 735. Noble, OK 73068, SOBPDL@aol.com

20 SEP, WABDL National Collegiate BP & DL (Gateway Convention Center, 10 min. NE of St. Louis - Collinsville, IL) John Hudson, 217-377-4640, HudsonJ@uhd.edu, www.wabdlcollegiatenationals.info 20 SEP, APC National Qualifier (Brute Strength Gym, Norfolk, VA) 757-893-757-650-5410. 9111 schroeder\_gayle@yahoo.com,

www.powerandstrength.com 26 SEP, IBP 8th Bench Press Classic

& Strict Curl (Pfafftown, NC) Keith 336-251-8704 Pavne keith@ironbovpowerlifting.net

27 SEP, APA North American BP, DL, PP, SC (Brewer, ME) Scott Taylor, 5233 First St., #K-16, Zephyrhills, FL 33542, 941-626-4247, scott@apa-wpa.com, www.apa-wpa.com/ entryforms.htm

27 SEP, USPF 1st Tom Eldridge Top Gun Arizona State Championsiop PL/ BP/DL (Cold Iron Gym, Tombstone, 520-457-3955 AZ) www.coldirongym.com

27 SEP, APF Bend It (Victoria, TX) Gary Pendergrass, 800-378-6460, www.seguinfitness.com

27 SEP, NASA Arkansas Regional Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Russellville, AR) 405-527-8513, P.O. Box 735, Noble, OK 73068 SOBPDL@aol.com

27 SEP (NEW DATE), USPF Central California Open PL/BP/DL (Modesto, CA) Steve Denison, 661-333-9800 pwrlftrs@msn.com www.powerliftingCA.com

27 SEP, IBP Regional PL (Pfafftown NC) Keith Payne 336-251-8704, keith@ironboypowerlifting.net

27 SEP, SLP Nationals Powerlifting Championship (Tuscola, IL) Darrel Latch, 126 W Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

27 SEP, USAPA Blue Ridge classic BP/DL (Standardsville, VA) John Shifflett, 186 Happyhollow Rd., Ruckersville, VA 22968,434-985-3932. valifting@aol.com, virginiapowerlifting.blogspot.com or

Will Morris, 434-985-6858 27 SEP - WNPF 20th Lifetime

Nationals (Bordentown, NJ) Troy 678-817-4743 Ford wnpf@aol.com

27 SEP - WNPF Lifetime New Jersey (Bordentown, NJ) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678817-4743, wnpflifetime@aol.com 28 SEP - WNPF Lifetime Pennsylvania State (Ephrata, PA) WNPF Lifetime, PO Box 142347, Fayetteville, GA

678 817-4743, 30214. wnpflifetime@aol.com

28 SEP. (tentative) IPA Pennsulvana PL, BP (location tba), Gene Rychlak Jr., 143 Second Ave., Roversford, PA 610-948-7823, 19468. bench a grand@vahoo.com

28 SEP - WNPF 17th Penn States Open PL, BP, DL Champs (Ephrata, PA) contact Troy Ford 678-817-4743, unnf@aol com

29 SEP-4 OCT, IPF Masters Worlds (Palm Springs, CA) Lance Slaugh-310-995-0047, www.powerlifting-ipf.com, www.usapowerlifting.com

3-5 OCT, 100% RAW/RAW United Armed Forces Nationals and North American Open (open to active duty soldiers, reservists, guardsmen, and veterans, all current membership cards honored, all lifters & teams receive awards, entry deadline Saturday, September 13) Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194,

tshontis@brevard.k12.fl.us 4 OCT, NASA East Texas Regional, Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Tyler, TX) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

4 OCT, SPF/WBPLA World PL/BP (Gaitlinburg, TN) Jesse Rodgers, 423-344-7161, rodgersmadmax@bellsouth.net 4 OCT. SLP Tennessee State BP/DL (Lexington, TN) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

10-12 OCT, WDFPF Single Event Worlds (equipped, raw, men, women, Open, teen, masters, police/fire/military - Antwerp, BEL) Wim Backelant, 309-837-2111, www.adfpf.org

11 OCT - WNPF 9th Palmetto PL, BP DL, PC (Clemson, SC) Trov Ford 678-817-4743, wnpf@aol.com 11 OCT, 17th annual Special Olym-

pics Liftoff, Venice Beach Recreation Center, 1800 Ocean Front Walk, Venice, CA 90291, Karlon Mack & Kevin Meskew 310-399-2775, Rosie Garcia 310-794-3393

11 OCT - WNPF Lifetime Carolina State BP, DL, PC Championships (Greenville, SC)WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678817-4743, wnpflifetime@aol.com 11 OCT, SSA Full Power/Ironman/ Single Lift (Iron Asylym Gym, Tribes Hill, NY) Sandi McCaslin, 518-858-7002, www.ironasylumgym.com 18 OCT, SLP Monon Fitness BP/DL (Indianapolis, IN) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

18 OCT, PPL Nationals, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

18 OCT, USPF Monster Beach & Night of the Living Deadlift (Chatsworth, CA) Kevin Meskew, 818-899-7555, warrior01@earthlink.net, www.powerliftingCA.com 18 OCT, APC Northern California Open PL/BP, John Ford 650-303-7518

18 OCT, NASA Unequipped Nationals, Unequipped Powerlifting, Power Sports, Unequipped Push Pull, Unequipped BP (OKC, OK) 405-527-8513, P.O. Box 735, OK Noble. 73068. SOBPDL@aol.com

19 OCT, NASA 1st Annual Pro Unequipped Championships, Unequipped Powerliftig, Power Sports, Unequipped Push Pull, Unequipped BP (OKC, OK) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

25 OCT, 4th Westminster Family

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Center BP, WFC, 11 Longwell Ave., Westminster, MD 21157, Scott Bixler, 443-789-9452 25 OCT, SSA West Coast Fall Ironman

Classic (Newport, OR) Jason Centoni 540-336-2779 www.strengthalliance.com 25 OCT, APF Halloween Monster Bench Bash (Eagle Nest, NM) Anita Ramsey/Churtis Schultz, 505-377-

25 OCT, 26th Raw ADAU Central PA Open PL (open, all age groups, men and women) Al Siegel 304 Daisy St., Clearfield, PA 16830, 814-765-

3214, al@pikitup.com 25 OCT, AAU 11th Annual Crain BP/ DL Open (Shawnee, OK) Rickey Dale 405-275-3689. Crain rcrain@allegiance.tv

25 OCT, NASA Iowa Regional, Equipped & Unequipped PL, Power Sports, Push Pull, Equipped & Unequipped BP Only (Des Moines, IA) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

25 OCT, USPF Pro Performance Strongman/PL (Morgantown, WV) Matt McCase, 210 Gilbob St. Fairmont, WV 26554, 304-376-7538, mccase@vahoo.com

25 OCT, ANPPC National Powerlifting Championship (Tuscola, IL) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

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25-26 OCT - WNPF Lifetime 1ST **International Cup Championships** (PC, BP, DL (Atlantic City, NJ) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com OCT, APF Mississippi State PL/BP (Pascagoula, MS) Joe Ladnier, 228-669-4240, theladinc@bellsouth.net OCT, APF/AAPF Snake River PL/ BP/DL & Special Olympics (Idaho Falls, ID) Mike & Linda Higgins, 208-521-3434

1 NOV, USA Raw Bench Press Federation World Championship, Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com 1 NOV, APF Texas Cup (Plano, TX)

Gary Pendergrass, 800-378-6460, www.seguinfitness.com 1 NOV, NASA Masters &

Submasters Nationals, Equipped & Unequipped PL, Power Sports, Push Pull, Equipped & Unequipped BP (Mesa, AZ) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

2 NOV, APL New England Open BP/ DL (equipped, raw) Dave Follansbee & IFBB Pro Maggie Blanchard, 865 Second St., Manchester, NH 03102, 603-2 6 - 5 4 8 9 NHBodybuilding@yahoo.com, AmericanPowerlifting.com

8 NOV, SLP Ohio State BP/DL (Hamilton, OH) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

8 NOV, Regionals (Kansas City, KS) JDuree@aol.com 8 NOV, APF Bench Press (Phoenix,

AZ) J.R. Bolger, 602-218-6489, azapf@cox.net 8 NOV, USAPL Florida Collegiate State

BP & Pl (Miami) Robert Keller, Box 281571, Davie, FL 33329, 954-790rhk@verizon.net. 2249 www.geocities.com/floridausapl

9 NOV, USAPL Southeastern USA Regional BP & PL (Miami, FL) Robert Keller, Box 281571, Davie, FL 33329, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl

12-17 NOV, WABDL World BP/ DL (Riviera Hotel, Las Vegas, NV) Gus Rethwisch 763-545-8654 or 503-901-1622

13-16 NOV, WPF World PL, BP, (Austragungsort, Jedlersdorferstrasse 94, A1210, Wien, Austria, Gerhard Holleitner, www.wpfpowerlifting.com 15 NOV, USAPL Ohio PL/BP (Men -

Women - Masters - Open/Raw, Teen, Team) Ed or Frank King, 440-439-5464, www.kingsgymohio.com 15 NOV, SLP Kentucky State BP/DL Louisville, KY) Darrel Latch, 126 W

Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

15 NOV, N. Virginia Raw PL/BP John James 703-475-9885, www.northernvirginiarawpower.com 15NOV, NASA Colorado Regional, Equipped & Unequipped PL & BP and Power Sports & Push Pull (Loveland, CO) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com 22 NOV, NASA Kansas Regional, Equipped & Unequipped PL & BP and Power Sports & Push Pull (Salina, KS) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

22-23 NOV, IPA Sr. National PL/ BP, York Barbell, 3300 Board Rd., York, PA 17406, Mark Chaillet, 717-495-0024, chailfit@yahoo.com, Ellen Chaillet, echaillet@aol.com

22-23 NOV - WNPF Lifetime 1st All-Raw World Cup Powerlifting, BP, DL & PC (Atlanta, GA or Orlando, FL) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com

22-23 NOV - WNPF 17th WNPF World PL BP, DL & PC Championships (Atlanta, GA) Troy 678-817-4743, Ford wnpf@aol.com

29 NOV, PPL National Strongman, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806,

pythongym@aol.com 29 NOV, NASA Oklahoma Open, Equipped & Unequipped PL & BP and Power Sports & Push Pull, 405-527-8513, P.O. Box 735, Noble, OK 73068, SOBPDI @aol cor

NOV, AAU World Military PL/World Bench Press/World Full Power/ International BP, DL, Push-Pull (Virginia) Judy & Steve Wood, Jill Meads, 804-559-4624, vapowerlifting@aol.com

NOV, WPC World PL/BP, Amy Jackson, 505 Westgate Dr., Aurora, IL 60506, 866-389-4744 5-7 DEC, 100% RAW/RAW United Worlds (all current membership cards honored, all lifters & teams receive awards, entry deadline Saturday, November 8) Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-5 0 5 - 1 1 9 4

tshontis@brevard.k12.fl.us 6 DEC, NASA Missouri Regional. Equipped & Unequipped PL & BP and Power Sports & Push Pull, 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

6 DEC, APC Iron Man (Fresno, CA) Bob & Kim Packer, 559-322-6805, 559-323-3892

6 DEC, USPF NorCal Open PL, BP, DL (Sacramento, CA) Steve Denison, 661-333-9800, pwrlftrs@msn.com, www.powerliftingCA.com

6 DEC, USAPL Virginia State (PL/ BP/DL/Ironman, raw, assisted Standardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968 valifting@aol.com, www.virginiausapl.com

6 DEC - WNPF McCray/Peace Memorial BP, DL, PC & Police/Fire/ Military Nationals (Bordentown, NJ) Troy Ford wnpf@aol.com 678-817-4743, Ford

6 DEC - WNPF Lifetime Ironman Nationals & East Coast BP, DL, PC (Bordentown, NJ) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 817-4743. 678

Wnpflifetime@aol.com 7 DEC - WNPF 7th Eastern USA PL, BP. DL, PC (Seaford, DE) Troy Ford 678-817-4743, wnpf@aol.com

6 DEC. SLP Tennessee Christmas for Kids BP/DL (Memphis, TN) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, w sonlightnower com

6 DEC, APF Gulf Coast (Beaumont, TX) Gary Pendergrass, 800-378-6460, www.seguinfitness.com

7 DEC, 16th Raw ADAU Coal Country Classic (separate SQ, BP, DL, open and all age groups, men and women Bigler, PA) Al Siegel 304 Daisy St. Clearfield, PA 16830, 814-765-3214, al@pikitup.com

7 DEC, BPO British BP & DL Record Breakers (Four Seasons, Trallwn Road, Llansamlet, Swansea) Ken Williams (07970 625946), Nigel Wilding (07814 939047) www.wpfpowerlifting.com

13 DEC, APF Rio Grande Valley Championship (McAllen, TX) Gary Pendergrass, 800-378-6460, www.seguinfitness.com

13 DEC, SLP Arkansas BP/DL (Rogers, AR) Darrel Latch, 126 W. ale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

13 DEC. 100% Raw Christmas Classic BP/CR, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.rawpowerlifting.com

13 DEC, Golden Bear Bench Press Classic (WI) Steve Fronk, 715-736-7560, unitedag@chibardun.net

13 DEC. NASA West Texas Regional. Equipped & Unequipped PL & BP and Power Sports & Push Pull, 405-527-8513, P.O. Box 735, Noble, OK 73068, SOBPDL@aol.com

20 DEC, NASA Illinois Christmas Regional, Equipped & Unequipped PL & BP and Power Sports & Push Pull, 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

27 DEC, 3rd annual Gene Rychlak Jr Bench Press Classic (Bovertown YMCA) Gene Rychlak Jr., 143 Second Ave. Royersford, PA 19468, 610-948-7823, bench\_a\_grand@yahoo.com 27 DEC, SLP The Last One! BP/DL (Tuscola, IL) Darrel Latch, 126 W Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

#### DEC, AAU World Bench Press, World Push-Pull (Nevada) Martin 951-928-4797. Drake, naturalpower@earthlink.net

DEC, USAPL Florida Senior State Games BP & DL (Age 50+ - Ft. Myers/ Cape Coral, FL) Robert Keller, Box 281571, Davie, FL 33329, 954-790rhk@verizon.net, 2249. www.geocities.com/floridausapl

DEC, APF-AAPF Southern States PL/ BP, Kieran Kidder, 866-389-4744, amyljackson@aol.com

24-25 JAN, Raw Unity Meet (New Richey, FL) Port erictalmant@yahoo.com. www.rawunitymeet.com



US

		eration Wo Tuscola, IL	rlds	
BENCH		Master (50-59	))	
FEMALE		198 lbs.		
Teen (13-15)		R. Kuhn	330	
97 lbs.		242 lbs.		
K. Hislop	60*			
Submaster		Master (60-69)		
123 lbs.		181 lbs.		
M. McElroy	130*		200*	
MALE		220 lbs.		
Teen (13-15)		M. Collett	240	
148 lbs.		Master (70-79	))	
S. Wellman	185*	220 lbs.		
Teen (18-19)		G. Good	275*	
198 lbs.		Police/Fire		
Z. Marvel	380*			
Junior		198 lbs.		
181 lbs.		C. Barth	335	
T. Hague	335			
275 lbs.		165 lbs.		
J. Hunter	385*	T. Norwood	385*	
Submaster		181 lbs.		
181 lbs.		T. Hague	335*	
E. Meinders	250			
242 lbs.		K. Derossett	385*	
B. Hislop				
4th-450* Master (40-49		A. Barnhart	475*	
Master (40-49	))	275 lbs.		
308 lbs.		C. Kozeluh	475	
O. Boyd, Jr.	420*	I. Robie	365	
		SHW		
		D. Patrick	530*	

\*=USA Raw Bench Press Federation World Records. Best Lifter Open Men: Dru Patrick, Best Lifter Master Men: Henry Jackson. The USA Raw Bench Press Federation World Championship was once again a big success with lifters from Illinois, Indiana, Michigan, Wisconsin and Georgia. Thanks to our spotters and loaders, Phil Halverson, Eric Ruff and my son Joey for doing a great job, as well as my side judges, Linda Middleton and my wife Susie, both fantastic national and world class judges. In the teenage women's 13-15 age division, first time competitor Kaley Hislop set the world mark at 97 with 60. Marla McElroy set the world record at submaster 123 with 130. For the teenage men's 13-15 148 class it was Stephen Wellman, who probably had the best form of any of the lifters that day. Stephen finished with a new world record of 185 for his class. Our only other teenager was 18-19/198 winner Zach Marvel, who set the mark there with 380. Trey Hague won at junior 181 with 335 while Josh Hunter took the junior 275 class with a new world record of 385. At submaster it was Ed Meinders at 181 with 250 while Bill Hislop won at 242 with 435, before coming back with a great 450 fourth! Both were new world marks for Bill. Otha Boyd, Jr. returned to competi-tion, breaking the world record at 40-49/ 308 with 420. Teammate Robert Kuhn, a world arm wrestling champion, took the 50-59/198 class with 330 while Henry Jackson did the same at 242 with a big 400 Robert Peterson broke the world mark at 60-69/181 with 200 while Mike Collett, founder of SAAS, won at 220 with 240. Gaylord Good, who as competed in over 500 meets since he was 14 years of age, broke the world record at 70-79/220 with a solid 275. Chuck Barth, recordholder at police & fire/submaster/198, won there with 335. In the open division Tony Norwood broke the world record at 165 with a strong 385. Trey Hague did the same at 181 with 335 while Kenneth Derossett got his world record at 220 with 385. Aaron Barnart won at 242 with 475, tying his own world mark there. Charlie Kozeluh took the 275 class with 475 over Ian Robie, who finished with 365. Then at shw it was Big Dru Parick with a world record 530. The best over lifter award went to Dru Patrick while the best master award went to Henry Jack son. Thanks again to all who helped out, and to the spectators who came to cheer on all the lifters. See you all again next year! (results provided by Darrell Latch)



14 year old Stephen Wellman. (all photographs by Darrell Latch)



Kaley Hislop at the USA RAW BP
WPA Championships 3 NOV 07 - Blue Springs, MO BENCH Open J. Hamn 425 Open NT Teen (14-15) . Flick 240 300 Z. Ufford Open Raw NT J. Johnston 275 lbs. 475 Master (50-54) 220 lbs. C. Cozine 480 Master (55-54) Open I. Humbyrd 500 M. Hammond 405 4th-520 Push Pull BP TOT DL MEN 132 lbs. Youth (9-11) N. Duncan 175 235 Powerlifting BP DL TOT SQ FEMALE 148 lbs. Submaster NT Culbertson 225 270 300 795 181 lbs. Master (45-49) D. Gordon 160 100 180 440 132 lbs. Open B. Rich 265 165 285 715 MALE 148 lbs. Open D. Ratcliff 400 Master (45-49) . Clark Teen (14-16) 235 181 lbs. Junior A. Odenwald 198 lbs. unior Noell 500 Open NT Iohnston 525 1500 Teen (14-16) D. Duncan 220 lbs. 255 145 700



Troy Nash with an APA raw World Record 710 deadlift at the WPA Worlds (courtesy of Rod Wood)



The Mighty Christian Powerlifting Contest III Participants: back row, Contest Director Newton Romualdo John Young, Dave Zanettie, Cosimo Marion, Joel Martinez; front row - Chris Welsch, Arlene Modafferi, Nancy Lopez, Special Guest Speaker Joel Toranzo, Jairo Baretto Jr., Many Cruzado, Adam Zaloshinsky. (photograph was provided by the courtesy of the Mighty Gibbors Strength Center, Dover, New Jersey)

Rekowski		355	575	1455	B. Moore	600	390
omaster N	T				Submaster N	T	
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Ufford	835	550	740	2125	J. Leon	400	320
W				and the second	SHW	10.190.0	1000
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site. No, wait, I will plug it!'; DENNIS UNITT ... '...

POWERLIFTER); JOE WOLF ... 'The amount of work

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B. Moore	600	390	705	1695	WOM
Submaster N	T				A. M
T. Nash	700	435	710	1845	MEN
308 lbs.					148 I
Open					M. C
J. Leon	400	320	500	1220	165 I
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Powerlifting	SQ	BP	DL	TOT	242 I
WOMEN	-				J. You
N. Perez	260	120	230	610	Best
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	M. Cruzado	280	190	315	785
,	165 lbs. Zaloshinsky 181 lbs.	280	225	280	785
5 E.	J. Barreto Jr. 198 lbs.	330	300	440	1070
ts)	C. Welsch	315	405	505	1225
	C. Marino	405	320	476	1200
1	S. Zanetti 220 lbs.	345	195	365	905
	A. Sorce 242 lbs.	315	245	440	1000
	I. Young	365	325	550	1240
	Best Lifter:	Chris	Welsc	h. Firs	st Place
	Team: The Mi	ighty (	Gibbors	Strens	gth Cen-
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1	<b>Guest</b> Speaker				
1	John Neidhart				
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Master II		275		12.
R. Harris	330		er II	107.1
PS CURL		R. H	larris	418
MALE		-		TOT
Powerlifting MALE	SQ	BP	DL	TOT
275 lbs.				
High School				
M. Rougely	620	281	474	1383
308 lbs.	020	201	4/4	1303
Open				
H. Thomason	821	501	677	2000
Power Sports		BP	DL	TOT
FEMALE	CA	DI	UL	101
148 lbs.				
Master 1				
R. Hedrick	60	104	220	385
MALE				303
165 lbs.				
Master I				
D. Holland	115	209	413	738
220 lbs.				
Master I				
G. Powell	176	363	402	942
275 lbs.	18	1	1896	in the
Master II				
R. Harris	181	330	418	931
(Thanks to Rie	ch Pet	ters for	these	results)

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# (continued from page 12)

leads us to a problem that many never consider: optimal eccentrics. How much muscle tension should one use on eccentric movements? If It is true that an individual can lower 60% more than they can raise, then applying 100% of his eccentric strength, he could hold the bar at any position. However, he would destroy the stretch reflex with heavy weights. Overcoming inertia is done with light weights with a fast eccentric stop to build reversal strength. This is ballistic training. The bar never touches the chest. One to three inches off the chest is recommended. f you drop a 10 pound rock and a pound rock from the same distance, they hit the ground at the same time. But as one lowers a heavy weight, as the weight increases, the eccentric phase slows down. This is due to too much eccentric muscle action.

There are optimal bar speeds for velocity training, where the objective is fast movements with light loads, and for force training, where the bar speed may be zero or very low, to produce maximum force. There are optimal bar speeds for these efforts, and they are always measured in concentric movements. So should there not be an optimal eccentric speed? Of course, it is just that no one has ever considered it. Untilnow

How can you learn to optimally lower heavy loads in the pressing

and squatting or good morning exercises? You can use a foam block for assisted eccentrics training. In my experiments with a Tendo unit, comparing the eccentric and concentric bar speed with speed strength benching and squatting, the difference was one-tenth of a meter per second. The same was true for a circa-max phase in the squat. A combination of band tension and weight was used. The bands cause an

accommodating resistance effect on the concentric phase and an overspeed eccentric effect on the eccentric phase, increasing kinetic energy in the stretch reflex.

The eccentric/ concentric phase on speed strength should be 0.7 to 0.8 meters/second. On near-max weights, this should be 0.5 meters/second. Remember, this was done with adding bands to the bar. But how do you lower just weight in a fast manner? This is done by using roughly 60% of your eccentric potential. I have done ballistic benching with 200 pounds when my raw bench was 500. As you can see, I am dropping almost 40% of my best raw bench. I was lowering the bar

at around 0.5 meters/second.

Watching Elite benchers at Westside perform at similar eccentric speed, I noticed that this has led to a faster concentric phase. How did we learn to lower heavier loads in the bench and squat? We use foam blocks to bench off of, lowering the plates onto the foam. We sit on the foam for box squatting. Here are some of the methods we

For floor pressing, lie on a 7inch foam pad. Your entire torso will sink into the foam, which causes an unstable effect. Floor presses can be done while lying on the floor and adding small, 18 x 18 inch, foam pads under the arms only. This will enable the arms to relax concentrically more than normal.

The king of all optimal eccentrics for benching is to lower the bar so that the plates are lowered into the foam blocks. One can almost totally relax eccentrically. This contributes to a fast rate of reversal strength, adding to a powerful concentric phase. This will undoubtedly help not only raw benching but also lowering weights in bench shirts.

For deadlifting, we stand on foam pads while doing pulls. It will immediately build leg drive, in conventional or sumo style. For box squatting, we sit on a 24 x 28 inch foam block. It feels like a half box squat and half regular squat. We also stand on a foam pad while box squatting to get extra leg drive and



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19		REFEREE STATUS:		Nationa	I Refe	ree	SI	tate Referee _				Lifter Bench Press Raw: Joe Dibert. Best Lifter Deadlift: Keithan Phillips. Team Champions: Cardinal Fitness. The Son Light Power Indiana State Fair Bench Press
-		Club No.		Club Name:						per la com		& Deadlift Championship was held at Leo's Black Iron Gym. Thanks to owner Beth
		For inform A.D.A.U. A.D.A.U.	natio mem even	good for 1 year n on registration abership provid ts.	on and les ead	program, call	l your S ith an o		partici	pate in		Starker for hosting this event and to Joey Latch and his crew for once again doing a great job loading and spotting this event. This year the championship was dedicated to Gary Starker, who passed away almost a year ago. Gary, along with his wife Beth were owners of Leo's Black Iron Gym. Gary was a coach, trainer and competitor who touched the lives of so many over the
	ľ	Adult .	25.00	Youth 1	15.00	A	IPP	LICAT	10	N:		years. He will be missed by all he knew, but his memory will live on with this annual
ANTI-DRUG A	THLETE	S UNIT	ED,	INC.				ug testing procedur				event. Turning now to the competition, we look first at the raw bench pressers. In the
Date of Birth Age	Sex Male	Application		Social Security Number						he A.D.A.U. rule boo member under 18	ĸ	teenage women's 13- 15 age group Jodi Alexander set the Indiana state record for the 148 class with 90. Cora Thompkins
First Name	Middle N	ame	Last Na	ате		Member's Signature						finished with a new state record 145 at submaster 165. For the novice men it was Quincy Brown at 181 with 315 while
Address					-	Parent/Guardian Signature	-	19100				Andrew Kocks broke the record at 198 with 330. William Mehaffey, lifting in his first competition, set the record at 220 with
City	1		State	Zip Code	-	For more info	Allan S	n, contact: Siegel, Presiden treet • Clearfield		6830		150. James Walton got a big 525 state record at 275 while Ian Robie finished second there with 460. Then at SHW Chad
E-mail			Phone	(With Area Code)			Phone	or Fax: 814-768 .com • Website	8-9400			Gudakunst broke the state record with 450. For the teenage men's 13-15 age group it was Stephen Wellman at 132 with
SLP India	na State	Fair										150 while Angelo Aburabi got the win at 220 with 120. Patrick Shanley won at 16- 17/148 with 285 while Karsten Lehner got
12 AUG 07 -			N	275 lbs. D. Smith	600*	198 lbs. M. Munro	375	308 lbs. J. Dibert	535*	198 lbs. S. King	475	the win at 198 with 230. For the 18-19 agers it was Skyler King with 300 at 198 and Nate
NCH	Junior			Raw		B. Brown	355	SHW	555	Junior	113	Murray with 330 at 275. All of these
OMEN	198 lb			Novice		Submaster		J. Thompson	165*	165 lbs.		teenagers set new state records for their
en (18-19) 5 lbs.	L. Ruiz Subma		80*	181 lbs. Q. Brown	315	165 lbs. L. White	260*	DEADLIFT		C. Glassburn 198 lbs.	480	respective classes! Our junior men's divi- sion also had some great lifters. At 148
Brunton 65*	242 lb			198 lbs.		E. Vaughn	190	Teen (18-19)		L. Ruiz	520	Jovan Joyner got his state record with 260.
aster (55-59)	M. Str	uck 4	35	A. Kocks	330*	275 lbs.		105 lbs.		Submaster		David Raines won at 165, establishing the
2 lbs.	275 lb		0.0+	220 lbs.	150*	B. Bowling Master (40-4	415*	D. Brunton	165*		265	state record there with 290. A close second with 285 was Chase Glassburn while Buck
Hampton 60 aster (60-64)	D. Sm Master	(40-44)	00*	W. Mehaffey 275 lbs.	130	275 lbs.	+)	Submaster 165 lbs.		E. Vaughn 242 lbs.	365	Davich was third with 225. At 198 Mark
8 lbs.	220 lb			J. Walton	525*	R. Hampton	380*	C. Tompkins	200	K. Phillips	740*	Munro won over Buster Brown 375 to 355.
Reece 145*			60	I. Robie	460	Master (45-4	9)	4th-225		B. Berryman		Lamont White broke the state record at
aster (65-69)	242 lb			SHW	45.08	220 lbs.	2154	Master (55-5	9)	Master (40-44	.)	submaster 165 with 265 while Eric Vaughn finished second with 190. Bill Bowling got
1 lbs. Berry 160*	M. Lev J. Har		30* 60	C. Gudakunst Teen (13-15)	450*	D. George Master (50-5-	315*	181 lbs. M. Harmon	260*	242 lbs. B. Newby	530*	a big 415 state record at 275. In the master
W 100	275 lb		00	132 lbs.		220 lbs.	.,	Master (60-6		M.Lewis	530*	men's 40-44 group it was Ron Hampton with
en (13-15)	R. Tils		-		150*	K. Lee	400*	148 lbs.		Master (45-49	)	380, another state mark. Dennis George
8 lbs.		(45-49)		220 lbs.	100+	E. MacKenzi		E. Reece	225*			came down from Wisconsin for the win at
Alexander 90*	198 lb		10+	A. Aburabi Teen (16-17)	120*	Master (55-5 165 lbs.	9)	MEN Novice		D. Becker 242 lbs.	345	45-49/220, getting the state record there with 315. At 50-54 it was Kurt Lee with a
bmaster 5 lbs.	T. Con 242 lb		40*	148 lbs.		D. Farmer	230*	198 lbs.		K. Piper	420	new state record of 400 while Ed
Tompkins 145*			40	P. Shanley	285*	D. Corsaro	190	M. Klein	550*	Master (50-54		MacKenzie finished second there with
EN		(50-54)		198 lbs.		Master (65-6	9)	275 lbs.		242 lbs.		190. David Farmer got the win and new
ovice	242 lb			K. Lehner	230*	275 lbs.		I. Robie		J. Willis	550*	state record at 55-59/165 over David Corsaro, who finished with 190. At 65-69/
1 lbs. Myer 270	D. Go J. Will		10* 60	Teen (18-19) 198 lbs.		F. Gudakunst Master (70-7		SHW J. Thompson	200*	Open 165 lbs.		275 it was Fred Gudakunst with a new state
2 lbs.		(55-59)		S. King	300*	220 lbs.	.,	Teen (13-15)	200	S. Castillo	450	mark of 270 while our oldest and most
Horn 435	220 lb			275 lbs.		G. Good	280*	114 lbs.		220 lbs.		distinguished lifter, Gaylord Good, broke
en (13-15)	D. She		25	N. Murray	330*	Open		L. Zielinski	245*		390	his own state record at 70-74/220 with 280.
4 lbs.		(65-69)		Junior		148 lbs. P. Lotkov	265*	4th-255**		242 lbs.	740*	Gaylord has competed in over 500 compe- titions since the age of 14! For the open men
Zielinski 155*	* 181 lb D. Vo		25	148 lbs. J. Joyner	260*	242 lbs.	265*	Teen (16-17) 165 lbs.		K. Phillips R. Chambers	740*	it was Pavel Lotkov with a new state record
en (16-17) 5 lbs.	Open	gier 2	23	165 lbs.	-00	J. Ford	450	C. Becker	335	SHW	113	of 265 at 148. Jamie Ford won over Richard
Becker 215		s.		D. Raines	290*	R. Chambers		Teen (18-19)		D. Lockridge	585*	Chambers 450 to 420 at 242 while Chip
0 lbs.	S. Bar		05	C. Glassburn	285	275 lbs.			Power	Indiana State Re		Beck took the 275's with 405. Best lifter and

D.

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Gaylord Good with his SLP state record 280 BP at 220/70-74 at the Indiana State Fair. (Latch photo)

adlift Championship was held at Leo's Iron Gym. Thanks to owner Beth er for hosting this event and to Joey and his crew for once again doing a and his crew for once again doing a job loading and spotting this event. year the championship was dedicated rry Starker, who passed away almost r ago. Gary, along with his wife Beth owners of Leo's Black Iron Gym. was a coach, trainer and competitor ouched the lives of so many over the He will be missed by all he knew, memory will live on with this annual Turning now to the competition, we is at the raw bench pressers. In the ige women's 13-15 age group Jodi nder set the Indiana state record for 48 class with 90. Cora Thompkins ed with a new state record 145 at aster 165. For the novice men it was Brown at 181 with 315 while v Kocks broke the record at 198 with William Mehaffey, lifting in his first etition, set the record at 220 with ames Walton got a big 525 state at 275 while Ian Robie finished there with 460. Then at SHW Chad unst broke the state record with For the teenage men's 13-15 age it was Stephen Wellman at 132 with while Angelo Aburabi got the win at with 120. Patrick Shanley won at 16-8 with 285 while Karsten Lehner got n at 198 with 230. For the 18-19 agers Skyler King with 300 at 198 and Nate ay with 330 at 275. All of these gers set new state records for their tive classes! Our junior men's divialso had some great lifters. At 148 Joyner got his state record with 260. Raines won at 165, establishing the record there with 290. A close second 285 was Chase Glasshurn while Buck h was third with 225. At 198 Mark won over Buster Brown 375 to 355. t White broke the state record at ster 165 with 265 while Eric Vaughr d second with 190. Bill Bowling got 415 state record at 275. In the maste 40-44 group it was Ron Hampton with another state mark. Dennis George down from Wisconsin for the win at /220, getting the state record there 315. At 50-54 it was Kurt Lee with a state record of 400 while Ed Kenzie finished second there with David Farmer got the win and new record at 55-59/165 over David o, who finished with 190. At 65-69/ was Fred Gudakunst with a new state of 270 while our oldest and most guished lifter, Gaylord Good, broke n state record at 70-74/220 with 280. d has competed in over 500 compesince the age of 14! For the open men Pavel Lotkov with a new state record at 148, Jamie Ford won over Richard bers 450 to 420 at 242 while Chip \*=Son Light Power Indiana State Records. Best Lifter Bench Press: Dennis Smith. Best 308 open winner, Joe Dibert, set the record there with 535! James Thompson, our final



at 165 with 215 while Ross Brenner took the 220's with 315. Junior winner at 198, Luis Ruiz, who always lifts raw, set the state record here with 380. Mark Struck returned to competition after a little layoff, but won at submaster 242 with 435. Dennis Smith, who is always a little "off" got his first ever 600 bench at submaster 275! Weighing in at just 248 Dennis also won the best lifter award. In the master 40-44 division Mike Hinders won at 220 with 460 while Mike Lewis won over James Harvey 530 to 460. Mike's final attempt set the state record there. Rocky Tilson made a valiant effort with a personal best 510 at 275 but failed with the weight three times. At 45-49/198 Tracy Conner got a new PR and state record with 540, finishing a close second in the best lifter award. Kevin Piper finished with 340 at 242. For the 50-54 division Dan Goble got a new PR and state record 510 in the 242 class. Jon Willis finished second with 260. Dave Shorter won at 55-59/220 with 225, the same weight Dorran Vogler finished with at 65-69/181. In the open division Steve Barrick won at 242 over Tedd Resser 505 to 425. Dennis Smith won at open 275, tying the state record there and at submaster, held by George Lealiifano! In the deadlift event Daniella Brunton set the state mark at 18-19/105 with 165. Cora Tompkins won at submaster 165 with 225 while Marianne

raw lifter, won at SHW with a new state record 165. In the shirt division Danielle Brunton set the state mark at 18-19/105 with 65. Mary Hampton (brace and all-from a broken leg earlier this year) won at 55-59/132 with 60 while Eva Recet took the 60-64/148 class, breaking her own state record with a new personal best 145. Janet Berry also got a new state record is 15 with 215 while Skyler King took the 18-19/108 tellow novice lifter Jason Horn took the state record for the 13-15/114 class with a solid 155. At 16-17 Cody Becker won at 165 with 215 while Ross Brenner took the

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large interest heading into the meet, by

b. victory over the #1 275er in the World 2007 class and has spent the better part of the last 20 years climbing towards a 2000 lb. weeks since the meet. He has heard from a large number of lifters and truly appretotal, it is stunning to see a lifter abuse that ciates the kindness that has been shown



Gundula von Bachhaus (who took photos!) and Sherman Ledford (who directed this great contest!) of only four lifters in the competition to

865. He had design on a 900+ squat and of seven SHW's, with the "smallest" being the strength was definitely there, but a over 310 lbs.. Canada's Alex Mardell again the lift was completed with room to unable to step onto the platform. Two strating USAPL strength in a variety of spare but turned down 2/1, giving Cardella others were unable to register a total. a large 33 lb. lead heading to the bench. Runner-up at last years Seniors, Jeff Lewis, a large 33 lb. lead neading to the bench. A few lifts later, Technical Secretary, Rok Keller asked me to make the announce-ment that, based on a unanimous decision by the three person jury, Mike's third squat decision was overturned and the lift was passed. This put 55 lbs. on Mike's total and moved him into the lead ln present and moved him into the lead. In recent seemed to get slightly out of the groove years, Tony Cardella has been off his game and almost paused at the bottom of the lift. years, Tony Cardella has been off his game in the bench but on this day he really had a difficult time and was left with just an opener at 562. In 2004 at the Worlds in South Africa, I witnessed a strong 622 BP V Torw and afficult time and was left with just an south Africa, I witnessed a strong 622 BP by Tony and felt that he was headed for this momentous occasion. After a solid everyone to score and the team o towards 650+ in that lift. All of us who setup and a smooth descent, Jeff began the Haffenbrack, Hooper, Hammers, Dou towards 650+ in that lift. All of us who have competed for some time have gone into a slump in one lift and Tony is just showing that he is mortal. One 3/3 Bench over 600 will get Tony back on track and my guess is that it will be sooner rather than later. Meanwhile, Tuchscherer showed poise beyond his scant 22 years and refused to let the champ have a glimmer of hope. Three solid benches ending at a huge 639, opened up a 99 lb. lead going into the pulls. Mike had to work a little on the 639 to reach the highest USAPL subtotal ever, in this class, at USAPL subtotal ever, in this class, at the time the total subtotal ever, in this class, at the time the total subtotal ever, in this class, at the time the total subtotal ever, in this class, at the time the total subtotal ever, in this class, at the time the total subtotal ever, in this class, at the time the total subtotal ever, in this class, at the time to the total subtotal ever, in this class, at the time to the total subtotal ever, in this class, at the total subtotal ever, in this class, at the time to the total subtotal ever, in this class, at the time to the total subtotal ever, in this class, at the time to the total subtotal ever, in this class, at the time to the total subtotal ever, in this class, at the time to the total subtotal ever, in this class, at the time to the total subtotal ever, in this class, at the time to the total subtotal ever, in this class, at the time to the total subtotal ever, in this class, at the time to the total subtotal ever, in this class, at the time to the total subtotal ever, in this class, at the time to the total subtotal ever, in this class, at the time to the total subtotal ever, in this class, at the total subtotal ever, in this class, at the time to the total subtotal ever, in this class, at the total su a little on the 639 to reach the highest USAPL subtotal ever, in this class, at 1520. Tony rebounded from the disap-pointment in the bench like the champi he is, with a PR 826 DL to finish at 2248. Tony has his eyes on a 2300+ total and will now defense of his title. Mike showed just a glimpse of mortality in the deadlift where he mulled a strong 821 on a 2nd and then head to the Nationals in Texas and a defense of his title. Mike showed just a an extended hospital stay and even longer to hear and see. He had very compleimen-as a whole and we look for rehab but he fully expects to return and put tary words to say about the powerlifters you at next year's Arnold. In 2007. That total equals rhall of ramer Brad Gillingham's best as a SHW at the '04 Seniors in Baton Rouge. Only the colosal totals put up by Brian Siders are ahead of Mike. As someone who competes in this in Columbus that weekend and in the to him.

Jeff's main competition appeared to be Lance Karabel from the Central Team. Lance exploded up with an 881 opener that was turned down, but he didn't miss a beat and went on to hit strong lifts of 914 and a competition best 942. With Jeff out of the meet, Lance was in the driver's seat out he seemed to be off his game the rest of the day. In the bench it took three tries to get one in at 611 and upon stepping back with a solid DL opener at 738, Lance inexplicably jumped to 760 and after two close misses he failed to register a total. Lance is unquestionably capable of well over 2300. He just needs to bring all of his immense strength together on meet day. Junior lifter Blaine Sumner isn't far out of the teen ranks and showed great poten-tial. He used a 3/3 day in the BP with 556 to finish in 4th place. Canada's Mat Court

(article continued from pg. 10) significant benchmark by over 300 lbs.. post an over 800 SQ and a 600 BP. Masters Based on the lifts we saw, a 2500+ total lifter Dan Gaudreau also needed to hit a at 275 doesn't seem hard to fathom and do or bomb 3rd squat to stay in the that leaves only a move to SHW and what competition and from there used a merlarge interest heading into the meet, by virtue of some internet training videos that showed him posting a 2400+ gym total heading into the Arnold. His videos showed tremendous power and control but the question was, "Would it translate on Tucsherer were on the stage together only made six attempts, an off day for him, the platform?". The answer was a decisive having their picture taken and it wasn't but he made enough of the important ones The platform?. The answer was a decisive having their picture taken and it wasn't but he made enough of the important ones to spassed from one Powerlifting Megastar to to end on top with a PR 2204 total. Jason passed from one Powerlifting Megastar to was especially happy with a 733 DL that to strong squats to finish with 859. Mike a calmly smoked a class high 826 opener, but was turned down on a strong 2nd at 655. He had design on a 900-b squata to of opener SHW? with the "molecule" with the "molecule" but we had design on a 900-b squata to of opener SHW? with the "molecule" but we had design on a 900-b squata to of opener SHW? with the "molecule" but we had design on a 900-b squata to of opener SHW? with the "molecule" but we had design on a 900-b squata to opener SHW? Supers to push the two big dogs Gillinghan and Siders. Both of these men were in

ways. Brian not only competed in the Arnold Strongman on Friday and Saturday Brian not only competed in the kgs. with a WR 900 pull not far behind.

everyone to score and the team of

gin host of a strong 821 on a 2nd and then jumped to a Junior World Record 861. He stand. After the medical staff looked Jeff only, time, all day he was unable to got it moving, but never past his knees, the only time, all day he was unable to complete a lift. Mike's victory was the 1st and only for Team Pacific. Here is a summary of what he had just witnessed, 7/9 with PRs across the board, Junior American Records in all three lifts, a Junior American Record to the St. Louis crew who helped him at the back of an SUV by some the successful attempts. During a brief meet. Several days later, Jeff had surgery was the successful term proverse records in the successful term proverse records and the looked like a more record to the first three and hishest is the successful term proverse records and the looked to the first three records and the life term proverse records and there the records term proverse recor by almost 100 lbs., a tie for the 2nd highest USAPL total of all time at 2342 and a 94 patella tendon in both legs, Jeff will have the platform and spoke for the entire venue Congrats to all of the lifters and the USAPL to hear and see. He had very compleimen- as a whole and we look forward to seeing



leff Lewis ... before his accident

and even finished with his trademark "I'll Be Back!". Earlier in the day, Jim Lorimer and IFBB President Ben Weider made visits to watch the lifting. The crowd support was tremendous with the room being filled from front to back and side to side during the heavy squat session. We were also honored to have newly elected IPF President Detlev Albrings and IPF Executive Committee Member Susumu Yoshida in endance, working the Jury table. USAPL President Larry Maile and Vice-



(article continued from page 18)

peted at 308, drug free and only 19. He hit a 705 squat, 562 bench and pulled 644. He's another one to watch as he puts all his lifts together and matures. Big William Lee came up from Texas and put up some good numbers for third place. As for Brent Mikesell, he dunked 804 and took first place in the 308 class, 804 was his tirst place in the 308 class. 804 was his major goal in the meet. He said it wasn't easy. He benched a single ply pr, 523 with a little more room to go. Pulled 749 rather easy, but as usual, felt his hand tear on his second attempt. He called for 804 on a third, his other main goal, and was going to pass it. But there's something about powerlifting... when you're about to go, you hear your name called in the hole, and you see the crowd and there had to be over 500 hundred watching at this time, and he decided to give it a shot. He got it just under his knees before his left hand gave out. Superglue and neosporin are his two friends... In the SHW class, Thad Coleman was strong as hell too. He hit a nice squat with 865, benched 622 and had 705 up to his knees three times in a row but couldn't finish it. He will be back. I can easily see him squatting a G with double ply gear. He took 900 for a ride and has tremendus overall hody strength.

and has tremendous overall body strength. Local up and coming lifter O'Neil Roussell took the SHW class. O'Neil has alot of

potential and I can see him putting up some big numbers in the near future. For

the Women, I want to note the fine lifting of Kimberly Walford at 148. She hadn't

competed in two years and Gene Bell was the one that encouraged her to come out

and lift here. Gene unfortunately couldn't make it because of timing issues. Maybe

next year for Gene. But Kimberly finished

with a 369 squat and had 396 on her 3rd but got called on it for some infraction. But her depth was there. She benched 242

and deadlifted a huge 501 on her 3rd attempt at a bodywt of 146 lbs! Great

lifter! She inspired many of the other women as well with her technique, form, and strength. She was also the best lifter for the women and took home a \$1000 for

her efforts. Great job Kimberly! Other notable efforts for the women were Tanya

Reed at 181. Tanya hasn't done a full meet bench shirt. I told him he needs to upgrade She put up a nice 374 squat, 292 bench and bench shirt. I told him he needs to upgrade She put up a nice 3/4 sput, 292 bench and to the Inzer Rage X and his bench will be 402 deadlift. I was impressed by her in the 500's. He looked great on this day lifting. I hope to see more full meets from and stronger than I ever saw him 10 years her and hopefully she will make Nation-ago. Getting stronger with age I guess. als in Rhode Island in June. Hillary Harper Antonio Didomenico came all the way lifted at 165 and had trouble getting a ago. Getting stronger with age I guess. als in Rhode Island in June. Hillary Harper Antonio Didomenico came all the way lifted at 165 and had trouble getting a from Morgantown, WV and took the 242 squat in. She missed 413 all three times class over Barrett Marum from San Di-go. Antonio put up some decent numbers with a 666 squat, 473 bench, and 661 deadlift. He's young and has a tremen-dous amount of potential In the 275 class we had a battle with two strate lifters where the indication of the strategy with the strategy of the strateg we had a battle with two great lifters about eight feet from the curtain to the Charles Bailey and Alan Best. The funni-wall, but we were in a fit expo and I know we had a battle with two great litters about eight teet from the curtain to the Charles Bailey and Alan Best. The funni-est outfit had to go to Alan Best. Appar-they have space limitations, so everyone ently this guy has only been training 2 years and comes in wearing pink sweats. Thanks to Lisa Wheeler and Chuck years and comes in wearing pink sweats. Thanks to Lisa Wheeler and Chuck I'm telling you, it takes a man to wear pink LaMantia for announcing. I will also say sweats around in the LA Fit Expo. WoW. that the spotting crew, in my opinion, was The dude squatted 865 and totaled 2199. first rate. I'm not aware of any misloads Ine dude squatted 865 and totaled 2199. that the spotting crew, in my opinion, was Unbelievable, considering his physique or mishaps. They were on top of every-looks like he's never hit a weight in his life. If he puts it all together, watch out gentleman. Thanks to the judges who for this dude. Charles Bailey at 275 won best lifter for the Heavywts 220 and up dedication of the state of the best litter for the Heavywts 220 and up dedication to the sport is admired and and earned \$1000. He dunked 903, appreciated. As for myself, 1 dunked 804. benched 622 and pulled 683. He was most likely the best built guy in the show. Freaky strong. What I like about Charles, is that he's put his test of strength out on the line, whether it's single ply or double, and he's upper to the strength out the strength out of the sport and the strength out the strength out the strength out the strength out on to go. Pulled 749 rather easy, but as usual, the line, whether it's single ply or double, felt my hand tear on that attempt (2nd). I and he's very, tough to beat. Mikesell called for 804 on a third, my other main said he has video of him benching with one attempt taking him 10 seconds to something about powerlifting... when touch in his shirt and the other is almost you're about to go, you hear your name 12 seconds. That has got to be killing him called in the hole, and you see the crowd after the show! At 308 we had four lifters and there had to be over 500 hundred competing. Scott Cartwright was a late watching at this time, and I decided to entry and bombed, but was still incred-ibly powerful in the squat. He had trouble before my left hand gave out. Superglue setting up on all three attempts in the squat, but absolutely destroyed the weight all three times only to be called on depth. His last attempt was at 914. I agreed with the indexs on the dath call but the line to the the set of the the set of the set o His last attempt was at 914. I agreed with dude he is: Good lock at the Arhold the judges on the depth call, but I will say, coming up. We have over 500 pics to post it was very, close. Danny Flonta, one of up and some limited video of this meet. the IronGladiators team members, com-We'll probably post about 150 pics of the American Cup and some from Mendy's bench meet in the next few days. Looking forward to doing it again soon. Again, thanks Steve Denison! (this is based on the conterst writeup by Brent Mikesell)

> UNITED J.S. Citizen Current Collegiate Y N Y N Registration Fee \$30.00 Make checks payable to UNITED STATES POWERLIFTING NATIONAL HEADQUARTERS P.O. Box 650 Roy, Utah 84067 If Under 18 have Parent Initial



Kimberly Walford pulled a very strong 501 in the women's 148 class

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APF-AA 1-2 DEC					
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FEMALE	SQ	BP	DL	TOT	
APF					
123 lbs.	270	126	250		
B. Reardon 148 lbs.	270	126	259	655	
S. Mikolay	314	231	325	870	
198 lbs.	314	231	343	0/0	
S. Manly	529	352	468	1350	
AAPF					
132 lbs.					
M. Kirkland	485	248	446	1179	
MALE					
APF Junior/Teen					
198 lbs.					
N. Jensen	501	319	501	1322	
Master	50.	5.5	501	1322	
165 lbs.					
D. Agostini	540	369	534	1444	
181 lbs.					
D. Pittman	479	363	523	1366	
198 lbs.	100	110			
D. Herring 220 lbs.	622	418	540	1581	-
V. Donofrio	551	369	523	1444	
Open	331	303	343	1444	
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B. Strickland	744	501	584	1829	
T. Garland	677	518	485	1681	1
	418	303	507	1229	
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A. Driggers	859	644	655	2160	-
T. Travis 220 lbs.	628	451	551	1631	
C. Smith	843	744	677	2265	
242 lbs.	1.		0//	4403	i
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Jeff Vaughn squatted 1063 and totaled 2452 at the APF Southern States Championships (photos by Scott DePanfilis/BodyTechUSA.)

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40	369	534	1444	G. Jurkowski	826	474	760	2061	wł
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this meet in the old days. Dondell Blue and Jim Hoskinson came out at the '02 full meet in the Ormond Beach High School Cafeteria. Then the growth started. I remember seeing such modern day lifting legends such as John Benoir, Donnie Thompson, Phil Story, Joe Ladnier and Scot Mendelson lifting or attending the Southern States. In 03 Team Sampson brought their lifters, Adam Driggers and Brian Carroll, followed by Team Jax, with Joe Norman, Sylvester Crumbley and Lester Estevez in 2004. Later Southside Barbell and Orlando Barbell joined us. Extreme master deadlifter Larry Russell was also there for the resur-gence. Tampa Barbell has been coming now for two years. Highlights of Day 1-Women Saturday: This day featured women lifters, masters and teens. APF and AAPF Superwoman Margaret Kirkland came to take care of business. I think she went 9 for 9 with a PR squat of 485, a PR bench of 248 and a 446 deadlift. PR total. As mentioned in PLUSA she is a Violinist in the Sarasota orchestra, a dentist and a Cow owner (they own a farm in Chiefland), her very support-ive husband handled her all day with no complaints. Michael Alloco, one of the strongest in Florida, helped Margaret and myself get ready, i.e., pulling down bench shirts etc. Nice lifting. Stacy Manly of Debs Gym really gets jacked up when she goes to squat. Best squat 529, 1350 total Nice lifting. Suzanne Mikolay of Tampa Barbell had a nice day with a 325 dead. barbell had a nice day with a 525 dead. Bridgette Reardon had a good day. Teens: Nick Jenson (MD) 500 squat and dead at 220 APF, Masters APF/WPC referee Den-nis Pittman stayed up all night (family matter) and still totaled 1366. Eddie (Irish) Fitzpatrick (59), a Bosnian War veteran hit uthern States weekend in North Florida: a 451 Bench an APE and AAPE record for his age group. Way to go. Lou Sposoto is hierer it's in Daytona, New Smyrna nis age group, way to go, Lou Sposoto is ieach, Lake City, Jacksonville, it doesn't still going strong at age 68. Dwayne Kout natter the best of the best come to this meet to take ownership of the iron. Kieran idder told me it seemed like lifters get tronger in the winter months, like we all ronger in the winter months, like we all Gearman Nutrition had the same total. peak' then. We shall see how prophetic hose words were. What a meet. The APF nd the AAPF Southern States were com-ined this year. The weather was in the igh 60s both days, clear skies, but nobody married about the same time I did, two as outside, we were all inside lifting, years ago, and she was there cheering him earning gearing up or yelling for/at our earnmate. It's the 17th year Kieran has put n the Southern States. I have lifted in this neet since 2002. It has grown in size, this will fall soon. He has lifted in some big uality and reputation ever since. Gary meets in recent years including the WPC rank, Jon Grove and Bart Quinn lifted in Worlds, the WPC Semi Finals in NY and the Cincinnati Pro Am. His two sons have both grown a least a whole head size up in eight since I saw them in 2005. Adam is e captain of Team Samson, the strongest arage gym in Florida with one of the first ifts made. Adam squatted 859 (smooth



Stacy Manly squatted 529 and went on to a 1350 total at 198 lbs.



barrier in the bench and had the

plentitul. The backgrop was a military painting honoring our real herces, the soldiers. Jim Hoskinson provided Kieran with a well made two piece lifting plat-form. It is sure to be a hit with other meet directors. It goes without saying how much we are thankful to our military, for our freedom for everything Arlington Cemfreedom, for everything. Arlington Cemetery in Virginia is a major reason we can get together and have these meets. I have visited Pearl Harbor and I promise you don't forget the sobering experience, when you reflect on the ultimate sacrifice made by our military, past and present, Thank You United States Armed Forces Troops for your continued sacrifice in Iraq and Af-ghanistan. My words don't do it justice. Wayne (The Boss) Pullum secured this facility back in May I think. He took care tacifity back in May I think. He took care of everything, even mopped the floor after the meet. Wayne could run a National or World meet if he chose to do so. I over-heard him saying he is considering having 2-3 meets a year at the Armory in Jackson-ville. That would be nice, to do a local meet every three months or so, after each training cycle. Wayne became a Christian earlier this year. That's great news. As good as Adam and Margaret were on Day 1, Brian Carroll, Charles Bailey and Jeff Vaughn were on Day 2. They all totaled mid 2400s at a "regional" contest, as Kieran kept saying. In the APF Robert Schmidt and Shawn O'Malley had great days. At 220 Clint "Swolegator" Smith lifted like Tim Tebow plays football He had an incredible 744 Bench (easily Top 5 this year) and a 2165 total. Tony Garland told me his wife s due in January. God Bless you, Clint, at this joyful time. There were a quite a few wives walking around sporting baby bumps, the next generation of Florida Powerlift-ers. The 242 class was loaded with Brian Carroll, Joe Norman and Jim Benson. Sci Fit's Jim came in 3rd with 2154. Jim is a very intense junior lifter from Forsythe, GA, home of the Cullodan Highland Games, You

will really feel like you are in Scotland at they become competitors. What can you say about Big Daddy Charles Bailey, who in health care. In '98 he was bodybuilding works as a personal trainer. I remember at Bailey's gym in Jacksonville. Randy commenting to Charles in 2003 that he had Boynton and Sylvester Crumbly handed Joe Boynton and Sylvester Crumbly handed Joe a bar with some real weight on it and Joe took off and ran with it. (across the parking lot) Not really. Joe was Coan's teammat of years ago and left with prize money. I nemember Joe squatting mid Sixes in 2002, now he's consistently over 1000, and been eating some serious spinach sand-wiches. He even kind of resembles Popeye. I pulled up alongside Joe cruising on his had good day also. He din't meet his pre harley about a month ago. No helmet, had good day also. He din't meet his pre meet goals, but I know he was happy with Harley about a month ago. No helmet, had good day also. He didn't meet his pre muscle shirt, Saturday morning, down-town Jacksonville. I said to myself as I drove up behind him "Who is that mon-ster". The monster showed up Sunday. 2210 at 242. Next up was Brian (Freak) Carroll. This guy, at 26, is on his way to banging a total up there with his idol Ed Coan. Brian's first squat was mis-loaded, didn't seem too upset about it; he came to but he carne hack to crush 1008. Then be lacksonville to try for a monster total. He Brian Carroll went 10 times bodyweight plus in the 242 class. Charles Bailey busted the 700 lbs. barging at lab up there with his india to the port a hindle be care by bargest total of the meet 2460 lbs. See the part of the port a hindle be port a hindle be care by bargest total. He part and public the care bargest total to the port a hindle be port a hindle be care by bargest total. He part are bark to rais first squar was minimated the meet he port a hindle be ber a hindle be port a h





100% Raw/AAU Record Breakers 31 DEC 07 - Burlington, VT BENCH D. Kernoff 176 FEMALE Masters (45-49) 181 lbs. 176 D. Kernoff Special Athlete J. Aikey 1 148 lbs. 100 Open AAU Shedrick 320 123 lbs. Lifetime Open A. Shedrick 319 Lifetime (45-49) D. Kernoff 66 181 lbs. Special Athlete 181 lbs. Special Athlete Aikey 202 Aikey 100 MALE MALE AAU 181 lbs. 165 lbs. Masters (45-49) Open M. Berby 362 425 B. Kernoff AAU Lifetime (45-49) 165 lbs. B. Kernoff 425 Masters (45-49) 181 lbs. B. Kernoff 276 Lifetime Open Lifetime (45-49) J. Langevin STRICT CURL 515 B. Kernoff 276 181 lbs. FEMALE Lifetime Open 123 lbs. M. Berby DEADLIFT 361 Masters (45-49) D. Kernoff 51 FEMALE 123 lbs. MALE 132 lbs. Masters (45-49) D. Kernoff 17 Open D. Blake 176 88 148 lbs. 148 lbs. Submasters Open A. Shedrick 320 S. Ball 138 181 lbs. 165 lbs. Special Athlete Masters (45-49) Aikey 203 B. Kernoff 141 AAU 181 lbs. 123 lbs. Open Lifetime (45-49) M. Berby 166 FEMALE SQ BP DL TOT 123 lbs. Masters (45-49) 105 66 176 347 D. Kernoff 148 lbs. Open A. Shedrick 209 103 320 632 AAU 123 lbs. Masters (45-49) D. Kernoff 104 66 176 347 Lifetime (45-49) D. Kernoff 104 66 176 347 148 lbs. Lifetime Open A. Shedrick 209 101 320 631 MALE 132 lbs.



Record Breakers ... (front row, I-r) Diana Kernoff (123, 45-49), Scott Ball (148 Submaster), Dan Blake (Open 132), James Aikey (181 Open), Bret Kernoff (165, 45-49); (back row) Joshua Langevin (181 Jr.), Michael Berby (181 Open). Not in this photo Amy Shedrick and Janelle Aikey. There were a total of 40 World Records between the two meets (AAU Raw and 100% Raw): Diana Kernoff - 7, Michael Berby - 4, Amy Shedrick - 5, Dan Blake - 4, James Aikey - 1, Bret Kernoff - 5, Janelle Aikey - 4, Joshua Langevin - 1. (photo courtesy Bret Kernoff)

Open				
D. Blake	226	154	276	656
181 lbs.				
Open				
M. Berby	132	362	143	637
J. Aikey	480	340	231	1051
AAU				
132 lbs.				
Lifetime Oper	1			
Dan Blake	226	154	275	655
181 lbs.				
Open				
M. Berby	132	361	143	637
Lifetime Oper				
M. Berby	132	361	143	637
J. Aikey	479	339	231	1050
Nine Vermont	lifters	spent	New Y	ear's eve

strict curl record. At 148, he curled an amazing 137, just 11 lbs. shy of his bodyweight. Although the lifting started at 7 pm, it took almost four hours to complete set in four hours of intense competition. Diana Kernoff 123/45-49 led the records count with 17 of the forty world records. Amy Shedrick 148/Open pulled an incred-ible 320. When she went for a fourth lift, Janelle Aikey, a junior special athlete, won four world records with a bench of 100 and a dealifit of 2031 lames Alkey (lanelle's the meet. By the time the trucks were unloaded back at the Vermont Powerlifting to their respective transportation discuss-ing where on the road they would be when the New Year begins. Vermont Powerlifting would like to thank the Greater Burlington to their respective Burlington for bostand a dealift of 2021 James Aikey (Janelle's YMCA and First Night Burlington for host-older brother and trainer) lifted the heavi-ing the meet and adding us to the New est squat of the night with 480, although he Year's Eve festivities. Although every

builed a hamstring which kept him from lifter helped out with this meet, we still had taking a third and going over 500. Dan some extra people we need to thank. Blake 132/Open Lifetime set his world Blake 132/Open Lifetime

	W Powerlifting Federation Membership Application	1779
LAST NAME:	FIRST NAME:	INT.
STREET ADDRESS:		
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LIFTERS SIGNATURE:	PARENTS SIGNATURE IF UNDER 18 YRS	. OLD
DATE OF APPLICATION:	(This Will Be Your Rene	wal Date)
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Amy Shedrick set 5 new records at the Record Breakers contest.

records in each individual lift and total. Michael Berby came into the meet wearing his traditional kilt. He lifted token squats and deadlifts on his way to breaking several bench world records. He benched double his body weight with a beautiful 362 on his second attempt. Bret Kernoff, benched his way to a world record while pulling in lifetime PR in a lighter class. Last December Bret won the World championship at 181, and now is totaling even higher at 165. Joshua Langevin pulled his way to an AAU Jr. record, just three weeks after competing and breaking world records in the APA. Scott Ball waited until nearly 11 pm to get his chance to curl his way to a 100% raw strict curl record. At 148, he curled an being our head judge. Drew Markey and Charlie Ploof gave up their New Year's Eve plans to help with spotting and loading. They did an awesome job of saving Dan Blake when he collapsed on his third squat attempt. I know the lifters appreciate their time and effort. Thank you to Kevin Hatin, Jamie and Hannah of the Greater Burlington YMCA for all their help. (from Bret Kernoff)



Jimmy May curling at the APA US Open. (Scott Taylor photographs)



the open raw 242s at the APA US Open held in Zephyrhills, Florida

APA United States Open 15 DEC 07 - Zephyrhills, FL Master I DT R. Suk BENCH 305 148 lbs. Master III DT Submaster Raw Churchman 385 S. O'Grady 310 275 lbs. Master I DT Master I 350 M. Davis 165 lbs. . Zmyewski 480 Master I DT 308 lbs. Open DT J. Herring Open DT J. McNeal M. Guerra 310 585 198 lbs. Master II Raw DT C. Smith 300s 420 Master II DT B. Grey -Open J. McNeal 420 Master III Raw DT J. May 215 Master I J. McNeal 420 220 lbs. Open DT 341 lbs. Open 335 M. Fields G. Steele 500 Submaster DT SHW Master I S. Eastburn 405 505 Master 1 Lee DEADLIFT R. McLeod 460 Master III DT 114 lbs. L. Barry 242 lbs. 385 Sub-Teen DT W. Slepinski 155 Open Rectenwald 4th-165s 198 lbs.

Zip Code State City Street Address Date of Birth **Telephone Number** E-Mail address Social Security Number Signature (Parent if under 18 years old) Sex \$25 Adult Membership \$15 High School Student Make Checks Payable to: APA, P.O. Box 27204, El Jobean, Florida 33927-7204 185 105f 230!\*s 520!\*s Best Lifter: James Jacobs. Curl Event Best Master III Raw DT R. Smith 7 L. Russell 620!\*s STRICT CURL J. Sundey 132 lbs. 700 Lifter: David Stevens. 1st Place Team: Team Elite of Lakeland, Florida, Coach Open DT Washington Open Raw DT 181 lbs. Keith Sundey. Meet Site: Main Street Fitness. Referee's: Ed Fitzpatrick, Mike 620!\*s Open Raw DT 485 320 520s 1325 L. Russell Teen (13-15) Raw DT 220 lbs. D. Stevens 172 A. Dodgson 175s 130s 250s 555s Witmer, and Christi Witmer. Sponsor: Powerlifting USA Magazine. A very spe-198 lbs. **Open Raw** Master III Raw DT . Mutaffis 575 148 lbs cial thanks to Powerlifting USA magazine for sponsoring this event, Main Street 242 lbs. J. May 100 Raw DT Open Raw DT J. Jacobs 7 T. Standifer 170s 120s 275s 565s 220 lbs. Fitness for providing a great meet venue, our judges for doing an excellent job, our spotters and loaders for doing an outstand-ing job and keeping the lifters safe during Teen (18-19) Raw DT Teen (16-17) Raw DT 740 350!\*s 230 450!\*s 1030 R. Fay 165 lbs. 275 lbs. C. Ferraro 245 242 lbs. Open Master I Raw DT R. Suk 150 Teen (16-17) Raw DT G. Jurkowski 700 a few close calls, and Coach Keith Sundey for bringing a fine crew of enthusiastic and Master II K. Peck 340s 165s 440s 945s Push Pull BP DL TOT 181 lbs. polite young lifters. Several records were set at this event and we saw some excep-Teen (13-15) Raw DT 165 lbs. E. Marquis 305 200s 400s 905s Master III Raw DT tional RAW lifting throughout the day ending with a huge 740 RAW deadlift by A. Annunziato 225 360 585 4th-SQ-320!\*s Unl Gear DT 220 lbs. B. Muscatello 360 200 390 950 Teen (16-17) Unl Gear DT Teen (18-19) Raw DT lames lacobs who took the best lifter award in the deadlift event. Special thanks to all who made this a great day. (Thanks to APA President Scott Taylor for these results) 245 370 615 C. Ferraro 350s 205s 400s 955s 242 lbs. R. Dodds Master II Submaster D. Poucher 435 640 1075 L. Hosterman 198 lbs. 275 lbs. USPF 3rd PowerBowl BP/DL Open Raw Submaster Raw DT 370 450 820 R. Bivens 490 415 500 1405 D. Smith Powerlifting SQ BP DL TOT 4th-DL-520 Raw DT 114 lbs. Sub-Teen DT B. Veney 315 Teen (13-15) Raw DT 315 285 420 1020 M. Fenlock 250 155 345 750 Teen (18-19) Raw DT 340s 285s 525 1150 S. Tarr 4th-DL-540s Master II DT . Romoser 440 285 435 1160 220 lbs. Teen (16-17) Raw DT 405 310 485 1200 P. Wilson Teen (18-19) DT A. Pacheco 405s 345s 440 1190s Open J. Breece 520 420 570 1510 Raw S. Ribaudo 505 350 600 1455 242 lbs. Open Raw D1 S. Rawl 500 345 600 1445 Junior DT D. Beers 620 340 680 1640 275 lbs. Master 1 DT D. Brown 625s 455s 565 1645 !=APA American Records. \*=WPA World

First Name



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APPLICATION FOR REGISTRATION World Powerlifting Alliance American Powerlifting Association JULL



Last Name

Middle Initial Today's Date

Records. S=APA Florida or Illinois records. DT=Drug Tested. Powerlifting Event Best Lifter: Hennis Washington. Powerlifting Event "Raw" Best Lifter: Ryan Bivens. Push-Pull Event Best Lifter: Dwayne Poucher, Bench Press Event Best Lifter:

26 JAN 08 -	Fairmont, WV
BENCH	J. Stottlemire! 473
FEMALE	242 lbs.
148 lbs.	Master (40-49)
Master (40-49)	D. Wamsley 402
C. Williams! 303	Master (40-49)
Open	R. Perkins 385
C. Williams! 303	Submaster (35-39)
MALE	R. Harbert 529
148 lbs.	DEADLIFT
Junior (16-17)	MALE
T. Tatro 182	181 lbs.
Junior Men	Junior (20-23)
P. Surface 55	S. Calp 441 Open
165 lbs.	Open
Junior (18-19)	R. Miller 386
D. Saffle 193	198 lbs.
181 lbs.	Junior (20-23)
Junior (16-17)	S. Brooks! 599*
T. Saffle 297	242 lbs.
198 lbs.	Junior (20-23)
Open	Ddom 655
Push Pull	BP DL TOT
FEMALE	
181 lbs.	
Junior (20-23)	
J. Work!	203 364 567
MALE	
165 lbs.	
Junior (14-15)	
Z. Trembly	198 408 606
242 lbs.	
Junior (18-19)	reports on an des a
B. Wells	385 523 908
Submaster (35-39)	Level warrant down
D. Smiley	512 639 1151
*=AR. !=BL. (Results	courtesy Matt McCase)

		omen's Natio	nals	A. 18 2.1			
	L 0/ -	Atlanta, GA	2001				
BENCH WOMEN		Rivera 165 lbs.	365	10001			
60 lbs.		(50-59) Raw		A. J. B. D. M. J.		1.32	1
(9-10) Raw		Gayton	415*				
Ford	45*	(50-59)		NUMBER OF STREET			
165 lbs. (40-49) UNL		Gaytn 181 lbs.	440	Distance in the second			
	140	Lifetime Raw		1.220			
181 lbs.	140	Smith	340	2.37			
Lifetime Raw		198 lbs.	540				
DaCosta!	165*	(50-59)					
MEN		Meyers!	740*	Section 201			
148 lbs.		242 lbs.					
(40-49)		(50-59)				-	
Rivera Lifetime Raw	_	Eddins 300 lbs.	500				
Patton-Gooch	300	Lifetime				0000	
Subs Raw	500	Braden	590*	18 10			
McCurley	210	Subs		11 Anno			
165 lbs.		Braden		1931			
(50-59) Raw	-	590*0			< (1990)	1000	
Gayton	250	SHW		Carlo -	1/		
(50-59) SP	2054	Open Raw	7450	1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1. 1		-	ŝ
Gayton (50-59) UNL	295*	Nichols POWER CURL	745*	1 - may		BAR	1
Gayton	305	WOMEN		1 1 1 1 1	9.	12.10	
198 lbs.	505	105 lbs.		20 Free 2 W	0		
Junior Raw		(40-49)		and the second second	1	-	
Watson	305	Keel	65*	Second -1	×		
Lifetime Raw		MEN		n Sizer Same	00		8
Duncan	315	165 lbs.			e		
Subs Raw	2074	(50-59)	120*	State of the second		-	
Harper (40-49) Raw	385*	Gayton 198 lbs.	130*	0.0			
O'Malley	370	Open		a line and the second	1		
Bernier		Harper	180*	Dean Nic	hols (	lead	i
220 lbs.		(40-49)		WNPF L			
Open Raw		O'Malley	160				
Renfroe	390		130	(photo col	unesy	nom	1
Lifetime Raw	200	242 lbs.		WOMEN	60	-	
		Open		WOMEN 105 lbs.	SQ	BP	
Anderson		Monroe SQUAT					
	200	165 lbs.			180*	110*	
Lifetime Raw		(50-59) Raw		123 lbs.		195 11	
Murphy	445	Gayton	385*	(60-69)			
Subs Raw		(50-59) SP		Calais	215*	115*	
Murphy	445*	Gayton	400*	148 lbs.			
(40-49) Raw	105	(50-59) UNL	44.04	(40-49) UNL	220		
Monroe (50-59)	405	Gayton 275 lbs.	410*	Sesler 165 lbs.	230	-	
Eddins	325*	lunior Raw		(40-49) Raw			
275 lbs.	343	275 lbs. Junior Raw Fabrough	600	Voegeli	205*	140*	
Junior Raw	Public	Fabrough BWT for REPS 198 lbs.	in the second	MEN	-1052.0	O- drb	
Fambrough	350	198 lbs.		148 lbs.			
Menocal	-335	(40-49)		(13-16) Riddle	0001	the	
(40-49) Raw		Housworth		Riddle	260	175	
Muncy	275	Junior					
DEADLIFT 148 lbs.		Watson Subs			385	250	
(40-49)				Gayton (50-59) Raw	303	230	
1.1.1.1		maper		(50-53) naw			
		1 - 80 MALDR					
		I - OU PURCHE					
V V Jos	100.000	1	-		-		-

					Gayton Lifetime SP	385	250	415	1020
					Gayton (50-59) SP	400	295	430	1125
	- Eng				Gayton Lifetime UN	400	295	430	1125
				1	Gayton (50-59) UNL	410	305	440	1155
				C	Gayton 181 lbs.	410	305	440	1155
					Open UNL Sesler	530	275	500	1305
					(40-49) Riddle 198 lbs.	450	295	440	1185
				-	(40-49) Raw Housworth 220 lbs.	335	250	300	885
55		1Å			(40-49) UNL Hickman 275 lbs.	500	410	650*	1560
S			3	1	(50-59) Alsup Police/Fire	590*	350*	635*	1575
	64	-			Alsup (20-23) Raw	590*	350*	635*	1575
	3		EL		Fambrough SHW Lifetime	600	350	565	1515
	VI			148	Davis *=WNPF Nat				Lifter
FL	JSA ( urtesy SQ 180*	Cham from	pion	at the ships Ford) TOT 520* 605* —	Team Champs Irmo, SC. T Furman Univ Endunamoo, Furman Univ endunamoo, Furman Univ was a great m SC, NC, GA, am and finish did a wonder Tee Meyers, I Perry, Steve Lester Fields Power Team meet. Thanks for bringing do versity for the to the meet. T with exciten lifters from th	Power eam C ersity, Clevel, versity, neet wit FL, TN ed at 3 ful job. Dina Di & Cind . Than for brin to Gra lown a bo and n his g e two t he Wor nent w is meet	hamps Greenv and, T Green th 50 li . We s pm. A Thanks grazia, y Yeary ks to grazia, y Yeary ks to grazia, grazia, y Yeary ks to Jonath uys an eams th Id meet ith all coming	Bench ille, SC N. Pov ville, S fiters to Tor tarted a gain the to Tor Adrian Adrian Mo the Speir tean nd Patt of lifters an Mo d Furm at can t will be of the t to wor	Press 2. 2NE vercurs 6. This tal from tal formation with the tal protocological content of the tal tal tal tal tal tal tal tal tal tal
PF L o co N Raw	JSA ( urtesy \$Q 180* 215*	Cham from BP 110*	DL 230* 275	ships Ford) TOT 520*	Team Champs Irmo, SC. T Furman Univ Endunamoo, Furman Univ Endunamoo, Furman Univ SC, NC, GA, am and finish did a wonder Tee Meyers, I Perry, Steve Lester Fields Power Fields Power Team meet. Thanks for bringing dow versity for th to the meet. T with exciten lifters from th highlights of and Dean N deadlift with pulling 745. squat of the d	Power eam C earsity, neet will FL, TN ed at 3 ful job. Dina Di & Cind . Than for brinn to Gra lown a boo and n his g e two t he Wor he Wor the meet ichols tee pull Jamie ay with	hamps Greenv and, T Green th 50 li . We s pm. A Thanks grazia, y Year ks to i ging the tham a group o Jonath uys an eams the dame the all coming et inclu showin ing 740 Davis I a 715 s	Bench ille, SC N. Pow ville, SC fiters to tarted a gain the to Tor Adrian gin, Mc de furm hat can to word de Tee ng out and Dhad the guat the guat	1 Press 1 Press 2. 2NU tal froot e WNH m Isbee , Lione wm Isbee , Lione wm Say ortsgy tan In Ses Ses Ses Ses Ses Ses Ses Ses Ses Ses
PF L o co N Raw UNL Raw	JSA ( urtesy SQ 180* 215* 230	Cham from BP 110* 115* — 140*	DL 230* 275	ships Ford) TOT 520* 605* —	Team Champs Irmo, SC. T Furman Univ Endunamoo, Furman Univ Endunamoo, Furman Univ endunamo SC, NC, GA, am and finish did a wonder Tee Meyers, I Perry, Steve Lester Fields Power Team meet. Thanks for bringing dow versity for th or bringing dow versity for th or bringing dow versity for th to the meet. T with exciten lifters from th highlights of and Dean N deadlift with pulling 745. squat of the d at 750 and a 1 from NC to s division and	Power eam C earsity, neet will FL, TN ed at 3 ful job. Dina Di & Cind . Than for brin to Gra lown a boo and n his g e two t he Wor he h	hamps Greenv Greenv h 50 li y We s pm. A Thanks y Yearv ks to i Jonath uys an uys an uys an uys an di meete ith all coming 740 Davis I a 715 s tal. Wa s t in the	Bench Bench ille, SGC ville, S fiters to Toro gain this tarted i gain that to Toro and D att d Farther to and D att d Farther and d Farther and for and for and for and for and for and for and for and for and for and for and for and for	1) Presize 2015
PF L O CO N Raw	JSA ( urtesy SQ 180* 215* 230 205*	Cham from BP 110* 115*  140* 175	DI 230* 275 275* 275	ships Ford) TOT 520* 605* - 620*	Team Champs Irmo, SC. T Furman Univ Endunamoo, Furman Univ Endunamoo, Furman Univ endunamoo, Furman Univ mass agreat n SC, NC, GA, am and finish did a wonder Tee Meyers, I Perry, Steve Lester Fields Power Team meet. Thanks for bringing dow versity for th to the meet. T with exciten lifters from th highlights of and Dean N deadlift with pulling 745. squat of the d at 750 and a from NC to s	Power eam C earsity, Clevel. versity, neet with FL, TN ed at 3 ful job. Dina Di & Cind . Than for brin to Gra low a a to and n his g e two t he Wor heat with lasso to how out is meet the men ichols tee pull lamie a goo call his a goo call his	hamps Greenv Greenv h 50 li pm. A Thanks grazia, y Yeary ks to Jonath and group o Jonath and group o Jonath and a group o Jonath and a group o Jonath and a day. A a 715 s a s down a 1 a 715 s a down a 1 a 715 s down a 7	Bench ille, SC ille, SC Ville, S fifters to K gain this to Too gain this to Too gain this to Too gain this to Too has a too fifters and Mo has to more and the source of the to wore distance of the to wore distance may and D mad the more distance of one of the to more distance of the to more distance of the to more distance of the to more distance of the to too mad the more distance of the too too too too too too too too too too	1) Press C. 2NE C. 2NE GC. Th tal fro: c. Th tal fo: e WNF m Isbe e Jone m Isbe e Jone f m Isbe f m Isbe e Jone f m Isbe f m Isbe e Jone f m Isbe f m Isbe e Jone f m Isbe a Jone f m Isbe f m Isbe a Jone f m Isbe f m Isbe a Jone f m Isbe a Jone f m Isbe f m Isbe a Jone f m Isbe a Jone f m Isbe m Isbe a Jone f m Isbe m Isbe m Isbe f m Isbe a Jone f m Isbe m Isbe m Isbe

44 34 74	10	*	Þ		9		Lifetime UNL Gayton (50-59) UNL Gayton	410 410	305 305	440 440	1155	glad to have hi day with Kee winning there competing in	el, Ca divisi	lais an ons an	d my d	geli all laughter
34 74	10	\$	J.			C.	Gayton	410	305	440	1155					
74		3						410	305	440		competing in	her fir	st mee	t in the	
74		100								110	1155					
74							181 lbs.					class, weighin				
	10*	and the second second				100	Open UNL Sesler	530	275	500	1305	and pushing 5 proud of her.				
	10*	Charles and the second s				1	(40-49)	330	2/3	300	1305	ing 225 lbs.,				
	10						Riddle	450	295	440	1185	consider the				
		- All or				18.00	198 lbs.					many lifters t				
EO						100	(40-49) Raw					three events a				
50	00			1		-	Housworth	335	250	300	885	just banged up				
				Time			220 lbs.					like to see how	v many	powe	rlifters (	can curl
		and the second					(40-49) UNL					225 lbs. 1 don	't thin	k it's a	n easy	thing to
59	90*	110 30	200			10.00	Hickman	500	410	650*	1560*	do. (results p	rovideo	d court	esy of	WNPF)
		A CONTRACTOR					275 lbs.									
		123.27				<b>More</b>	(50-59)					USA	PL N	E Reg	ional	
		A TON			200		Alsup Balias (Fina	590*	350*	635*	1575*	26 JAN				A
		North Car	1	2			Police/Fire		2504	( ) = s	1	Powerlifting			DL	TOT
74	5*	1 532.50			23.		Alsup	590*	350*	635*	1575*	High School	24			
RL				BAR	30	8.000	(20-23) Raw Fambrough	600	350	565	1515	FEMALE				
ALL.			9.	BAR	N.		SHW	000	550	505	1313	Master				
			97		0.0		Lifetime					165 lbs.				
		and the second second	3				Davis	715*	575*	550	1840*	A. Harman	155	90	240	485
65	*	States 2 -1	¥				*=WNPF Natio	onal Re	ecords.	!=Best	Lifters.	Open				
		Contraction of the second	Se		11		Team Champs					97 lbs.	110		150	245
			e		1.	( Santa	Irmo, SC. Te					C. Martinexz	110	55	150	315
		Construction Construction		-			Furman Unive					105 lbs.	05	==	160	210
13	50*		1.1				Endunamoo,					T. Sohn 114 lbs.	95	55	160	310
		Section and Section	1		5 3 3		Furman Unive					J. Sochocky	165	75	230	470
1.0	80*	Dean Nic	hole	leadli	fting	at the	was a great m					123 lbs.	103			110
10	10.	MADE	ICA	Charl	Big	chine	SC, NC, GA, I am and finishe					L. Milligan	145	85	225	455
16	0	WNPF L	SA (	ilam	pion	sinps	did a wonderfu					J. Everhart	125	70	205	400
13		(photo co	urtesy	from	Troy	Ford)	Tee Meyers, D					E. Everhart		75	215	400
210		1206 1325	0.57		rinh		Perry, Steve &					132 lbs.				
		WOMEN	SQ	BP	DL	TOT	Lester Fields.					A. Doyle	155	85	245	485
22	25*	105 lbs.	-				Power Team fo					R. DeGennard	125	100	235	460
		(40-49) Raw					meet. Thanks					148 lbs.	1.000	Nor Door	in la a	- selecter
		Keel!	180*	110*	230*	520*	for bringing do	wn a g	group o	f lifters,	thanks	K. Roberts	300	125	315	740
v		123 lbs.					to Endunamod					165 lbs.	250	140		
38	35*	(60-69)	Sec.	123 420	8.61-6		bringing down					J. Reminger	250	140	255	645
- profes	1010	Calais	215*	115*	275	605*	versity for the					E. Scullin	130	100	210	440
	00*	148 lbs.					to the meet. Th					MALE				
L		(40-49) UNL					with exciteme					Open 114 lbs.				
41	0*	Sesler	230	-	_	-	lifters from this					K. MacFerren	145	105	215	465
		165 lbs.					highlights of the					B. Miller	160	85	215	460
60	0	(40-49) Raw	205*	140*	275*	620*	and Dean Ni					123 lbs.		05		400
60 EPS	10	Voegeli MEN	205	140	275*	020	deadlift with te					M. Deluca	200	120	265	585
LF 5		148 lbs.					pulling 745. Ja squat of the day					K. Herman	170	130	230	530
		(13-16)					at 750 and a 1					132 lbs.				
12		Riddle	260	175	275	710	from NC to sh					D. Salvati	295	230	375	900
-	1	165 lbs.					division and D					Z. Knox	300	200	315	815
16	*	Lifetime Raw					gia also had					B. Yurchak	315	160	330	805
		Gayton	385	250	415	1020	learns how to a					148 lbs.	1.5	200		
22	*	(50-59) Raw					be 50-75 poun					DePasquale	305	205	420	930
							and a second second	0				J. Cannalley	350	195	360	905
100									3			J. Zurn	295	180	330	805
	-											K. Koehler	230	185	265	680
2.1.5											41.44	165 lbs. G. Simmons	440	235	425	1100
werl	itti	ng Federa	tion	(WN	NPF)							J. Keller	380	233	440	1060
				0.50		1022					1	F. Eskridge	325	255	425	1005
trati	011					Des M						C. Burke	360	235	325	920
												T. Arroyo	335	200	340	875
			FIRST		1		INT.					B. Burns	330	165	365	860
0.01	123	and the second second			10-1	103 cold			115 K	-		181 lbs.		1	5	1
						VINTER I					1	P. Redline	415	260	500	1175
in a	1.1					ALL OCC		11122	13128	ana a	1	J. Garland	410	265	400	1075
					- 11 - S		No. Contraction					N. Miller	425	185	405	1015
												198 lbs. E. Marinell	465	260	475	1200
The second second		the fit				1.17001						K. Porembo	400	260	4/5	1090
				*			*				i	S. Bennett	390	250	435	1075
11111		Are an	I	DATE C	OF BIR	TH	Contraction of the						430	230	410	1070
1	-	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1		-				1000			1	Machtinger	365	225	380	970
-	IFOR	ONE THE		DUCC	AFF		-					J. Keller	340	225	330	895
CH	IECK	ONE: LIFET	IME D	RUGH	KEE		5 YRS. MIN.			-		220 lbs.				
												R. Conaboy	380	300	470	1150
10-11	-											Wasielewski	435	280	425	1140
			01.7	-		DUICIE					0 1	N. White	405	225	450	1080
ad .							ION AND M			FEE T	0: 1	K. Wren	360	195	350	905
		WNF	F, PO	BOX	1423	47, FA	YETTEVILLE,	GA 3	0214		1	c. Sears	275	200	320	795
												242 lbs.	520	340	470	1220
												N. Edwards	520	340	470	1330
1007			10									B. Jeffries 275 lbs.	435	320	430	1185
Chia	TIM		10	A PART OF	S. Maller	10000				-		B. Ruth	460	265	365	1090
IGNA	TUR	RE IF UNDER	Salara Colora								CONTRACTOR OF STREET	and the state				11/21/
IGNA	TUR	(memberships	Salara Colora	d for o	ne year	)						275+ lbs				
		(memberships	are vali		101111		Is and shall acco	ept the	results	and w	ill	275+ lbs. A. Lepri				
ting p	oroce	(memberships dures in or ou	are vali t of co	ntest b	WNP	F officia	ls and shall acc					A. Lepri	635	360	530	1525
ting p ay. I a	oroce	(memberships dures in or ou agree not to su	are vali t of co e the V	ntest b VNPF f	y WNP	F officia ies that	may occur durin	ng com	petition	, traveli	ng	A. Lepri E. Torres	635 560	360 260	530 555	1525 1375
ting p ay. I a	oroce	(memberships dures in or ou agree not to su	are vali t of co e the V	ntest b VNPF f	y WNP	F officia ies that		ng com	petition	, traveli	ng	A. Lepri	635	360	530	1525

one strong dude. Johnny Gayton won 17 classes, this is a WNPF record. People wonder why Johnny goes into so many

divisions. He loves the sport and he is just going after records in the WNPF and were

123 lbs. K. Lisi 132 lbs. 185 135 240 560 140 B. Petrella M. Sheck 205 255 600 155 115 265 535 - 250 115 310 475 690 270 250 590 515 132 lbs. Malinoski 250 205 325 780 148 lbs. Molina 
 345
 235
 460

 345
 235
 345
 1040 S. Rocha 925 165 lbs 265 385 C. Duncan 445 270 405 295 M. Li C. Hsaio 465 1180 450 J. Koza 415 W. Chauncey 315 245 415 275 315 P. Levande 181 lbs. 220 125 290 635 415 530 945 I. Valiani 500 445 500 475 W. Spears S. Madrid 345 245 1165 Valiani 425 240 500 . Miller 400 2220 385 198 lbs. 495 305 545 1345 R. Renach 
 495
 305
 345

 540
 320
 480

 425
 295
 510
 M. Tucker 1230 D. Gibson 220 lbs. M. Kantogianis 460 285 560 1305 S. Moran 365 320 500 1185 242 lbs. L. Seiler 555 375 570 1500 D. Snyder 425 315 430 1170 275+ lbs. Cappellino 600 375 575 1550 Raw 148 lbs. A. Matson 335 225 415 975 181 lbs. 335 315 450 1100 G. Jacks K. Thai 225 280 340 845 198 lbs. 485 340 550 1375 I. Lattimer E. Lovipson 415 285 475 1175 220 lbs. A. Thomas 415 335 500 1250 (Thank you to USAPL for providing results) WABDL Northeastern Regional 4 AUG 07 - Winterport, ME R. Sweeney 424\* RENCH Master (61-67) 165 lbs. FEMALE lunior E. Hennings 242 4th-244\* 148 lbs. 148\* I. Trundy 181 lbs. E. Darling 170\* Master (40-46) 198 lbs. K. Campbell 358!\* 198 lbs. F. Manzie Open 132 lbs. Master (68-74) 198 lbs. 187 M. Cannon A. Neureuth 148\* 198 lbs. K. Campbell 358!\* Master (80-84) MALE 165 lbs. I. Tuttie Class I 165 lbs. N. Mott Open 165 lbs. 209\* Junior (20-25) 181 lbs. D. Mannion 220 lbs. 325 A. Davis M. Bazinet 198 lbs. N. Madden B. Beaupain 413\* SHW 220 lbs. G. Guernsey 407\* Submaster (33-39) **B.** Smith 220 lbs. Law/Fire M. Guernsey 360\* Master (40-47) SHW 275 lbs. R. Sweeney 424\* G. Guernsey 451\* Master (40-46) Teen (16-17) 165 lbs. 181 lbs. K. Poitras 220 White D. Porrazzo 236 242 lbs. C. O'Donald 352\* Teen (18-19) 220 lbs. 429\* M. Bazinet SHW 220 lbs. G. Guernsev A. Leiser Master (47-53) DEADLIFT FEMALE 198 lbs. R. O'Malley 253\* Master (40-46) 198 lbs. 242 lbs. K. Campbell 402\* D. Reynolds 286\* 275 lbs. Open

CONTRACTOR STATE	and the second second
	WORLD A
Last Name	Fi
- Little	
Street Address	AN/C
City	
Current WABDL Classif	fication Referee Status
Registration F Teenagers, Di	ee: \$35.00
Make checks pa	yable to and mail to
	D DEADLIFTERS
Golden Valley, N	IN 55427
If under 18, have	e parent initial
K. Campbell 402* 275 MALE R. Class I Ma 165 lbs. 165 N. Mott — D.	ster (40-47) excr i lbs. is F Sweeney 589* age ster (40-46) ano i lbs. pull Porrazzo 424* Car e lbs. pull

650

1150

1075

905

1345

1165

1005

1340

308\*

132\*

\_

429

264\*

225\*

uses. Just do it." Robert Sweeney, who were terrific hosts. I had the three best Fred's training partner, pulled 589.5 at meals ever. First all the lobster you an eat, 48 for a Maine record. Al Bianchi, second the best pork ribs ever, and third the training partner of Fred Peterson, the best beef tenderloin ever. The lobster led 584 and was close with 633. Karen was to die for, after eating 12 of them the Campbell, who is trained by al Stork, to die for part wasn't far off. Also Al has pulled a Maine record 402.2 at 198 in both Master (40-46) and Open. She also set a world record 338 bench in Master (40-46) bears and deer off Al's yard. The judges and Open 198. Mike Bazinet set a Maine A. Bianchi 584\* 451\* Master (47-53) 275 lbs. and Open 198. Mike Bazinet set a Maine record with 429.7 in Open 220 and Master (40-46) in the bench press. Carrett Guera with 451.7 and Caleb O'Donald set a Maine record 352.5 in Teen 16-17/242. In Junior men's bench at 181 Andy Davis set a Maine record with 325. AT 198 Brian Beaupain set a Maine record with a well executed t122.4 230. Ree Swith wur a Maine record with 230. Construct Guera Maine a Maine record with a well executed t122.4 230. Ree Swith wur a Maine record State Sta R. Sweeney 589\* Master (68-74) 259 lbs. F. Peterson 600!\* Teen (18-19) 220 lbs. 424\* A. Leiser

220 lbs. **B.** Smith Law/Fire !=World Records. \*=State Records. Jane a Maine record with a well executed and Al Stork were the Meet Directors and they are also the WABDL State Chairper-record 407.7. In Submaster 220 Matt Guernsons for Maine. The story of this meet was sey set a Maine record 360.2. In Master Fred Peterson who pulled 600.7 three men's bench press there were numerous months shy of age 70, and he has done 644 Maine and Massachusetts record set in-in the last year in another federation. He cluding 81 year old Irwin Tuttie who weighted 255 and obviously set a world benched 132.2 at 165 and Fred Manzie who record. He's from Worchester, Maine, and set a Maine record with 308.5 in 61-67/ he inspired me to state heavy training again. Like he told me, "No limits, no



Rethwisch, Ben Smith, Matt Guernsey, Mike Bazinet, Greg Guernsey, Garrett Guernsey, Al Stork, (front) Andrew Cohen, Andy Davis, Karen Campbell, Caleb O'Donald. (photo courtesy Mike Bazinet)

SIGNATURE / PARENTS SIGNATURE IF UNDER 18 DATE \_ \_\_\_\_ (memberships are valid for one

I agree to submit to any testing procedures in or out of contest by ' not challenge them in any way. I also agree not to sue the WNPF for to or away fromcompetition. I realize that powerlifting is a dangerous

84

LAST NAME

AGE

STREET ADDRESS

CITY, STATE, ZIP

**REGISTRATION FEE** 

\$40.00 ADULTS

AREA CODE, TELEPHONE:

\$10.00 SPECIAL OLYMPICS

\$20.00 HIGH SCHOOL

SEX \_\_\_\_



At the WABDL Northeastern Regional: (L-R) WABDL President Gus

APF 1 DEC 0	Cros	s Train	ners	TX
WOMEN Teen (13-15) 105 lbs.	sQ	BP	DL	тот
M. Fontenot Teen (16-17)				
B. Myers Junior (20-23) 165 lbs.		160	290	790
H. Watson Master (40-44		170	340	855
132 lbs. L. Denmon MEN	425	205	350	980
Open 275 lbs. M. Griffin	1005	585	460	2350
Teen (13-15) 308 lbs.				
J. Lumas Teen (16-17) 148 lbs.		250		
T. Myers 165 lbs.				
B. Gary Teen (18-19) 181 lbs.	605	310	505	1420
G. McNeil				
B. Carter (Thank you to	480 Mike	295 McDar	400 niel for	1175 results)

First Name La					Last Na	me-	11		201	Da	te			_	BENCH FEMALE Teen
Mailing	Addr	ess	3DA	AW	) and a		125	0	ci	ty	494		900	2015	148 lbs. R. Kaplan 198 lbs.
State Zip					_		Pho	ne		and part					A. Pluntke Open 148 lbs.
Date of	Birth	1	-		Age	_	E-ma	il Ad	iress-		2121			-	R. Kaplan J. Dunphy 198 lbs.
Ke										puter File And A					A. Pluntke MALE
		I com	pete in	n					niy	Power S	Sport	ts			Teen 198 lbs.
			High	School	\$15.00	seci	rcle B	elow	Adult	30.00					B. Baptiste *=Maine Sta male Lifter:
NASA,	P.O.	Box 7	35, No	ble, O	K. 73068	Pho	ne- 4	05-52	7-458	9 www.N	ASA-	SPOR	TS.CO	M	Male Lifter: Raw Male Lifto J. Kaplan
NIAC		ssouri	State												Sale Call
16 FEB		Diamo	ond, M		N. Robison L. High	281 253	187 192	380 319	848 766	Master I K. Hixson	551	418	501	1471	13 00
ENCH IALE 20 lbs.		M. D 220 I Int	uncan bs.	352	R. Smart 165 lbs. Junior	226	165	281	672	D. Maestas Novice C. Hall	402 435	330 336	457 545	1190 1317	BENCH WOMEN Unlimited
aster III , Smith	248	A. M PS CI		308	K. Messerley Novice		192	490	1085	308 lbs. High School	433	330	545	1317	181 lbs. Teen (18-19
HW	410	181 I	E bs.		K. Messerley 181 lbs.	402	192	490	1085	D. Lee Open	474	275	507	1256	S. Richards MEN
Johnson 5 BENCH ALE	418	Open M. D 198	uncan	159	High School D. Bishop C. Younger	435 330	275 187	424 424	1135 942	H. Thomason SHW Int	700	363	600	1664	198 lbs. Open T. Langone
B1 lbs.			School	115	B. Hundley J. Johnson	253 275	226 192	385 380	865 848	A. Lockwood Open	608	463	600	1672	G. Seguin 198 lbs.
ALE				TOT	A. Hackett S. Mueller	330 248	214 170	308 424	854 843	A. Lockwood Power Sports		463 BP	600 DL	1672 TOT	Submaster T. Langone
55 lbs. igh School Sherman		102	352	545	S. Gilligan K. Burger A. Miller	248 203 231	226 165 143	314 314 203	788 683 578	FEMALE 148 lbs. High School					275 lbs. Open J. Farina
20 lbs. aster III		132		343	Open P. Kramer	485	352	578	1416	K. Gilmartin MALE	60	88	203	352	Single Ply 181 lbs.
. Smith					Pure P. Kramer	485	352		1416	<b>High School</b>					Teen (18-19 Z. Fahnesto
/. Smith 08 lbs. igh School					Submaster Pu B. Rihlmann	413	314	424	1151	C. Anderson A. Fletcher			319 275	584 457	181 lbs. Submaster
Jose		275	402	677	<b>High School</b>				826	Teen C. Anderson 148 lbs.				584	B. Ross Unlimited 165 lbs.
EMALE 31 Ibs.					220 lbs. High School					High School N. Robison	104	187	380	672	Open J. Gelnett
igh School chavengerd 98+ lbs.	1 209	110	170	490	C. Schaffitzel J. Green	242		319	1036 749	L. Griffing		170 132		584 490	181 lbs. Open
igh School					Junior M. Plucinski Novice		303	446		Junior L. Griffing Novice	88	132	270	490	A. Manatria WOMEN 198 lbs.
Girdler	132		143	358	M. Plucinski 242 lbs.	330	303	446	1080	C. Rogers Teen	82	154	314	551	Submaster C. Willaime
42 lbs.		102			High School C. Woodard				942	S. Stalder 165 lbs.	104	170	308	584	MEN 242 lbs.
Tanner HW it	518	402	523	1444	S. Walton 275 lbs. High School	242	143	2/5	661	High School T. Webb B. Freitas		231 203	374 418	733 727	Submaster P. Williame 275 lbs.
Lockwood	608	463	600	1672	F. Burger Z. Lucas	407 352	314 264	418 501	1140 1118	181 lbs. High School		200	410		Open C. Desanto
. Lockwood	608	463		1672	T. Preffitt R. Bowen	380 352	226 264	501 418	1107 1036	G. Hughes A. McCall	110 88	242 165	330 314	683 567	Teen (13-15 J. Kresa
18 lbs. igh School					Junior C. Hall	435		545	1317	J. Ford 198 lbs.	126	220	424	771	Single Ply 165 lbs. Open
A READ	ADD	123		a 00						High School R. Stewart	110	242	490	843	J. Manenkot 181 lbş.
		<b>e</b>		. 8					TE	T. Downs Z. Cooper	115 99	275 242	374 314	766 655	Teen (18-19 Z. Fahnesto
		1	9.9	1 - C	994				4.	W. Black 220 lbs.	93	170	286	551	198 lbs. Junior
100 T			1		This -		-			High School N. Cline J. Watson	104 104	192 176	341 314	639 595	G. Jablonsk 275 lbs.
Start.	F					V	2			Novice D. Kinsel	154	369	490	1014	Submaster S. Brown Unlimited
	-	IN THE	242	Y		(all)			1	Submaster Pure					181 lbs. Junior
			0,		· ·					B. Marshall 242 lbs. High School	137	264	253	655	M. Romeo 198 lbs. Junior
		<b>N</b>					XX			J. Bradley C. Carter	137 93	242 198	490 352	870 644	S. Summerv 275 lbs.
		21	1							SO B. Tanner	126	330	523	981	Open F. Adler
he Fairgr	ove	High	Schoo	1 Pow	erlifting Tea	m fi	nisher	lupi	n first	275 lbs. High School C. Raper	126	281	435	843	Masters (55 F. Adler WOMEN
					Championsh					Master I D. Maestas	143	330	457	931	Unlimited 148 lbs.

c's "Go Big Go Raw"	
B 08 - Embden, NE	
K. Dexter 320 A. Lane 263 242 lbs.	
K. O'Connell 31	5
195* Teen Raw 165 lbs. 175 A. Hutchins 240	
175 A. Hutchins 244 J. Sineyr 175 198 lbs.	5
195* G. Johnson 250 155 Open	0
165 lbs. 175 C. Murray 350	0
Open Raw 275+ lbs. T. Blakeslee 30	0
320	
te Records. Best Overall F Randi Kaplan. Best Over. Chris Murray. Best Over. ter: Andrew Hutchins. (Than for providing these results A Asylum Power	all
T 07 - Tribes Hill, NY 198 lbs. Open	
Z. Wagner 37. 220 lbs.	
Open 145 D. Ruliford 570 Submaster	
D. Wray 44 275 lbs.	0
370 Open 370 J. Toranzo 744 C. Trusnovec 67	0
Masters (55-59)	
370 F. Adler 31: SHW	5
460 F. Farina — DEADLIFT WOMEN	
WOMEN Unlimited	
k 340 148 lbs. Open J. Runco 32	5
500 MEN	,
Unlimited 220 lbs. Open	
365 M. Ladewski 650 275 lbs.	0
Masters (55-59)	_
o 360 F. Adler 33 BP DL TOT	5
e 105 225 330	
e 335 485 820	
e 335 485 820 425 550 975 170 300 470	
2 335 485 820 425 550 975 170 300 470	
335 485 820 425 550 975 170 300 470 385 450 835	
2 335 485 820 425 550 975 170 300 470 385 450 835	
e 335 485 820 425 550 975 170 300 470 f 385 450 835 ck 340 455 795	
e 335 485 820 425 550 975 170 300 470 f 385 450 835 ck 340 455 795	
<ul> <li>335</li> <li>485</li> <li>820</li> <li>425</li> <li>550</li> <li>975</li> <li>170</li> <li>300</li> <li>470</li> <li>385</li> <li>450</li> <li>835</li> <li>340</li> <li>455</li> <li>795</li> <li>275</li> <li>465</li> <li>740</li> </ul>	
<ul> <li>335</li> <li>485</li> <li>820</li> <li>425</li> <li>550</li> <li>975</li> <li>170</li> <li>300</li> <li>470</li> <li>385</li> <li>450</li> <li>835</li> <li>sk</li> <li>340</li> <li>455</li> <li>795</li> <li>275</li> <li>465</li> <li>740</li> <li>445</li> <li>505</li> <li>950</li> <li>370</li> <li>505</li> <li>875</li> </ul>	
<ul> <li>335</li> <li>485</li> <li>820</li> <li>425</li> <li>550</li> <li>975</li> <li>170</li> <li>300</li> <li>470</li> <li>385</li> <li>450</li> <li>835</li> <li>450</li> <li>835</li> <li>275</li> <li>465</li> <li>740</li> <li>445</li> <li>505</li> <li>950</li> <li>370</li> <li>505</li> <li>875</li> <li>ille</li> <li>320</li> <li>400</li> <li>720</li> </ul>	
<ul> <li>335</li> <li>485</li> <li>820</li> <li>425</li> <li>550</li> <li>975</li> <li>170</li> <li>300</li> <li>470</li> <li>385</li> <li>450</li> <li>835</li> <li>450</li> <li>835</li> <li>450</li> <li>835</li> <li>275</li> <li>465</li> <li>740</li> <li>445</li> <li>505</li> <li>950</li> <li>370</li> <li>505</li> <li>875</li> <li>ille</li> <li>320</li> <li>400</li> <li>720</li> </ul>	

. West	365	225	350	940
. Runco	345	-	-	-
65 lbs.				
Open				
N. Seaberry	200	125	275	600
81 lbs.				
ubmaster				
. Preuninger	275	185	250	710
MEN				
65 lbs.				
Open				
. Kaye	315	225	405	945
98 lbs.				
unior				
. Colenzo	405	225	515	1145
Masters (50-5	4)			
. Vellonakis	325	115	320	760
275 lbs.				
Open				
M. Moore	615	460	555	1630
Single Ply				
23 lbs.				
Open				
. Mimnaugh	225	135	240	600
165 lbs.				
Open				
C. Rodgers	530	315	500	1345
220 lbs.				
unior				
D. Seger	400	45	500	945
MEN				
Unlimited				
Open				
	615	415	610	1640
198 lbs.				
Open				
. Rock	750	-	-	-
Masters (45-4				
O. Mack Jr	425	385	505	1315
220 lbs.				
Open				
S. Pollock	690	450	545	1685
S. Pollock A. Williams	620	440	575	1635
Impallomeni	635	405	560	1600
M. Ladewski	700	_	_	_
M. Ladewski Junior				
Dibenedetto		410	530	1455
Submaster				
	555	415	500	1470
Masters (45-4			500	
B. Schemel	575	365	460	1400
Master (55-59				
L. Bagnoli		265	440	1105
242 lbs.			0.07	
Open				
S. Tria	605	435		
275 lbs.	000	455	405	1000
Onen				
C. Ryder	940	540	620	2100
M. Runco	750	425	650	1825
A Runco	1.50	443	000	



AAU ATHLETE INDIVIDUAL MEMBERSHIP APPLICATION AAU Membership Year is September 1 to August 31. A membership card will be forwarded to you. Use Legal Name Middle Street Address Application Date Work Pho E-Mail Address Birth Date Male Club Name (if Known) Do you have Health and Accident Insurance? Club Code (if Known) YES NO By paying or authorizing payment of my annual membership dues, I certify the if so, I must apply for membership (and receive approval) through the AAU N aspect, including but not limited to my (street) address and birth date. The A Policies, which are available for review on the AAU Web site at www.aauspo years old. Member's Signature Date Date AAU National Office, Post Office Box 10,000, Lake Buena Vista, Florida 32830

. Luciano	750		-
inior			
Cicrua	615	340 470 1	425
08 lbs.			
pen			
. Fishbein	800	535 535 1	870
enue: Iron	Asylum	Gym. (S. DePa	ntilis)
			1
		te Winter Ga	mes
2 FEB	08 - 5	shawnee, OK	
ENCH		T. Hathcock	500
AEN		181 lbs.	
32 lbs.		Open	
Open		V. Foster jr	425
Harper	130	198 lbs.	
65 lbs.		Junior	
unior		N. Johnson	410
. Crain	240	Master	
Caputo	150	J. Burnham	340
81 lbs.		B. Crouch	390
Open		Open	
. Foster Jr.	280	B. Triplett	550
98 lbs.		220 lbs.	
unior		Master	
. Johnson	230	C. Caputo	550
Aaster		242 lbs.	-
Parsons	365	Junior	
20 lbs.		D. Hunt	406
Aaster		G. Tignor	480
. Caputo	350	Master	
42 lbs.	330	L. Davis	360
Aaster		A. Warner	375
Davis	250	M. Nagele	580
DEADLIFT	200	Open	
VOMEN		W. Lawlor	480
65 lbs.		275 lbs.	100
Aaster		Junior	
AcClintock	265	C. Hunt	405
AEN	205	Master	
14 lbs.		S. McClure	350
unior		308 lbs.	550
Richardson	155	Master	
32 lbs.	133	R. Lepley	655
Open		D. McConnell	
. Harper	215		515
	215	Open D. McConnell	650
65 lbs. unior		SHW	050
Caputo	425	Master	
. Caputo R. Crain	425		450
C. Crain	4/3	Hummingbird	Out



		Last		
	County		State	Zip
		Home Phone	1	and the second
1		Fax Number	1000	
Fema	ale	Cell Number	P. Speak	nadi an madi a si ta angleseke Pelleke na angleseke
	1111	1	22	Sport Code (see list below)
tional Off plicant a	fice; and, grees to b	2) this applicat be bound by the	ion is correct e AAU Code	offense nor felony; or, ct in every material , including all AAU nember is under 18

SLP W	iscons	in State Fair	
11 AUG	07 - /	Milwaukee, V	VI
BENCH		A. Williams	345*
Master (45-49	)	A. Williams 220 lbs. E. Baker 275 lbs. T. Blunt Master (45-49	265
148 lbs.	100*	275 lbs.	1201
Raw	190*	Master (45-49	420*
VIASICE (40-44	,	IOI IDS.	
148 lbs. T. Farner	105*	D. Klopp 198 lbs	260*
Master (50-54	)	B. Borchert	360*
165 IDS.	05*	242 lbs. C. Tibbals	
K. Klass Open	95*	275 DS.	
148 lbs.		G. Selburg	345*
. Wenninger	135	G. Selburg Master (50-54 181 lbs.	)
reen (10-1/)		D. D Agosun	275*
165 lbs. B. Aldag	255	220 lbs.	
Junior	233	T. Weimero T. Weimero	O ** **
Junior 220 Ibs. B. Gonring		Open	
B. Gonring Submaster	365	165 lbs. S. Hong	290*
198 lbs.	3.3	1. Weimero Open 165 lbs. S. Hong 181 lbs.	
			335*
Master (40-44 220 lbs.		198 lbs.	
D. Walker	630*	T. Davidson	440*
275 lbs. T. Bauer	450	SHW D.Patrick DEADLIFT WOMEN	540*
Master (45-49	)	DEADLIFT	510
148 lbs.	310*	WOMEN Master (45-49 148 lbs.	0
D. Aldag	275	148 lbs.	
198 lbs.		J. McCubbin	375*
220 lbs.	450*	148 lbs. J. McCubbin 165 lbs. A. Fares Master (50-54 K. Klass MEN Novice 242 lbs.	145*
S. Lamothe	500	Master (50-54	)
R. Tupper	460	K. Klass	225*
D. Bennett	275	Novice	
SHW	4.4.5	I Ingram	600*
Master (50-54	445	J. Ingram I.Trent	600* 570
165 lbs.		J.Trent Teen (16-17) 123 lbs.	L Tal
R. Tafelski 198 lbs	235	123 lbs. E. Bowman	250*
G. Koch	270	198 lbs.	230
220 lbs.	2505	Teen (16-17) 123 lbs. E. Bowman 198 lbs. K. Rabe Teen (18-19) 148 lbs. R. Peterson 181 lbs	400
Master (55-59	)	148 lbs.	
198 lbs.	201	R. Peterson	370
R. Crawford	420*	R. Henderson 198 lbs.	500
Master (60-64	)	D. Langer 220 lbs.	605*
D. Thompson	355*	J. Bender	430
Master (75-79	)	Junior	
198 lbs. P. Jensen	210*	148 lbs. K. Koch	335
Police/Fire		165 lbs.	
148 lbs.	300*	Trebiatowski	
J. Ramsey Open	300*	D. Murphy 198 lbs.	405
165 lbs.		G. Rochney	585
M. Lanigan 220 lbs.	355	220 lbs. B. Gonring	565
D. Walker	630*	C. Hudson	525
S. Delaney 242 lbs.	430	SHW P. Tracy	535
L. Beede	303	Submaster	
SHW	7001	181 lbs. J. Vallis	-
M. Hodge J. Ray	700*	J. Vallis Master (40-44	585*
Wojciechows	530	Master (40-44 181 lbs. M. Riplinger A. Williams	
RAW Teen (13-15)		M. Riplinger	550
105 lbs.		275 lbs.	300
L. Lambrecht	125*	275 lbs. T. Bauer	515*
132 lbs. B. Capetillo	225*	Master (45-49 181 lbs.	,
Teen (18-19)		S. Hubert	575
148 lbs. R. Peterson	225	198 lbs. H. Perone	475
198 lbs.	223	220 lbs.	4/3
K. Rabe	175*	B. Pirlot	505
Junior 148 lbs.		242 lbs. R. Hanson	540
D. Maes	250*	R. Hanson C. Tibbals Master (50-54	500
165 lbs. N. Schmidt	250*	242 lbs	1
N. Schmidt Submaster	230-	242 Ibs. S. Coogan	520
148 lbs.		Master (55-59	)
D. Manuel 198 lbs. J. Faber	385*	242 lbs. D. Graf	500
J. Faber	355*	308 lbc	
Master (40-44	)	R. Crawford Master (70-74	565*



Mike Hodge with his SLP State Record 700 BP @ SHW at the SLP Wisconsin State Fair competition (photographs by Dr. Darrell Latch)

48 lbs.		181 lbs.	
R. Lee	220*	D. Bohne	61
Master (75-7	9)	198 lbs.	
98 lbs.		R. Kokott	68
P. Jensen	315*	K. Robe	40
Police/Fire		242 lbs.	
48 lbs.		L. Beede	68
. Klopp	350*	275 lbs.	
Open		B. Luedtke	66
48 lbs.		2-Man	
D. Duffy	400*	181 lbs.	
65 lbs.		D'Agostin	60
3. Andrews	545	198 lbs.	
		Rabe	72

\*=Son Light Power Wisconsin State Records. spotting all day, along with his fine staff. bench press competition we begin



consin SLP State Record 2 Man/ 198 lb. deadlift record of 725 lbs.

with the raw division. At master women 40-15\* 44 if was Tracy Farner with a new Wiscom-sin state record of 105. Kate Klass won at record pull of 500 at 181. David Langer got sin state record of 105. Kate Klass won at record pull of 500 at 181. David Langer got 50-54/165 with another state record of 95. an even bigger pull and state record at 198 with 605! Jonathan Bender took the 220 the open 148 class with 135. For the men's class with 430. At junior men Keith Koch got 13-15 age group it was Lucas Lambrecht a new personal record in the 148 class with a new state record of 125 at 105. Is is 335 pull. Anthony Trebiatowski was the Branden Capetillo also got a record for that winner over Dan Murphy at 165, 425 to 405 and it was George Rochney with the ittle was Ricky Peterson at 148 with 225 and state record 175 at 200 over Chris Hudson 565 to 525, while Park Barden Capetillo also got at record 175 at 200 over Chris Hudson 565 to 525, while Park Barden Capetillo Barden Capetillo also got at record 175 at 200 over Chris Hudson 565 to 525, while Park Barden Capetillo Ba finished with state record lifts of 250 at junior division with his win at SHW, junior 148 and 165 respectively while best finishing with 535. Jeff Vallis broke the \*=Son Light Power Wisconsin State Records. Junior 148 and 165 respectively while best infining with 535. Jeff Value broke the Best Lifter Lightweight Bench Press: lightweight lifter Dwayne Manuel hit a state record for the submaster 181 class Dwayne Manuel. Best Lifter Heavyweight great 385 state record personal best at a with a big 585. Mark Riplinger won over Bench Press: Dave Walker. Best Lifter 146 bwt! Jeff Faber won at submaster 198 Anthony Williams in the 40-44/181 class Lightweight Deadlift: Derron Bohne. Best with 355, another state record. For the 550 to 500. Tony Bauer broke the state Lifter Heavyweight Deadlift: Rich Kokott. The Son Light Power Wisconsin State Fair Bench Press & Deadlift Championship was 181 while Ed Baker finished with 265 at master class seems to always be the 45-49 held at the Expo Center at the state 220. Tom Blunt got a new mark at 275 with age group. Here Scott Hubert won at 181 fairgrounds. The Special Events personnel 420. Moving to the 45-49 age group, Dan with 575 while Hugh Perone took the 198 once again provided us with a great venue, with almost one hundred lifters and sev-Barry Borchert got his record at 198 with 220 while Robert Hanson won over Chris eral thousand spectators throughout the day! Thanks also to my son Joey for serving as platform manager; for loading and state record there. At 50-54 Dave D'Agostin Dan Graf pulled 500 for the 55-59/242 state record there. At 50-54 Dave D'Agostin Dan Graf pulled 500 for the 55-59/242 set the record at 181 with 275 as did Tero

> 181 title over Chuck Vento 335 to 315. Peter Jensen got his record at 75-79/198 Tschombe Davidson, one of the truly great with 315! At police & fire 148 Justin Klopp Patrick, another great one, finished with division Donovan Duffy pulled a state 540 at SHW. All of the winners in the open division set new Wisconsin state records a big 545 PR at 165. Best lightweight lifter for their respective classes. For the as-sisted division it was Jane McCubbin set-state record for the 181 class with his 615 ting the state record at 45-49/148 with a final pull while Kelly Rabe finished second great 190. Brad Aldag won at 16- 17/165 with 400. Best heavyweight lifter, Rich Walker, who has won the best heavy-weight award here, every year he has competed, did it again this year. Along the finished with 660. We also had two teams, though only getting in his opener. Tony finished with 600 and the 198 team which Bauer hit a PR 450 at 40-44/275. For the 45- broke the state record with 725. Dave and 49 classes Tim Aldag set the record at 148 Kevin Rabe represented this team. Thanks with 310 while brother Dave Aldag placed for everyone's continued support of this second with 275. Mike Sischo got a big 450 event at the Wisconsin State Fair. See you state record at 198 while Steve Lamothe all again next year! (by Dr. Darrell Latch) won at 220 over Robert Tupper 500 to 460. Dean Bennett took the 275's with 275 and John Wojcjechowski, who was actually lifting raw, won at SHW with 445, using a reverse grip! Rod Tafelski won again at 50-54/165 with 235 while Gary Koch got a new MALE personal best at 198 with 270. Bob Vivier 132 lbs. broke the state record at 50-54/220 with Master II

his 350 final attempt. Ray Gronowski broke his own state record for the 55-59/198 class with 325 as did Robert Crawford at 308 with 420. Another fine master lifter, Donnie Thompson, got the record at 60-64/ 198 with 355. Up next was the crowd favorite, seventy-six year old Peter Jensen. A great master lifter for many years, Peter's return to competition was a treat for everyone. Peter finished here with a new state record of 210 for the 75-79/198 class! With just one entry for the police & fire division, it was Joel Ramsey with a new state record of 300 for the 148 class. At open it was Matt Lanigan with 355 at 165 while Shawn Delaney finished second to Dave Walker at 220 with 430. Lowell Reede got a new PR at 242 with 565, but it Beede got a new PR at 242 with 565, but it was Big Mike Hodge with the biggest lift of the day, locking out a PR 700 at SHW! Jim Ray finished second to Mike with a personal best 625 while Jake Wojciecowski, making just his opener, was third with 530. In the deadlift event Jane McCubbin won ner second title of the day at 45-49/148 with her great 375 pull! Newcomer Amal the state record at 165 with 145. Kate Klass won again at 50-54/165 with 225, a personal best for her. In the novice men's division Jason Ingram got a big state record 600 pull at 242 over Joe Trent, who finished with 570! Erik Bowman won at 16-17/123 with a great double bodyweight state record pull of 250 at 123 while Kelly Rabe got his first official 400 at 198! At 18-19 Ricky Peterson won at 148 with 370 198. Both D. J. Maes and Nicholas Schmidt Pat Tracy rounded out the field for the Weimero at 220 with 315. Finishing second around great powerlifter, Robert Crawford, to Tero was brother Timo, who ended with broke the state record at 55-59/308 with 275. In the open division Santy Hong won his final pull of 565. Richard Lee broke the at 165 with 290. Tyreese McBride took the state record at 70-74/ 148 with 220 while with 255 while Brandon Gonring finished Kokott, got the biggest pull of the day with with 365 at junior 220. Chris Eastman got his 685 state record, lifting at a 194 bwt! way Dave broke the state records for the both represented by fathers and sons! At 40-44 and open 220 classes with 630, 181 it was Taylor and Dave D'Agostin who

> USAPI Mas Poder (More Power) 20 JAN 08 - Oneonta, NY 260 R. Coisson Master III



Open		S. Levy
T. Allano	480	242 lbs.
181 lbs.		Teen (18)
Raw		A. Bogart
C. Deloy	345	Master III
Open		P. Darbouz
J. Wood	370	Master V
Master III		C. Tallman
P. Carroll	330	Police/Fire
198 lbs.		C. Tallman
Raw		275 lbs.
I. VanAllen	405	Open
220 lbs.		B. Klinger
Teen (17)		J. Bogart
G. Volkes	265	Master III
Raw		B. Klinger
I. Sowle	360	SHW
Master VII		Master III
S. Chatis	305	K. Johnson
Master VIII		

SLP Reg	gional	Bash for Cas	sh
22 SEP	07 - 1	Dry Ridge, K	Y
BENCH		242 lbs.	
WOMEN		D. Goble	500*
Raw		Open	
Novice		165 lbs.	
148 lbs.		J. Edwards	255
J. Plemen	95*	242 lbs.	
198 lbs.		D. Minor	-
E. Rich	95*	J. Abnee	-
MEN		Raw	
Teen (13-15)		Novice	
97 lbs.		165 lbs.	
C. Hale	115*	Wolfenbarge	r 225
Junior		Teen (16-17)	
198 lbs.		220 lbs.	
Z. Sandlin	445	S. Sharrock	295*
Z. Whalen	405	Junior	
Submaster		198 lbs.	
198 lbs.		M. Dixon	335*
R. Schoffner	430*	275 lbs.	
242 lbs.		S. Riley	305*
R. Coots	-	Submaster	
275 lbs.		181 lbs.	
C. Breeden	405	M. Sanchez	300*
Master (50-5-	4)	Master (40-4	4)

CID Designal Back for Cash

198 lbs. 198 lbs 275 E. Felts 585 **D.** Perry Teen (13-15) =Son Light Power Kentucky State Records. Best Lifter Bench Press: Dan Goble. Best Lifter Deadlift: Eric Felts. The Son Light Power Regional Bash For Cash Bench Press & Deadlift Classic was held at Bodyworks Gym. Thanks to the owner of Bodyworks, Justin Baker for hosting this event, but especially to Chad Breeden who did most of the promotion and provided all of the equipment used for the competition. He equipment used for the competition. He also helped a number of new lifters while also trying to compete himself. In the raw bench press event newcomers Jenny Plemen and Elizabeth Rich both set new Kentucky state records for their respective classes Lifting in the novice division, Jenny finished with 95 at 148 whikle Elizabeth ended with the same at 198. Thomas Wolfenbarger won at novice men/165 with 225. Scott "The Rock" Sharrock broke the state record at 16-17/220 with his 295 final attempt. Marcus Dixon broke the state record at junior 198 with 335 while Stanley Riley did the same at 275 with 305. Miguel Sanchez got his state record at submaster 181, making a strong 300 at 181. In the master's division Shane Fletcher broke the state record at 40-44/220 with 410 while

97 lbs

lunior

198 lbs

Z. Whalen

**B.** Vanover

Submaster

C. Breeden

S. Kinell

Open

Master (40-44)

Master (60-64) 198 lbs.

Wigginton 175

220 lbs.

275 lbs.

175\*

380

480

550

410\* C. Hale

265\* 220 lbs

455\*

455

220 lbs

275 lbs

198 lbs

275 lbs

308 lbs.

MEN

Novice

165 lbs

Mo

DEADLIFT

Robbi

Robb

400

465

450

450

615

565

615

575

Fletcher

Master (60-64)

Wigginton 175\*

Wolfenbarger 380

Dave & Kevin Rabe with a Wis-Master (70-74)

181 lbs

division fourteen year old Curt Hale won



Eric Felts locking out a 585 deadlift at 198 to win Best Lifter at the SLP Bash for Cash contest.

fellow class lifter Keenan Robbinson won his first of two trophies for the 13- 15/97 at 275 with 455. Setting the state record class with a new state record of 115. In the Newcomer to the sport, Jim Wigginton had a great day, setting the state record at 60-64/198 with 175. Then in the open division it was Tim Moore with the win a 308 and record at submatch 198, which he did with a new state record of 265. For the assisted 430. Robert Coots, a great raw lifter, wasn't able to hit his groove on this day, failing with 550 three times. Chad Breeden was working with his new shirt, which he handled 500 well, but had to settle with his opener of 405 at 275. Dan Goble, who has now become a consistent 500 bencher, did just that at 50-54/242, breaking his own state record there by 25 pounds. In the open division Josh Edwards on at 165, open division Josh Edwards on at 165, making just his opener of 255. Derek Minor looked strong with his 605 final attempt at 242, but could never quite get the weight down to his shirt for the proper goove. Justin Abnee had the same problem, also lifting at 242, failing with 425 three times. Moving to the deadlift event, it was Thomas Wolfonberger and Dennie Perry in the Wolfenbarger and Dennis Perry in the novice division. Thomas at 165 (380) and Dennis at 198 (275). Curt Hale finished out his day with another victory in the 13-15/ attempt. Zac Whalen broke the state record final attempt. Zac Whalen broke the state record at junior 198 with his opener of 510, failing twice with 550. Brian Vanover, another first-timer, won at junior 220 with 380. Chad Breeden won his second title of the day at submaster 275 with his 480 pull ere. At 40-44/220 it was Steve Kinell with a big 550 pull while Jim Wigginton got his second title of the day at 60- 64/198 with 175. Best lifter Eric Felts pulled a smooth 585 for the win at 198 open. Along with the best lifter awards was a cash prize of \$100.00 for the best bench press, which went to Dan Goble, and to the best deadlift, which was won by Eric Felts. Thanks to everyone who helped with the meet and to all the lifters and spectators who came to cheer them on. See you all again next year! (Thanks to Dr. Darrell Latch for results)



Mike at the Air Force Academy. (continued from page 8)

combinations. Friday I do a raw bench variation, a deadlift variation (often deadlifts with chains or standing on a block), and some board presses for higher reps. I vary the volume, intensity, and the exercise selection. There's actually a lot of planning that goes into my training. I've picked it up from a ton of different sources and it seems like it constantly changes/becomes more refined, so this is really just a snapshot of what I'm doing

PL: Could you detail your source of motivation Michael?

MT: I've gotten training info from all kinds of sources. I've got elements of Westside mixed with elements of the Sheiko programs. There are other parts I have learned from Russian manuals. Some of the parts I've come up with myself. I not only read about Powerlifting, but any kind of athletic development almost constantly! Because of that, I've managed to develop what I think is a good idea of how the training process should go. It's proven to be effective, not just with me, but with the people I've helped train over the years. It's like I used to tell the guys on my team, to get good at this, you really have to be a student of the sport and take every possible opportunity to learn. I read a ton

about Powerlifting, I

keep very detailed training logs and analyze them to see how my body responds to different combinations of stimuli, and so on. There is a lot to learn in Powerlifting, and the more you learn, the better you get.

As far as motivation ... Ilook ahead and I look behind. I know my competition is working hard to beat me. To win, I need to work harder and smarter than they can. I also give this statement some thought from time to time: "Sometimes you go in the gym and you just don't feel like training, even though you should. If you decide to slack off. somewhere there is some kid that is training to be the best ever, and he just had the best training session of his life. That's ground you may never make up.' don't know who said that (probably a lot of people), but it always resonated with me, because I used to be that kid! Now I'm gunning for the top spot and Idon't want to give that up without a fight

PL: Please describe a typical week of training leading up to the 2008 Arnold.

MT: Sunday - SBD: Raw Squat - 80-90%, 5-6 sets, 635x2, 675x1, 705x2, 705x1, 635x2 (28 minutes); Bench +doubled light bands +90 pounds of chain-80-90%, 5-6 sets, 305x2, 345x1, 370x2, 370x1, 305x3 (20

minutes); SLDL off 2x45lb plates - 3-4x8, 475x8, 495x8, 525x8 (17 minutes): Total Training Time: 108min

Tuesday: Shirt Bench-75-85%, 5-6 sets, 535x3, 575x2, 605x3, 605x2, 605x2 (32 minutes); Deadlift w/belt-75-85%, 5-6 sets, 655x3, 705x2, 750x3, 750x1 (25 minutes): Incline (thumb from smooth)- 4-5x6, 315x6, 335x6, 355x6(9 minutes); Total training time: 103min

Wednesday - Extra: Single Arm External Rotation 30x12x3; Decline Sit-ups-10x10x2; Stretching Elliptical-4x.2mi (2min goes); Thursday: Suit Squat +wraps- 75-85%, 5-6 sets, 705x3, 755x2, 800x3, 800x2, 705x3 (41 minutes); Bench- 75-85%, 5-6 sets, 415x3, 435x2, 470x3, 470x2 (15 minutes); SSB 12" Oly Squat +90 pounds of chain - 4-5x4, 405x4, 445x4, 470x4, 445x4 (27 minutes) talk too much. Total Training Time: 133min

Friday: Ply Press + doubled mini band- 80-90%, 5-6 sets, 405x2, 425x, 445x2, 385x2, 445x1 miss 2 (25 minutes); Deadlift +90 pounds of chain-80-90%, 5-6 sets, 605x2, 655x2, 675x2, 675x, 605x2 (27 minutes); Pin 12 Lockouts +90 pounds of chain-75-85%, 4-5 sets, 425x4, 455x3, 475x3, 455x4, 455x3 (21 minutes); Total Training time: 106min

PL: Anything you would like to say in closing Michael?

MT: I would like to thank my wife, Ayana. She's without a doubt my biggest fan and is 100% supportive of my powerlifting habit. She has flown across the country several times to help and encourage me at meets. She has taken it upon herself to learn a lot about powerlifting so that I can bounce ideas off her. There's no way I'd be in the same place without her support. I'd like to thank my parents, too. They have also followed me around the country to watch my meets. Mom helps by taking video of my attempts and Dad handles me backstage. They're great! My Dad even flew to Bulgaria to help handle me backstage at Jr. Worlds in 2006! That was an expensive trip, but he didn't hesitate - he knew I needed help and he was there! I'd like to thank Sherman Ledford of Quest Nutrition for his support not only with supplements and nutrition advice, but with feedback on my training also. I'd also like to thank Titan Support Systems for the supportive equipment. They have certainly made my life easier and my lifting better. Most of all, I'd like to thank God for the talent He has given me and the desire to do something with it. Without Him, I'm not having this conversation right now!



Mike has things figured out .. he's getting stronger in all the lifts at the same time. (Scot DePanfilis photograph.)





4th-BP-540 Master (40-44)

275 lbs. 700 435 520 1655 T. Oberle Master (45-49) 242 lbs.

M. Chellino 735\* 600\* 525\* 1860\* Master (50-54) 165 lbs. D. Anderson 520\* 250\* 550\* 1320\*

Police/Fire (40-44) 220 lbs.

B. Stanley 530\* 410\* 560\* 1500\* 4ths: BP-430\*DL-580\* Police/Fire Onen

242 lbs.	open			
M. Ritchie	330	345	405	1080

4th-DL-420 308 lbs. 340 355 465\* 1160 S. Winters

4ths: SQ-370 DL-500\* =Son Light Power National Records. Team

92



loading and spotting while serving as squat, 600 bench and a 525 deadlift, along Gudakunst, won at 65-69/242 with a new platform manager. And many thanks as with his 1860 total m Mark broke all the national mark of 270 as well. Eric Ruff, the well to Buddy Hall and his team for all their existing national records at 45-49/242. "Half Man" of the Two and a Half Men help as well. In the full meet first-time Another great master lifter, 162 lb. David Powerlifting Team (because of an ankle national competitor Lewis Heater had a Anderson, also established all new records injury) won at police & fire/open 242 with great day, setting all new national records for his class. Lifting at 50-54/165, David a personal best 355. For the deadlift event for the 13-15/198 class. Starting with a 375 made all three of his squats, finishing with Sharon Bick won her second title of the day squat, Lewis benched 270 then pulled a 410 520, went two for three in the bench with at 40-44/148 with a new national mark and deadlift for a 1055 total. A successful 420 250 and finished with three perfect pulls, personal best 225. Diane Covington broke fourth attempt pull gave Lewis a great 1065 total! Mike Gugino won at submaster 181 old and 160 lbs.! Brent Stanley had his best while Lewis Heater set the record at 13-49/181 with 420. David Felton had the day ever, setting new PRs in the squat 15/198 with 420. David Felton had the \*Son Light Power National Records. Team Champion: Two and a Half Men. Best Lifter Open Men: Mike Gugino, Best Lifter Mark Chellino. The Son Light Power National Powerlifting Champion-ship was held at Son Light Power Gym. A ship was held at Son Jong Power Hold P breaking the raw national mark with her

110 final attempt. Diane Covington broke record at 45-49/181 with 225. It was

most respected judges in the sport. Thanks total of the day and the award for the best Lewis Heater at 13-15/198 with 270 while also to Phil Halverson for doing a great job overall master lifter as well. Making a 735 the "Ladies Choice", 65 year old Fred

18 BENCH WOMEN Raw Master 132 lbs. S. Darro 181 lbs.

C. Cross 4th-3 4th-3 4th-6

**B.** Stever Master Master (45-49) 198 lbs G. Bauer 410\* 181 lbs Master (55-59) T. Carlisle Open

Schamburg 565\* 198 lbs. M. Lane DEADLIFT 325\* Master (45-49) 181 lbs. R. Heater 365\* Teen (13-15) Open 165 lbs Z. McClure R. Snelling 170\* 600 181 lbs. 4th-180 198 lbs. 465 J. Kline L. Heater 405\* 4th-485 198 lbs. lunior 198 lbs M. Lane 640\*

MEN

600\* 275 lbs. E. Leitman 220 lbs. M. Guthery 550 \*Son Light Power Missouri State Records.

Terry Carlisle, state record-holder at 45-49/181, upped that mark by fives pounds to 255. Our final raw lifter was Mike Lane, who won at open 198, setting the raw state record there with 325. In the shirt division Chris Flick won at novice 198 with 275 while Eric Leitman took the title at junior 198 with a personal best 400. Nathan Gentges got his first official 600 bench with his win at 242! All this at a 230 bwt! Jim Kooken had a good day at submaster 181, finishing with a new personal record 335 fourth attempt! Daryl Charron, a great single ply lifter, finished with a personal and state record 625 at submaster 308. Best Lifter Bench Press: Keith Parrish. Best Bruce Stevens, who recently joined the Lifter Deadlift: Ryan Snelling. The Son 600 club, finished here with 580 at 40-44/ Light Power Missouri State Fair Bench 220, weighing in at just 204.5. Bruce's next Press & Deadlift Championship was held at personal goal is a triple bodyweight bench the state fairgrounds. Thanks to my son at master 198! At master 45-49/198 it was Joev and grandson Daniel for doing such Gene Bauer, breaking his own state record a great job once again loading and spot-with 410 while training partner Floyd ting. Also a special thanks to Putt Houston Ouderkirk did the same at 55-59/198 with for all his help during the meet. Putt, who recently won the AWPF Worlds, is that special kind of powerlifter who comes to finish second to Floyd with 280. Mark special kind of powerinter with comes to hinsin section to rioy with 200. Mark meets, when he's not competing, and Hammond, another great master lifter, simply helps with whatever needs to be blew away the state record at 55-59/220 simply helps with whatever needs to be blew away the state record at 55-59/220 done! A great spirit! In the bench press by 100 pounds, finishing with a personal event first-time lifter Susan Darrow won at best 460! Moving to the open division we 40-44/132 with a new Missouri state record had one bomb-out in the form of Tiral Luke. of 145. She is trained by our next lifter, The current state record-holder at 220, Cyndi Crossland. Cyndi won at 40-44/181 Tiral was just "off" on this day, missing with a new raw record of 285. We all talked with 555 three times. Taking the 242's, as her into a fourth with 300, which she made well as the best lifter award was Keith with ease! Not too many women can boast Parrish. Still using his older shirt, Keith





SLP PL Nationals Best Lifters: Mark Chellino and Mike Gugino (Latch)

MEN Novice 198 lbs C. Flick Junior 198lbs. F. Leitm 242 lbs. N. Gent Submast 181 lbs. J. Kooke 308 lbs. D. Char Master ( 220 lbs

Sharon Bick with her SLP PL National Record 225 @ 148/40-44 (photo courtesy Dr. Darrell Latch) 198 lbs

P N	Aissou	ri State Fair	
		Sedalia, MO	100 2
	,	F. Ouderkirk	
		G. Stacherski	
		220 lbs.	200
40-44	1)	M. Hammond	445*
		4th-460*	
w	145*	Open	
		220 lbs.	
land	285*	T. Luke	_
00*		242 lbs.	
		K. Parrish	680*
		275 lbs.	
		M. Guthery	415
	275	RAW	
		Novice	
		181 lbs.	
an	400	J. Luke	260*
		4th-270*	
ges	600*	Teen (13-15)	
er		97 lbs.	
		Z. McClure	90*
1	325	165 lbs.	
35		E. Jennings	205*
		198 lbs.	
	615*	L. Heater	270*
25*	1988	4th-275*	
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		220 lbs.	
	580*	S. Kujawski	365*
45-49	"	4th-405	

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	F. Ouderkirk	
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285*	T. Luke	-
	242 lbs.	
	K. Parrish	680*
	275 lbs.	
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	181 lbs.	
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	4th-270*	
600*	Teen (13-15)	
	97 lbs.	
	Z. McClure	90*
325	165 lbs.	
	E. Jennings	205*
	198 lbs.	
615*	L. Heater 4th-275*	270*
()	Submaster	
	220 lbs.	
580*	S. Kujawski	365*

255\*



with ease! Not too many women can boast a 300 raw bench! Also lifting in the raw division was novice 181 winner Justin record of 270. In the men's 13-15 age group we had three fine young lifters, all of which set new records for their respective classes. At 97 it was Zac McClure with 90. Evan Jennings finished with 205 at 165 while Lewis Heater, lifting in just his second competition, got a new personal best 275. Shawn Kujawski set the mark at submaster 220 with 365, before finishing the competition with a 405 assisted lift.

JENCH 105 lbs. 40-49) Raw 40-d9) Raw *etrik MEN 114 lbs. 13-16) Raw *etrik 123 lbs. 13-16) Raw %ancera	90 75	France (50-5) Harri BENC 165 I Open Kearr (40-4)	9) er! H for F bs.	— 520* Reps	
40-49) Raw Mondragon (48 lbs. 40-49) Raw Vetrik MEN (14 lbs. 13-16) Raw Petrik (23 lbs. 13-16) Raw		Harri BENC 165 I Open Kearr	er! H for F bs.		
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Phil Berrio squatting at the ADFPF Massachusetts State ROCK Powerlifting Championship. (photographs provided by Saul Shocket)

					MALE					
Fitness Gym i	n Kiss	immee	, Flori	da. For	Special Olym	pics				
					114 lbs.					
					C. Vooys	191	112	183	486	
facility for tra	ining.	Thank	s to m	y great			4th-D	L-188		
					Youth (12)					
<b>Moses Battles</b>	, Willi	am Se	essions,	Lionel	105 lbs.					
Howard, Mike	Wilco	x, Lest	ter and	Moms.	A. Forezzi	160*	121*	201*	482*	
(results provid	ed cou	irtesy	of the	WNPF)		4th-SC	2-180*	<b>DL-21</b>	1*	
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Cutting I	den 1	A/2-1-	- Cha	S. Million	198 lbs.					
					A. Carter	375*	255	430*	1060*	
26 JAN	1 08 -			r	198 lbs.					
BENCH				322*	Teen (18-19)					
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	284			enged		)				
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H 220 lbs. 4 FEMALE SQ BP Teen (18-19) 165 lbs. R. Mayer 311 195 Master (55-59) 117 lbs.	Fitness Gym in Kissimmee, Flori those of you that have never been facility you should visit. This is a to facility for training. Thanks to m staff Bob & Elaina Bolster, Willy Moses Battles, William Sessions, Howard, Mike Wilcox, Lester and (results provided courtesy of the Cutting Edge Winter Class 26 JAN 08 - Albany, NY BENCH E. Brown 181 lbs. 4th-332* Open Master (40- T. Potts 284 Phys. Chall 4th-291 242 lbs. Master (65-69) H. Harris 220 lbs. 4th-365* FEMALE SQ BP DL Teen (18-19) 165 lbs. R. Mayer 311 195 322* Master (55-59) 117 lbs. S. McCallion 222 101* 231	181         4th-332*           Open         Master (40-44)           T. Potts         284           4th-291         242           Master (65-69)         H. Harris           Master (65-69)         H. Harris           7         Pots           7         Pots           8         Mayer           9         DL           165         Ibs.           R. Mayer         311           195         322*           828           Master (55-59)           117           117           S. McCallion           222           101*           231           554*	Fitness Gym in Kissimmee, Florida. For those of you that have never been to this facility you should visit. This is a top not facility you should visit. This is a top not facility for training. Thanks to my great staff Bob & Elaina Bolster, Willy Wilcox, Moses Battles, William Sessions, Lionel Howard, Mike Wilcox, Lester and Moms. (results provided courtesy of the WNPF)Special Olym 114 lbs. Cutting Edge Winter Classic 26 JAN 08 - Albany, NYBENCHE. Brown Master (40-44) T. PottsE. Brown Master (40-44) 4th-321Xearter 198 lbs. A. Carter 198 lbs. Teen (18-19) P. PlessasMaster (65-69)H. Harris 4th-355*Master (40-44) 181 lbs. 4th-365*FEMALE SQBP DL TOT Teen (18-19) P. BurgessNauget (40-44) 181 lbs. D. Naughton Master (45-49) 275 lbs. P. BurgessR. Mayer S. McCallion 222 101*101* 231 231Submaster 55*	Fitness Gym in Kissimmee, Florida. For those of you that have never been to this facility you should visit. This is a top not facility for training. Thanks to my great staff Bob & Elaina Bolster, Willy Wilcox, Moses Battles, William Sessions, Lionel Howard, Mike Wilcox, Lester and Moms. (results provided courtesy of the WNPF)Special Olympics 114 lbs. Vouth (12) Youth (12) 105 lbs. A. Forezzi 160* Teen (15) 198 lbs. A. Carter 375* 198 lbs. Den Master (40-44) 181 lbs. 4th-365* FEMALE SQ BP DL TOT Teen (18-19) FEMALE SQ BP DL TOT Fem (18-19) Fem (18	Fitness Gym in Kissimmee, Florida. For those of you that have never been to this facility you should visit. This is a top not facility you should visit. This is a top not facility for training. Thanks to my great staff Bob & Elaina Bolster, Willy Wilcox, Moses Battles, William Sessions, Lionel Howard, Mike Wilcox, Lester and Moms. (results provided courtesy of the WNPF)Special Olympics 114 lbs. C. Vooys112 112 4th-Di Youth (12)Cutting Edge Winter Classic 26 JAN 08 - Albany, NY BENCHE. Brown Aster (40-44)A. Carter 375* 198 lbs. A. Carter375* 255 198 lbs. A. Carter255* 195* 198 lbs.BENCHE. Brown 4th-322* 220 lbs. FEMALE SQBP DL DL Tor Teen (18-19) P. Plessas 225* 165 lbs. R. Mayer R. MayerMaster 4th-322* 4th-365* Assimakopoul 505* 455*Nach and an	Fitness Gym in Kissimmee, Florida. For those of you that have never been to this facility you should visit. This is a top not facility you should visit. This is a top not facility you should visit. This is a top not facility for training. Thanks to my great staff Bob & Elaina Bolster, Willy Wilcox, Moses Battles, William Sessions, Lionel Howard, Mike Wilcox, Lester and Moms. (results provided courtesy of the WNPF) Cutting Edge Winter Classic 26 JAN 08 - Albany, NY BENCH E. Brown 322* 181 lbs. 4th-322* (Den Master (40-44) T. Potts 284 Phys. Challenged 4th-291 242 lbs. Master (45-69) H. Harris 355* J25 Hos. 7top table. Teen (18-19) P. Plessas 255* 195* 300* Master (45-69) H. Harris 355* FEMALE SQ BP DL TOT Teen (18-19) Teen (18-19) P. Plessas 255* 252* 414* 181 lbs. D. Naughton 404 402 447* Master (45-49) 275 lbs. P. Burges 455* 252* 414* 4th-SQ-470* BP-26 R. Mayer 311 195 322* 828 Master (55-59) 117 lbs. S. McCallion 222 101* 231 554* Teen R. Mayer 322 Not State 220 lbs A those 225 hos. Assimakopoul 505* 455* 555* Test 255* 155* Test 255* 155* Test 255* Test 2	Fitness Gym in Kissimmee, Florida. For those of you that have never been to this facility you should visit. This is a top notk facility you should visit. This is a top notk facility you should visit. This is a top notk moses Battles, William Sessions, Lionel Howard, Mike Wilcox, Lester and Moms (results provided courtesy of the WNPF)       Special Olympics 114 lbs.       112       183       486         Howard, Mike Wilcox, Lester and Moms (results provided courtesy of the WNPF)       C. Vooys       191       112       183       486         Cutting Edge Winter Classic 26 JAN 08 - Albany, NY       New Master (40-44)       A. Forezzi       160°       121°       201°       482°         BENCH       E. Brown       322°       198       lbs.       A. Carter       375°       255       430°       1060°         181       bs.       4th-332°       pen       168       bs.       160°       121°       200°       750°         Master (65-69)       H. Harris       355°       4th-365°       750°       Master (40-44)       181       1bs.       10.       121°       123°       123°       120°       121°       121°       123°       120°       120°       120°       120°       120°       120°       120°       120°       120°       120°       120°       120°       120°       120°       120°       120° <t< td=""></t<>

Masters V Raw D. Mansfield 470 245 450 1165 242 lbs. C. Mower 425 315 475 1215 Teen Raw 250 150 325 725 F. Cross 275 lbs. Masters II 455 290 500 1245 J. Ingram Masters V Raw/Bench Only R. Cross – 310\* – 310 SHW **Open Raw** 660 445 570 1675 R. DeLeon \*=AR. Venue: S.E.T.S. Meet Director: Mark Marrocco. Judges: Larry Larson, Joanne Shear, Rick Comito, & Mark Marrocco. Former Special Forces Team Member & National PL Champion Mark Marrocco, instilling his brand of passion for the sport, presented the area's first three lift ADFPF Meet. The National Anthem was proudly & ably sung by Marine Force Recon Veteran Paul Coloumbe, who also did a great job announcing. There was an interesting blend of first timers & world champion lifters competing on the same platform. 145.5 lb. Joe Breault squatted well in winning the best lifter trophy. Master II lifter Lou Vega, lifting at 165 lbs., put together well balanced lifts in the raw category for his first meet. 218 lb. Matt Brown was quite impressive in his first meet, showing much future potential. Bill Coleman, son of former Boston Red Sox announcer, Ken Coleman, overcame a number of obstacles to lift with courage & complete his first three lift meet. Long time training partner, Phil Berrio, put aside his Judo, Boxing, & kettlebell training long mough to enter this meet. Seriously tho ugh Phil lifted with all the consistency, smarts, & toughness that's expected of the veteran lifter that he is. Well respected physical therapist & masters world champion, Dave Mansfield, lifted solidly as a light 220 lber n. Dave

ADFPF 1st MA State Rock Open

17 FEB 08 - Hingham, MA

Breault-BL 450 250 370 1070

325 225

500 260

420 260

275 210 375 860

400 950

500 1260

460 1140

Vega

Masters I

Masters III

# 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 championships, while encouraging the growth of international amateur drug-free competition. To insure that the ADFPF as well as all ADFPF competitions are governed with integrity and by the highest standards of meet structure, officiating and organizational administration.

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

As a condition to ADFPF membership, I understand and accept that I am prohibited from using any substance or "doping method" banned by the ADFPF/WDFPF. I accept sole responsibility for what I take into my body and should I consume a banned substance unknowingly and test positive for that banned substance, I shall be solely responsible for consumption of that banned substance and shall accept the 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	Bellin A.	If Uno	der 21 yrs., Parent Initial	Date		Prior Registration No.	
Name	Section States	Phone		E-mail			-
Address	1.1.1.1.1.1.1		City		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 membership with an additional fee of \$75.00 to cover the cost of a potential future 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.

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Mastar	Lifton Is	he learan
deadlifti	ng at the Al	<b>Ohn Ingram</b> DFPF contest lassachuestts.
in the raw Chris Mow division, &	division. We h er totaled 121 Edison Cross	ad two, 242 lbers. 5 in the equipped combined lifts of
250-150-32	5 for a 725 to	tal in the teen raw lift meet, masters ogether a solid & g with a PR 500 Ir old Ray Cross

Dottie Marrocco for initiating the first

ADFPF three Lift Meet in Massachusetts.

(Thanks to Saul Shocket for contest results)

WNPF Sarge/Peace

8 DEC 07 - Bordentown, NJ

155

420

365

435

435

305

385

365

275 lbs.

Defino

165 lbs.

Smith

(17-19)

181 lbs.

220 lbs.

(40-49)

Howard

300 lbs

80 lbs

Bowers 165 lbs.

(50-59) Motichka

(60-69) Raw

Dennison

181 lbs

198 lbs.

Open Colondrillo

Open McLaughlin

DEADLIFT

(11-12) Raw

(17-19) Raw

**BENCH** for Reps

29

17

30

17

105

525

530

staff members for making this meet great

(results provided by courtesy of the WNPF)

BENCH

WOMEN

Subs Raw

(40-49) Raw

Fernandez

165 lbs.

(17-19)

181 lbs.

Kampo 198 lbs.

(40-49) u

**Open Raw** 

(50-59) Raw

Green!

Green

(17-19)

Menditto

**Open Raw** 

Howard

(40-49) Raw

220 lbs.

Bray

Smith

-

181 lbs.

Boone

MEN

148

20-23) Raw Litowsky Shakoj 220 lbs 545 165 lbs. (17-19) Open Williams Smith 480 181 lbs. Open Colondrillo! (40-49) 480 Williams 275 lbs. 198 lbs. Open Raw (40-49)610 Vellucci! St. Fleur POWERCURL (17-19) WOMEN 123 lbs. (50-59) 55 Greener MEN 123 lbs. (13-16) Ironmaiden 123 lbs. (50-59) Raw Greener SHW (17-19) Raw Fletcher Ironman 123 lbs Litowsky 132 lbs. Yeo 148 lbs (17-19) Raw Cover (20-23) Raw Greathouse 165 lbs. (50-59) Motichka 165 lbs. (17-19) Smith 181 lbs. Open Raw Hendry (40-49) Ray Bowers! St. Fleur 198 lbs. (17-19) Raw Glotfelty Haldeman **Open Raw** Reed (40-49) Evangelista 220 lbs. (17-19) Raw (20-23) Raw Open Raw Bray Bench to his award collection. Ray weighed in at 255 lbs. Last, but certainly not least, (40-49 (40-49) big Rich DeLeon weighing in at a petite 375 Williams Ibs., lifted raw while putting together a Loomis solid 1675 lb. total. Thanks to Mark & (40-49) Blough 242 lbs. **Open Raw** Antoine Subs Raw Blanco (40-49) Raw Stoudt (50-59) Raw Nagle 275 lbs. (40-49) Raw Vellucci 300 lbs. (17-19) Orlando Open Raw McLaughlin SHW Open Raw Reghetti! !=Best Lifters. Teams: Champions-Nagle' the WNPF. There were 47 lifters and these guys and girls came to put on a show. This was no doubt the best crowd that we had at a WNPF meet this year. They were loud, A big thank you to the spectators that came out to cheer, thanks to the lifters for being a part of the WNPF. Thanks to the WNPF

65

145

155

150

	alifornia Open acramento, CA	A. Leahy Master (40-49	187	110	248	545
BENCH	D. Marba 418		115	82	248	446
WOMEN	Open	165 lbs.				
148 lbs.	C. Ludlow 369	Open				
Open	D. Silva 374	H. Harper	374	259	440	1074
C. Westin 214	242 lbs.	MEN				
Master (40-49)	Junior (19-23)	148 lbs.				
C. Westin 214	G. Cooley -	Open				
198+ lbs.	Open	S. Dacumos	231	176	369	777
Master (40-49)	J. Hunter 429	165 lbs.				
V. Crowell 198	J. Dassel 385	Open				
MEN	275 lbs.	J. Crozier	374	270	545	1190
114 lbs.	Master (40-49)	J. Chin	363	303	385	1052
Junior (16-18)	M. Lutz 551	181 lbs.				
P. Schoener 99	Open	Open				
132 lbs.	M. Lutz 551	M. Caplan	600	457	551	1609
Master (40-49)/Open	308 lbs.	D. Jurgens	485	297	622	1405
M. Ossola 248	Master (55-59)/Open		468	374	424	1267
A. Bhardwaj 192	VanBrocklin 396	A. Orozco	363	242	391	997
148 lbs.	308+ lbs.	198 lbs.				
Junior (19-23)	Open	Master (40-49	))			
A. Bhardwaj 220	A. Ramsey —	J. Woods	501	429	633	1565
Open	DEADLIFT	Master (40-49	))			
L. Selig 314	114 lbs.	M. Healy	253	303	474	1030
165 lbs.	Junior (16-18)	Open				
Open	P. Schoener 148	J. Woods	501	429	633	1565
H. Verduzco 314	181 lbs.	S. Ruiz	474	325	501	1300
198 lbs.	Open	A. Nieto	385	325	474	1185
Junior (16-18)	I. Smalley 501	220 lbs.				
R. Rai 253	198 lbs.	J. Grau	-	-	-	-
Master (40-49)	Master (40-49)	L. Chitwood	429	347	496	1273
J. Woods 429	J. Woods 633	242 lbs.				
Master (60+)	Open	Junior (19-23)				
D. Lovas 205	J. Woods 633	W. Newman	451	314	501	1267
Open	220 lbs.	Open				
J. Woods 429	Junior (13-15)	J. Dassel	-	-	-	-
220 lbs.	C. Ludlow 429	H. Cuneo	600	413	617	1631
Junior (13-15)	Junior (19-23)	N. Willis	463	369	501	1333
D. Slattery 220	G. Lopez 622	275 lbs.				
Junior (19-23)	242 lbs.	Open				
G. Lopez 402	Open	A. Best	848			2121
Master (60+)	J. Dassel 551	Promoter: John				
WOMEN SQ	BP DL TOT	Steve Denison				
123 lbs.		Curtis Pracht.	Spotte	rs/Load	ers: We	est Coast
Junior (19-23)		Gym. (from S	teve D	enison	Meet	Director)
					124	1.2

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STED FOR ATHLETIC BANNED

adrenaline maxed, you desperately struggle for toxin neutralizer! one last rep. But when you're at the brink of muscular failure, and with the iron threatening to defeat you, you've gotta do more than just dig deep. You've gotta defeat the destructive forces within – forces trying to cripple your strength and prevent you from moving the iron. These nasty forces are fatigue toxins such as ammonia and they will paralyze your strength in an instant! The more you bang out the reps, the more these toxins set in and inevitably shut your muscles down. But when failure is not an option, there's

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GAKIC is the result of eight years of scientific research conducted at the prestigious University of Florida and is engineered to neutralize fatigue toxins. In fact, in a gold standard, double-blind, placebocontrolled study, subjects taking GAKIC immediately increased their strength by an astonishing 10.5 percent while increasing resistance to fatigue by up to an amazing 28 percent! For you this means more reps, heavier weights and more raw power. Get GAKIC on your side today and unleash hell on the iron.

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a clinical study, GAKIC<sup>®</sup> supp plementation increased the total muscle work performed during intense sets of resistance training by an average of 10.5 percent and increased fatigue resistance by up to arks are owned by their respective trademark owners. GAKIC is patented and available only from Team MuscleTech<sup>m</sup>. For more information visit GAKIC.com<sup>m</sup>



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- Powered by cutting-edge Nanomolecular Hyperdispersion Technology<sup>™</sup>!

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**IPA Jersey Power Challenge** 20 JAN 08 - Carteret, NI Master (60-64) Am RENCH WOMEN Mitsopoulos 320 97 lbs Open Am. Open Am. McCaslin 200\* Schumann 140 220 lbs. 148 lbs. Open Am. Sub Am. Reliford 570\* 280 West 275 lbs. 308 lbs **Open** Pro Open Am, Raw 490 Farina Rychlak 190 4th-500\* Open Am. MEN 148 lbs. Saviano 565 Open Am. Sub Am. Raw Ceklovsky 600\* White 430 Master (45-49) SHW Open Am. McCaslin Amateur Raw 255 735 Stewart 181 lbs. Open Am. DEADLIFT MEN Velygan Sub Am. 500 181 lbs Teen (16) Am. Raw 355\* Simeone 340 Langone Master (40-44) Am. 220 lbs. Teen (16-17) Caliguieri 198 lbs. 420\* Am. Raw Master (40-44) Hooper 275 lbs. 380 Raw Am. 420 Swanson Master (45-49) Open Am. Amateur Raw 420 Swanson Cohen 4 Master (40-44) 308 lbs. Am, Raw Teen (18-19) 350 Trout Amateur Raw Whalen Powerlifting SQ BP DL TO All Lifters 114 lbs. Teen (18-19) Am. 210 280 770 Tafuri 275 4th-\$0-280\* 132 lbs Master (50-54) Am, Raw 220 125 260 605 Stein Master (50-54) Open Am. Raw 295 140 350 78 Stein 148 lbs feen (16-17) Am. Raw 215 155 265 635 Patterson 165 lbs. Ironman Am. 250 360 610 Cruz Open Am. Raw Trapani 420\* 255 520\* 119 181 lbs. nior Am. 425 280 515 122 Marino Open Am. 650 385 500 153 Muscianisi Open Sub Am. Rav 415 270 510 119 Hanley 198 lb.s Teen (16-17) Open Am McCloskey 575 245 440 126



12 year old Kerri McCaslin benched a record 140 lbs.

00						
	Junior Am.					
	Kafura	485	345	455	1285	
60	Master (50-54	4) Am.	Raw			
	Vellonakis Open Pro	300	120	325	745	
	Ingravera	640	420	615	1675	
40*	<b>Open Pro Ra</b>	w				
T	Snyder	450*	400	465	1315	
	Teen (16-17)	Am. Ra	aw			
	Zolnierowski 220 lbs.	i 330	230	405	965	
0	Junior Am.					
	Kemble Open Am.	500	455	550	1505	
	Carr	655	475	570	1700	
5	Open Am. Ra	w				
	Montalvo		370	620	1510	
5	Open Am. Ra	w				
	DiBenedetto		300	550	1290	
	Open Am. Ra	w				
5	Centner	380	240	420	1040	
	Teen (16-17)	Am.				
	Snee	315	230	365	910	
0	Teen (16-17)	Open	Am.			
	McCloskey		470*	630	1905*	
95	242 lbs.					
	Junior Am. R	aw				
	Shannon	405	285	510	1200	
20	Master (55-59		Raw			
	Susco	675	275	640	1590	
35	<b>Open Pro</b>					
	Ditillo	725	500	575	1800	
95	Open Pro					
	Hubbard	550	405	670	1625	
	Open Am.					
60	Williams	505	340	550	1395	
		0.00	0.10			

Pan-Au Powerdin

Initial

City

**High School and Special Olympics** 

New Member

Date of Birth

Date

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Renewal

Country

Age

\$25

Exp. Dat

Application for Registration

Open Master	(50-54)	Pro		
Ruquet Teen (16-17)	530	370	455	1355
Teen (16-17) /	Am. Ra	w		
Malavi	525*	410*	500*	1435
275 lbs.				
Junior Am.				
Woody	475	385	530	1390
Master (50-54)	Am.			
Mattei	575	385	500	1460
Master (55-59)	) Pro			
Patterson		460	440	1305
<b>Open Sub Pro</b>	Raw			
Moore	640*	430*	600*	1670
308 lbs.				
Junior Am.				
Damminga	725	465	625	1815
Master (45-49)				
Loria				1450

1450\* 4th-DL-525\* Open Sub Am.

Joe Ceklovsky, Men's Raw Bench-Jim Fa-rina, Women's Full Power-Anna McCloskey, Women's Full Power-Anna McCloskey, Men's Full Power-Annthony McCloskey, Men's Full Power-Annthony McCloskey, Sunday January 20,2008 Henri Skiba and Skiba's Barbell Club hosted the 2nd Annual IPA Jersey Openat Carteret High School. This is a great location, right off the New Jersey Turnpike at Exit 12. Lifters from up and down the Eastern Seaboard can get to bis location without any baseland a provided by Elite Fitness, an EFS Compe-tis location without any baseland a provided by Elite Fitness Last year. Bar, and a Texas Deadlift Bar provided by Elite Fitness Last year. this location without any hassleand a new Elite Fitness Systems. Last year, many hotel and restaurant are only minutes lifters were disappointed with the warm-APF and IPA meets in NJ, but never with and we did. This year we had several APF and IPA meets in NJ, but never with enough consistency to build a following. (equipped with squat bars), two competi-Most of our lifters traveled to Iron Island tion benches (equipped with bars), two competi-tion benches (equipped with bars), two competi-tion benches (equipped with bars), two competi-tion benches (equipped with bars), two travels and two deadlift areas (equipped with York, PA, Nazareth Barbell, in Nazareth, deadlift bars). The warm-up area is the PA, and recently to Iron Asylum Gym in most overlooked area when preparing to Tribes, NY to compete. This meet was a run a meet, but the most important area huge success and is helping revive the because that's where the lifter spends most sport in NJ. We accomplished our goal, of their time and that can set the stage for which was to run a quality, no frills local a good or bad day. We had 58 lifters level meet for area lifters. We could have compete in our 2nd Annual IPA Jersey never accomplished this without the sup-port of the Carteret Board of Education and stick to a 60 lifter maximum, so the meet our many powerlifting friends from all ended at a reasonable hour. The highlight over NY, NJ, PA, and Conn. Lifters make a of the day in my eyes was the All-Time meet, but without the proper help the meet world Record Bench Press by Joe Ceklovsky will turn into a disaster! I have been at 148! Joe came into the meet as the involved in powerlifting for over 20 years current WR Holder with a 560 done at the and most of the "disasters" I've been to IPA Nationals in November (with a close happened, not because the meet directors miss at 600!) and decided to give it one heart wasn't in the right place, but that he more shot before recycling! We are gratehad inadequate help! I thank Henri for ful to be and his coaches Sandy and Zane providing us with a venue and for all the little "unseen" things he did in preparation. I'd like to also thank my good friends Gene record setting lift on a second attempt. He and Amy Rychalk for representing the IPA tried 620 on a third, but missed lockout! I at the meet, handling all the administrative believe he has a lot more in the tank, but paper work, and bringing two Monolifts, so the third lift was anti-climatic. At 33, Joe

equipped. Our judges were Gene Rychlak, Carl Seeker, Bobby and Cathy Fields, Shawn Lattimer, Dave Kirshen, and myself. When these people are in the chairs I know the lifters will be judged strictly and fairly. They have been around a long time and are not intimidated by big numbers and call what they see! I feel if you can walk away from a meet without feeling that the judges were giving away the house (pass-ing obviously poor lifts) or stealing from the house (turning down obviously good lifts) then the meet was judged well! We all make mistakes from time to time and we will never all agree on each call, but that is why there are three judges. The spotting and loading was excellent under the direc-tion of Tony Barbaccio, Chris DelPreore, Damon Byrd, Andy Williams, and Brian Bott. They had many helpers throughout Open Sub Am. Becker 675 475 615\* 1765\* \*IPA Records. Am.=Amateur. Best Lifters: Women's Bench-Rheta West, Men's Bench-Joe Ceklovsky, Men's Raw Bench-Jim Fa-head table and announcing like the veterwarm-up room would be properly is at the top of his game, but you would never know it by talking to him or seeing him interact at meets. He is always willing to pitch in and help a fellow lifter out, a fine example of what athletes should repre-

sent! Congratulations loe! The rest of loe's teammates at the Iron Asylum Gym, lo-cated in Tribes Hill, NY had great perfor-



Anthony McCloskey, still a teen, totaled 1905 at 220. (Photographs courtesy from Sandi McCaslin)

powerlifting, but also in life. Rheta West teenagers deserve special recognition. benched 280 as a 148 Submaster and Anna McCloskey, 15, hit huge lifts of owner/coach of the Iron Asylum Team, want to mention is Tony Malavi, 17, 237 Zane McCaslin. Zane opened with a PR 735 who hit 525,410,500, for a 1435 Raw

mances as well. 12 year old, Kerri McCaslin benched 140 at only 83.4 pounds. She could teach us all a thing or two about the technical aspects of benching and has a had a great day going 280,210,280 for a bright future ahead of her, not only in 770 total weighing only 109.8. A few other although she just benched in this meet, she 575,245,440 for a 1260 total. Her brother has tremendous balance in all three lifts. Anthony McCloskey, 16, 209.2,went Jim Farina also had a huge PR with a 500 805,470,630 for a 1905 total. Just to put raw bench at 275. Jim has chased this milestone for a while, and I was glad to see him make it, after I caught a misload on the him ack it after I caught a misload on the him as the use tables it out of the sede har as he was taking it out of the rack, and had him re-rack it. The bar was misloaded to 495 and I knew he wouldn't be satisfied with that! Last, but not least, we have the And made it easily, but wrenched his wrist getting the weight to touch properly, so after misgrooving 805 on a second attempt, he decided to pass his third to avoid injury. Zane is specia because he is always willing to sacrifice his own lifting for that of his tearmates. Time and time again 1 see his 200 and the source of to sacrifice his own lifting for that of his teammates. Time and time again, I see his continues to impress with lifts of at meets handling several lifters, only to find out that he is lifting in the afternoon have had the pleasure of seeing this team compete in the past, but every time I am in their presence I can't stop thinking, "Why can't this be the way high school strength training programs are run around the country!" Mark's teams exemplify what a well-coached team in any sport should. The sobvious that they are being taught the proper way to train and compete because every member of the team has solid form and refuses to quit on a weight! Coach Deppen is also very protective of his young lifters and carefully selects their attempts

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Joe Ceklovsky crushed the 148 class all time record, becoming the lightest man in history to ever

ago and we were very happy with his training habits and progress. In his second meet, he totaled 1800 via a 725,500,575. Our goal for him was to get his Masters Total at 242, 1740, but we knew that 1800+ was possible! He went 9-9 and now we will (1890) in his next meet! Anthony is only 25 and has a bright future. His dad wrote for Strength & Health Magazine and was 5<sup>15</sup>", 360 lbs. in his prime! Mike Moore was our best raw lifter going 640,430,600 for an impressive 1670 total. Mike is as kind as he is strong! Dave Damminga had the second highest total of the meet, but probably has the highest IQ or SAT score of the bunch! He came down from Yale to lift with us and had a good day considering he has lost a lot of bodyweight since August. Dave went 725,465,625 for 1815 total at 308. We hope he can make it again next year. Slav Velygan, formerly of the Ukrainian National Team, now training at Skiba's Barbell Club turned in a solid performance with a 500 lb, bench press at 181. He is very strong and we will see much more from him in the near future! Where do we go from here? I hope to see m 

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Adjustable chip/dip handles. The dip handles also adjust horizontally to provide 6 different grip widths from narrow (small) to 3XL. This machine is definitely to be respected. And just as the PIT SHARK™ will always be loyal to give you top performance, your loyalty to the PIT SHARK™as your#1 machine

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COM RITION. ENU 5 3 **ONLY AVAILABLE AT** 

BENCH		A Forgueon	450*
MEN		A. Ferguson Submaster	430
	min	198 lbs.	
Special Olym 198 lbs.	ipic		350
	200	R. Deppen 275 lbs.	350
S. Currey Novice	200		455*
148 lbs.		J. Bowling 4th-475*	455*
R. Carr	235*		0
	233-		+)
Junior		132 lbs.	
220 lbs.		B. Lamb	190*
J. Thomas	405	148 lbs.	
4th-505*		M. Evans	220
Master (65-69	9)	Open	
275 lbs.		165 lbs.	
T. Chapala	350*	K. Hoback	265
Open		198 lbs.	
308 lbs.		L. Wolz	360*
J. Phillips	385	4th-370*	
Raw		DEADLIFT	
Special Olym	pic	MEN	
198 lbs.		Novice	
S. Chapala	235*	242 lbs.	
4th-250*		M. Rescke	520
Novice		lunior	
275 lbs.		242 lbs.	

W. Batty 600 Open Master (60-64) 242 lbs. 308 lbs J. Phillips 440

set the state record for the 50-54/132 class great 600 pull. William certainly

220. It was Kevin Hoback at open 165 for the win with 265, just missing a state record 280 final attempt. Our final raw 242 lbs. J. Phillips 440 record 280 final attempt. Our final raw lifter was Lenny Wolz, who broke the "=Son Light Power Kentucky state records. Best Lifter Bench Press: Joe Bowling. The Son Light Power Kentucky State Fair Bench Press & Deadlift Championship was held at Hester's Family Fitness. Thanks to my son Joey and others who helped make the with his 235 personal record effort while competition run smooth once again. In the John Thomas took the win at junior 220. raw bench press event Sam Chapala broke the existing Kentucky state record for the a great final lift of 505! Not only a new senecial Jumnic/198 class with his great presonal mark but a new Kentucky state record for the a great final lift of 505! Not only a new tentucky state record for the agreed and lumnic/198 class with his great presonal mark but a new Kentucky state record for the agreed and lumnic/198 class with his great presonal mark but a new Kentucky state record for the agreed and lumnic/198 class with his great presonal mark but a new Kentucky state record for the stat special olympic/198 class with his great personal mark, but a new Kentucky state 250 final attempt. Andy Ferguson broke the record as well! Tom Chapala moved up to state record with each of his attempts at the 65-69 age division where he set the novice 275, finishing with 450. It was Rob state record at 275 with his 350 opener. Deppen at submaster 198 with 350 while John Philips won at open 308 with 385. In Big Joe Bowling took the win at submaster the deadlift event Michael Reschke showed 275 with 475. Not only did Joe set the state plenty of potential with his 520 pull at record there, but he also captured the best novice 242. Also at 242 was illiam Baity, lifter award for the competition. Bob Lamb who broke the state record there with a has the with 190, just missing a final with 200. strength for much more, but failed to get Mark Evans, just back from his best lifter beyond his opener as 640 failed twice. performance at the SLP Illinois State Fair Dave Scott set the state record at 60-64/ of last weekend, won at 50-54/148 with 275 with his 385 pull, breaking the previ-



Sam Chapala ... Special Olympic 198 State Champion at the SLP Kentucky State Fair contest (photograph courtesy Dr. Darrell Latch)

ous record held by the "World's Oldest Hippy Lifter", Jimmy Duckett! John Philips won his second title of the day at open 308 with 440. Thanks again to the staff at Hester's and all those who helped with the See you all again next year. (Thanks to Dr. Darrell Latch for results)

15 DEC		-		
Powerlifting	SQ	BP	DL	TOT
FEMALE				
114 lbs.				
Teen (16-17)		0.0	242	405
V. Shaw	154	88	243	485
123 lbs.				
Open K. Clark	292	176	200	777
K. Clark Master I	292	1/6	309	111
L. Lamp		165	209	375
	-	105	209	3/3
132 lbs. Junior				
	204	1 - 3	-	204
E. Anderson	204	10.00	_	204
Teen (16-17)	100	110	221	540
S. Lewis	198	110	231	540
Open Raw		160	250	410
R. Unson 148 lbs.	-	160	259	419
Open Raw	224	110	220	
M. Collier	231	110	320	001
Teen (18-19)		120	201	419
A. McWeeny	-	138	281	419
165 lbs.				
Teen (16-17)	242	04	226	563
	243	94	226	562
181 lbs.			5-	-t-
Open	714	100	21.64	704
P. Martinez	314	105	314	794
Open Raw/Po		138	1997	260
T. Gack	193	138	237	568
Master I	220	165	320	805
N. Harmon	320	165	320	805
Master II	242	165	202	700
E. Harwood	243	165	292	700
MEN				
123 lbs.				
Teen (14-15)		02	204	207
Christensen	-	83	204	287
132 lbs.				
Teen (16-17)	220	100	202	0.21
W. Smith	320	198	303	821
148 lbs.				
Teen (14-15)	Kaw	122		122
W. Hoyt	-	132	-	132
Teen (16-17)		100	200	100
S. Lee	254	110	309	672
Teen (18-19)	Raw			100
J. Prater	-	-	408	408
165 lbs.				
Teen (16-17)				
R. Gaurishov	265	-	314	579
Teen (18-19)				

A. Schaefer 303 182 353 838

M. Hara 287 419 1075 369 Onen T. Steichen 298 287 386 970 Open Raw Wood 331 254 397 981 181 lbs. Teen (19) C Granados 342 204 353 898 198 lbs. Teen (16-17) 331 281 507 1119 J. Garbush Teen (18-19) Lofton 342 226 402 970 D. Kohls 485 485 ior Raw 408 342 463 1213 I. Siregar Master III 254 - 254 R. Chwaler Master V 320 220 402 942 R. Schuller Master V Raw 320 821 254 248 B. Knudsen Open Raw 320 320 **B.** Franklin 220 lbs Teen (14-15) Allen 209 182 353 744 Master I G. Rebotor 452 276 502 1229 Master II 424 799 Dietz 375 Master V Raw R. White 276 276 Open Gack 518 601 1119 **Open Raw** N. DuFou 529 386 634 1549 **Special Raw** S harp 242 lbs. 154 254 408 Teen (16-17) Raw D. Hatfield — 204 380 584 524 336 573 1433 D. Marx Kline 683 452 595 1731 Open 402 215 634 1251 D Dietz 358 502 1461 601 T. Waters 275 lbs. Teen (16) Rhodes 320 276 386 981 Master I/Open 722 562 601 1885 K. Stewart 275+ lbs. Teen (16-17) Raw R. Gutierrez 320 204 375 898 lunior W. Rogers 606 424 600 1630 Master III Hendrix Sr. 716 452 694 1863 Venue: Fife High School. Coordinator: Steve Slavens. A long day with 50 lifters, but very productive. Three Amerian records by Roger Hendriz and an all out assault on the state records books led by Jayson Kline. Kevin Stewart totaled ahuge 1884 alog with Roger's 1862 and layson 1730. Jayson's first meet was our push pull two years ago. Natalie Harmon led

P. Coolev

Master I

254

254

the women's side with a big 805 total followed by Patricia Martinez at 793 and Katherine Chwaler-Clark with 777 at a bodyweight of 123. Tori Shaw was Best Teen Female in her first meet ever. Prertty good for our Homecoming Queen. Will Smith came up as Best Teen Male in his first USAPL meet at 132 lbs. Traci Gack was Best Female Raw Lifter and newcomer Jonathan Siregar took the Raw Junior award. A lot of newcomers and some veterans like Dick Schuller, Bob Knudsen, and Robert White made the day enjoyable and fun. However, none of it happens without the work of volunteers. Jerry Schaefer never left the platform, Terry Lee ran the table along with Fairth Ireland. One of our football coaches got an eyeful helping out and our principal Mark Knight, also a lifter, helped also. Mark Knight, also a lifter, helped also. Pauls Houston, Roger Silva, and Dana Backiel ran the chairs. Special kudos to Kevin Stewart and Brad Coury for letting the high school use thier racks and weights. (results provided from USAPL)

			of Kansas City Kansas City, K	
	BENCH		Teen (13-15)	
	WOMEN		198 lbs.	
			L. Heater	250*
	Open Raw 123 lbs.		Master (40-44	
		115*		,
	MEN	115	J. Jones	360*
	Novice		Master (45-49	
	181 lbs.		220 lbs.	'
		225*	T. Nassen	335*
	J. KOOKEII Ath 225*	343	DEADLIFT	333
	Teen (16-17)		WOMEN	
	123 lbs.			
	K. Divers			
	198 lbs.	105		200*
	C. Green	265*		200
	4th-275*	203	Teen (13-15)	
	Teen (18-19)		198 lbs.	
	220 lbs.		L. Heater	385*
	K. Schempp	260*	4th-390*	505
	4th-275*	200	Teen (16-17)	
	Submaster		165 lbs.	
	308 lbs.		A. Ward, Jr.	415*
	D. Charron	600*	4th-450*	
	4th-610*		198 lbs.	
	Master (40-44	)	C. Green	415*
	220 lbs.		4th-425*	
	B. Stevens	560*	Teen (18-19)	
	4th-600*		220 lbs.	
	Master (55-59	)	K. Schempp	450*
	242 lbs.		4th-475*	
	M. Hammond	465*	Master (45-49	)
	Police/Fire		220 lbs.	
	Submaster		T. Nassen	450*
:	275 lbs.		4th-475*	
,	J. Hudson	405*	Master (40-44	()
n	Open		242 lbs.	
t	242 lbs.		S. Philpot	635*
y	K. Parrish	650*	Man/Woman	
e	Raw		181 lbs.	1
s	Strate and As		Philpot/Little	
h			Kansas state re	
d	Best Lifter Ben	ich Pre	ess: Keith Parris	h. Best



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Sam Philpot with his SLP Kansas State Record 635 deadlift at 242/ 40-44, done at the YMCA of Kansas City Push Pull. (Latch photo)

Lifter Deadlift: Sam Philpot. The Son Light Power YMCA of Kansas City Push/Pull Classic was held at the YMCA. A very special thanks to Justin Cantwell for all his help organizing and promoting this compe-tition locally. In the bench press event we had one lady, first-timer Leigh Little, who won at open 123 with 115. For the men it was Jim Kooken at novice 181 with a personal best 335. Lewis Heater took home the trophy for the 13-15/198 class, finishthe drophy for the 13-13/198 class, IIIIISH- A. SVENSON - - 365 365 ing with 250. At 16-17 it was Kodey Divers !=K-High Records. \*=State Records. The at 123 with 185 while Cody Green won at 15th annual Ketchikan Powerlifting meet 198 with 275. Kyle Schempp got the win at 18-19/220 with 275. In the submaster lifters continue to prove that Ketchikan is division it was a great bencher, Daryl a force in Alaska USA powerlifting, three Chargon for the with his filter of the lifters with the filter work in the the

at 55-59/242 with a personal best 465. John Hudson finished with 405 at police & fire/ submaster 275. Our final lifter, best lifter Keith Parrish, won at open 242 with 650. However, a great effort with 740 may have locked out if he had been able to touch his chest! In the deadlift competition Leigh chest! In the deadlift competition Leigh Little won her second title of the day at open 123, finishing with a personal best 200! Lewis Heater posted his second win of the day at 13-15/198 with 390. Cody Green won at 16-17/198 with 425 while Anthony Ward, Jr. pulled a great 450 at 165. Kyle Schempp took the 18-19/220 class with 450, just missing a final attempt with 500! At 45-49/220 Tim Nassen contin-ued to show excellent form with a personal best 475. Our best lifter, Sam Philpot, pulled an easy 635 at 40-44/242, but failed with 680 due only to some grip problems he's had lately with his left hand. Sam also teamed up with Leigh for the man/woman title at 181, finishing with 600. This was our first meet in the state of Kansas, so each winner actually set a SLP Kansas state record for their class. This turned out to be a great small meet with three benchers going over 600 and several lifters posting new personal records. Thanks again to Justin Cantwell and David Lindstrom for loading and spotting, and the rest of the staff at the YMCA who helped out. Also to our trophy girl, eight year old Amira Bryant, who did a great job. See you all again next year! (Thank you to Dr. Darrell Latch for providing these contest results)

USAPL 1	5th I	Ketchik	an M	eet
15 DEC	07 -	Ketchi	kan, A	1K
Powerlifting	SQ	BP	DL	TOT
FEMALE				
123 lbs.				
T. Gregg	155	130*	220*	505
MALE				
148 lbs.				
D. Daniels	250	145	360!*	755
181 lbs.				
H. Hubbard	-	185	405	590
242 lbs.				
G. Turner	300	330!*	365	995
275 lbs.				
A Cummon			265	265

division it was a great bencher, Daryl a force in Alaska USA powerlifting. three Charron, for the win at 308 with his first of the lifters were in their first meet and official 600 bench! A fourth with 610 was four were K-High students. Taylor Gregg also good! All this in a single ply shirt with a lift that would have passed anywhere! records in the bench press and deadlift, Another great lifter, Bruce Stevens, also Gary Turner set a new state bench record, got his first 600 bench with his win at 40-Gary Turner set a new state bench press 44/220! Bruce, weighing in at just 207, record, and Dylon Daniels set a state slowly inched the weight to lockout; one record in the deadlift, breaking former Kof the greatest efforts of the day! James T. High student houston Laws' record. Gary Jones won at 40-44/275 raw with 360. Tim and Dylon set new Ketchikan High School Nassen got his win at 45-49/220 with a records. The next meet will be the Ketchikan solid 335 raw. One of the strongest master Spring Recordbreakers in May of 2008. benchers anywhere, Mark Hammond, won (results provided by courtesy of USAPL)

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SLP Vince Soto/OH State Fair

		Columbus, Ol	1
		220 lbs.	
		D. Williams	265
Junior		275 lbs.	
132 lbs.		W. Mannings	450*
J. Forgatsch	250*	308 lbs.	
Submaster		C. Headrich	405
148 lbs.		Teen (13-15)	
S. Haller	200*	148 lbs.	
4th-210*		C. Thomas	160
Open		4th-175	
165 lbs.		Teen (16-17)	
K. Trausch	160	165 lbs.	
Raw		E. Craycraft	285
Submaster		Teen (18-19)	
148 lbs.		181 lbs.	
		B. Young	425*
Master (40-44	)	242 lbs.	
132 lbs.		D. Stuck	475
S. Olds	140*	Junior	
4th-145*		242 lbs.	
Master (45-49	)	D. Kuck	520
114 lbs.		Submaster	
L. Muniga	105*	198 lbs.	
Master (50-54	)	R. Schoffner	430*
165 lbs.		4th-440*	
D. Mitchell	150*		
4th-165*		T. Warner	440
MEN		SHW	
Novice		D. Raines	
132 lbs.		Master (40-44	)
	95*	148 lbs.	
181 lbs.		F. Ranelli	300
D. Pfeiffer	105	4th-320	
4th-110		181 lbs.	

	120	101 1	
L. Wilcoxon 220 lbs.	420	181 lbs. M. Lechler	325
J. Pfeiffer 4th-340	330		325
242 lbs. K. Bardos		Master (60-64	)
K. Bardos Master (45-49	405	242 lbs. M Brown	340
198 lbs.	1	M. Brown 4th-355*	510
R. Hamsher 220 lbs.	400	Open 148 lbs.	
J. Thomas 308 lbs.	505*	C. Venturella	300
308 lbs.	- Witte	242 lbc	
308 lbs. R. James 4th-600*	560*	D. Sledge DEADLIFT	480
Master (50-54	)	WOMEN	
198 be		Submaster	
G. Benford B. Jakeway 220 lbs.	485*	148 lbs. K. Burns	240
220 lbs.			-
220 lbs. R. Leedy 4th-420	410	Novice 132 lbs.	
Master (03-09	)		185
165 lbs.		181 lbs.	
D. Lindsley Master (70-74	250*	D. Pfeiffer Teen (16-17)	200
220 bls.		165 lbc	
C. Workman	280	E. Craycraft 4th-475*	460
Raw Teen (16-17)		4th-475* Junior	
140 lbs	1	198 lbs.	
G. Collins 4th-235*	230*	J. Marshall 242 lbs.	500
Novice		W. Quinn	480
97 lbs. J. Mobley	-	Master (40-44	)
		220 lbs. J. Pfeiffer	335
275 lbs. A. Jones 4th-350*	330*	4th-340 242 lbs.	
4th-350* Teen (13-15)		242 Ibs. K. Bardos Master (45-49	570
Teen (13-15) 275 lbs. J. Shelton 4th-305*		Master (45-49	)
J. Shelton	285*	198 lbs.	
4th-305*		242 lbs.	530
165 lbs.		R. Hamsher 242 lbs. K. Hall Master (50-54	570
J. Wolfe 4th-260*	255*	Master (50-54 198 lbs.	)
242 lbs.		R. Ellebruch	465
W. Quinn	305*	R. Ellebruch Master (65-69 165 lbs.	)
SHW	,	R. Dodson	380
T. Cromer	390*	R. Dodson Open	
4th-400* Master (45-49	,	Open 242 lbs. D. Sledge	700
*=Son Light Po	wer Oh	io state records	. Be
Lifter Bench Pr	ress Wo	men: Jean Forg	atsc
		r Bench Press H	
weight Men:	David	Raines, Best	lifte
Bench Press N	Aaster /	Men: Garry Be	nfor
Bench Press A Best Lifter Dea Light Power	vince S	oto Memorial	Ohi
State Fair Bend	ch Press	& Deadlift Ch	amn
the fairground	s. Vinc	e Soto was a	your
powerlifter, bo	odybuild	e Showplace Sta e Soto was a der and trainer He usually com	wh
passed away in	1999. and 1	He usually com 23 lbs. division	s. M



David Raines with his 660 lb. SLP State Record at Submaster/SHW at the Vince Soto Memorial Ohio State Fair meet (Latch photograph)

her own state record by 55 pounds also the best lifter award for the master men, gave her the best lifter award for the breaking the state record at 50- 54/198 women. At submaster 148 lbs. Susie Haller with 485. 500 came within inches of also broke her state record with a great locking out twice! Brian Jakeway was 210 lb. fourth attempt. For the raw division at 148 lbs. it was Kim Burns with a new state 220 was Roy Leedy, who finished with 420. record of 120 lbs. Susan Olds got her state Newcomer Mike Brown won at 60-64/242 record in the 40-44/132 division with 145 with a new state record 355 for both the lbs. while Lynn Muniga finished with a state record 105 lbs. in the 114 lb. class. broke the state record at 65- 69/165 with state record 105 lbs. in the 114 lb. class. broke the state record at 65- 69/165 with Both women set new state raw records for their classes. Deb Mitchell also got a new raw state record for her division (50-54/ 165) with 165 lbs. Our final lady competi-tor was Kim Trausch, who won at open 165 bs. with 160 lbs. Moving to the men's competition, at novice we had seven lifters. For the 97 lb. class it was Joseph Mobley with a new state raw mark of 50. Dakotah Riddle, another newcomer, got his state second win of the day at submaster 148, For the 97 lb. class it was poseph Mobley wom at 132 with 95. Dustin Preiffer won setting the state record for the record at 132 with 95. Dustin Preiffer won setting the state record for the day at submaster 148, For the 97 lb. classes it was poseph Mobley won at 132 with 95. Dustin Preiffer won setting the state record for the day at submaster 148, For the 97 lb. classe it was poseph Mobley tive classes. In the deadlift event lone record at 132 with 95. Dustin Pfeiffer won setting the state record there with 240. For at 181 with 110 while at 220 it was Dan the men's novice division Dakotah Riddle Williams with 265. Wade Mannings put on guite a show at 275 with a new state record while Dustin Pfeiffer won at 181 with 200. of 450 while fellow 275 lifter Aaron Jones E.J. Craycraft tied the existing state record captured the state raw record with 350. for the 16-17/165 class with his 475 final Charles Headrich won at 308 with 405. In pull while John Marshall won at junior 198 the teenage men's 13-15 age group it was with 500. Will Quinn won again at 242 with Cody Thomas at 148 with 175 and John 480. In the master men's 40-44 division it Shelton with a new state record of 305 at was John Pfeiffer at 220 with 340 and Kirk 275. In the 16-17 age division Garret Bardos at 242 with a big 570. Rick Hamsher Collins set the raw state record at 148 with broke the state record for the 45-49/198 235 while E.J. Craycraft won at 165 with class with his 530 final pull while Kurt Hall 285. Our only 18-19 lifter was 181 winner did the same at 242 with 570. Roger Brad Young. Weighing in at 179, Brad Ellebruch pulled a pr 465 at 50-54/198 for caprtured the best lifter for the lightweight the win there. Russ Dodson broke his won men with his 425 state record perfor-mance. David Stuck, at 242 won with 475. Sledge won his second gold of the day at For the junior men's division it was John Wolfe with a state record 260 at 165. David slow awarded the best lifter trophy for the Kuck won at 242 with 520 while Will Quinn deadlift comopetition. Thanks to everyone set the raw state record there with 305. Ron who helped with this meet, especially my Schoffner broke the state record at sons D.C. and Joey, who always do a great submaster 198 with 440 while Todd Warner job loading and spotting. A big thanks also took the 275 class with 440. David Raines was the big lifter of the day with a strong awards. Also recognized by the crowd was 660 state record for the shw class. Weigh-ing in at 310, David also won the best greatest Ohio lifters of today. See you all heavyweight lifter award. Returning to again next year! (from Dr. Darrell Latch) competition after a few years off was 40-44/148 winner Frank Ranelli, Frank finished with 320, with room to spare. Lee h. Wilcoxon took the 181 class with 420 while John Pfeiffer won at 220 with 340. Kirk Bardos, who had suffered a stroke earlier in the year, was back almost as strong as rd. ever, taking the 242 class with and easy on 405. Thomas Cromer, who is legally blind, nio set a new personal and state record at shw pi- with his first official 400 bench. At 45-49 on Mike Lechler broke the state raw record J. Miller ng at 181 with 325 while Rick Hamsher won Submaste at 198 with 400. John Thomas broke his 259 lbs. state record at 220 with 505 while Russell J. Hill honor Vince each year because of the 325. Next up was Randy James, who got his Push spirit he brought to the sport. In the bench first official 600 bench with his win at 308. MALE press event we had some great lady lifters. Missing that weight on his third attempt, 148 lbs. Taking the win at junior 132 lbs. was Jean we got Scott Vickery to lift-off to Randy for R. Farnworth 220 lbs.

Forgatsch with a fantastic 250 lbs. per-sonal best and Ohio state record! Breaking lift! 600, all natural! Garry Benford won SPF Iron Chain Classic 16 FEB 08 - Woodbury, TN BENCH MALE Teen (16-17) MALE 275 lbs. Teen (13-15) 242 lbs I Miller 400 J. Hill 270 Raw Teen (16-17) Teen (16-17) 275 lbs.

259 lbs. 270 A. Fann 465 Submasters 575 DL TOT 275 415 690 420 525 945 420 480 900 K. Taylor J. Wells 4th-BP-445 405 505 910 L. Vinson Masters (55-59) I. Robinson 295 525 820 Raw Teen (13-15) C. Nunnle 120 225 345 4th-DL-235 175 325 490 W. Parsley 4th-DL-340 170 300 470 R. Ramirez 185 385 570 I. Melton 170 300 470 4th-DL-325 S. King Teen (16-17) 245 445 690 230 400 630

275 lbs

259 lbs.

97 lbs.

148 lbs

198 lbs

220 lbs

T. King

308 lbs

198 lbs.

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11         805 Maxwell, M 10/6/07           12         804 Judd, T6/17/07           13         804 Moore, R6/17/07           14         800 Adams, J. 10/27/07           15         800 Hill, M 10/27/07           16         800 McCloskey, A 12/8/07           17         793 Lucket, M4/14/07           18         790 Jeschenig, S 10/14/07           19         780 Brown, Jon 10/27/07           20         777 Caplan, M6/23/07	633 Cieri, D11/18/07 605 Harrington, P1/19/08 600 Warstler, K7/15/07 600 Daly, R12/8/07 586 Reiman, D12/1/07 585 Strom, M3/18/07 584 Thurman, D11/18/07 578 Williams, B6/15/07 573 Mickelson, A9/1/07 570 Morris, T4/21/07	694 Dorsten, J5/5/07 694 Sadiv.,11/9/07 690 Ross, D.J3/24/07 690 Harrington, P1/19/08 685 Kokott, R8/11/07 680 Smith, C7/7/07 675 Driggers, M12/8/07 672 Woodley, L6/9/07 672 Waker, J6/10/07 672 Bridges, M7/14/07	1910 Kegrice, J6/24/07 1896 Bridges, M7/14/07 1890 McCloskey, A12/8/07 1879 Caplan, M6/23/07 1873 Thomas, J.J8/4/07 1870 Maxwell, M10/6/07 1870 Jeschenig, S10/14/07 1868 Kook, G9/8/07 1865 Hill, M10/27/07 1856 Hooker, B1/27/07			
<ol> <li>777 Paras, R8/4/07</li> <li>766 Overbay, D4/14/07</li> <li>760 Bishop, B10/27/07</li> <li>760 Carnaghi, T10/27/07</li> <li>750 Kirschen, D2/17/07</li> <li>750 Kaprice, J6/24/07</li> <li>750 Harrod, A8/19/07</li> <li>749 Hooker, B1/27/07</li> <li>738 Kirby, K9/22/07</li> </ol>	565 Dussault, S11/18/07 565 Adams, J1/19/08 555 Delmonti, P1/13/07 551 Judd, T6/17/07 551 Jover, R10/25/07 551 Jewert, T11/17/07 550 Pera, A11/10/07 550 Cady, J12/7/07 545 Matta, J6/9/07 545 Crook, G9/8/07	672 Hamilton, J1/26/08 661 Driggers, A1/27/07 661 White, E3/17/07 661 Jones, G5/5/07 661 I Greene, T7/14/07 660 Bishop, B10/27/07 655 Myers, T3/10/07 655 Thomas, J.J8/4/07 650 Clark, B2/10/07	1850 Kirschen, D2/17/07 1846 Williams, D7/14/07 1829 Pena, J7/14/07 1824 Driggers, M4/14/07 1818 Clark, R8/4/07 1818 Clark, R8/4/07 1813 Christie, M4/14/07 1807 Power, J6/30/07 1807 Greene, T7/14/07			
31 733 Power, J6/30/07 32 727 Pena, J7/14/07 33 727 Clark, R8/4/07 34 725 Spero, L2/17/07 35 725 Shaughnessy, J11/18/07 36 710 Bridges, M7/14/07 37 710 Weidemer, M1/19/08 38 705 CZhristie, M4/14/07 39 705 Williams, D4/22/07 40 705 Bailey, M6/24/07	540 Conner, T8/12/07 535 Ramos, T4/1/07 534 Wolf, A4/28/07 534 Judd, S6/15/07 530 Kirschen, D2/17/07 530 Elisworth, L10/13/07 530 Elick, J10/14/07 529 Driggers, M4/14/07 529 Durgerk, C7/15/07 529 Lacy, L11/10/07	650 Koo, E3/17/07 650 Dedas, B6/10/07 650 DiCataldo, S7/14/07 650 Gibson, T10/28/07 650 Adcloskey, A12/8/07 650 Adams, J1/19/08 644 Judd, T6/17/07 640 Lane, M8/18/07 640 Louque, K11/3/07	1805 Terry, C10/27/07 1805 Brown, Jon10/27/07 1800 Harrod, A8/19/07 1796 Jones, G7/14/07 1780 Davis, 7/7/07 1750 Celli, R1/26/08 1755 Smith, C7/7/07 1755 Smith, C7/7/07 1755 James, A11/18/07			
<ul> <li>41 705 Terry, C10/27/07</li> <li>42 705 Pigeon, T10/27/07</li> <li>43 700 Ramos, T4/1/07</li> <li>44 700 Trout, A8/19/07</li> <li>45 690 Griffin, A11/18/07</li> <li>46 688 Kuderick, S6/30/07</li> <li>47 688 Evans, L1/26/08</li> <li>48 685 D'Angelo, F2/17/07</li> <li>49 685 Serio, A8/4/07</li> <li>50 680 Nichols, B6/16/07</li> </ul>	525 Watts, S. 2/10/07 525 Grohoski, P. 12/29/07 523 Lucket, M. 4/14/07 523 Power, J. 6/30/07 523 Morishima, E. 7/14/07 523 Stroshine, T. 11/18/07 523 Willis, A. 1/26/08 520 Brown, Jon. 10/27/07 518 Pruitt, T. 4/7/07 518 Gerardo, J. 11/11/07	640 Wiedemer, M1/19/08 639 Dorn, D8/25/07 639 Yeargin11/9/07 639 Celli, R1/26/08 635 Clark, R1/27/07 633 Walsh, D1/27/07 633 Lucket, M4/14/07 633 Christie, M4/14/07 633 Foster, W8/11/07	1752 Pigeon, T 10/27/07 1750 Wiedemer, M 1/19/08 1725 Nichols, B6/16/07 1725 Godawa, T 7/14/07 1725 Kirby, K9/22/07 1725 Evans, L 1/26/08 1710 Carnaghi, T 10/27/07 1710 Gibson, T 10/28/07 1708 DiCataldo, S 7/14/07			
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# NEXT MONTH... TOP 220s

CORRECTIONS ... The correct web address for Ron Fernando's new book is www.ironfactorybook.com. Photos of the IPA Sr. Nationals in the Feb/80 PL USA were by Scot DePanfilis. Blake Harris should have been credited with a 187 bench press in the results of the 100% Raw World Bench Press Championships in Nov. 2007, with the lift taking place in the 132 lb. class. Jordan Dunn should be credited with a 702 squat in the 165 lb. weight class, rather than 699, on the TOP 100 list, from his lifting at the AWPC Worlds. Doris Simmons squat was mistakenly listed in place of Elaine Grimwood's 860 total on the All Time TOP 50 Female Totals rankings. If you find errors in our ranking lists or the competition results that we publish, let us know at POWERLIFTING USA Errors Department, Post Office Box 467. Camarillo, California 93011 for a proper analysis of the situation (which can take some time, depending on the situation) and an appropriate correction in a following issue.



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