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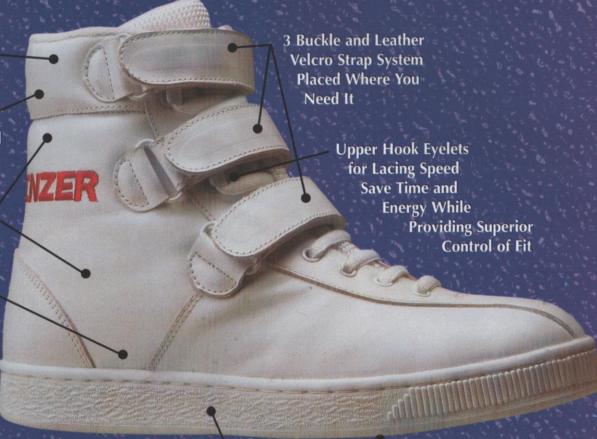
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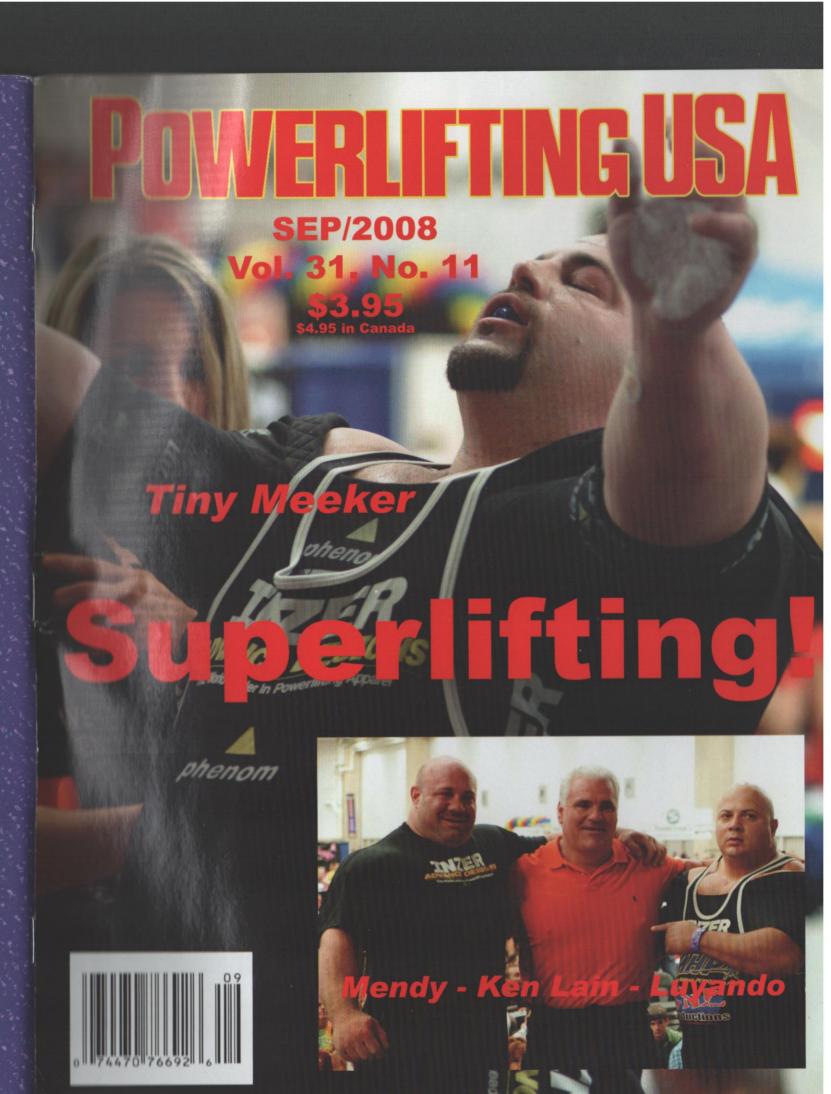
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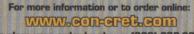
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ON THE COVER ... Superlifting Debuts in Dallas with the likes of Tiny Meeker, Scot Mendelson, Ken Lain, and Rob Luyando

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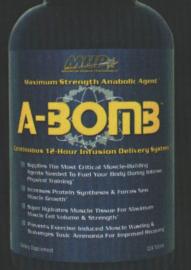
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An exciting new format brought pro bench stars from across the U.S. for a showdown that tested bench strength, strategy, and endurance. In two hours over 200 huge lifts were performed on one platform demonstrating that competition power repping is more extreme than was imagined. World Records were established for the first time in strictly judged, paused and fully locked reps. From out West, California's 1000 lb. bencher, Scot Mendelson; from Pennsylvania, the first man to bench 1000 lbs., Gene Rychlak; from Louisiana. Jesse Kellum: from the Lone Star State, Tiny Meeker and Jason Coker; and from many more states, other great benchers, all to compete for \$10,000 in prize money at this Superlifting event. Top powerlifting announcer Chuck LaMantia was flown in to host the event. World record breaker in the three-lift total Garry Frank came to watch, as did bench press legend Ken Lain, both of whose introductions brought big cheers from the large audience.

First up was benching for a 2 (or more) max. The benchers could choose sets by multiples of 50 lbs. In the 198 lb. Light-HW, Jesse Kellum hit 700 for 2 reps, an incredible performance, and didn't even win. Dallas' own, crowd pleaser Jason Coker hit the winning supermax with 700 for 3! In the HW and SHW divisions, six more benchers hit 700 or more for doubles, with three of the benchers doubling 800 or more. Gene Rychlak had a serious pre-meet injury but was determined to lift in this historic event anyway. Gene got one easy rep in at 850 before racking the weight and grabbing his right arm in pain. HW Rob Luyando and SHW Tiny Meeker and Scot Mendelson had the biggest supermaxes, doubling 850, 800 and 850 respectively.

That was the MX2 format (Most weight x 2 or more reps). Next came the SXR format (Set weight x Reps), and even greater excitement, as lifter after lifter pushed themselves to near exhaustion. In the HW class Frank



Sebastian Burns waits his turn.

2008 Superlifting Stars Pro Bench

as told to Powerlifting USA by Ned Low Held at Ed and Betty Pariso's Europa 2008 Sports Expo, August 16 at the Dallas Convention Center



Rob Luyando putting it to some heavy iron in the Superlifting debut

Caminita pushed up 4 reps at 500 lbs., Jesse Kellum hit 6, Bobby Fields hit 7, 258 lb Rob Luyando popped 8, and topping all those was 198 lb Jason Coker's World Record 9 reps! On to the 400 pound bar. Coker was on a roll and topped again with 16 strict reps for the World Record, Kellum pushed 15 and Caminita hit 10. It couldn't get any closer between competitors, the audience was loving it, and Kellum is fiercely looking for a rematch in Las Vegas,

Then came the showdown between Tiny Meeker and Scot Mendelson, in the heaviest part of SXR, doing 600 lbs. for strict reps. Tiny and Scot tied at 11 reps, forcing an extra, tie-breaker round

Gene Rychlak Jr. prepares to lift

for these two bench stars, both of them already extended and exerted far beyond regular bench meet demands.

Both Tiny and Scot had lifted heavy in the MX2 round, doubling 800 and 850, respectively. Now they'd benched the 600 lbs. for 11 exhausting reps, tying for the SHW World Record for strict reps, and still they had to come back out and break the tie. And come back out they did. Scot shoved up another 10 reps at 600, and all eyes fell on Tiny, as he psyched himself up for his turn under the bar. 1, 2, 3, 4, 5, 6, 7, 8, 9, and 10 strict reps, for Tiny-great benching, and another tie

Tiny and Scot were given a



short rest interval, by running the SHW 500 SXR round before they did their third set at 600 to break the tie, but amazingly both Scot and Tiny decided to compete in the 500 SXR with no rest after the previous 2 rounds of 600 SXR. Scot confided he had talked Tiny into lifting in this round in an attempt to tire him out. Tiny Meeker pushed 500 lbs up for 12 reps, Scot Mendelson hit 13. In a display incredible even on a day of such great benching, Glenn Russo, after securing 3rd in the MX2 round and hitting 8 strict reps in the 600 SXR, hit an incredible World Record of 17 strictly judged, paused and locked reps at 500 lbs!

Then it was time for the third round at the 600 lb bar to try and break the tie between Mendelson and Meeker. Scot, again going first, powered up 6 reps, and again, Tiny knew the number he had to tie or beat. 1, 2, 3, 4, 5, 6, and 7! You couldn't ask for a better climax to an amazing show. The packed, standing-room-only audience was roaring, Tiny was on the floor, exhausted and spent, Ken Lain was bounding onto the stage to hoist Tiny and Scot's arms in triumph, and Superlifting was a super success!

Note: Superlifing will be back, at the Olympia weekend in Las Vegas, on Saturday, Sept. 27 for 3

PowerliftingSupershow.com for current supermax world records and details

2008 Superlifting Stars **Pro Bench Press Contest** Results

MX2 DIVISION (MOST WEIGHT X 2 OR MORE REPETITIONS) Light-HW (under 198): JASON COKER 700x3, JESSE KELLUM 700x2, (continued on page 86)



Paul Key (photos courtesy Inzer) Glenn Russo gets into position



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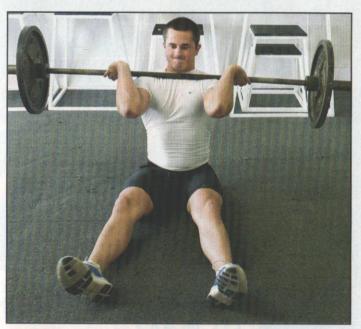


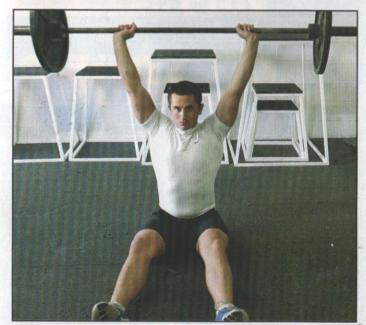
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BOX JUMPING by Louie Simmons





Jumping for explosive power will carry into the deadlift. Olympic weight lifters have utilized box jumping for decades. Westside uses a wide variety of jumping exercises. We suggest that you jump rope first. This will build timing, rhythm, and endurance. The highest box jump results have come from sitting on one box and jumping onto a second box. One example is to sit on a box as though you were doing a box squat. Rock back, release the hip muscles,

pick the feet off the ground, then rock forward and with an arm swing slam your feet down and jump.

We have a 240-pound 6-foot 2-inch high school ball player who can jump onto a 57 ½ inch box. This was witnessed by six NFL prospects, two NFL agents, and a weight coach from Carson Newman University. Everyone was amazed except the high schooler and me.

Incredible long jumping can

be achieved by the same process. Pete Campion, a five-year veteran of the NFL, made a visit to Westside for two days. He followed the same procedure and did his all-time best standing long jump. Box squatting or using a box to jump off of after sitting on it is actually a leg curl exercise.

Anyone can use any combination of ankle weights, weight vest, and/or dumbbells to set a record with. Here are some examples of jumping with resistance:

1. Ankle weight jumps. Pick a box either 24 or 30 inches to jump on. First use ankle weights, 5-40 pounds per leg, for an ankle weight record.

2. Dumbbell or kettlebell jumps. One of our lifters could jump onto a 36-inch box with a pair of 70-pound dumbbells. Again, try a record on a predetermined box with weight held in the hands.

3. Weight vest jumps. Pick a reasonable box and record the heaviest weight vest used. One of our record vest jumps was on a 20-inch box with a 160-pound vest; this was done by a 460-pound man named Andre Henry, and yes, this is true.

I just had seven college

interns at Westside for eight weeks. One said after four years of sports training and jumping at his university that his best box jump was 38 inches. After seven weeks at Westside, he jumped on a 45-inch box by following the methods in this article.

A fast rate of force development is essential for overcoming large weights. If your box jump goes up with an increase of strength, all is well. If your box jump goes down as your training weights go up, you have become slow and need to use more dynamic work. The box jump is the best indicator to determine explosive power for many activities such as throwing events, sprinting, and, of course, squatting, deadlifting, and Olympic lifting.

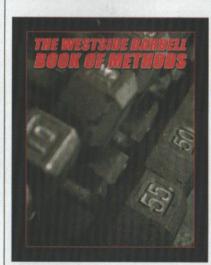
Almost never did you see Olympic lifting used to develop explosive power for sports in the former Soviet Union. Why? They do not work for sports. Only the push jerk or push press can affect jumping ability, which correlates to explosive power. I estimate that there are one million football players in junior high, high school and college who do Olympic lifting, but yet we have not developed

(continued on page 72)

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WOMEN		M. Bingham 220 lbs.	450
Amateur		R. Munn	415
Open		242 lbs.	
114 lbs.	2454	J. Utermahlen	485
A. Dayan Open Raw	215*	275 lbs. L. Livermore	505
148 lbs.		308 lbs.	303
M. Butler	170	S. Roesch	600*
165 lbs.		Master (45-49)	
L. Feeney	165	220 lbs.	100
Master (45-49) 165 lbs.	1	W. Welcheck 275 lbs.	430
J. Swarthout	155	L. Short	600
Elite Amateur		Master (55-59)	
Open		148 lbs.	
114 lbs.	24=4	R. Legg	200
A. Dayan 181 lbs.	215*	Master (40-44)	Raw
A. McCloskey	235	148 lbs. J. Segrist	215*
Professional	200	181 lbs.	213
Open		C. Smith	325*
123 lbs.	-	198 lbs.	
A. Kurkurina	240	R. Trout	350
Master (40-44) 123 lbs.		Siegfried Jr Police	405
A. Kurkurina	240*	148 lbs.	
MEN		R. Legg	200
Amateur		181 lbs.	
Teen (16-17)		M. Bingham	450*
198 lbs. W. Smith	335	Elite Amateur Open	
Teen (18-19)	333	220 lbs.	
181 lbs.		A. McCloskey	480*
D. Richner	365	Professional	
Teen (14-15) R	aw	Junior	
165 lbs. J. Bingham	245	165 lbs. D. Sands	190*
4th-260*	243	220 lbs.	480*
Junior		T. Morris	550
148 lbs.		Open	
D. Pezzanite	260	198 lbs.	
181 lbs. O. Martynyuk	440	G. Larson	635
220 lbs.	440	J. Hanisak SHW	570
B. Hartlaub	450	R. McCray	900
Open		S. Lattimer	830
148 lbs.	200	E. Fetzer	715
R. Legg 198 lbs.	200	Open Raw 242 lbs.	
V. Yaroslaw	550	G. Butia	480*
I. Kalyta	455	T. Shartzer	430
242 lbs.		A. Hartlaub	405
C. Kitchen	525	Master (50-54)	
275 lbs. L. Short	600	220 lbs. H. Wilson	520
308 lbs.		Master Raw	320
D. Johnston	530	220 lbs.	
Open Raw		S. Bixler	330*
220 lbs.	275	DEADLIFT	
A. Kostyk Submaster Raw	275	MEN Amatour	
165 lbs.		Amateur Junior	
Khoroschak	340	198 lbs.	
4th-360*		D. Hess	485
198 lbs.	2255	Professional	
B. Benner 275 lbs.	335*	Open	
R. White	460*	181 lbs. S. Larrisey	600
Master (40-44)	,,,,	SHW	000
181 lbs.			695
Puch Pull			TOT

to take home the equipped open division Amateur Men's Lightweight Best Lifter Award, Larry pulled an IPA record 525 lbs

	Ligitiveigi	it Des	Line	Awa	iiu. La	iry puneu ai	TIFA	recor	u 323	105.
				47.7						
	165 lbs.					242 lbs.				
	E. Craycraft	440	265	425	1130	Bumgardner	730	475	600	1805
	198 lbs.					D. James	680	425	570	1675
	A. Manfredini	385	215	440	1040	308 lbs.				
	Teen (14-15) R	law .			4	S. Manning	825	610	710*	2145*
	148 lbs.					Open Raw				
	E. Ruth	175	125	240	540	165 lbs.				
	Teen (16-17) R	law				L. Dyles	500*	365	525*	1390*
	148 lbs.					181 lbs.				
	M. Patterson	250	185	315*	750*	V. Kotsaga	385	290	465	1140
	N. Robinson	250*	200	300	750	275 lbs.				
	Junior					J. Rooney	600*	440	590	1630*
	198 lbs.					Submaster				
	R. Rozek	575	375	585	1535	220 lbs.				
	275 lbs.					B. Holloway	625	440	525	1590
*	J. Holland	700	385	650	1735	Master (45-49)				
	R. Woody	550	420	530	1500	132 lbs.				
*	Junior Raw					B. Sander	260	260*	350	870
	220 lbs.					148 lbs.				
	M. Gyger	330	355*	550*	1235	J. Gengo	425	235	425	1085
	Open					165 lbs.				
	165 lbs.					L. Weibley	455*	255	460*	1170*
	G. Neary	570	135	515	1220	181 lbs.	.00	200	100	
	198 lbs.					Shanebrook	570	370	430	1370
	B. Wangard	580	390	460	1430	242 lbs.		0,0	150	13/0

M. Locondro SHW	590	360	470	1420
D. Oyler	660	415	560	1635
Master (50-54) 165 lbs.				
Cherednyche	385	235	440	1060
G. Ruth 275 lbs.	385	260	355	1000
P. Simpson Jr.	560	545	500	1605
J. Mattei	600	400	530	1530
Master (50-54) 165 lbs.	Raw			
Cherednyche		235	440*	1060*
Master (45-49) 220 lbs.	Raw			
R. King	505*	270*	510*	1285*
MEN				
Elite Amateur				
Open				
165 lbs. B. Crowe	***	400		
Professional	665	460	530	1655
lunior				
198 lbs.				
B. Hooker	700	530*	610	1840
4th-SQ-76		330	010	1040
Open				
198 lbs.				
M. Yontz	575	425	585	1585
(Guest)				
220 lbs.				
Blankenship	800	135	675	1610
242 lbs.				
V. Cook	875	660	675	2210
275 lbs.				
D. Hoff	925	725	750	2400
308 lbs.				
Steltenkamp	930	225	675	1830
Open Raw				
165 lbs. E. George	C1F*	2504		45404
181 lbs.	615*	350*	575*	1540*
V. Kotsaga	385*	290	465*	11408
SHW	303	290	403	1140*
K. Hinchman	315*	440	700*	1455*
Master (45-49)	313	110	700	1433
220 lbs.				
D. Stahl	550	500*	500	1550
Master (70-74)				.550
148 lbs.				
E Class	400*	1254	2000	000+

400* 135* 365* 900 *=IPA World Records. The foundation of the International Powerlifting Association was built a little more than a decade ago by a few dedicated lifters who believed there should be an organization representing all lifters by lifters. The resulting motto "lifters lifters by lifters. The resulting motto "lifters for lifters" means judges are lifters themselves and judging is as consistent as possible, and politics is never part of the equation. Meet sanctions are only awarded to directors who can provide superior venues, warm-up and platform equipment that meets the IPA's quality and technical standards, and experienced, safe spotters. Perhaps of greatest importance is the encouragement and nurture that is extended

(continued on page 82)



Fred Glass is living proof that age knows no boundaries. Fred competed at York Barbell 39 years ago and made his second appearance at age 71 a success, taking home the Professional Men's Master Best Lifter Award.



compound, Optimone-5, This patent pending 5-stage complex manipulates your entire hormonal profile: Cranks up testosterone 400% and destroys male-deadly hormones such as estrogen and DHT. It also crushes sex hormone binding globulin (SHGB) allowing for more of your testosterone to be "free" and bio-active to dock on your steroid receptors. Topping off this powerhouse Test formula is a proprietary 2nd Messenger Complex that enhances androgen receptor sites, allowing you to soak up and utilize even more testosterone.

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M. Wilson BP DL

TOT

235* 535

135* 335* 655*

400 245 355 1000

Push Pull

Elite Amateur Open 220 lbs.

A. McCloskey Powerlifting

Teen (14-15) 114 lbs. S. Welcheck

Master (45-49) Raw

WOMEN Amateur

165 lbs. J. Swarthout Elite Amateu

Open 148 lbs.

165 lbs.

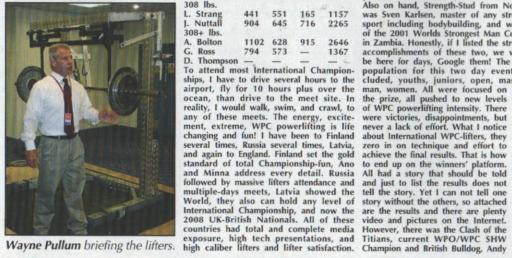
Open 132 lbs.

Professiona

Teen (18-19)

MEN

WPC BPC	Rritis	h Cha	mnion	shins
12-13 JUL	08 -	Bourn	emth.	ENG
Powerlifting	SQ	BP	DL	TOT
FEMALE				
Day 1 105 lbs.				
L. Watson	220	143	243	606
165 lbs.	220	143	243	000
J. Murphy	375	215	375	965
181 lbs.	200			
T. McKay	243	116	243	601
220 lbs. H. Bingle	309	215	309	832
MALE	303	213	303	032
Day 1				
123 lbs.				
S. Scoular 132 lbs.	309	176	408	893
B. Brown	333	55	287	675
148 lbs.	333	33	207	0,3
B. Mullan A. Collins	298	193	331	821
A. Collins	-	292	-	292
165 lbs.	207	220	207	004
M. Flynn	287 529	220 342	397 485	904 1356
C. Cook A. Csiszar	661	386	664	1711
181 lbs.	00.	300	004	
N. Arnold	628	386	507	1521
A. Fletcher	601	358	540	1499
Y. Mustafa C. Arnold	496	353	507	1356
198 lbs.	628	397	562	1587
J. Bamsey	331	176	397	904
N. Deighton	_	631	_	631
R. Gordon	584	402	639	1626
D. Cook	-	-	-	-
220 lbs. R. Graham	639	375	485	1499
A Alivey	441	309	474	1224
J. Hill	705	485	650	1841
C. Foulser	606	320	672	1598
J. Copping	750	397	661	1808
242 lbs. A. Luker	794	391	711	1896
L. Healey	639	397	683	1720
L. Healey J. Williams	750	430	694	1874
275 lbe				
A. Scott O. Clements	485	441	551	1477
M. Adams	628	386 491	551	1565 1835
I. Godber	728 562	342	617 573	1477
308 lbs.			-	
G. Bamsey	772	254	551	1576
D. Beattie	-	623	-	623
Day 2 148 lbs.				
A. Adams	551	309	518	1378
165 lbs.	25			
L. Gordon	683	55	143	882
181 lbs.	720			720
L. Cutler I. Humphries	728 661	424	496	728 1582
K. Smith	705	419	540	1664
Z. Borbas	_	419	_	419
198 lbs.				
A. Brooks	672	413	573	1659
S. Plunkett P. Griffin	672 661	408	551 584	1631
G. Davies	777	540	705	1731 2023
C. Jenkins	761	_	_	761
M. Howel-Ree		331	507	1389
220 lbs.				



794 562 661 2017



Sky Sports TV catches Donnie



Andy Bolton made the key lifts

M. Cullimore				1962
P. Newell	928	463	617	2008
M. Jones	805	474	_	1279
242 lbs.				
L. Price	683	463	573	1720
O. Kite	683	474	617	1775
D. Squires	805		689	2023
T. McIlhinney			606	1764
S. Middleton			694	2072
C. Coombes	981	639	705	2326
M. Brown	761	452	661	1874
D. McQueen	981	529	816	2326
K. Ellis	739	386	639	1764
D. Mehmet	_	-	_	-
P. Hidasy	_	-	_	-
275 lbs.				
B. Williams	882	485	683	2050
G. Mattison	799	540	617	1957
C. Rogers	_	474	_	474
J. Kiss	-	-	-	-
I. Rutherford	-	496	-	496
L. Alberts	-	568	-	568
M. Griffiths		485	683	
	529	441	617	1587
308 lbs.				
L. Strang	441	551	165	1157
J. Nuttall	904	645	716	2265
308+ lbs.				
A. Bolton G. Ross	1102	628	915	2646
G. Ross	794	573	-	1367
D. Thompson	-	-	-	
To attend mo	st Inte	ernatio	nal Cha	ampion-

D. Inompson — — — — be here for days, Google them! The lifter attempt at a 1004 lb. deadlift, the bar population for this two day event, in ships, I have to drive several hours to the airport, fly for 10 hours plus over the ocean, than drive to the meet site. In reality, I would walk, swim, and crawl, to any of these meets. The energy, excitement, extreme, WPC powerlifting is life changing and fun! I have been to Finland about International WPC-lifters, they several times. Justia several times and effort to several times, Russia several times, Latvia, adout international very-lines, true several times, Latvia, and again to England. Finland set the gold standard of total Championship-fun, Ano and Minna address every detail. Russia All had a story thinness' platform. All had a story that should be told followed by massive lifters attendance and and just to list the results does not multiple-days meets, Latvia showed the tell the story. Yet I can not tell one



Big Guys ... Donnie Thompson, Andy Bolton, Ano Turtiainen et al

I only talk about meets I have been to, if I have been there and say nothing, well there is nothing to say! This multi national meet was engineered by UK-WPC Country President Brian Batcheldor, and his excellent staff. This event was held on the coast in Bournemouth, England. The location was tremendous, hotels all 5-star, and reasonably priced, and restaurants, stores, banks, entertainments, all within waking members and the home crowd, but distance, excellent for the individuals Internationals judges on hand, he was below parallel. If it can be lifted, thrown, yanked out of the Earth, Glenn has done it! Also on hand, Strength-Stud from Norway was Sven Karlsen, master of any strength sport including bodybuilding, and winner of the 2001 Worlds Strongest Man Contest no. Talk of rematch, never! Andy went in Zambia. Honestly, if I listed the strength accomplishments of these two, we would be here for days, Google them! The lifter appulation for this two days event, in population for this two days event, in propulation of this two days event.

banks, entertainments, all within waking distance, excellent for the individuals lifter or family, year oldNow the details: nervous and it showed. This was the main Every detail was addressed. All lifter and fan information was very visible. The warm-up room was packed with equipment and plenty of room, bathrooms, food, drink, and medicinal attention were on hand. The main platform was extremely kilo's for Andy, turned down. Donnie went visible and every seat in the bouse was a to 300 kilo's packed. visible and every seat in the house was a to 530 kilo's, no good! Third attempts and great seat. The staff was complete with the crowd was silent, could the massive great seat. The staff was complete with proper spotters, loaders, international judges, meet officials, expediters, etc. All platform equipment was new and all the weights were certified for accurately. The mono-lift had a brushed steel finish, and the "Union-Jack" flag hung above the platform, as it should! The awards and medals, and certificates were "real", not plastics. The use of a car for one year was given to the Best Lifter, plus all-paid resort trips. There was a high level of sponsorship and their info/banners/products were effectively displayed and their contributions announced, and well received by the lifters and fans that packed the house on both days. Brian also partnered up with a cancer charity to raise funds and did, like I said, this was the total effort and success! Yes this event was filmed by Skysports and has been scheduled for five different Yes this event was filmed by Skysports and has been scheduled for five different viewing times. There were global strength scelebrities on hand. From Ireland, British International Strength athlete and World Strongest Man Competitor and raw powerlifter, Glenn Ross, weighting in at 200 kilo's and taking heavy weight way below parallel. If it can be lifted, thrown, yanked out of the Earth, Glenn has done it enough left the yearse disappeared gone.



The Venue was excellent. (Sweeney)



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F. Bitek

242's & 275's

This month we will cover the Top 10 in the 242 and 275 lb. weight classes. The 242 lb. class was added in the late 60's. Prior to this you went from 198 to Super. As the Supers got bigger and bigger you either weighed 242 or 340+. Many athletes wanted something in between. The 275lb. weight class was added in the late 70's. Both of these classes have proved to be very popular, and have produced some of the greatest powerlifters of all-time.

As I have said before, picking the Top 10 All-Time is very tough to do. The panel members were picked for their overall knowledge of Powerlifting from its inception to today. Everyone's input had equal value.

The panel members are Fred Glass, Jon Smoker, Rickey Dale Crain, Jim McCarty, Steve Denison, Joe Pyra, Vince Anello, Gus Rethwisch, Kevin Meskew, Gordon Santee, Ken Croxdale and Bob Gaynor.

The 242 lb. class had produced some of the all-time best.

1. JOHN KUC

The "Legend" from Kingston, PA. John was one of the greatest of all-time, but few knew him. There was almost a mystical atmosphere about John. He was quiet and shy, and let his lifting do his talking. He lifted in 3 weight classes, but 242 seemed to be his best, with National and World Championships, American and World Records. John was never really challenged. His opening deadlift would make him a winner and then he would go for the deadlift and total records. John won 4 IPF World Titles, and in each contest had the heaviest deadlift

("Best deadlifter the world has seen." Kevin Meskew) John's deadlift was strong from start to finish, even if he got a bad start he had the power to compensate. John's training was simple. He trained hard year round. He benched and squatted twice a week and deadlifted heavy once a week, every week. Most of his career he lifted in a singlet, knee wraps and a weightlifting belt. ("John was an introverted, quite athlete who kept mainly to himself. Most people would not even be aware of his presence until he arrived on the platform." Joe Pyra) He held the IPF World Deadlift Record for 25 years. 870 lbs. in a singlet speaks for itself. John was about 6 ft. tall and very lean for a powerlifter. ("The best." Vince Anello)

2. ED COAN:

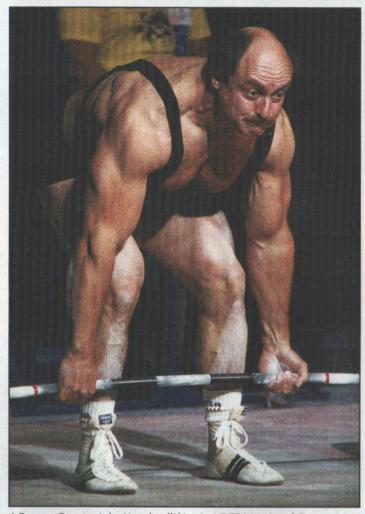
("Ed put a face on Powerlifting. He was featured in Muscle & Fitness several times and became well known as the Mr. Olympia of Powerlifting." Steve Denison) Ed finished 2nd at 198, first at 220 and 2nd at 242, quite an accomplishment. He was the premier lifter of his time. Ed posted some unreal totals, and, like Kuc, was never really challenged. ("In many meets he out-totaled everyone." Jon Smoker) Ed retired after the 2007 USPF Nationals, but is young enough to make a comeback. At 242 he was really thick (he started as a 165 lber.) All of Ed's lifts were done in IPF style, single ply, walkout squats and solid judging. ("I know Ed, and he is not only in my thinking the best 242 lber, but one of the most down to earth and honest people I have ever met." Will Morris) A great fantasy matchup would be him and John Kuc in a raw meet. Has to be one of the Top 5 of all time.

3. JON COLE:

Jon was a great lifter and a great athlete. In addition to Powerlifting, he was a world class track and field athlete. He also lifted in the National Weightlifting Championships .

Thorbecke's Gym in Arizona produced many lifters, but Jon was the best. He burst on to the scene in 1968 with a victory at the AAU Senior Nationals. ("A power in powerlifting during the time when the

The ULTIMATE TOP TEN



A Proven Great ... John Kuc deadlifting in ADFPA National Competition.

lifting was supreme and equipment was basic.' Gordon Santee) In 1970 he lifted again at the Seniors and improved his total by 170 lbs. Jon had some tough luck with injuries that kept him from many titles. At one time he held World Records in the Squat, Deadlift and total. Jon's career was just about over when the 275 lb. class was introduced. It would have been a natural for him. ("A legend if there ever was one." Jon Smoker)

4. Doug Young:

One of the most muscular. ("He looked like a reincarnated Texas Steer.' Jon Smoker) National Championships, World Championships and World Records. In 1975, 76 and 77 he won the Senior Nationals and the IPF Worlds. Doug was from Brownwood, Texas. He had a good squat and deadlift, but really liked to bench. ("Would have been interesting to see how his squat and deadlift would have been if he spent as much time on them as he did on his bench." Kevin Meskew) Doug benched close to 600 lbs. raw, and you had to see it to believe it. He would lower the bar ever so slowly, and it hardly moved on the way down. Finally it would reach his chest and then it would fly off. Doug died prematurely from heart failure. He is missed by all who knew him.

(continued on page 94)

Who is the best - at anything - that is something very difficult to determine. How do you compare Babe Ruth to Alex Rodriguez, Peyton Manning with Johnny Unitas, Michael Jordan with Wilt Chamberlain?

Everyone has their opinion as to whom is the best, and Powerlifting is no exception. When I first discussed this project with Mike Lambert, we decided that a panel of folks would pick the best lifters.

In assembling the panel, I tried to find men with the experience to span the 40 or 50 years of formal powerlifting. What we needed were people who have seen the changes in Powerlifting, and have the ability to make decisions in a fair and honest method.

As I began to contact people, some were very enthusiastic, and others were apprehensive. The first thing that was needed was a list of potential candidates by weight classes. Rickey Dale Crain, Bob Packer, Bill Ennis, Joe Pyra and myself worked on that list.

The 2nd step was to find panel members to vote. The final panel members had over 550 combined years of powerlifting experience. The panel consisted of Gus Rethwisch, Jon Smoker, Joe Pyra, Gordon Santee, Rickey Crain, Fred Glass, Jim McCarty, Kenny Croxdale, Vince Anello, Steve Denison, Kevin Meskew, and Bob Gaynor.

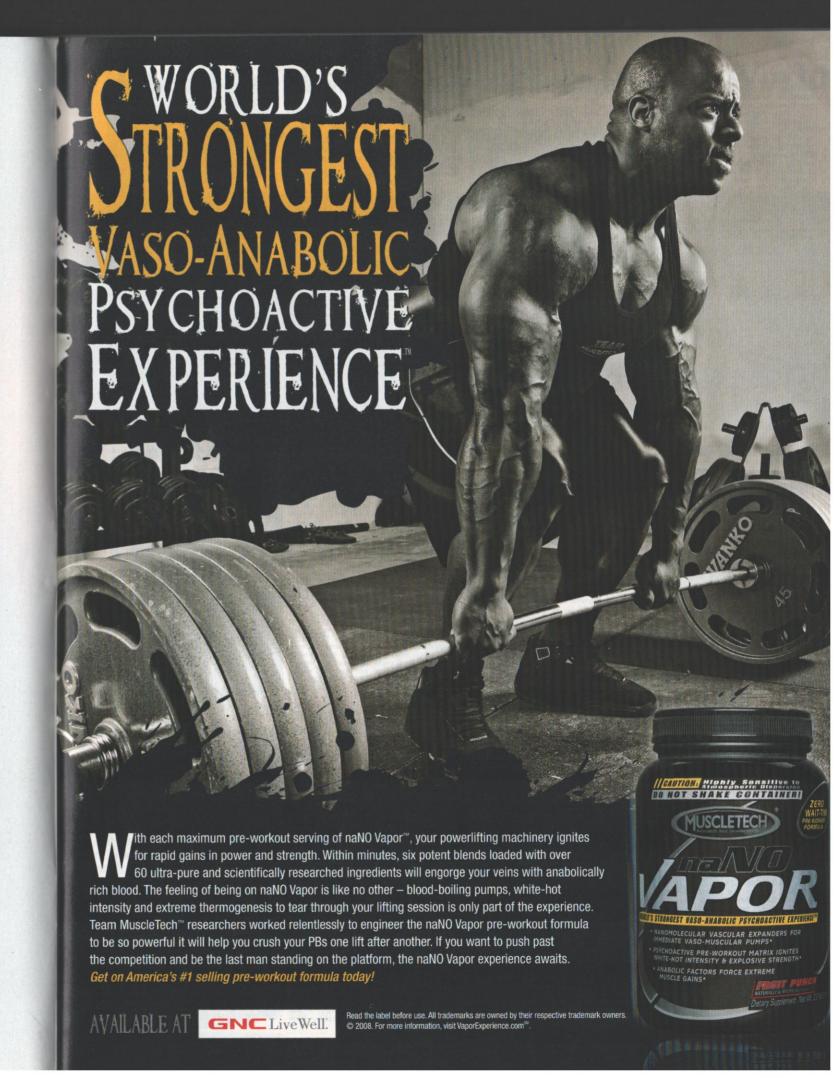
The panel members all received the list of potential candidates, but were free to add in whatever manner they want.

Some of the comments I received was how difficult this process was. How do you compare different eras, changes in equipment, and rules in performance.

The consensus was to judge each lifter on his total body of work. Outstanding performance over a period of time makes an all-time great in any sport. All-time high lifts do not necessarily make one an all-time great. Roger Maris held the most sacred record in baseball for 35 years, but was not an all time great.

I am sure there will be different opinions and if this list is done 5 years from now there might be some different results.

A lifter was not limited to not just one weight class, and some will appear in two or more weight classes.



The 19th IPF World Bench Press Cham-pionships was held in Prague, Czech Re-public on June 25-29, 2008. It featured 26 countries and over 190 lifters.

countries and over 190 lifters.

The Women's team went in as the defending champs, however, of the 9 lifters on our team only 5 had ever lifted at the Worlds before and only 2 had competed at the Worlds more than once. The good thing is that with inexperience usually comes enthusiasm. It looked like it was going to be a battle between Japan, Germany, Belorussia, Hungary, Norway, and Finland for the women's title. My hope was that if we lifted way over our heads we might be able to sneak in for third, but top five would be nice.

The Men's team, on the other hand, was full of experience. They were third at the

full of experience. They were third at the last two Worlds and were looking to move up. Of the 10 lifters only 2 had never been to an open Worlds. It was going to be a battle between the USA, Japan, Germany,

DAY 1: Women's 105lbs: There were no US athletes in the 105s. The class was well contested with the final results being

well contested with the final results being Fukushima (JPN) first, Kozdryk (POL) second, and Svjantekova (SVK) third.

Women's 114lbs: The US Women started off with two lifters in the 114s. Julie Smith was our first athlete, and was at her first Worlds and her instructions were: go out and get your opener and set the tone for the team. That seems easy, but at the IPF Worlds there is extra pressure. Your miles from nome and more than b time zones. She was able to get her opener at 154 lbs., but that was it. Although she was disappointed, it is the job of the first lifter to get a lift and get the team on a roll and she did what the USA needed. Maura Shuttleworth was one of the few

USAPL and in her first IPF Worlds came for a fight. There were three other women who were going to contend for Gold. Strategy and making lifts was going to be the keys to winning this class. Teale opened the heaviest with 242 lbs. with all the contenders making openers. Belorussia 2nd (236), France 3rd (236), and Denmark 4th (225). Making that opener was important, now she could just keep the lead and take the gold. Everyone made their seconds as well. Teale 1st (248), Belarusian 2nd (242), France 3rd (242), and Denmark 4th (336). gold. Everyone made their seconds as well. Teale 1st (248), Belarusian 2nd (242), France 3rd (242), and Denmark 4th (236). Teale had to have this lift because the Belarusian was lighter and briefly had the lead. Now it was down to the final lifts. We put in 254lbs., with everyone else going 248. Denmark went first with a successful lift making her second on bodyweight. This forced the French to change their attempt to 254, because she was heavier. Belorussia went next at 248 which would have put her in first by bodyweight. It was a great try, but she couldn't finish the lift. It was going to be Teale against the French girl for the Gold. Teale had bodyweight advantage but with a lower lot number would have to lift first or change her attempt. The decision was made to make the lift and force the French girl to have to move up to go for the Gold. Knowing she had already moved her attempt up once, this was the right move. Teale crushed the 254 lbs. like it was her opener. The French girl did not change her attempt, staying with 254, just trying for the silver. It didn't matter, the weight killed her. Teale won Gold with plenty in the tank, Denmark 2nd, Belorussia 3rd, and France 4th. Teale asked what am I supposed to

plenty in the tank, Denmark 2nd, Belorussia 3rd, and France 4th. Teale asked what am I supposed to tell people when I get home, only having benched 254 lbs. The answer is easy; tell them you're the IPF World champion. Final results Adelmann (USA) first, Hougaard (DEN) second, and Butar (BLR) third.

Men's 123 lbs: There were no

IPF World Bench Press Championships a USA perspective by Donovan Thompson



Teale Adelman ... Gold Medalist

US men in this class were Denmark's Kraft broke the World Record. Final results Kraft (DEN) first, Wszola (POL) second, Klein (GER) third.

to get a lift and get the team on a roll and she did what the USA needed.

Maura Shuttleworth was one of the few veterans of the team and needed to gain us some points. She had a great day, going 3 for 3, finishing with 187 lbs. After making her last lift she was in fifth, with a few lifters to go. Two of those lifters made their final attempts to drop Maura to seventh in a very competitive class.

Final results Nagaya (JPN) first, Addended (FRA) second, Kolsovsky third.

Shynkevich (BLR) second, and Salamon (HUN) third.

Women's 123lbs: This class also had two women from the USA. Gina Benton looked strong with her first lift of 205 lbs. a personal best. But the weight loss and travel looked to catch up with her on her final lifts, missing 230 twice. She did keep us on a roll and beat a Belarusian and Hungarian lifter. In addition, hitting a PR at a Worlds isn't half bad.

USAPL and in her first IPF Worlds came for a fight. There were three other women who were enjug to content for Gold Strategy with the world of the past year.

Joe Smith came in ranked 2nd and needed to hold his spot for the men's team to stay competitive. Joe missed his opener to stay competitive. Joe missed his opener were nought to gain us and sole and the world in the past year.

Broke the World Record. Final results Kraft (DEN) first, (Men's 132 lbs: Again there were no US aller. Men's 132 lbs: Again there were no US awallover. Final results Nakayama (JPN) first, Men's 148lbs: The USA Men's 148lbs: Addended (FRA) second, Kolsovsky third.

Men's 148lbs: The USA Men's 148lbs: The USA Men's 148lbs: Addended (FRA) second, Kolsovsky third.

Men's 148lbs: The USA Men's 148lbs: Addended (FRA) second, Kolsovsky third.

Men's 148lbs: The USA Men's 148lbs: Addended (FRA) second, Kolsovsky third.

Men's 148lbs: Addended (FRA) second,

lifts.

Joe Smith came in ranked 2nd and needed to hold his spot for the men's team to stay competitive. Joe missed his opener out of the groove badly. He got his second lift of 446 lbs. with ease. The Japanese lifter was securely in first with a lift of 490 lbs. Joe was second and Belorussia was third. Joe stayed conservative on his third to assure his second place only entering 457 lbs. After the Belorussian missed the same weight loe decided to take a roll at 457 lbs. After the Belorussian missed the same weight Joe decided to take a roll at the Gold. He was lighter so 490 lbs. was put on the bar. He had it going but just couldn't finish it. Joe held serve and we had our first Medal. Final results Noda (JPN) first, Smith (USA) second, and Huk (BLR) third

Men's 165lbs: Mike Hara was our sole lifter. Mike Hara has multiple National Titles, multiple National Records, mul-tiple World Titles and multiple World Records. Problem is, he was in a battle with two other World Champions. All three of them opened up with more than triple bodyweight. Mike missed his opener but stayed conservative and repeated it easily on his second. Germany's Schick lifted 534lbs. on his second to have the lead going into the third attempts. After the Japanese lifter missed his third attempt,



Left - Right - Donovan Thompson, Denis Cieri, Miguel Ruelan, Marvin Coleman

securing 2nd for Mike we went after Schick. Mike locked out his 540 attempt, but it got turned down for technical issues. Mike finished with the Silver, but has been Mike inished with the Silver, but has been battling outside issues recently; he celebrated the birth of his 3rd child just 11 weeks ago. I'm sure his sleep and training regimen were not optimal. Final results Schick (GER) first, Hara (JPN) second, and

adiam Mamola scored team pts.

Versea, ago. I'm sure his sleep and training regimen were not optimal. Final results Schick (GER) first, Hara (JPN) second, and Curry (GER) first, Hara (JPN) second curry (GER) first, Hara (JPN) second (JPN



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 USPLat supplements to help him lift heavy and pain free. Here's what he had to say...



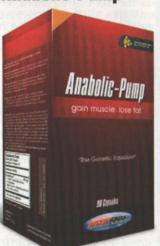
"I have gained about 10 solid pounds and a ton of strength since I started stacking three USPLabs produ Anabolic-Pump, PowerFULL and SuperCissus RX. With these supplements not only am I pushing m weight but my joints feel much better, not nearly as sore anymore. It's been a rare muscles have been sore, 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 le pause, and it doesn't really hurt at all.

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

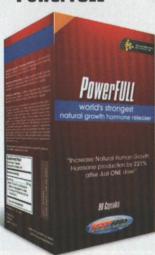
NERB champion bencher - 650lb lift, Highest raw bench in world for the past two years, Best raw bench in competition of 575lbs, 2 APA world records.

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PowerFILL™



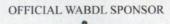
Scientifically proven to naturally increase Growth Hormone Production by 221% starting with the very first dose! No other natural product has been proven to have such a dramatic effect on Growth Hormone. In addition, its natural source is completely safe and effective. unlike it's synthetic counterpart. 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

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This patent-pending joint pain formula have your joints and tendons feeling great so you can attack the weights without fear addition to it's awesome joint health propertie it's main ingredient has been proven to as anti-catabolic as Deca & D-bol! It a significantly lowers cortisol and even has be shown to reduce bodyfat. SuperCissus is also theorized to deliver nutrients direct to tendons keeping them healthy and stron Do not risk injury. Lift heavy and lift often w



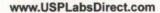












The Making of a POWERLIFTER!

as told to Powerlifting USA by Travis Bell and his Westside Odyssev

The thought of Westside Barbell and its iconic owner. Louie Simmons, can be an intimidating one for many an aspiring powerlifter. As we all know, thoughts and myths sometimes strav far from reality. For those who know Louie, or who have met him, they will tell you that he is one of the most accessible men in his field. Louie is a busy guy, but he is known for taking a few minutes out of his hectic days to dole out training advice to those who seek it via a phone call to Westside. So it was with Travis Bell...

Travis Bell was exposed to the iron game at an early age. His as far back as he can remember. As so many young men do, Travis wanted to emulate his father and began lifting weights on his own at the tender age of 12. At 16 he was given a membership to the local Powerhouse Gym franchise along with some training sessions from an ex-bodybuilder. Those sessions lead to his early interest in the sport of bodybuilding. Travis did well in the sport, but quickly concluded the grueling pre-contest dieting required was just not his cup of tea.

Enter powerlifting. Travis was highly competitive by nature and knew he loved the iron, so powerlifting was the obvious choice as it did not require the aforementioned starvation diets. Early success only proved to fuel his fire with a win in his very first meet (a solid 320 lbs raw bench in the

nuances of geared benching eluded happens, fate intervened in the form Westside did not bode well for the prior to joining Westside was a 365 (www.westside-barbell.com). Travis entered Westside with visions of a tested PRs of 520 lbs raw and 725 medium grip (pinkie on the ring)." did iust that and was amazed to find crazed, super-intense and lbs equipped! In fact, he is currently 135x8;225x5; 315x3; 405x1;



father trained at home with weights Travis Bell (image above) and dontemplating his next move (below)



His early success guickly could come to Westside for some short, teach him the Westside devolved to training frustration. He direct training advice. Louie agreed, training methodology. had obtained a single ply bench shirt and the next phase of Travis'

With some trepidation further from the truth! Louie was August. (remember the Westside indeed awaiting his arrival, but intimidation factor) Travis decided instead of being angry and intense to give Westside a call. To his he was filled with energy and surprise, Louie himself got on the excitement! He was ready to work some of the steely resolve that makes always does, school him in the ways eagerly absorb everything Louie

As has been the case so many and was struggling with it. The powerlifting evolution had begun. times prior, Travis' training at inherent limitations of the barbell. Travis recalls well his first Westside took him to strength heights him, and he simply did not have Westside visit. Perhaps it was nerves, he could only previously have Travis access to the proper help. As often but getting lost 3 times on his way to dreamed of! Travis' best benching of a recommendation from a friend budding powerlifter. He finally lbs raw and a 475 lbs equipped at home that Travis check out the arrived at the gym. Taking a few press. In short order, Louie's forme, Imust say I really liked them! Westside Barbell website moments to collect himself, he instruction took him to his current All sets were done raw with a that he had arguably the greatest frightening Louie Simmons tantalizingly close to an 800 lbs 495x1; 585x1; 675x1; 725x1; powerlifting mind and resource in impatiently awaiting him (despite equipped press at 242 lbs body 765x1; 815x1; 835x1. the world literally only a 1 hour drive their amicable phone call days weight and has that as his goal for earlier). Nothing could have been the upcoming Pro-Am meet in (about thumb length from the smooth

TRAVIS' WESTSIDE TRAINING TEMPLATE

him such a fierce competitor, Travis of proper training and help him to and the great lifters at Westside

(George Halbert, Mike Wolfe, Greg Panora, Matt Smith, and Phil Harrington just to name a few) threw his way. Below is the resultant training template he currently follows: Monday: Back and Shoulders; Tuesday: Light Biceps; Wednesday: ME Bench: Thursday: Squat; Friday: Back and Shoulders; Saturday: DE Bench; Sunday:

As you can see, Travis is a bench specialist, but he trains his entire body.

For the uninitiated, ME work consists of the lifter warming up to a 1 repetition maximum (1RM) personal record (PR) attempt on a given exercise which is rotated weekly usually for 3-4 week cycles. The rotation of exercises is referred to as the conjugate method. The conjugate method allows for weekly 1RM attempts without overtraining via the fact that variations, even small ones, in different exercises tax the central nervous system (CNS) differently thus precluding neural stagnation which is one of the primary underlying factors of generalized overtraining.

DE day usually consists of speed work. Speed work for the bench press consists of 3 reps completed in a target time of 3 seconds or less. This timeframe mimics that of a 1RM attempt (as 1RM attempts are slower by definition) thus allowing the lifter to train their nervous system to fire explosively in less time than it takes to perform a 1RM. Resistance used for speed work should be no more than 60% of one's tested raw (no special bench shirt) 1RM, or 55% of one's tested equipped 1RM. The use of jump stretch bands and or had the gumption to ask Louie if he optimize he strength potential. In chains is recommended (see www.westside-barbell.com) to provide for accommodating resistance and thus to overcome the

A recent ME Wednesday for

FOAM PRESS

Travis: "I've never done these before so it was a new experience

'I then moved my grip in a bit part of the bar) and did some foam presses for reps." ... 500x10; 500x10.

'Next was some triceps work. Travis is a quick study and his I did what we (at Westside) call line and spoke with him. Showing with this newcomer and to do as he thirst for power spurred him to Panora Presses. These are named

(continued on next page)



A recent ME Wednesday workout for Travis: The Foam Press

for Greg Panora, one of the top supplement of choice for postpowerlifters in the world. They are workout purposes. ETS, RESULTS, with a range of motion (ROM) which daily. I honestly cannot say enough is limited to the bottom half of the about RESULTS. I've been taking movement." 80x10; 80x10; it for almost 3 months now and I've 80x10: 80x10.

140x15; 140x15.

TRAVIS' DIET SUPPLEMENTATION

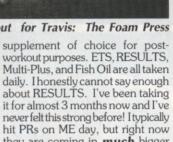
Like most powerlifters. Travis does not follow a regimented diet in the classic sense of calorie counting and the consumption of specific foods at specific times. Travis is a lifter who has a hard time putting on and maintaining body weight thus he consumes a minimum of 5, and up to 7 meals per day. The meals consist of high protein, calorie dense foods such as meats, eggs, whole milk, and just about anything else that he feels will add to his daily calorie count and be of some benefit to building size and strength.

Travis' supplementation regimen is a direct result of his affiliation with Westside Barbell. Louie Simmons personally uses. endorses, and has his athletes take AtLarge's supplements. Louie's (and the other lifters at the gym) endorsement was good enough for Travis. He tried some of the products and was hooked! About a year after initially trying the products Travis was offered a sponsorship and is now one of an elite group of strength athletes sponsored by AtLarge Nutrition, LLC.

Travis' daily supplement intake includes the following AtLarge Nutrition (only available at www.atlargenutrition.com) products: Nitrean, Opticen, ETS, RESULTS, Multi-Plus: Fish Oil.

Here are Travis' thoughts on the products in his own words: "Ifeel that a high

protein intake is vital for powerlifters, so I supplement 200g+ of Nitrean daily in addition to the protein I get from solid foods. Opticen is my



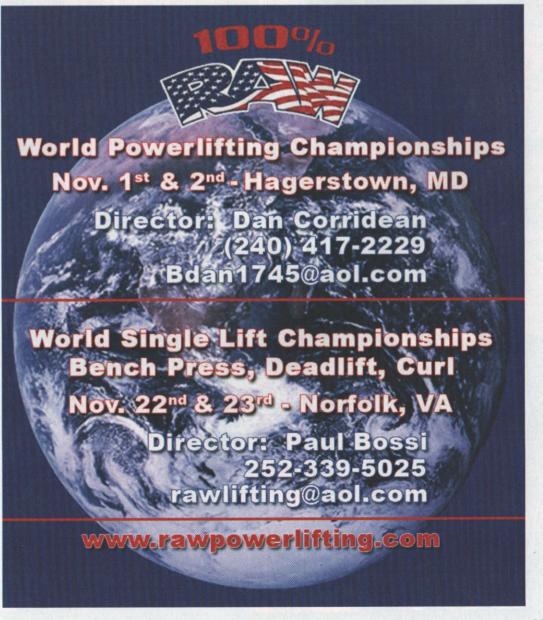


basically a triceps rope pressdown Multi-Plus, and Fish Oil are all taken What more could you ask for from a the Westside template

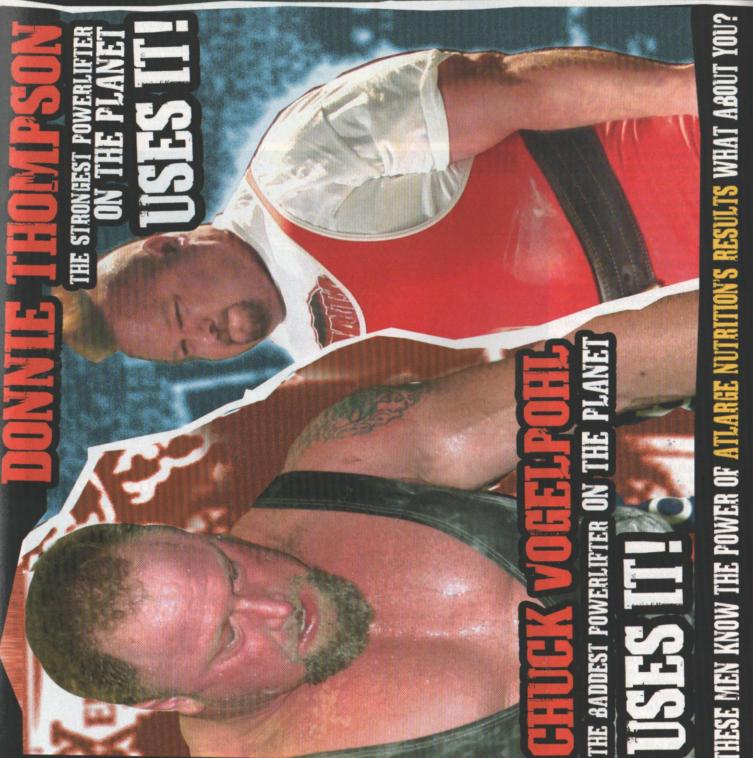
WRAP

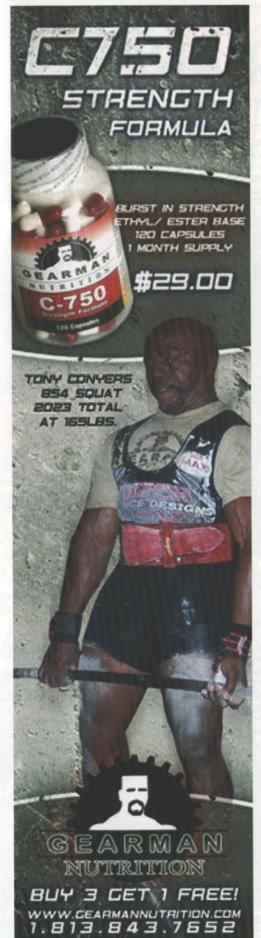
jumps than before. I recover faster accomplishments thus far have far powerlifting goals!

(www.westside-barbell.com), make sure you are consuming sufficient calories for growth, use the best Travis entered Westside a supplements on the planet Pec Deck: 140x15: 140x15: hit PRs on ME day, but right now neophyte powerlifter with a burning (www.atlargenutrition.com), and they are coming in much bigger desire to be the best. His perhapsyoutoo can blow away your









IPF Masters Worlds, Palm Springs, CA.

Less than 30 days remain until the first weight is lifted to kick-off the 2008 IPF Masters World Powerlifting Championships presented by CON-CRET which will be held in Palm Springs, CA. Over 300 athletes, men & women forty years of age and older, will gather at the Palm Springs Convention Center to compete for the coveted title of World Champion.

The World Championships are not just

contained to the competition venue however, but will be comprised of activities throughout the week dedicated to promoting the sport of powerlifting and enhancing the experience of its international attendees. The festivities begin on Tuesday, September 30th with the Opening Ceremonies and continue throughout the week to Saturday with athletes and officials participating in a media reception, Palm Springs Villagefest, the Closing Banquet and world class competition.

In addition to the United States, other powerhouse teams that will be in Palm Springs include Canada, Czech Republic, Finland, include Canada, Czech Republic, Finland, France, Germany, Great Britain and Japan. Athletes from close to thirty nations from every continent will be present making this year's IPF Masters World Powerlifting Championships one the best attended in the history of the International Powerlifting Federation (IPF). "Hosting the Masters Worlds is a great honor for USA Powerlifting, and a real opportunity for our teams to bring its best performance on for our teams to bring its best performance on our home soil", said Lance Slaughter, Executive Committee member for USA Powerlifting serving as Chair of the Organizing Committee for the World Championships.

Proving that "age is just a number" and that athletes can get better and stronger with time, many of today's top masters-age powerlifters are still some of the best in the

world, regardless of age.

Top US team members considered among the world's best lifters include Harriet Hall among the women and Mike Bridges, Tony Harris and Brad Gillingham among the men. For many of the athletes participating it is the pinnacle of their powerlifting season or even their sporting career to make it to the world championships and proudly wear their country's

All of the week's action at the Palm Springs Convention Center is free and open to the public. Online coverage is available at www.mastersworlds.com including championship information, entry lists, competition schedules, daily results, photo galleries, media center and special features leading up to the 2008 IPF Masters World Powerlifting Championships.

THE NUMBERS

310 competitors, 27 countries, 100 volunteers, plus families, media & spectators.

SCHEDULE OF EVENTS Tuesday, September 30th 10:30 am

Opening Ceremonies and Parade of Athletes Men 50-59, 60+, 56-67.5 kg. Women 40-49, 50+, 48-56 kg. 11:00 am 3:00 pm Men 40-49, 56-67.5 kg. 6:30 pm

Wednesday, October 1 10:30 am Women 40-49, 50+ 2:00 pm 7:00 pm Men 40-49, 50-59, 60+ Medial VIP Reception

6:00 pm

Thursday, October 2

10:30 am Women 40-49, 50+ 3:00 pm Men 40-49, 50-59, 60+ Palm Springs Villagefest, 60, 67.5, 75 kg, 75, 90+, 82.5 kg.



POWER - RESEARCH

dedicated to bringing Science to the sport of Powerlifting

Whu Powerlifters Need Scientifically Superior Creatine as told to PL USA by Ian Collins

Powerlifting is more than just a sport; it is a way of life. Some diehards would even call it war. The daily battle between man and iron is something that most "trainers" cannot comprehend. Most will never know the feeling of taking hold of a fully loaded bar nearing half a ton and pulling it off the floor with every fiber in their body. The goal of any powerlifter is to make consistent improvements. Increasing strength and power, building more muscle and improving bar speed are all things that powerlifters bust their ass in the pit for on a daily basis. But powerlifting is about more than simply moving a bunch of weight from point A to point B. It's about winning meets and shattering your previous best lifts. Success for a powerlifter is directly related to how much time they put into training, how hard they train and what they put into their bodies - especially supplements. Supplements are the key to maximizing training sessions and unlocking your muscles' strength potential. One of the best and most effective supplements that a powerlifter can take is creatine. And, although regular creatine is OK for the hordes of average trainers that want to gain some muscle and increase their strength a bit. powerlifters like you are a different breed of athlete. After a hardcore lifting session, the muscle fibers of a powerlifter look like they've been through a meat grinder. So, for powerlifters, regular creatine just won't cut it. You need something

Professional Strength Creatine.

Professional Strength Creatine - Scientifically

extra, something more scientifically advanced - Six Star Muscle

Engineered for Powerlifters

There is no denying the power of creatine, but just because something is proven to work doesn't mean that it can't be improved. Six Star® Muscle took a proven strength builder in creatine and made it better. What makes Six Star Muscle Professional Strength Creatine far superior to regular creatine is that the advanced formula has been engineered through countless hours of scientific research and has university-level human studies on its key ingredients. At the foundation of the Professional Strength Creatine formula lies an anabolically charged blend of five powerful forms of creatine, including HPLCtested creatine monohydrate, creatine AKG and creatine HCA, to name a few. Each cutting-edge form of creatine in this scientifically advanced blend is specifically designed for powerlifters so they can maximize their power and strength gains. Regular creatine is a waste of time for true powerlifters - it simply cannot get into the muscles fast enough to feed their battered muscle fibers during and after a grueling lifting session. Designed with a state-of-the-art creatine delivery system, Professional Strength Creatine harnesses the anabolic power of nitric oxide and insulin to drive the ultra-potent creatine formula into the muscles. The end result is accelerated creatine uptake that elevates cell volumization to peak capacity. The key ingredients contained in the explosive Six Star Muscle Professional Strength Creatine formula are proven in university, gold-standard human clinical studies to be superior to regular creatine for building massive amounts of strength and increasing muscle.

Increased Explosive Strength Capacity in Just 10 Days

The claims surrounding Six Star Muscle Professional Strength Creatine are not hype - they are based on facts, backed by science. Increasing your strength and power while adding thick, quality muscle all comes down to how hard you train in addition to using the right supplements. The greater your training

intensity the greater gains you will make. So, consider this: In one clinical study, test subjects consuming the key ingredient in Six Star Muscle Creatine showed an unbelievable 18.6 percent increase on average in strength capacity in just 10 days!1 As a powerlifter, just imagine the types of gains you could make by lifting with more strength than usual! In a separate 21-day university-level clinical study, test subjects consuming the key ingredient in Professional Strength Creatine increased their peak power output by an incredible 21 percent!² For a powerlifter, these studies mean that Six Star Muscle Creatine is proven to help amplify your workouts and increase total peak power output. More training intensity and greater power allows for powerlifters to get the most out of their training sessions, leaving them plenty of time to recover and rebuild battered muscle fibers as they prepare for their next meet.



Test Subject Gained 340% More Muscle

When it comes to a sanctioned powerlifting meet, coming in at an optimal weight can mean the difference between being the biggest guy in your weight class or the smallest. Unless you're a super heavyweight, chances are you keep track of your weight leading up to a meet. To put yourself in the best possible position to win.

you need to be at the top end of your weight class. But there's weight and then there's muscle. Test subjects who consumed the key ingredient in Six Star Muscle Creatine were observed closely in the lab and in the weightroom during a three-week university-level clinical study. The results in just three weeks were jaw dropping - 340 percent more muscle gains on average versus the placebo group.2 That equates to 4.84 pounds of quality lean mass versus a measly 1.1 pounds. In addition to the extra strength and power gained by consuming Professional Strength Creatine, there is also a psychological benefit that comes with packing on pounds of dense, quality muscle. For one, you'll have more confidence when you lift because if you look strong, you'll feel strong, which will only help you lift more weight. The second benefit to having mounds of muscle is that it will intimidate the hell out of your competitors, which might throw them off their

Powerlifters are constantly looking for ways to improve their lifts by working tirelessly on honing their techniques and experimenting with different programs to shock new strength and power into their muscles. Sometimes it works and other times, it's back to the drawing board. But one thing is certain - Six Star Muscle Professional Strength Creatine can help powerlifters get the most out of each training session, which leads to shattered PBs and meet victories. Powerlifters like you demand the best out of themselves and should demand the best when it comes to creatine supplementation. With Six Star® Muscle Professional Strength Creatine surging through your veins you'll always rise to the top.

REFERENCES: ¹Selsby et al. 2004. Mg2+ creatine chelate and a low-dose creatine supplementation regimen improve exercise performance. Ohio State University ²Burke et al. 2000. The effects of continuous low dose creatine supplementation on force, power and total work. St Francis Xavier & University of Saskatchewan © 2008



Iran Visits Again ... Friendly Philippine Nationals

as seen by Paul Kelso

Curious spectators getting their look at powerlifting came to the right place.

right place.

The atrium lobby of the Robinson's-Otis shopping mall provided a fine venue for the 43 lifters for the Philippine Nationals and Phil-Iran Friendship meet in Manila July 12-13.

West of Malacanang

West of Malacanang presidential palace, this mall has hosted PL three ties that I now of, proving popular with lifters and fans. Hundreds of shoppers stopped by to check out the action; many staying for hours and some coming back the next day.

Erlina Pecante bugged out the onlookers' eyes by stroking up a huge 227.7 kg. squat to surpass her own IP Masters one 90 kg. World Record by 7.5 kilos. She gets better and getter, making one wonder what her levels would be if she had not missed three years in her late thirties due to injury. She is the first Philippine female to make a 500 lb. lift of any kind. Pecante is planning to enter both the Open and Masters Worlds this year.

A second highlight was Eddie Torres splendid new Philippine squat record of 340 kg. (749) at a bodyweight of 218 lbs. (99 kg.). Now 43, Eddie stormed the IPF Masters World in recent years, bagging the DL gold in 2007. Not wishing to put pressure on Torres, but his Asian record DL of 335 kg. in February puts him in range of Ernie Frantz' 27 year old IPF M1 DL mark of 345 in the 100 class.

Heck, you say, that's only eleven kilos? 24 pounds? Well, Eddie has been lifting for twenty plus years and has business and family concerns. Gains come slowly, but that WR is in the back of his mind.

The easy atmosphere of this Friendship meet was good to see, but lifts and totals were generally modest. Iran did not bring its best athletes across the board, while at least four of the



Erlina Pecante breaks the 500 barriert, with an IPF World Record

home team's heavier top males did not compete. The 12 man Iran squad was again mostly big youngsters in the heavier classes. This resulted in the visitors out classing the locals somewhat, squatting in the 600-660 lb. range. Torres soon had enough of that, his huge 2-0 effort slamming the door by 35 kg. on Iran's bid for squat dominance.

In the words of Philippine Prez Nick Cabalza, "Not in our house!"

Pecante had the highest formula score among women, with Merly Medina second. Merly broke her own squat record twice and may make a splash when she moves into international Masters meets next year. M2 class Nina Oca 145.5 DL record helped her take 56 kg. honors and third overall, with young Charlie Sy, also 56 kg., close behind for fourth. M1 Elvira Lorenzo finished second in the 52s and fifth overall. All these lifted in the open category

Fourteen year old Patricia Llena, a 52 kg. Sub-Junior, created a buzz with her with her double bodyweight SQ and DL. exhibiting great potential. She also competes in weightlifting, her father-coach Leonard, a former weightlifting champ and powerlifting pioneer in early days here. S.S. Goreshe of Iran went 300-250-300 for an 850 total and best men's lifter award, beating Torres by 4.74 points. Goreshe missed four attempts. He'll be someone to watch.

Trot out the cliches

about youth being served and old guards passing. 65 kg. Paul Simon Tan (Phil.) impressed with his 545 kg. total and third by formula score. The 25 year old defeated many times world Masters and Asian champ Tony Taguibao by 70 kg. The IPF dropping the 52 kg. class has not made things easy for the Little Colonel.

Farshid Soltani and Chino Jichanco (Phil.), both 90 kg., finished fourth and fifth by formula. Many regard Chino as heir to Torres' laurels.

Richie Rosales, the Philippines biggest bencher and Asian record holder with a 229 kg., took token lifts, for him, to score Impact Team points by sweeping the 82.5s.

University of the Philippines-Impact grabbed both men and women's national team titles while the home men squeaked ahead, aided by two Iran bomb-outs and independent Russian expat Alex Andreyev placing second in the 125s.

Rules squabbles reared their ugly heads, and the jury did their job. In the first round of women's 20 DLs, judges waved red flags repeatedly for lifters NOT "thrusting" their shoulders



Paul Kelso with the Iranian coach

back at completion. This puzzled a number of international Veterans in the flight. This matter was clarified several years ago. The jury gave 4-5 lifters a "re-lift."

In the BP, one fellow lowered the bar extremely fast and bounced the bar half an inch. Then he pulled the bar in and stabilized it properly. He was given a press command. The bar went up nicely but drew three reds. Explanation: He bounced the bar. How can a lifter be called for bouncing before the actual press begins? The jury had the same question and awarded a re-lift here as well.

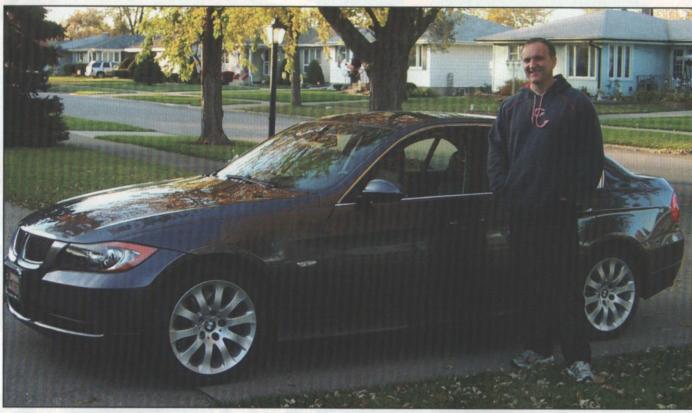
Another guy got reds for a wobbly, uneven descent. That got solved also, as an awkward descent is not an infraction. These disputes were resolved amicably.

The Iran program has come to the Philippines four times in the last two years, using the contest to familiarize different line-ups of young lifters with platform experience. More are coming in September! Starting five years ago with 400 members, Iran now claims 4000! Their recent Sub-Junior and Junior Nationals drew 400 lifters! I doubt the Philippines has 400 in all classes.

Coach Soltani observed that no Iran women are lifting yet. Cultural and religious restrictions play a role, but, as Iran ambassador A.M. Rouzbehani explained, women have not accepted the idea of competing in weight events, preferring team sports. Another factor negative to Iran women lifting is that sports events for women are "girls only," the men being barred from attending.

A good sign for the future of Philippine powerlifting is the growing number of youngsters beginning to assert themselves. University teams are recruiting well and gym clubs growing. A Philippine Association presidential election is scheduled in August; it will be interesting to see the effect of the youth movement on future developments.





Doug Daniels talks about gym etiquette in the article below, and above he is seen standing in his driveway next to his BMW. While Doug has written extensively in the field of strength for several decades, he is actually a very accomplished executive in the steel industry.

When I think of etiquette, I picture the old 'Leave it to Beaver' TV series. Beaver and family would sit together at the dinner table while getting in some quality family time. If the Beaver and Wally wanted to leave the table, they would have to ask their parents if they could be excused, after they finished their meal. Though this type of etiquette is not required of the powerlifter, a certain

degree of etiquette is required at a public gym. In truth, there are too many 'Eddie Haskells' at the local gym. In this article let's go through a few etiquette items that can prevent the 'Haskell' reputation being awarded to any of us.

If you took'em out, put'em back; the weights that is. Put all plates, collars, dumbbells and bars neatly and safely back in their proper places after you are done with them. Nothing is more aggravating for gym staff and members than to have to unload a bar left on the squat rack with hundreds of pounds of plates so they can use it. Strip the bar down all the way to empty and put it on a bench or squat rack to avoid creating a tripping hazard. Don't assume the next person will start off with 405 on the bar or even 135. Treat unloading and re-racking as part of your workout.

A gym memory I have is of a doofus who must have covertly worked for a gym equipment testing company. Every machine he used was subjected to the weights being slammed down after every rep. He also treated gym members to loud, primeval grunting with each rep. For his encore, he loaded up the leg press until there was no more room for plates. There must have been 1000 pounds or more on the machine. He un-racked the weight and with his hands

STARTIN' OUT

GYM ETIQUETTE

as told to PL USA by Doug Daniels

inch. Did a couple reps along with some heavy duty grunting to go with it and then slammed the weight down. He must have really tired himself out after that because he left the leg press loaded with the ½ ton of plates. Luckily an instructor chased him down and had him unload that machine and all the rest of the other machines he left in similar condition.

Watch the inappropriate language. What may be fine among the guys may not be in a public gym. Screaming, yelling and grunting should be minimized. Shouting words of encouragement to a fellow lifter during a hard, max squat is okay, but be considerate with the words and volume used.

If you use chalk and powder and left a mess on the floor, take the time to clean it up after you are done. Wipe up any sweat left on the floor or equipment with towel paper. Many gyms supply paper and spray disinfectant for just that purpose. It's a good idea to clean off equipment before you use it also. Throw away any empty water bottles or sports drinks you have finished.

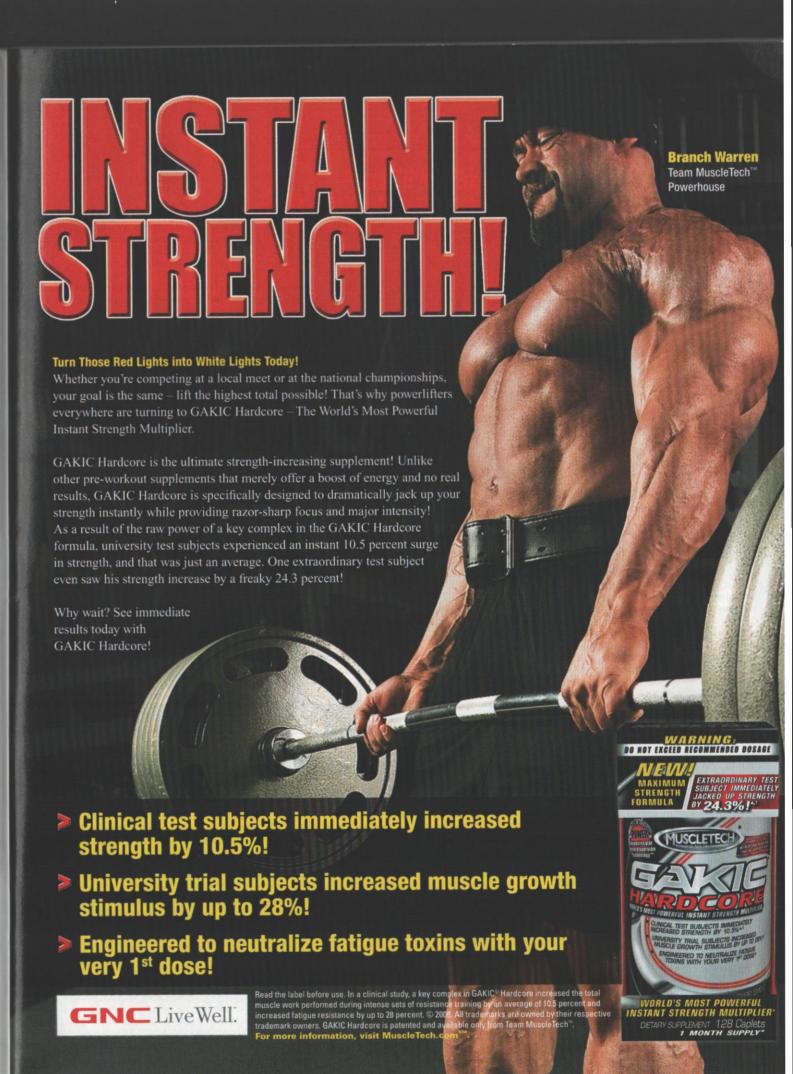
I suggest not passing along any unsolicited training advice to other gym members. Unsolicited advice is seldom heeded or wanted. If someone needs a spot or asks for help or advice, it's up to you. Chances are PL USA pushing on his knees lowered the bar all of one readers are among the strongest in the gym

they belong to, so refrain from any comments about the strength level or training methods of the gym's less robust clientele. Seeing someone squat 500 or bench 400 is very intimidating to the average gym member. Let your lifting do the talking, not your mouth. Strength differences among gym members are obvious, so showoff-man-ship is neither desirable nor necessary. That guy curling

10 pound dumbbells may have a BMW M-Series waiting for him in the parking lot. It's all

Gym etiquette is simple common sense and courtesy. When you train at a public gym, remember that the rest of the members have a right to train in an environment conducive to all levels of strength and goals. Gym owners do not want to lose members because they are uncomfortable working out there. Put back any equipment you used or took out. Clean up any mess as well as sweat you may have left after you leave that area of the gym. Don't slam the weights down after a rep or set; they are not yours. Be considerate with your language and conduct. Don't brag or make any negative or belittling comments about or to other members

Some large gyms may not be conducive to hardcore powerlifting. In that case, seek out a gym that caters to powerlifting or more serious lifting. Even then, gym etiquette is necessary. Slamming weights and leaving bars and plates off their racks won't fly in too many places. You may want to consider putting together a home gym where you can make your own rules. You may even come to appreciate the need for etiquette when it's your own gym if you share it with an 'Eddie Haskell'



"The reasonable man adapts himself to the world; the unreasonable one persists in trying to adapt the world to himself. Therefore all progress depends on the unreasonable

GEORGE BERNARD SHAW

I am really a blessed human being because I have had the opportunity to travel to so many places in the world, and through those activities, I have had the chance to meet some of the most successful people in the world of amateur and professional sports. Best vet. I have had extensive life experiences that gave me the opportunity to not only meet but to develop relationships with some of the most influential athletes and people in the world. For instance, I worked as a sports psychologist with professional and amateur athletes throughout the world since the time I was 17 years old. I also worked with numerous sports teams, including the Kansas City Royals, the Pittsburgh Pirates, and the Cincinnati Reds. As an athlete, I had the opportunity to train at just about every Olympic training center in the world for extended periods of time. Actually, I was the first American athlete allowed to train at the Olympic training center in Beijing, China in

As a certified sports psychologist, I—like any other professional psychologist — certainly understand the complex nature of human behavior. I have conducted a prolific amount of experimental and empirical research in this area. In addition, I have a strong background in medical science, pharmacology and physiology. It goes without saying that I have life experiences that few, if any, writers in this field could challenge. In short, I know sports psy-

chology, and I know athletes as well as anyone in the world or anywhere else for that matter. With that being said, I would like to talk to you about what it takes to be great I mean really GREAT! In many ways, it is not always a pretty picture. Here is what I found through my experiences.

Is Greatness Possible Without Obsession?

If there is a common thread that tends to run through elite athletes, especially the "stars of stars" the greatest of the great, it is extreme obsession with their sport. In fact, obsession just might be the most critical variable required to achieve greatness. Even the most gifted individuals who achieve greatness, guys like Tiger Woods, Larry Bird, Michael Jordan, and Eddie Coan, tend to exhibit passionate behavior toward their sport that hinges on psychosis.

Not surprising, at least to me, is the fact that the majority psychologists believe that for most people to reach an elite level in any field of endeavor some degree of obsession is required. In fact, in sports, one of the most competitive fields of endeavor, obsession, total obsession, may be the most important aspect of achieving world-class status. To be perfectly honest, I have never met a great athlete or a top-quality entrepreneur for that matter, who wasn't somewhat obsessive. The really great athletes the one-percenters, are generally totally obsessed with what they are doing. They place a higher priority on their sport than they do on work, family, interpersonal relationships, and even on their own health. In actual fact, many athletes seem quite willing to sacrifice the very essence of life just to achieve athletic greatness. Nothing matters, except the game.

Now, I am sure there are elite athletes who have achieved greatness without total obsession, but I would venture to say that they are the extreme exceptions rather than the rule. The majority of individuals who have reached an elite level in sports and many times in life were obsessively obsessed with what they were trying to achieve, almost to the point of being psychotic.

As a reference point, the American athlete responds to competition

DR. JUDD

GREATNESS ... WHAT IT REALLY TAKES - PART I

as told by Judson Biasiotto Ph.D.



Everybody Who Knows Ed Coan will acknowledge that he was one of the most intense competitors in the world

America trains an average of twelve hours a week. Now, that's the average athlete. Most elite athletes train at least three times as much. Not only that, but they will train if they are in pain, if they are sick and even if they are injured. They will do anything to improve their performance — drugs, cheating, lying. It doesn't seem to matter as long as they improve. Believe me, there are numerous elite athletes who practically surrender their entire lives to that single purpose.

For many elite athletes, their devo-

like no other athlete in the world. It's been

estimated that the typical athlete in

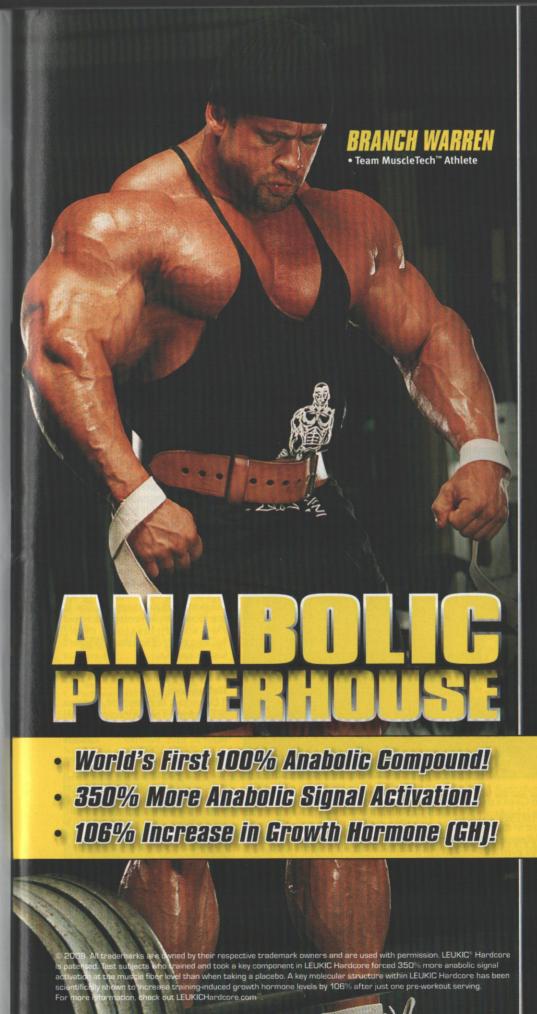
tion to sports actually goes beyond the border of obsession sports is not just a game that is played at certain times, rather it is their social life, psychological life, and physical life. Think about it. How many people do you know that would push their bodies to the brink of exhaustion each and every day, abstain from social and physical pleasures - such as sex, alcohol, and social communication? How many people do you know who would sacrifice job opportunities, financial security, home, marriage, even children, perhaps ingest large quantities of illegal and dangerous drugs, ignore and endure pain from serious injuries, work long hours perfecting a simple skill that is ridiculously repetitious, and gain or lose a couple of hundred pounds each year?

It is not just elite male athletes either who tend to develop obsessive-compulsive behavior in an attempt to achieve their goals. World class female athletes are just as fixated on their sports' goals. In fact, you would be hard pressed to find an elite female athlete in the aesthetic sports — gymnastics, diving, bodybuilding, figure skating, dancing — who isn't preoccupied with body image and rather obsessive about her training. Amazingly, according to Leslie Beals, author of Disordered Eating Among Athletes, over

80% of elite female athletes who participate in the "thin-build sports" or activities that require a lean body weight, such as long-distance running, gymnastics, swimming, diving, figure skating, dance, bodybuilding, wrestling and lightweight rowing, have eating disorders. Worse yet, these obsessions can go far beyond the playing fields. Anorexia nervosa and bulimia are psychiatric illnesses, but they often coexist with other emotional problems, such as anxiety and depression. It is obvious to me that there's a real paradox in sports. The primary purpose of athletics is to enhance mental and physical health, yet many athletes have been brainwashed into thinking that excellence in sports is the only measure of success.

With that being said, let's get back to our original query.... GREATNESS! Is achieving greatness so important to you that you would be will to sacrifice the majority of your, life life is short you know. If so, my question is, "Why?" What purpose is it serving? What purpose are you serving? More importantly, what have you been sacrificing in life perhaps without realizing it, in order to pursue your ostensible goals. There is no question that if we have real passion in our lives we will live longer happier and more productive lives. That basic concept relates directly to having a sense of direction, a purpose, or- at the very least an objective in life. Commitment and dedication are essential to achieve our goals. Time spent passionately, even if it is unproductive, is better than time spent indifferently on goals we are expected to have, but ones we have no interest in achieving. Commitment to excellence is vital for greatness ... the greater your commitment, the greater your chance for greatness. Having good genetics, talent, and skill also factor in substantially.

Then there is obsession. It is a powerful, commanding weapon in an athlete's arsenal to get things done. Nevertheless, it should be treated like a potent, but potentially addictive elixir that can help you achieve your full potential as an athlete, but can also destroy your full potential as a human being.



As you step up to a loaded barbell still out of breath from the last backbreaking set, something from within tells you that this lift is going to be different. This something could be the fact that your body is anabolically primed with a new, forceful aggression that leaves you with the confidence of a true powerlifting powerhouse. There's no doubt in your mind that supplementing with LEUKIC® Hardcore is the reason that you're physically prepared for every single lift!

The stats speak for themselves: One of the key ingredients is able to force 350 percent more anabolic signal activation and another key ingredient has been shown to increase Growth Hormone (GH) levels by 106 percent. It's these proven results that have ignited an unmatched anabolic surge and given you the muscle to show off a new-found strength. LEUKIC Hardcore delivers an overpowering anabolic state that is truly unmatched by anything else on the market and the numbers you chalk up while taking this 100 percent anabolic compound prove it! Get on LEUKIC® Hardcore and get anabolic to start pushing massive weight.



GNC Live Well.

Amino acids contribute to musculoskeletal health and repair in many ways. For example, proline and glycine are essential for collagen production. Proline is the precursor to hydroxyproline, an essential ingredient in collagen production and thus in joint and tendon health and

Methionine is a sulfur bearing amino acid and is necessary for cartilage formation. It has been shown to stabilize joint cartilage and protect joint tissue from damage, and also has shown to be useful in the treatment of rheumatoid arthritis.

Arginine aids in the release of growth hormone, a powerful hormone that aids in collagen tissue repair. As well, arginine increases nitric oxide formation, which causes vasodilatation and improves circulation promoting the healing of damaged tissues and wounds. It has also been shown to act as a mild analgesic and relieve pain. A report in The Lancet (Vol. 352, July 25, 1998) suggests that it may help promote healthy tendons and help promote soft tissue repair.

Taurine, a sulfur-containing amino acid and the second most

ASK THE DOCTOR

Amino Acids for Musculoskeletal Health as told to PL USA by Mauro Di Pasquale M.D.

abundant amino acid, and the most abundant free amino acid, found in skeletal muscle tissue.

A recent study on rats has shown that oral taurine supplementation may increase muscle performance and reduce muscle injury caused by exercise. 1 The aim of the study was to determine if increasing muscle levels of taurine would decrease free radical damage after exercise-induced injury. The authors found that first of all taurine levels rose in muscle after supplementation, and secondly that running performance was improved by the taurine supplementation. Thus it appears taurine supplementation may facilitate exercise performance and reduce some of the counterproductive muscle injury caused by exercise.

Another recent study found that taurine may attenuate exercise-induced DNA damage and enhance the capacity of exercise due to its cellular protective properties. 2

On a preventative level, taurine administration has been shown to increase taurine concentrations in skeletal muscles reduce the decrease in taurine concentration in skeletal muscles on exercise, and up-regulates physical endurance.3

The branched chain amino acids, leucine, isoleucine and valine. have been shown to reduce muscle damage associated with prolonged exercise. They're also invaluable in increasing protein synthesis for recovery and repair.4

Histidine may also play a role in joint health by decreasing inflamma-

THE GYM, directed by Roy Marshall, opened in August 1983 and in 2000 it became "The Gym; lesus Zone Ministries". Seen above, in this 25th year of The Gym's existence, are (left to right) Joey, Roy (gym owner), Brandy, Chris, and Stevie. The Gym offers free weight and cardio training equipment to meet the needs of individuals at all athletic levels. Roy was active in the Fellowship of Christian Athletes back in the 1980s, and was listed in the Guinness Book of World Records at that time for having deadlifted 225 lbs., sets of 10, every five minutes, for 24 hours. Many of his gym members have achieved state, national, and world champion status. The Gym operates on the free will donations of the community. "Our goal at The Gym is to encourage not only the development of physical strength, but more importantly, the strength that somes from a personal relationship with Jesus Christ." Also located within The Gym is the Lighthouse Grocery Store, established to assist individuals and families in need of food. It is stocked through the generosity of individuals, church groups, and organizations from the local area, Contributions of food and personal hygiene items are welcome. The Gym also maintains a directory of caring people who are willing to assist in a variety of ways, called "The Servant's Touch". Their capabilities are matched up with those of needy individuals, to do such things as purchase needed medications to provding temporary shelter. The Gym is an IRS 501 (c)(3) registered organization. Contact Information: The Gym: Jesus Zone Ministries, Inc., 109 N. Main St., Woodstock, VA 22664, thegym@shentel.net. (info courtesy of Glenn Murphy Jr.)

tion and perhaps in other ways. It's thought that people suffering from arthritis benefit from supplemental histidine because of the effects it may have in reducing inflammation associated with joint disease and other musculoskeletal disorders.

Joint Support contains all of the above amino acids, both as part of the BioCell Collagen II(tm) that's in Joint Support, and in some cases also added individually, as well as several dozen other ingredients to help you to prevent musculoskeletal problems and to deal with muscle aches, pains and injuries.

Joint Support Version III

Joint Support is formulated to support muscle, cartilage and joint function in many ways. First of all by maintaining tissue integrity it helps prevent musculoskeletal problems. Secondly it provides the mechanisms and stimulus for repair of injured or damaged musculoskeletal tissue, whatever the cause. It also offers relief for aches and pains.

By providing several dozen ingredients that work along synergistic pathways to decrease inflammation and promote the body's natural synthesis and maintenance of joints. ligaments, muscles and tendons, it protects, prevents and helps in the repair of musculoskeletal injuries and inflammation, regardless of the cause.

Joint Support is used by thousands of bodybuilders and other athletes, both amateur and professional, to help them get the most out of their training. It's also used by countless health professionals as an aid to both prevent and treat injuries.

For more information on Joint Support, and my complete line of nutritional supplements go to: http:/ /www.mdplusstore.com/ listCategoriesAndProducts.asp?idParent Category=40.

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4 Coombes JS, McNaughton LR. Effects of branched-chain amino acid supplementation on serum creatine kinase and lactate dehydrogenase after prolonged exercise. J Sports Med Phys Fitness. 2000 Sep:40(3):240-6.

WABDL Heart-of-America

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440

634!*

634*

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198 lbs.

B. Bielski

R. Deacon

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Open 165 lbs

C. West

198 lbs. S. Hedger

J. Wilsey 242 lbs.

308 lbs.

148 lbs

H. Beall

E. Kessler

C. Gilham

B. Wehmeier 501

Submaster (33-39)

4th-600

Teen (14-15)

Teen (18-19)

Law/Fire

Master (40-47)

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Submaster

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was the 5th annual event hosted by Erica Haislar. Numbers were down this year, about 40. Two years ago there were 70 lifters. The last couple of years Andrew Kim ably assisted her. They are getting married in October and they may not be putting this meet on in the future. A World Cup is scheduled for April 24th at the Chula Vista Resort in Wisconsin Dells, so lifters that normally go to the Collinsville meet in April might think about Wisconsin Dells instead. In the deadlift, world records were set by Tara Goins in Law/Fire Open and Law/Fire Submaster with 308.5. She has only been competing or a year. In the bench there were two world records. Wayne Prose set a world record with 634.8 in the Law/Fire Submaster 242 class. Wayne has been steadily improving and is now a world class lifter. Bronson Giernet of Minnesota in 16-17/181 set a world record 385.7 in his first WABDL meet. Notable state record in the deadlift were set by Brandon Bankston with a Louisiana record at 308/Class I. Eric Ridings was record at 308/Class 1. Eric Ridings was huge with a 578.5 Junior Illinois record at 181. Bill Bielski pulled 551 at 220 and Marty LaMaster had the highest pull of the day with 650.2. Hunter Beall set a Louisiday with 650.2. Futner beat set a Louis-ana record 584 in Teen 18-19/242 and Jared Wilsey pulled 611.7 at 198. Jared is from Tennessee and just missed a 628 Tennessee state record. Notable records in the bench were Hunter Beall with a Louisiana 440.7 in Teen 18-19/242 and Caleb Prettyan set an Illinois record 402.2 in teen 18-19/220. In the women's bench, Lynn Drault set an Illinois record 126.7 in Open 148. Her husband Ryan pulled 562 in Class 1/220. Sarah Biddle of Indiana set a state record 154.2 in Teen 14-15/165. She state record 134.2 in 1een 14-15/165. Sne also set a state record 275.5 in the deadlift in Teen 14-15/165. Gregy Chrun benched 540 at 257 in Law/Fire Master at age 55. I want to thank Erica Haislar for putting on good meet. The meet site hotel was the bliday Inn, only a half block from the Collinsville Convention Center. The convention center itself is a perfect venue for the meet. I want to thank the judges John Hudson who flew in from Houston, Texas, Brent Biddle who drove 4-1/2 hours from Indiana, and Matt Bell. The judging was recellent John Hudson was the head indianaly. excellent. John Hudson was the head judge and all of his calls were right on. Gus Rethwisch drove ten hours from Minneapo-lis and brought a kilo set, judging lights, scale, staging, competition Forza bench, bars and along with Erica conducted the weigh-ins. The only negative was there was only one warm-up bench in the warm-up room. You always have at least two and many cases three warm-up benches in the warm-up room, even if you only have 20 lifters and two flights. Gus also was the MC and he was ably assisted by a young lady, who also did an excellent

Mary LaMaster and Wayne Prose tional Records. The 2008 Multi National passed the drug tests. (Thanks to Gus

WNPF Multi Nationals 19 APR 08 - Atlantic City, NJ BENCH Crawford

Lifetime Raw

Lifetime		Lifetime Raw	
Corallo#	145*	Utke	475
165 lbs.		(40-49) Raw	
Subs Raw		Znaczko	350
Hardesty	95	(50-59)	
MEN		Scaranda	470
165 lbs.		Buchbauer	440
(20-23) Raw		220 lbs.	
Acosta#	335	Lifetime Raw	
181 lbs.		Hashemiyoon	500
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Bingham#	465*	Gayda#	600
Lifetime Raw		(60-69)	
Gentzel	300	Dusenbury	510
(60-69) Raw	200	242 lbs.	
Crawford	280	(50-59) Raw	
198 lbs.		Lombardi	445
Lifetime Raw		275 lbs.	
Utke	_	Spec. Olympia	
(40-49) Raw		Crawford	430
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Open	4500	Nye	410
Alongi!	450*	Lifetime Raw	
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(60-69) Raw		530	
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Spec. Olympi			350
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132 lbs.		(40-49)	
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Corallo	38*	Open	
165 lbs.		Carr	160
Subs		(50-59)	
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MEN	15*	Scaranda 220 lbs.	115
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event was a huge success. With only 30 lifters we all had a great time. We could have easily canceled this event with 30 have easily canceled this event with 30 lifters and making a 900 mile trip one way but it was very important to do this event. In the past two years we had 82 and 79 lifters at this championship. With the economy being the way it is at this time and a few meets taken place a few weeks before ours we believe this to be the before ours we believe this to be the reasons our meet was low in numbers in 2008. We made the 16 hour trip up to AC, unloaded all of the equipment, did weighins and got up the next morning and had some fun. The guys that attended this event seem to be very happy with the meet overall; we received many complements during and after the event. I want to thank the next lifter that came out and the old. the new lifters that came out and the old dedicated WNPF lifters that attended too. We appreciate you! We don't have a lot of the big boys in the WNPF but we do have some that can lift with the best drug free lifters in the nation. We don't have the best music at our meets but this is not a club it's a Powerlifting contest, you come to lift not dance. We get bashed all the time about dance. We get bashed all the time about how were too strict and we loose many lifters because of this. Lifters will go to other organizations and get just about every attempt passed even though most of these lifts should not be. Then they come to the WNPF where they do the same lifting style and get red lighted and never come back. This sport has changed tremendously where it is becoming a joke, where the equipment is way out of hand where lifters just can't handle the weight they are trying to lift and the judging is horrible. To help get the sport back to where it should be every organization needs to be on the be every organization needs to be on the same page and judge by Powerlifting rules. I give guys a lot of credit for lifting big weight but it is more impressive to bench 900 lbs. with a true pause, butt on the bench and a true lockout than a 1000 lb. bench with a touch and go, seesawing the weight and no lockout. Here in the WNPF we judge the way Powerlifting is supposed to be judged. If we have to change the way this sport was meant to be judged then we will never have a large organization and this is the reason some organizations are becoming large. Someone said to me (if you can lift in the WNPF you can lift anywhere) but if you lift in some of these other organizations you can lift there but not in the WNPF, USAPL, USPF and AAU to name a few. We treat and judge each and every lifter the same no matter if you are a novice lifter or an elite lifter and there is no buddy system in the WNPF. Stop listening to the lifters that can't and will not lift here, stop listening to the so called men that go on the internet and bash organizations and bring the sport down and not up. Come and check us out! If you want to come to a meet where you can have fun, lift with a nice family atmosphere, have your lifts judged by true powerlifting rules, have nice and unique awards and a well organized meet then give the WNPF a try. Were not claiming to be perfect by any means and yes we do make mistakes and miss some calls but we try our best to give you the best Powerlin experience that you can ever have. (WNPF



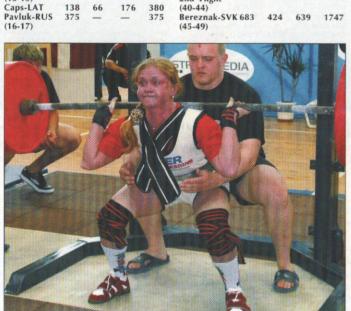
Wayne Prose, with daughter Julia, Wayne Prose, with daughter Julia, scorekeeping. and was also dressed very benched 633 as a 242 Submaster. elegantly, and added class to the scorers

Paul Kelso's POWERLIFTING BASICS -TEXAS STYLE. The Game's Funniest Book: .. join Lope and Lavonda in the "ultimate blend of hilarity and common sense .." \$14.95 plus s/h, from IronMind, Box 1228, Nevada City, CA 95959, 916-265-6725, www.ironmind.com

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Powerlifting	SQ	BP	DL	TOT	Zembahs-LAT	-	-	_	_
FEMALE					Traks-EST	595	463	551	1609
(33-39)					(20-23)				
Medvede-RUS	463	265	419	1146	Valdmani-LAT		353	524	1405
(20-23)					Gutmanis-LAT	474	353	507	1334
Tomchin-RUS		132	353	838	Juzups-LAT	562	496	562	1620
Bohinska-SVK	309	160	309	777	(40-44)				
Open					Stoss-LAT	397	243	485	1124
Piatrovic-BLR	397	248	435	1080	(50-54)				
MALE 1st Flight					Steinberg-LAT (55-59)	452	325	441	1218
(18-19)					Volgyak-SVK	507	364	463	1334
Kosturov-SVK	424	259	391	1075	(60-64)				
(20-23)					Khudolee-RUS	529	342	518	1389
Horste-LAT	165	88	243	496	(70-74)				
Tomchin-RUS (13-15)	-	-	-	-	Lavrov-LAT 2nd Flight	287	204	331	821
Caps-LAT	138	66	176	380	(40-44)				
Pavluk-RUS (16-17)	375		-	375	Bereznak-SVK (45-49)	683	424	639	1747
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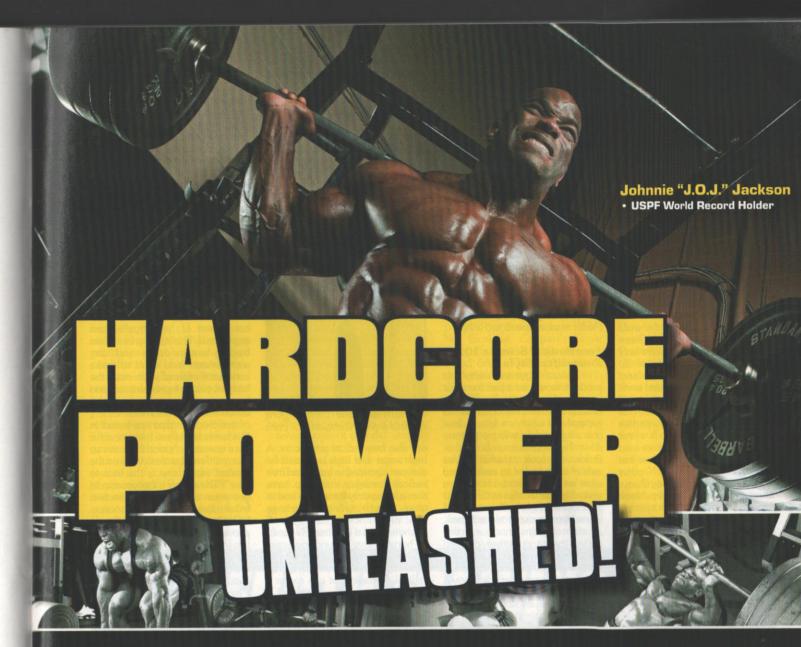
Best Woman Bencher - Viktoria Sheludko (RUS) & her daughter



Russian President Yuriy Ustinov and WPC President Mike Sweeney



Maria Medvedeva of Russros fromarded best woman powerlifter. Kari Kalliola from Finland benched 848 as a 45-49 Master SHW.



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HELP ME CHOOSE A GOOD ANTIOXIDANT FORMULA

Q: I know that you are very big on antioxidants, and from reading all the articles you have written I have become more interested in this area. Lunderstand the theory behind them better than I did before, but I am sure there is a lot more to learn, so I was hoping you might do a series on antioxidants. In the meantime I really would like to start incorporating them into my supplement plan. I am currently taking the Animal Pack multivitamin, At Large Nitrean shakes, and Nutra Sea fish oil. These are all taken as a result of your advice and I will say that you do know your stuff. But, there are so many antioxidants out there to choose from - what I should take? I see you recommend Green Tea, Vitamin C, and others but I am confused on how to incorporate them into my plan. I am not a huge supplement user. Getting me to take my multi and fish oil was like pulling teeth, so Ican't handle taking a dozen pills three times per day. Is there anything you can recommend that would be simple to use but effective? I trust your recommendations as they always seem to be on the money. I look forward to the column every month because when you write articles its stuff we can actually apply to our daily lives. Yours in Power, Peter Johanson

A: I am glad to hear that you have taken my advice in the past and have found it beneficial. I really like to help out our community and if I can make a difference in someone's life by helping their performance or improving their health then I feel like the effort was well worth it.

Yes, there are many different kinds of antioxidants out on the market. I know for the lay person this can be quite confusing. You see this herb or that vitamin and hear about the potent antioxidant protection it offers only to wonder what you should take and how much. This can make it seem like you should take a thousand different pills per day but really this is not the case. I know there are people out there, especially among lifters, who are not punctual taking their supplements. I know what it's like to have a busy lifestyle and can relate to the need for convenience when taking supplements. Since most lifter's diets are lacking in the right nutritional profile to support their training sessions, this makes nutritional supplementation very important for their success. Many lifters also don't eat as they should which leads to nutritional deficiencies and health condition. Ignoring what your body needs is something that will have detrimental effects on your performance and long term health

Nutrition

Power Nutrition Q&A

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

as well. For a lifter who doesn't like taking a slew of pills, but needs to provide his body with proper nutritional support in terms of antioxidant protection, you will need something very concentrated. The ideal antioxidant supplement for you would then be NOxidant by a company called Recomp Performance Nutrition (RPN).

Free Radical Science 101-Powerlifter Style ... Before I get into why this product would be ideal for your

situation I want to discuss free radicals and antioxidants in general. So what is a free radical you might ask? I will try to tone down the scientific mumbo jumbo. Before we look at what a free radical is you need to understand what an atom is first. I know you probably studied this in Grade 10 Science class right but how many of you remember stuff from back then. An atom contains a nucleus. In this nucleus there are positively charged particles known as protons. On the outside of this nucleus there are negatively charged particles known as electrons floating about. A free radical is when an atom contains at least one unpaired electron in the outermost shell. This is formed when a covalent bond is broken and leads to one electron remaining with each newly formed atom. Free radicals are very reactive because of the presence of unpaired electrons. So in an attempt to stabilize themselves, free radicals try to steal electrons from cells that are close by and are healthy and stable. This is where the damage begins to the cells. This can lead to increased free radical development as well as new damage caused by this chain

Where do they come from?

There are many things that can increase free radical damage. Some of you probably suspect that many of the lifestyle choices that you know are bad for you would be included. Things like smoking, which none of you should be doing anyway if you are serious about your training, increases free radical damage. The air that you breathe everyday can also increase free radical production. All that air pollution pouring out of those spouts of those factories you drive by on the highway as you go into work



Anthony Ricciuto - the food guru behind www. Nutrition XP3.com

are also free radical producers. A high sugar and high saturated fat diet can also lead to increased free radical damage. You may have thought the only things you had to worry about by eating that garbage was high cholesterol, Type II Diabetes and a big 'hunk-a-hunkof-burning-love' around your waist where your abs used to be. Nope, you also get to look forward to free radical damage that can cause a slew of other diseases as well. I really know how to dump napalm on your parade, eh! We all know exercise is good for you, right? That is why many of us do it, to stay healthy and in shape, but there is a downside. Intense training actually increases free radical damage. This is caused by the stress that is placed on the body during training sessions as well as the increased oxygen intake that takes place while lifting heavy weights. Just breathing and training can increase free radical damage: it's not just related to unhealthy eating and lifestyle

So how do Antioxidants help?

Antioxidants slow down or prevent the process of oxidation from occurring at all. They lend a helping hand to unstable free radicals by donating a much needed electron to them. This then causes them to stabilize so they don't go on a free radical rampage throughout your body. This is important because free radical damage is related to over 100 different diseases, including Diabetes, Cancer. Cardiovascular Disease, Renal Disease, Arthritis, Liver Disease, Cataracts, Infertility, Lung Disease and many more. Why should you give these free radicals the perfect playground to fester and do the damage they love to do? Your health should be priority number one, even above your lifting, because without it your lifting is nonexistent as well as everything else. Since most of you don't eat as much fruits and vegetables as you should to get maximum protection, supplementing with antioxidants can help fill in the gaps.

NOxidant: One very Comprehensive Formula... You may be wondering why I

like this formula when there are so many different antioxidant supplements on the market. In my opinion this is one of the best for many reasons. The first is that it is composed of high quality raw ingredients. This is important when buying antioxidants and any supplement. You want to make sure that the manufacturer uses the highest quality ingredients around because this makes all the difference. Next is the wide variety of antioxidants that are found in this formula. As you mentioned in your question, "since there are so many different antioxidants on the market which one is the best to take"? The answer is that you should get your antioxidant protection from more than just one source. NOxidant actually has 11 different proven antioxidant ingredients in this formula. They didn't skimp on the product in terms of quality or in the wide spectrum of ingredients. Next is the formula itself. Matt Pearson, the formulator of NOxidant, really put his mind to work in designing this product. It is designed to attack free radical damage from many angles. This is not a simple 'throw it all in one bottle' formula. Lastly is the convenience factor. Imagine sucking back 11 different pills to get all that you do in a 3 capsule dose. So, not only is it one of the best formulations in the antioxidant category but it also is convenient for those of you who don't like to take a lot of pills. All you need is three capsules a day. Let's take a look at what is in this formula and the dosing as well.

NOxidant ...

Three capsules contain the following:
Gamma-Tocopherol 500 mg;
Selenium (yielding 200 mcg Selenium) 100 mg;
Alpha Lipoic Acid 100 mg;
Grape Seed Extract 200 mg;
Green Tea Extract (50%) 300 mg;

Quercetin 200 mg; Apple Polyphenols 300 mg; Zinc Aspartate (20%) (Standardized to 10 mg zinc) 50 mg;

Copper Gluconate (20%) (Yielding 100 mcg copper) 500 Manganese Chelate-(20%) (Yielding .2 mg Manganese) 1 mg; Vitamin C 250 mg.

So What else you Got up vourSleeve?

As you can see above this is one stacked antioxidant formula. Matt Pearson at RPN basically chose the top antioxidants available and put them all in one very comprehensive and strategically dosed formula. I use this formula myself and recommend it to my athletes so you can be assured it is one top quality product. On training days I take it before bed. On days you don't train I would take it first thing in the morning, before eating. Besides protecting you from all the health conditions I mentioned earlier I know you diehard lifters out there want to know what else it can offer. Well I have good news, because the health benefits I mentioned are not all this product has to offer.

The first thing you will notice is that your recovery time is better. This product and antioxidants in general will help you recover from your intense training sessions much faster than if you didn't get this level of protection. Remember, your training progress is only as good as your rate of recovery. Just ask the Russians or the Bulgarians and you will see what I am talking about.

The one thing I want to touch on here that is a major flaw, especially with American Powerlifters, is the fact that they emphasize heavily on modalities of recovery that are physical. They use massage, contrast baths, Chiropractic, Active Release Technique, Physiotherapy and many others. Few realize how important the supplement aspect is in this puzzle. It plays just as an important role as all the physical modalities you perform so religiously. Remember the other end of this equation to truly maximize your recovery from every

The next thing that it will help benefit is your immune system. I am sure you have all had this happen to you. You go to the gym and crank out one kick ass workout and just seem to break PRs nonstop. But within the next couple days you come down with a nasty cold. You get all stuffed up, you body aches, and you feel sicker than a dog. Yet only 48 hours ago you were training like a beast. What happened? In reality what happened is that the intense workout you did actually wore down your immune system's ability to fight off infection. Antioxidants help strengthen your immune system and one of the best times to take advantage of this is post workout. You need to keep healthy if you want to keep tackling those PRs, so don't underestimate the importance of not getting sick. Next, you can look forward to

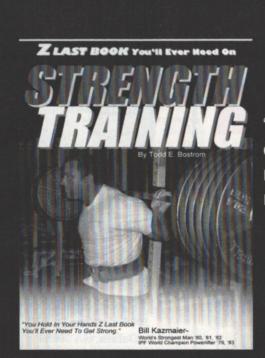
increase training endurance. I know you whiners out there are going to say that we aren't marathon runners so how will this benefit us. The reality is if you want to get stronger you have to continually increase your volume workload. If you cannot do this then you will not get much stronger. One last thing you will notice when using this ormula is an improved utilization from the Nitrous Oxide (N.O.) products you are using. N.O. products are some of the hottest products on the market today. They are very popular with bodybuilders due to the fact that they work very fast and induce a major pump to the working muscles. A few of the most popular out there include BSN's NO Explode, Gaspari's Super Pump 250, and Vault by a company called SAN. These products do work at increasing the blood flow to the muscles you are working in the gym. The first two that I mentioned contain a good dose of caffeine as well, so the combined energy jolt plus super pumped biceps also add to why they are so popular. By taking NOxidant you will be able to get maximum effect out of these products and it will actual enhance them. This is just another benefit that you will see when including this formula in your supplement

Conclusion ...

I hope this helps you out in choosing the right antioxidant formula. As you can see NOxidant offers a lot to the powerlifter in terms of antioxidant protection as well as performance enhancement. I am a big believer in getting in plenty of antioxidants daily due to the many factors I mentioned earlier. Of course, I didn't discuss all they have to offer as this would be better said in a series on antioxidants, which I am planning for the future. But, from this brief synopsis, I hope that you all realize how important they are and how they should be implemented into your nutritional program. The reality is that most people don't eat as much vegetables and fruits as they need daily to get in the antioxidants their bodies need. Powerlifters are not the perfect "Role Model" in regards to making sure that they get in enough of these cancer fighters each day. For those of you who are interested in this product you can go to RPN's website at www.recomp.com to find out more information. Until next month eat clean, train hard, and one way or another, get in your antioxidants!

If you have any questions or comments, feel free to write me at: Aricciuto@NutritionXP3.com Or check out my website at: www.NutritionXP3.com

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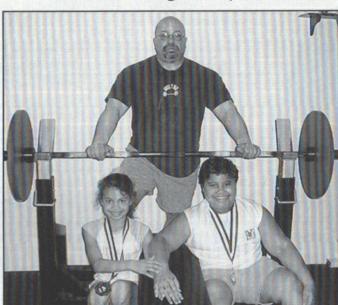


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HARD COREGYM#77

Valhalla Basement Gym (no guests invited) as told to Powerlifiting USA by Rick Brewer



Mike Barcelone with his proteges at the Valhalla Basement Gym.

Valhalla Basement Gym. Mike Barcelone does HVAC work, so he could claim to be dis-

Last month we visited Body Matrix in Australia, and now we

gotta get back to the good old USA.

Last weekend, I was in Los Ange-

les. I noticed that Gold's Gym in

Venice had changed a little since

my last trip (paneling?) - and my TX hat is off to the guys who remodeled Muscle Beach Gym! Way better

than it used to be! Of course, last Saturday was the day all the Calichicks protested their Venice Beach inequality (with regards to

swimsuit laws) by going topless at

the beach. Wow! At least, that's what I heard other people say - I saw nothing. I focused all of my

attention on my beautiful wife,

modestly attired in her T-Shirt. I

didn't look forward (at the dark-

tanned perky girl), nor to the left (where the 44 longs swung free),

nor right (where the hot-looking

stripper strutted). Iwas FOCUSED,

but the average Joe might've been

distracted. Of course, we don't

want any distractions when we train,

so we'll go underground and ig-

nore it all. We'll train all alone

underground; in a dark safe place

without sexy human interruptions-

tracted by working long hours in the summer. But he still trains heavy and hard, even if he has to lift at 11:30 at night. Most of America works hard in 2008 – but my heart is always with these busy guys who are determined to get their workout in, no matter what. Mike lives in South Jersey (Washington Township), which he says is where all Italians from South Philly go when they scrape together a few bucks.

Mike has been powerlifting for about 20 years: in a wide variety of P/L federations including USAPL, AAPF, APF, WNPF, AAU, ADAU, USPF, and raw. Like most lifters, he will lift in any federation that is holding a meet close to (his) house. (He hates to travel, and seems to ignore the federation politics.) He lifts assisted or raw, benching much better in a BP shirt, but generally wears only knee wraps & belt when squatting heavy. He is a bonafide dinosaur. He has a number of NJ state records in the 220s, so he knows a little something about what it takes. Where does he train?

He trains 3 days a week at Ironsport Gym in Glenolden, PA; and 3 days a week at Valhalla. Mike all good stuff to say about Ironsport Gym! He says it's a great place to "train heavy, go nuts, talk sh8t to the guys, and have a blast!" But 3 days a week; when he wants to avoid distractions during his assistance work, he goes underground. Valhalla Gym has everything needed by serious powerlifters, from reverse hyper and a power rack with 1" hole-spacing (for bands), to heavy DBs and even a Smith Machine. It has the Safety SQ bar, and the Cambered BP bar, and everything needed by a dinosaur like Mike. But it has no other people, cuz it's in Mike's basement. named his basement gym Valhalla, because "it's where a warrior goes to die. What a place that must be

Mike trains his two olympic-lifting kids in Valhalla, a couple of days a week. These 10 year-old twins then go to Moorestown Weightlifting Club to train on two other days. They split their training just like dad, only they apply their skills to Olympic Lifting. Evidently, they know what they are doing - because they both medaled at the Junior Olympics last year. His son (Michael) won a Silver medal, and his daughter (Maria Elana) won a bronze medal; both also competed at Disney School-age Nationals in June. Mike trains his wife a couple of times a week, if she feels like it. Mike's nextdoor neighbor doesn't really understand his need for solitude, so when come down to provide Mike some extra company - Mike ortures him with high-rep squats. (Mike says; 'why would I want company? I'm trainingnot going to the movies!') A series of 20-rep

In his Valhalla Basement Gym, Mike can listen to whatever hard-rock he wants to hear. Gum-tunes include AC/DC, Pantera, Ozzu. and also some rap-TI, The Game, Ice Cube etc. 'Course, the neighbors better watch old

squats usually leads to the neighbor vomiting in the sump-pump (who wouldn't hurl after those?

RB). This in turn leads to another 6 months of

peace and solitude – before the neighbor gets

the stones to return for round two.

Mike-cuz he says listening to Ice Cube gets him all hyped up until he wants to do a driveby on the house across the circle where the stupid delinquent kids live. Hah!

Mike is 41 years old, but he scoffs at the 'masters' designation - he says 'give me a break; this is powerlifting not golf!' His best SQ is 600, done with knee wraps and a belt in an APF meet in 2007. He has benched 360 raw, and benched 451 shirted. His pest DL so far is 540. Although he has a variety of state records, I think these are actually his top lifts. It's hard to keep track of his current bests, because I've been talking with

Mike for 2 years now - waiting for him to send photos. In his words: I finally figured out how to download the digital camera pics to computer. Hey if I was a rocket scientist I wouldn't be powerlifting; I would be Olympic lifting!"

Mike may train 3 days a week in his basement, but he says: "I have AC in the summer, and heat in the winter. All you guys who think that training in severe heat or freez-ing cold makes you hardcore it don't. It just makes you stupid. Would you go out in a monsoon without an umbrella? Training hard when you don't feel 100% is what is hardcore. Going all out, all the time - not the fact that you don't clean the bathroom for a month. The craziest I get is pissing in the sump-pump hole, but that doesn't make me hardcore, it means I'm lazv (I don't feel like walking upstairs). Hardcore is a stateof-mind." OK, Mike, we get the point. (Admit it, ya gotta love this guy!) Of course, the point (from

all these HardCore Gymarticles) is that training hard wherever you are, with whatever you have - is always hardcore. But Mike has a good point in the midst of his whacky rhetoric!

Wherever you are, you can train. You can lift something right now. If you are in a business meeting, hiding this copy of PL USA in your briefcase, pretending to listen to Maurice as he drones on about 4th quarter sales goals - start training. Jump up from your chair right now and grab the person sitting to your right; lift them overhead in a smooth quick movement. While holding the co-worker aloft, quickly squat 6-8 reps. Trust me; these little things will make a difference in your life. Soon you'll find that you have plenty of time to train.

Congrats to Mike Barcelone on Valhalla Basement Gym! Where do you train? Email me and tell me. Next month, we'll go across an ocean and see a different sort of gym. Until then, set the co-worker down and get back to work. No sense overtraining.

Comments/info: Rick@houseofpain.com



Mike standing proud in his well equipped basement facility

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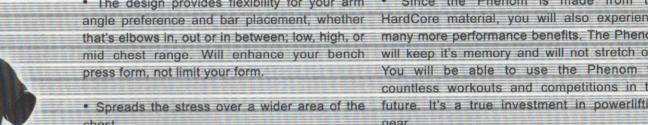


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- . The combination of several new contours built. AGGRESSIVE design than any other company into the pattern complement the already super knows how to make. This is not only about
- SOLID SEAM™ technology keeps the sleeves—It is about numerous details creating a where they are supposed to be, working in cumulative effect that is undeniably the best. The unison with the body, not jittering or faultering most Quality and Results are yours in the with the bar. You will increase your bench press RageX. and keep it safe to boot. Proven in numerous world records.
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Knee Wraps. Extra thick.

Strong support. Easy to wrap to full tightness.

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Elbow Sleeves XT have

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Stickum Spray se this excell tool for a variety ks in training

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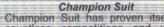
pleasure to wear as minimum required attire over your bench shirt or for workouts.

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can lift through several key designs built in. Feel the super support and power on your feet and in your lifting with this outstanding power shoe.



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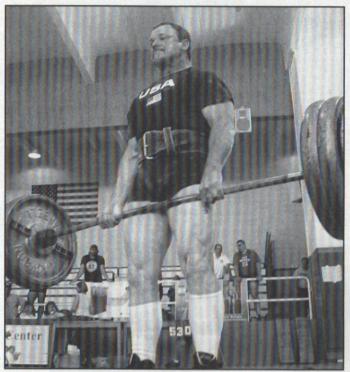
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\$22.00

ADAU Real Powerlifting 28 JUN 08 - Erie, PA Powerlifting SQ BP DL TOT WOMEN 114 lbs. 105 285 123 lbs. 175 120 250 SO-Act-177.5 160 l15 105 85 B. Servidio 250 C. Runninger 105 175 BP-Act-87.5 132 lbs. 210 4th-DL-220 140 85 230 4th-SQ-145 R. Patterson 165 lbs. D. Grimm 181 lbs. 120 180 345 V. Vasquez 4th-BP-127.5 Hvy. Wt. 165 175 335 675 160 125 235 520 B. Zelina 4th-BP-127.5 Youth (10-11) 120 180 345

v. vasques	45		180 0L-200	345
Teen (14-15)		4til-L	7L-200	
123 lbs.				
A. Zimmerma	n	175	120	250
545	"	1/3	120	230
343	4th-S	Q-177.	5	
132 lbs.	4111-5	4.,,,	3	
	180	90	210	480
			DL-220	400
Teen (16-17)		7011-1	1-220	
123 lbs.				
C. Runninger	105	85	175	365
		ct-87.5		000
Submaster (3!				
Hvy. Wt.				
T. Bukousky	165	175	335	675
Master (40-44	1)			
114 lbs.				
B. Steffan	190	105	285	580
Master (45-49))			
132 lbs.				
R. Patterson	140	85	230	455
	4th-S	Q-145		
Master (50-54	1)	DIA.		
165 lbs.				
D. Grimm	_	-	_	_
Hvy. Wt.				
B. Zelina	160	125	235	520
4 . 5		P-127.		
MEN	1			
148 lbs.				
J. Martucci	340	230	435	1005
165 lbs.				

240 425 1035



Lenny Stires at the ADAU Nationals. (courtesy Sondralee Orengia)

R. Cruz	465	305	_	_	C. Amstone	515	300	550	1365
181 lbs.					M. Kantz	_	_	_	_
O. Epelbaum	530	325	620	1475	HVY Wt.				
198 lbs.					G. Ward	470	335	425	1230
M. Marrucci	450	320	4xs	1255	Youth (6-7)				
N. Martire	435	335	465	1235	91 lbs.				
W. Mason	330	340	440	1110	A. Vasquez	40	45	65	150
220 lbs.							Q-45	DL-7	
L. Creatura	550	370	525	1445	Teen (12-13)			TOTAL STATE	
E. Barnabas	395	305	530	1230	220 lbs.				
J. Neenan	430	315	480	1225	N. Carlin	215	275	360	850
A. Mangini	400	25s	485	1140	Teen (16-17)				
N. Carlin	215	275	360	850	132 lbs.				
242 lbs.					A. Ventura	210	145	250	605
G. Lewis	415	345	548	1305	181 lbs.				
J. Karickhoff	340	250	440	1030	D. Colletti	400	265	530	1195
275 lbs.					242 lbs.				
D. Raybuck	560	355	600	1515	J. Karickhoff	340	250	440	1030
J. Lawson	445	320	SSS	1350	Teen (18-19)				
Grandinetn	_	_	_	_	Hvy. Wt.				
319 lbs.					G. Ward	470	335	425	12j0
									,



A. Susmarskj 370

265

195

REFEREE STATUS:	National Referee	State Referee	
Club No.	Club Name:		

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Adult 25.00 Youth 15.00

ANTI-DE	RUG	I agree to submit to any dru				
		Sex Male Female	Application Date	Date Social Security Numb		meet without any prior notice NOTE: Parent/Guardian years old.
First Name Middle N		ame Last	Last Name		Member's Signature	
Address			3-63			Parent/Guardian Signature
City			State	Z	p Code	For more information, Allan Si 304 Daisy Str
E-mail			Phon	e (With /	Area Code)	Phone of

testing procedure, either in meet, or out of med appropriate by the A.D.A.U. rule book signature required if member under 18

APPLICATION:

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J. Wilgus Grandinetti Master (40-44) 275 lbs. 445 320 585 1350 D. Mignot Master (45-49) 165 lbs. R. Cruz 198 lbs W. Mason Master (50-54) S. Fisher L. Creatura 550 370 525 1445 Master (55-59) 198 lbs. L. Stires 220 lbs A. Mangini 400 255 485 1140 Master (60-64) 165 lbs D. Clickeit 265 195 340 800 198 lbs Master (70-74) 132 lbs A. Siegel Act=Actual. Champion of Champion: Women-Benita Steffan, Men Lt. Wt.-Gleb Epelbaum, Men Hvy. Wt.-Lenny Creatijra, Women Teen-Adrianne Zimmerman, Women Master-Benita Steffan, Men Teen-Damian Colletti, Men Master-Bugs Bayer, Deadlifter-Oleb Epelbaum. Donated by Nick Lheodorou. Team Champions: Joe's Gym of Erie. I have to start by saying "thank you" to all the Joe's Gym members and the ADAU for being there when they're needed. Without rneir jielp there would be no real powerlifting national championships. Drug-free, raw and proud. No guilt. No gimmicks, no clowns. The women: Benita Steffan trained harder and smarter than ever for this contest, and it paid off. She set four master state records, one American record. Won gold in the open and masters, 114 pound class. She topped it off with tile womens champion of cham-pions title. Need I say more? Adrianne Zimmerman is fifteen years old and has been competing for seven years. It shows. She cleaned up in the 123 class with two golds and the teen champion of champions award. She now has four more teen Ameri-can records to her credit. Bern Servidio came in full of fire and pushed adrianne all the way, to finish with the silver, while Chloe Runninger placed third and won the teen (16-17) title. Chloe managed a teen American bench record for her efforts. The 132 champion was rookie Kayla Irwin, in her fourlh contest. Her potential is great and she's only fifteen. Ka yla set four new teen American records and what beiter place to do it then at tile national championships. Master lifter, Ramona Patterson is in great shape and pushed Kayla all the way for the silver and won gold in the masters. Ramona manaoed 3 new masters records In

A. Susmarski 370 240 425 1035

415 345 545 1305

460 355 525 1340

330 340 440 1110

355 215 450 1020

435 340 530 1305

465 220 540 1225

BP-Act-167.5 DL-Act-270 115 150 255 520

4th-D1-550

the process. Tory Vasquez just missed making the 165 class but still set four youth

American records in the 181 class. Tory's eleven years old. Tammy Bokousky had a

great day while winning the women's open and submaster heavy weight class. She also managed four submaster American records. Beth Zelina took silver in the

open, gold in the masters 3, and set three masters American records. Great lifting, ladies. The men: At six years and 97 pounds, Alex Vasques From Maryland is an American record holder and a national

champion. Look out. In the 132 class, Audel

Ventura, from New Jersey won gold in the teen division. Floridian Steve Smith won

500

1320

355

300

430

520

220 lbs.

J. Neenan

G. Lewis

Submaster (35-39)

D. Raybuck 560

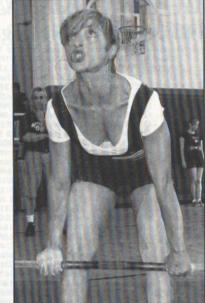


Bugs Bayer - in the 60-64 198s.

the (70-74) division with four master American records for his outstanding performance. The 148 pound class was sparse and veteran, Joe Martucci won with no Ernesto Barnabas squeezed ahead problems. Ray Cruz was "smokin" in class of junior champion, Jon Neenan, but with a bad hand could not hold on to just for the silver. Then teen champ deadufts and bombed. I saw him pull 540 Nate Carlin set four teen champ deadufts and bombed. I saw him pull 540 Nate Carlin set four teen records pounds with a strap so if he could solve his and Al Mangini had his best day hand problem he would be unbeatable. ever to win the Masters. At 242, Sorry Ray. Junior lifter Aaron Susmarski, Gary Lewis managed to win the stepped up and won tile 165 class with his open and submasters win! Josh opening deadlift after Cruz missed his. Karickhoff winning the teen title Sixty two year old, Don Cucketi won silver in the open and took the gold in the masters.

Gleb Epelbaum could do no wrong and went 8 for 9 in the 181 class. For the win master American records for the

second and third respectfully. The 55 year Old Leonard Stires had tile highest drug-free, raw total, in this class. While the infamous Bugs Bayer, who literally got screwed at the USAPL nationals had the highest squat and deadlift in the 198s. Bug's deadlift is a new masters American record and it enabled him to win the masters champion of champion title. Hey Bug's "screw" the USAPL, you're ran a way with the 220 gold, even with a pulled groin muscle. His squat, bench and total are new masters American records and by switching from "sumo" to standard, in the deadlift (smart move), he managed to pull one deadlift to win the gold (open and masters)



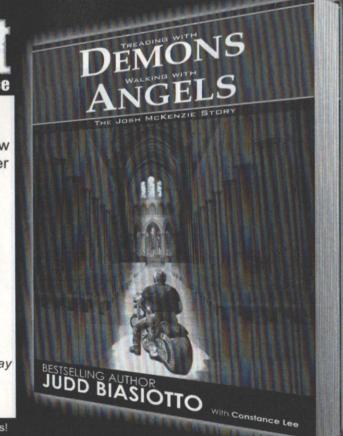
Benita Steffan - pulled 285 at 114 lbs.

went 8 for 9 in the 181 class. For the win and and the light weight champion of champions title. He also won the Nick Theodorou deadlift award with his awesome 620. Damian Colletti won the teen 181 division and set three teen American records which enabled him to win the teen champion of champions title. The masters division went to Steve Fisher. The 198 class was went was the reason and division with the submasters and Doug at the Clearfield Fairgrounds in Clearfield, Mignot took the silver in nie masters 1. Pennsylvania. It's going to be a huge event. The 198 craig Amstone won the 319 title after Matt Bring the whole family. Healthy. Happy, outstanding job, and the spotters and provent of the submasters of the submasters and provents are provents and provents and provents are provents and provents and provents and provents and provents and provents and provents class was won by veteran lifter Mike Kantz pulled a thigh muscle on his opening drug-free, raw and proud. Yours strongly, Martucci with only two months of training, and Nick Martire and Bill Mason went Teenager Gus Ward went home with the Lyautey once asked his gardener to plant the University of South Carolina Football

a tree. The gardner objected that the tree was slow growing and would not reach maturity for 100 years. The Marshall replied, "In that case, there is no time to lose; plant it this afternoon." (Joe Orengia)

LICADI	Courth	Carol	ina G	tato
USAPL S				
BENCH		J. Rab		335
WOMEN		220 lb		
148 lbs.				485
P. Burnett	160	Z. Gre		455
. Pardue		A. Fre	sner	440
MEN	-	R. PRi		370
165 lbs.		N. Wo		310
. Mouzon		242 II		
181 lbs.		C. Ra		350
. Head		275 lb		
K. Yates		B. Fil		475
198 lbs.	303	SHW		
T. Pardue	400	M. Hu		530
. ruruuc	100			450
Powerlifting	SO	BP		
MEN	-4			
148 lbs.				
D. Short	210	110	225	545
165 lbs.				
	500	330	600	1430
. Cochcroft	260	205	350	815
C. Fabel	265	155	315	735
198 lbs.	200	100		
S. Yeargin	485	325	610	1420
220 lbs.				
A. Campbell	530	370	490	1390
N. Wood		310		1235
242 lbs.	500	3.0		
	475	360	525	1360
. Hilliard				
275 lbs.	- 33			The Contract of
Robison	315	375	315	1005
would like	to th	ank all	the f	ollowing

loaders donating their time, members of



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ALL TIME HISTORICAL TOP 50 AMERICAN MEN'S 148 Pound (67.5 Kilogram) Weight Division -- DEADLIFT

1.	Deadli 705.5	ft X-Bwl (320.0) *4.74	
2.	700.0	(317.5) 4.70X	
3.	683.4	(310.0) *4.59	
1.	677.9	(307.5) 4.56X	
5.	661.4	(300.0) *4.45	
· ·	650.0	(294.8) 4.37X	
	650.0	(294.8) *4.45	
	646.0	(293.0) *4.43	
	645.0	(292.6) 4.33X	Troy Hicks 4/21/79 (650.0 lb., which later weighed out at 645.0 lb.) (Chattanooga, Tennessee) (AAU)
0.	644.9	(292.5) *4.33	
1.	644.9	(292.5) *4.36	
2.	644.9	(292.5) 4.33X	
3.	639.3	(290.0) *4.30	
4.	633.8	(287.5) *4.26	
5.	630.0	(285.8) 4.23X	
6.	630.0		
7.	630.0	(285.8) 4.23X (285.8) 4.23X	T. Raone 3/21/98 (630.0 lb.) (Huntington, Pennsylvania) (USAPL)
			Greg Page/63 11/11/01 (630.0 lb.) (Bedford Heights, Ohio) (USAPL)
8.	628.3	(285.0) *4.24	
9.	625.0	(283.5) 4.20X	Richard Allen 2/18/84 (625.0 lb.) (Huntingdon, Pennsylvania) (NSM)
0.	625.0	(283.5) 4.20X	Charles Lawson 3/9/65 (625.0 lb.) (Okinawa, Japan) (IFF)
1.	624.8	(283.4) *4.25	On Blue/35 2/2//4 (625.0 lb. @ 147.0 lb.,) (Brookings, South Dakota) (AAU)
2.	622.8	(282.5) 4.19X	
3.	622.8	(282.5) 4.19X	Mark Sagala 12/7/97 (282.5 kg.) (Denver, Colorado) (USAPL)
4.	622.8	(282.5) *4.26	
5.	620.0	(281.2) 4.17X	Fred Toins/65 9/14/85 (620.0 lb.) (Alma, Michigan) (NSM)
6.	617.3	(280.0) 4.15X	Luis Alicea 7/12/80 (280.0 kg.) (Madison, Witchgall) (VSW) Pata Scholz 12/12/87 (280.0 kg.) (Columbus Object (APEANDC)
7.	617.3	(280.0) 4.15X	rete scholz 12/12/8/ (200.0 kg.) (Columbus, Olio) (AFF/VFC)
8.	611.8	(277.5) 4.11X	Mike Bridges/57 8/26/78 (277.5 kg.) (Los Angeles, California) (AAU)
9.	611.0	(277.1) 4.11X	James Benemerito/69 9/24/94 (605.0 lb., which later weighed out at 611.0 lb.) (New Jersey) (ADFPA)
0.	610.0	(276.7) 4.10X	Joseph "Doc" Rhodes/47 3/75 (610.0 lb.) (Bay Saint Louis, Mississippi) (AAU)
1.	610.0	(276.7) 4.10X	W. Scott 6/30/84 (610.0 lb.) (Jacksonville, Florida) (USPF)
2.	610.0	(276.7) 4.10X	Warren Richardson 3/31/90 (610.0 lb.) (Dallas, Texas) (THSPA)
3.	610.0	(276.7) 4.10X	Miguel Castro/57 1/8/95 (610.0 lb.) (Milwaukee, Wisconsin) (ADFPA)
4.	610.0	(276.7) 4.10X	Fred Jackson 4/13/96 (610.0 lb.) (Saint Amant, Louisiana) (USPF)
5.	606.3	(275.0) 4.07X	RICK Gaugier/54 8/20/// (2/5.0 kg.) (Santa Monica, California) (AAU)
6.	606.3	(275.0) 4.07X	Don Jones 8/18/79 (275.0 kg.) (Bay Saint Louis, Mississippi) (AAU)
7.	606.3	(275.0) 4.07X	Clyde Wright/54 4/19/80 (275.0 kg.) (Auburn, Alabama) (USPF/IPF)
8.	606.3	(275.0) 4.07X	Jim Warner 1/10/81 (275.0 kg.) (Columbus, Ohio) (USPF)
9.	606.3	(275.0) 4.07X	Michael Wongetye/37.3 12/16/85 (275.0 kg.) (Tucson, Arizona) (USPF)
0.	606.3	(275.0) 4.07X	Jackson 4/8/95 (2/5.0 kg.) (Dallas, Texas) (NASA)
1.	606.3	(275.0) 4.07X	Lloyd Weinstein/60 7/15/95 (275.0 kg.) (Wilkes-Barre, Pennsylvania) (ADFPA/WDFPF)
2.	606.3	(275.0) *4.09	
3.	605.0	(274.4) 4.07X	Jack Keammerer/50 11/10/72 (605.0 lb.) (Harrisburg, Pennsylvania) (AAU)
4.	605.0	(274.4) 4.07X	Landree Wauford 6/11/88 (605.0 lb.) (Las Cruces, New Mexico) (USPF)
5.	604.1	(274.0) 4.06X	Tommy Dopson/58 10/25/86 (274.0 kg.) (Montgomery, Alabama) (ADFPA)
6.	600.8	(272.5) *4.52	
7.	600.8	(272.5) 4.04X	
8.	600.8	(272.5) 4.04X	Billy Keel 12/12/81 (272.5 kg.) (Jasper, Alabama) (USPF)
9.	600.8	(272.5) *4.09	
0.	600.8	(272.5) *4.05	(Jay Rosciglione/56 7/10/82 (272.5 kg. @ 67.3 kg.) (Dayton, Ohio) (USPF)
') i	ndicates	exact bodyweig	ht (instead of limit bodyweight) used to derive bodyweight coefficient. Listing compiled by Michael
			ulevard #70; Savannah, Georgia 31419; PH 912-920-2051; EMail Address soongm@comcast.net). Records



James Benemerito #29 on the list Dan Austin .. perfect technique. Troy Hicks .. pulling 640 pounds. Don Blue .. a legendary pioneer



ALL TIME HISTORICAL TOP 50 AMERICAN WOMEN'S 123 Pound (56 Kilogram) Weight Division -- DEADLIFT

	43 FUU	mu (ob Kilogiaili) Weight Division DLADLII
	Deadlift	X-Bwt	Female American Athlete/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federatio
1.	490.5 (222	.5) *4.05X	Carrie Boudreau/67 7/21/95 (222.5 kg. @ 54.9 kg.) (Baton Rouge, Louisiana) (USPF/IPF)
2.	468.5 (212	.5) *3.82X	Diana Rowell/57 6/1/85 (212.5 kg. @ 55.62 kg.) (Vienna, Austria) (USPF/IPF)
3.	450.0 (204	.1) 3.64X	Amy Weisberger/65 2/20/00 (450.0 lb.) (Columbus, Ohio) (IPA)
4.	450.0 (204	.1) *3.80X	Margaret Kirkland/63 2/23/08 (450.0 lb. @ 118.5 lb.) (Orlando, Florida) (APF)
5.		.0) *3.57X	Tonya Myers/70 6/21/97 (200.0 kg. @ 56.0 kg.) (Atlanta, Georgia) (APF/WPC)
6.		.5) 3.53X	Valeri Tyree/73 3/24/01 (197.5 kg.) (Fort Hood, Texas) (USPF)
7.		.3) 3.52X	Diane Frantz 10/17/87 (435.0 lb.) (Victoria BC, Canada) (APF/WPC)
8.		.7) *3.46X	Vicky Steenrod/49 1/28/84 (192.5 kg. @ 55.7 kg.) (Austin, Texas) (USPF/IPF)
9.		.5) *3.49X	Monique Hayes/71 4/21/07 (192.5 kg. @ 55.2 kg.) (Duluth, Georgia) (USAPL)
10.		.0) *3.42X	Lea Ann Adams/62 10/9/93 (190.0 kg. @ ~55.5 kg.) (Chilliwack, BC, Canada) (ADFPA/WDFPF
11.		.5) 3.37X	Carol Ann Myers/66 11/12/04 (188.5 kg.) (Reno, Nevada) (WABDL)
12.		.2) 3.36X	Teresa Mims-DeVoltz 8/27/88 (415.0 lb.) (Longview, Texas) (USPF)
13.		.5) *3.39X	Julie Thomas/60 1/29/83 (187.5 kg. @ 55.35 kg.) (Chicago, Illinois) (USPF)
14.		.5) *3.42X	Paulette Shepherd 11/13/83 (187.5 kg. @ 121.0 lb.) (Phoenix, Arizona) (USPF)
15.		.5) *3.35X	Evangeline Kizer-Kersey/41 1/26/85 (187.5 kg. @ 55.9 kg.) (Boston, Massachusetts) (USPF)
16.		.5) 3.35X	Lisa Dellinger 12/13/86 (187.5 kg.) (Columbus, Ohio) (USPF/APF)
17.		.5) *3.36X	Mary Ryan-Jeffrey/60 7/16/88 (187.5 kg. @ 123.0 lb.) (Columbus, Ohio) (APF/WPC)
18.		.0) *3.30X	Michelle Amsden/79 9/11/02 (185.0 kg. @ 56.0 kg.) (Sotchi, Russia) (USAPL/IPF)
19.		.7) 3.28X	Jacqueline Davis-Manzo/61 12/5/98 (405.0 lb.) (Omaha, Nebraska) (USAPL)
20.		.5) *3.28X	Denise Johnson 1/29/83 (182.5 kg. @ 55.58 kg.) (Chicago, Illinois) (USPF)
21.		(.5) *3.27X	Felicia Johnson-Almy/58 1/26/85 (182.5 kg. @ 55.8 kg.) (Boston, Massachusetts) (USPF)
22.		.5) 3.26X	Cathleen Kelii/54 12/3/95 (182.5 kg.) (San Anselmo, California) (NSM)
23.		(.5) 3.26X	Carly Nogle/87 10/11/03 (182.5 kg.) (Plainwell, Michigan) (USAPL)
24.		.4) *3.49X	Yueh-Chun Chang/70 12/16/95 (400.0 lb. @ 114.75 lb.) (Seattle, Washington) (ADFPA)
25.		0.0) 3.21X	Gayla Crain/60 2/7/81 (180.0 kg.) (West Lafayette, Indiana) (USPF/IPF)
26.		(a) *3.25X	Eileen Todaro-Wadie/58 1/26/85 (180.0 kg. @ 55.4 kg.) (Boston, Massachusetts) (USPF)
27.		(.5) 3.17X	Pam Crisp 11/21/87 (177.5 kg.) (Dayton, Ohio) (APF/WPC)
28.		.5) 3.17X	Kathy Baker 12/1/89 (177.5 kg.) (Stone, England) (APF/WPC)
29.		(.5) *3.31X	Nance Avigliano/56 11/17/00 (177.5 kg. @ 53.6 kg.) (Las Vegas, Nevada) (APF/WPC)
30.		(.5) *3.22X	Jo Walker/43 11/20/05 (177.5 kg. @ 121.6 lb.) (Reno, Nevada) (WABDL)
31.		.9) 3.16X	Monkee Caldwell 2/13/88 (390.0 lb.) (March Air Force Base, California) (APF)
32.		.9) 3.16X	Maria Ferguson (US) 8/6/04 (390.0 lb.) (Piscataway, New Jersey) (WNPF)
33.		.0) 3.14X	Denise Ruff 7/28/07 (176.0 kg.) (Rando Cordova, California) (WABDL)
34.		.0) *3.16X	Ellen Stein/58 1/25/03 (175.0 kg. @ 55.3 kg.) (Killeen, Texas) (USAPL/IPF)
35.		(.0) *3.24X	Caitlin Miller/90 5/27/05 (175.0 kg. @ 53.95 kg.) (Ylitorniolla, Finland) (USAPL/IPF)
36.		(.0) *3.22X	Jenn "Pup" Rotsinger/78 12/2/06 (175.0 kg. @ 54.4 kg.) (Lake City, Florida) (APF)
37.		1.6) 3.12X	Ruthi Shafer/59 11/21/81 (385.0 lb.) (Salem, Oregon) (USPF)
38.		3.5) 3.10X	Robinson 1/26/95 (173.5 kg.) (Oklahoma City, Oklahoma) (NASA)
39.		2.5) 3.08X	Nancy Belliveau/53 9/14/85 (172.5 kg.) (Marysville, California) (USPF)
40.		2.5) *3.11X	Amy Hinman 4/6/91 (172.5 kg. @ ~55.5 kg.) (Chicago, Illinois) (ADFPA)
41.		2.5) 3.08X	Gloria Rosado/65 6/19/92 (172.5 kg.) (Las Vegas, Nevada) (NASA)
42.		2.5) *3.25X	Betty Lee/63 10/10/97 (172.5 kg. @ ~53.0 kg.) (Reading, England) (AAU/WDFPF)
43.		2.5) 3.08X	Sandy Mobley/59 1/29/00 (172.5 kg.) (Killeen, Texas) (USAPL/IPF)
44.		2.5) *3.09X	Heather Hughes/63 2/15/04 (172.5 kg. @ 123.0 lb.) (Oklahoma City, Oklahoma) (NASA)
45.		0.1) 3.04X	Sherry Kahle 11/11/84 (375.0 lb.) (Carbondale, Illinois) (NSM)
46.).1) 3.04X	Shannon Parrish/62 4/6/02 (375.0 lb. @ ~53.0 kg.) (Leesport, Pennsylvania) (NSM)
47.).1) 3.04X	Lori Zmitravich-Snyder/65 4/2/05 (375.0 lb.) (Erie, Pennsylvania) (ADAU)
48.		0.0) 3.04X	Carla Bloom 9/20/86 (170.0 kg.) (San Diego, California) (USPF)
49.).0) *3.17X	
50.).0) *3.04X	
(*)	indicates exact	bodyweigh	t (instead of limit bodyweight) used to derive bodyweight coefficient. Listing compiled by Micha
			oulevard #70; Savannah, Georgia 31419; PH 912-920-2051; EMail Address soongm@comcast.net
Rec	ords accurate	(as to my	knowledge) as of 7/4/07.



Carrie Boudreau .. born to pull. Ellen Stein .. supreme master lifter LeaAnn Adams .. 418 lbs. @ 123. Monkee Caldwell .. USAF Power









Tonya Myers .. a 200kg. deadlit



Red Brick Championship V 16 FFR 08 - Lewiston NY RENCH Carter WOMEN Dettelis 315 Open (24-34) 148 lbs. D. Zahno 275 220 lbs. 440 I. Runco 205 A. Lewis 165 lbs. 242 lbs. Finneis-Curry 340 A. Newman 460 275 lbs. Teen (13-14) M Rydelek 465 SHW M. Braughler 65 Guest 123 lbs. Rogers 80 S. Smith Submaster (35-39) 148 lbs. 105 J. Greene III 325

Proud Members of the Lockport Powerlifters show off their great Carl Seeker trophies from Red Brick V

Off their great Carl Seeker trophies from Red Brick V

Best Lifter Women: Brooke Finneis-Curry.
Best Lifter Men Raw Lightweight: Andrew Gajkowski. Best Lifter Men Raw Hay-weight: Michael Scarpello. Best Lifter Men Eaw Lightweight: Sear Hailey. Best Lifter Men Lightweight: Sear Hailey. Best Lifter Men Haw Lightweight: Sear Hailey. Best Lifter Men Haw Lightweight: Sear Hailey. Best Lifter Men Heavyweight: Kris Herbert. Best Lifter Men Heavyweight: Kris Herbert. Best Lifter Police: Timothy Zee. Best Lifter Police: Timothy Zee. Best Lifter Police: Sear Lifter Police: Timothy Zee. Best Lifter Police: Sear Lifter Police: Timothy Zee. Best Lifter Police: Timo Greene Jr. 375 win the 123 lb. submaster division. Mas-ters 40-49 winner Jillian Steinman looked impressive with her 115 lb. press to win the 132 lb class. In the women's assisted division, Jen Runco had a personal record open class. The outstanding women's lifter award went to Brooke Finneis-Curry for her 340 lb. bench press to win the 165 lb. open division. Brooke gave 350 a good did. open division. Brooke gave 350 a good ride and looked to be on the verge of achieving that mark. Men's raw division youth lifter, Bryan Barker, was all smiles after winning his first bench press competition. Bryan had a 50 lb. bench press to win the 97 lb. had a 50 lb. bench press to win the 97 lb. division. Another newcomer, Connor Gregory is also a promising lifter with great potential as shown with his 75 lb. bench press. Connor won the youth 104 lb. division and is the son of local great Dan Gregory. Quaid Baker was also smiling ear to ear after receiving his Carl Seeker trophy for winning the youth 132 lb. class with an impressive 70 lb. bench press. Moving up to the teen 13-14 year old division Nicholas Franjoine put up 1151b to win the 165 lb. class. Timothy Braughler, one of the many members of the Braughler class with an outstanding raw bench press and with a outstanding second with a great press. Andre Dolson took second with a 245 press. David Haggins had a great second with a dispersion of the second with a great press. Andre Dolson took second with a 245 press. David Haggins had a great second with a dispersion of the second with a dispersion of the second with a dispersion of the second with a press. Andre Dolson took second with a great press. Andre Dolson took second with a press. Andre Dolson took second with a great press. David Haggins had a great second with a press to win the 220 lb. class. Haggins was followed by William Gullet's 365 lb. press and Robert Braughler Sr. easy 320 lb. with an impressive 70 lb. bench press. Edward White won the 242 lb. submaster with a 365 lb. bench press. Moving up to the teen 13-14 year old division Nicholas Franjoine put up 1151b to win the 165 lb. class. Timothy Braughler, and the pressive from the control of the second press. David Haggins had a great press to win the 220 lb. class. Haggins was followed by William Gullet's 365 lb. press and Robert Braughler Sr. easy 320 lb. when the 242 lb. to win the 40-49 lb. to win t McAdams 270 one of the many members of the Braughler Bench Press team, won the 198 class with

vented any further attempts. This was a true unselfish act to help our cause of press. When his arm heals, he will prove his real raw strength. Going into the sub-masters raw division we have James Green III winning the 181 lb. class with a 325 press. Andre Dolson took second with a 245 press. David Haggins had a great showing with an outstanding 440 bench class with an outstanding raw bench press of 310 lb. There really aren't a lot of raw a 120 lb. bench press. In the teen 15-16 age lifters that can double their body weight in division, Shaun Schottmiller's 225 lb. press the bench press and almost doing it at over won over J. Holly's 160 lb. press to win the 40 years of age is even a bigger achieve-

148 lb. class. The ment. President David Cronkhite of the competitive 17-19 Lockport Powerlifters had been nursing a age group had returning Red Brick came to help support our troops. Dave competitors; Fred muscled out a great 325 lb. press to win the Duchow's 285 lb. 181 lbs. master's class. He has a big heart Duchow's 285 lb. 181 lbs. master's class. He has a big heart bench press beating out Matthew Burke gave a great performance winning MacViUie's 250 lb. the 198 lb. master class with a 355 lb. press and Ryan bench press. In the 242 lb. masters, Eric press and Ryan bench press. In the 242 lb. masters, Eric Mckee's 225 lb. Seefeldt 320 lb. press was good enough for a first place over Coast Guard new comer, 165 lb. class. Adam Ferchen continued his improvements and ways by benching 315 lb. to win the 181 lb. class. In the 198 division class Matt is getting better, as he ages in class Matt is getting better, as he ages in the 198 division, class. Matt is getting better as he ages. In Brendan Gannon's the master's 50-59 age division, Michael 275 lb. bench press improved big time the 198 lb. class. Steven Hendricks did a



Travis Rogers refused to let a nagging arm injury keep him from showing his patriotic support for our troops and he benched a 625 raw. (courtesy Dennis Brochey)



lb. press to win the 220 lb. class for the master 40-49 242 Niagara County Sheriffs Correctional lb. class. Eric als Team, Chris Wilson, also from the Sheriff's donated a ton of Correctional Team, had a 315 lb. raw Coast Guard items bench to win the 242 lb. masters division. for our basket auc-Chris had been fighting the flue bug all tion and several week but still competed to show his support other give away to our troops and to help his team win their fourth straight Police Team trophy. Also helped raise money with the Sheriff's Team was master 40-49 for our troops. Conlifter, Scott Sexton who benched 285 lb. in the 181 lb. class for first place. In the Tonawanda assisted Police/Fire division, Jimmy Ewy Barbenders for win-put up a good 260 lb. bench press to win ring the Patriot's the open 198 lb. class. Tim Zee ofthe Border Cup. It was an ex-Patrol Team had the heaviest bench of all the Police/Firemen competitors with an competition where assisted 500 lb. press and a win in the SHW we actually triple open division. Tim also won the Police checked the results assisted outstanding lifter award for his to make sure it was accomplishment. The submaster 198 lb. right. Second in the

assisted winner was Joseph Moore also team standings was from the Border Patrol Team. Joe had a 320 Potter's Jim, followed by the Lockport Mary Evans, and of course my lovely wife



The Undefeated Niagara County Sherriff Deputy Correctional Team Members raised over \$2700 for U.S. Troops in honor of fomer officer Andrew Hoetzl. (from left - right) Jason Kenney, Gary May, Dan Greenwald, Chris Wilson, Mark Vogt, Scott Sexton.

Head Judge Thomas Delorimiere gave fair and strict calls to all 84 competitors all day at 'the Brick'.

198 pound class competitor, Mark "the come back kid" Becht had a personal record of 350 lb. tow in the master's 40-49 age group. We had a ton of strongmen in the Police division, Phill Tripi did a fantastic raw 285 lb. bench press to win the submaster's 165 lb. class. In the submaster's 165 lb. class. In the submaster's 40-49 division, Sheriff Correctional Team member Gary May benched 320 lb. to edge out teammate Mark Vogts's 290 lb. press do a time in the 198 submasters raw division, Jason Kenny benched 295 lb. to win over Police between the fair of the police to the fair of the police to the fair of the police division, Planting lifter award. In the 198 submasters raw division, Jason Kenny benched 295 lb. to win over Police between the plant of the police to the press to win the 198 submasters raw division, Jason Kenny benched 295 lb. to win over Police between the planting planting planting planting pression and a strong 270 lb. press. Moster 40-49 division whad a strong 250 lb. press. Submaster award. In the 198 submasters raw division, Sheriff Correctional in planting planti

PRESS RELEASE

MHP signs Jeremy Hoornstra as the newest athlete to join their exclusive team of powerlifters! Hoomstra holds the 242 weight class world record in bench press with 615 lbs. The legendary Bill Kazmaier has been quoted as saying that Hoornstra is, "The best there ever was, maybe the best there ever will be." That statement speaks volumes about Hoornstra and his great bench pressing ability! Look out for Hoornstra at future events like Sean Katterle's King of the Bench to break more unbelievable records powered by MHP! Jeremy's supplement regimen includes MHP's Probolic-SR protein, Dark Matter post-workout creatine and the extremely anabolic A-



S. Sexton

198 lbs

148 lbs.

Gulino

123 lbs.

G. Sams S. Kenney

132 lbs.

148 lbs. T. Barke

M. House

K. Herbert Open (24-34) 220 lbs.

D. Epolito

198 lbs.

148 lbs. Guest

1. Scalzo

M. Becht

97 lbs. B. Barker

104 lbs

132 lbs.

Q. Baker

Raw Youth (9-10)

Youth (11-12)

C. Gregory

Teen (13-14)

Teen (15-16)

Teen (17-19) 165 lbs.

R. McKee

A. Ferchen

B. Gannon V. Sokoiov

R. Braughler

C. Navarro Junior (20-23)

Szczepanski 235

S. Scapelliti 365

181 lbs.

198 lbs.

220 lbs

242 lbs.

181 lbs

B. Sheffer

H. Baes

198 lbs.

W. Alvarez

Open (24-34) 165 lbs.

148 lbs.

N. Franjoine 115

198 lbs. Bruaghler Jr. 120

Schottmiller 225 J. Holly 160

F. Duchow 285 M. MacVittie 250

225

315

270

340

215

S. Hailey Master (40-49)

Submaster (35-39)

220 lbs.

Junior (20-23) 181 lbs.

MEN Teen (15-16)

I. Steinman

Teen (15-16)

Junior (20-23)

R. Braughler 75

A. Longergan 95 Open (24-34) 148 lbs.

Submaster (35-39)

Master (40-49)

115

250

385

625

525

480

350

45

Dolson

Braughler

Master (40-49)

R. Camarre 310

D. Cronkhite 325

365

365

420

320

400

220 lbs.

242 lbs. White

275 lbs.

165 lbs.

181 lbs.

198 lbs

275 lbs.

275 lbs

181 lbs.

Ewy

SHW

T. Zee

I. Moore

242 lbs.

220 lbs.

165 lbs.

P. Tripi 181 lbs.

G. May

M. Vogt 198 lbs.

242 lbs.

181 lbs.

Military

220 lbs

242 lbs.

Raw

C. Wilson

I. Kenney Braughler Sr. 250 220 lbs.

Raw

M. Kenney

Master (40-49)

McPherson 425

Submaster (35-39)

D. Greenwald325

Master (40-49)

Sexton

Master (40-49)

Junior (20-23)

Master (40-49)

E. Killough

M. Loverde 275

McPherson 425

K. Chanev

Police/Fire Open (24-34) 198 lbs.

SHW

M. Burke 242 lbs. E. Seefeldt

Killough

M. Schimpf

Master (60-59) 198 lbs. M. Wohleben 285

242 lbs. S. Hendricks 300

L. Zarambo 260

Master (60-69) 165 lbs.

I. Marshall 175

A. Gaikowski 235

M. Scarpello 290 Master (70+)

Submaster (35-39) 198 lbs.

320

400

285

290

315

W. Smith

D. Haggins W. Gullet

POWER PASSING



Shane O'Neill - passed away on Tuesday, September 2, 2008, around 3AM, due to kidney failure. He had recently gotten over the flu, but said he would be over to train deadlifts, however, he didn't show up. His training partner assumed he was busy getting his two nephews off to school that week. Shane was born 11/13/42 and his best lifts, at age 65, in the 181 lb. class were 429 303 429. According to his friend Jim Waters, "He had a great sense of humor and along with his wife, Sue (his high school sweetheart), and his family, I'm going to miss this guy more than I could ever put down in words." In a photo from the 2004 Masters Nationals, he stands with his teammates. From left to right: Sam Alduenda, Jim Waters, Robert Cortes, Dave Bertier, Shane O'Neill, Gary Stevens.

Below - (left to right) Gerry Groff (Powerlifter/ Trainer), Evan Centopani (Current NPC Overall National Champion - IFBB Pro), John Varrone (many time Masters Powerlifting Champion), and Donnie Thompson (who set the all time highest powerlifting total). Donnie was at Gold's Gym in New Haven, CT on Saturday, June 14th. What great athletes Evan and Donnie are, true gentleman. They answered everyone's questions in the gym! Gerry and Donnie trained together 20 years ago at Golds, New Haven. Evan, 25 years of age, will be Mr. OLYMPIA someday. He has the structure and dedication to accomplish this feat. (photograph courtesy John Varrone)



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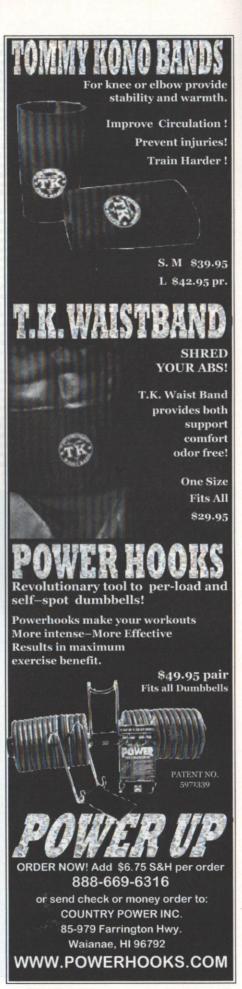
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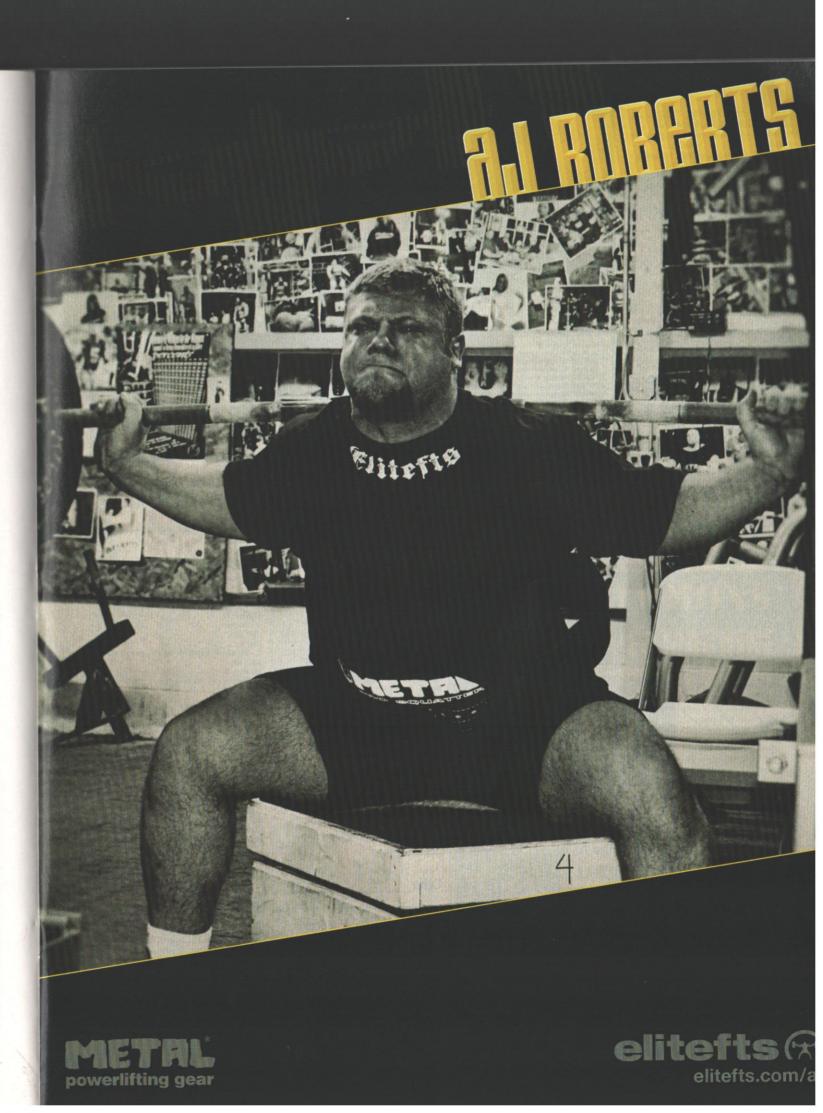
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198 lbs.		220 lbs.	-
Master I		Master IV	
M. Einstein	457	E. Evatt	254
220 lbs.		Master Pure	-
Master I		E. Evatt	254
B. Hawkins	413	275 lbs.	
Master IV		Open	
E. Evatt	254	S. Robinson	419
Master Pure		Pure	
E. Evatt	254	S. Robinson	419
242 lbs.		PS BENCH	
Junior		165 lbs.	
D. Chacon	402	Master II	
275 lbs.		L. Lermusiax	215
Junior		Master IV	
J. Carlile	515	M. Stainbrook	k198
308 lbs.		220 lbs.	
Int		Master I/Ope	n
H. Thomason	502	Schmuecker	380
Raw		308 lbs.	
148 lbs.		Master I	
Master II		M. Bowden	369
P. Gillott	276	PS CURL	
4th-278		148 lbs.	
Maser III		Master II	
L. Janhunen	171	P. Gillott	110
165 lbs.		165 lbs.	
High School		Master II	
R. Turcios	265	L. Lermusiax	105
Junior		Master IV	
D. Wilson	204	M. Stainbrool	k88
Master IV	100	242 lbs.	
M. Stainbrook	K198	Submaster I	
Novice	140	E. Reed	165
B. Morgan	149	PS DEADLIFT	
181 lbs.		308 lbs.	
Junior	220	Master I	
A. Trail Push Pull	228	M. Bowden BP DL TO	430
Push Pull		BP DL TO)1

FEMALE

132 lbs.

148 lbs.

M. Peters

High School

Open

MALE

148 lbs

T. Rell

Master 1

D. Manno

181 lbs.

Moore

Submaster Pure

Open

Teen K. Ishimatsu

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F. Millan IV

Police/Fire

B. Ammerma

B. Hawkins

M. Moore

198 lbs

Master I

275 lbs.

J. Carlile

308 lbs.

Pure

SHW Master 1

I. Vela

RAW

123 lbs

High Schoo

T. Johnson

R. Newton

FEMALE

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114 lbs.				
Teen				
M. Burkeen	215	149	265	628
	4th-SQ	2-217	DL-28	3
148 lbs.				
Teen				
A. Vela	165	138	231	535
181 lbs.				
Master III				
W. Kindred	408	265	513	1185
Submaster Pu	re			
T. Duran	413	320	452	1185
198 lbs.				
Master I				
R. Phillips	535	402	551	1488
Master II				
E. Duran	402	314	463	1179
220 lbs.	102	514	403	
Master I				
B. Hawkins	507	413	491	1411
242 lbs.	307	413	471	1411
Master II				
J. Turpin	502	320	573	1394
275 lbs.	302	320	3/3	1394
Junior				
	770			
J. Carlile	772	515	579	1865
Pure				
R. Kahle	783	601	678	2061
J. Carlile	772	515	579	1865
Submaster Pur				
	314	386	540	1240
308 lbs.				
Int				
H. Thomason	805	502	661	1968
Master I				
R. Valenzuela	562	441	463	1466
Open			905	
H. Thomason	805	502	661	1968
SHW		· ·		
Master I				
J. Vela	375	325	468	1168
Raw				
123 lbs.				
Junior				
N. Dzubak	187	151	248	586
132 lbs.				
High School				
O. Pedroza	154	132	254	540
Junior				
E. Sanchez	283	201	320	804
Novice				
C. Kennedy	160	132	220	513
Teen				
R. Payne	132	116	204	452
148 lbs.				
Junior				
A. Adame	364	276	441	1080
Pure	T. W.			
S. Shapiro	309	215	_	524
Teen				
	THE REAL PROPERTY.	AND DESCRIPTION OF THE PERSON	125 EA 25 TO	

292 237 336 865

J. Pareja

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in the entire Back, Biceps,

336 237 391 965 D. Morgan 187 — Markham 248 181 lbs. High School Marquez 347 237 402 987 276 215 342 832 C. Smith 281 228 380 890 A. Trail 4th-RP-237 Master I P. Cook Master III 276 198 408 882 D Schlarbum 243 165 336 744 Master Pure 276 198 408 882 P. Cook 342 309 424 1075 N. Giuntoli High School 314 243 430 987 276 231 375 882 Kulitea R. Trail Open A. Whitten 364 303 507 1174 C. Gallick 480 353 524 1356 364 303 507 1174 A. Whitten High School Villalobos 276 226 413 915 242 lbs. Master Pure J. Kennedy 468 353 457 1279 Police/Fire 468 353 457 1279 I. Kennedy 275 lbs. 573 441 601 1615 D. Jenkins 573 441 601 1615 D lenkins High School 474 314 507 1295 4th-DL-535 463 320 502 R. Morton BP DL FEMALE 123 lbs. Master II J. Dutra 66 105 165 336 132 lbs. Teen K. Ishimatsu 44 72 182 298 148 lbs. Master Pure T. Ishimatsu 110 220 397 66 MALE 148 lbs Open T. Dwiggins 121 176 320 617 121 215 - 336 S. Shapiro 121 237 336 694 I. Pareja Submaster 154 331 402 887 132 237 435 805 198 lbs. 127 248 375 750 T. Ellman Master IV 254 — 254 Master Pure 254 — 254 275 lbs. Submaster Pure Submaster Pure

S. Dickey 160 386 540 1086
First off I'd like to thank all of the wonderful people who helped out with the event.
People like Earl Evett, Gayle and Bill 132 lbs Clawson, Teri & Kelsey Ishimatsu, Jon J. Hunter Marshall, Rob Chandler, Lance Janhunen, Tom, Diane and Tommy Manno, Steve Goldberg, Jay Koeper, Marty Einstein, Henry Thomason, Domonique Dightmon, Carlos Mundo, Mike Stainbrook and Walt C. Thomas (15-) Teen (15-16) C. Thomas Sword. What a crew! The meet was out-Teen (17-19) standing in every aspect. The judging was M. Rone strict but fair. The score-keeping and table J. Shaffer personnel (the Ishimatsu's, Tommy Manno,

M. Lemaster 402

336 254

. Knombeen . Abril

D. Wilson

220 474 1097 298 375 1009 237 331 821

320 204 386 909

match-up between the titans of NASA, Henry Thomason & Rich Kahle. It came down to mere attempt selections as to whether or not we would have record Totals posted by these two NASA super stars. Here is a look back at the "what if" scenario of the meet for these tow studs of the sport. If Henry had taken 5 kgs. less on his 3rd attempt in the Squat (380 kgs. instead of 385) he would have hit his 2000 Total. If he had taken 310 kgs. instead of 317.5 kgs. in the Deadlift, he would have hit a 2022 lbs. Total. Henry is SO close to hitting some huge numbers. Like I have always said sometime more means less in the end. If Henry can just solve his downward head movement in the Squat he'll also ward head movement in the Squat he if also move his squat up to the 400 kg, mark. He is there now, as he simply has to work more on fine tuning his lifting. At this level a lifter mst be in near prefect form. Henry still had a 1967 kg, total on a 3 for 9 day. Wow. Rich Kahle was in the same boat, attempt selection. If he would have taken 327.5 kgs. instead of the -332.5 kg. attempt he would have hit that elusive 2105 lbs. mark he has been chasing and a 10.37 coeff. Like Henry, Rich needs to spend an entire day with a computer and the coefficient system and play with numbers. Like I tell lifters all the time, if you think you can make a lift, take a little less then your mind will be thinking you know you car make the lift instead of thinking you migh e able to make it. At this level lifters such as Henry and Rich must select attempts that as Henry and Rich must select attempts that they know they can make. There is no room for doubt at this level. But again, Rich went 7 for 9 with a 10.15 coeff. They were great performances by both lifters. By the way, both asked me to critique their lifting and I am not trying to tear their lifting down but merely doing as they asked me to do, help them. Other outstanding performances were turned in by Jay Carlile, Marty Einstein, Stan Dickey, Sam Robinson, Chris Einstein, Stan Dickey, Sam Robinson, Chris Gallick, Dillon Jenkins, Teri Ishimatsu, Kelsy Ishimatsu, April Webb, Raychel New-ton and Takysha Johnson. This was a great meet. Almost all the lifters indicated they would be at the Regionals on November 1st & 2nd held in conjunction with the Masters & Submasters Nationals. What makes NASA a great place to lift is that there is a place for everyone in our organization, regard-less of total or experience. This meet was evidence that this is true. We had veterans and novices competing along side each other and they were all having a great time. Over all this was another fantastic event with some truly outstanding perfor mances by the lifters and the NASA Staff.

I would like to publicly Thank you to all of the lifters and our pro staff for attending and supporting this event. (Rich Peters) Lima YMCA Touch 'n Go BP 26 APR 08 - Lima, OH BENCH Teen (17-19) FEMALE Master (40-49) S. Oden Masters (50-59) N. Proctor 15: Masters (60-69) 165 lbs. 155* Teen (15-16) T. Dick 225 B. Myers 148 lbs Teen (17-19) C. Pahl 355 300 125 160* Bayer Masters (50-59) M. Miron

115

175

205

J. Crouch

Teen (13-14)

A. Murphy

M. Miron

181 lbs.

Swavel

Master (60-69)

J. Grossman 300*

B. Young 480 R. Schoffner 425

M. Krutsinger 325

J. Russell

Teen (15-16)

G. Berger

220 lbs.

Hammer 405

405

T. Sanders

Open



Master (40-4	9)	Master (40-4	9)
J. Thomas		Machcinski	405
R. Galford		Masters (70-	
Master (50-5		V. Banks	315*
R. Brown	400*	Open	
Open		J. Gutierrez	300
J. Thomas	550*	SHW	
T. Stroshine		Master (40-4	9)
R. Galford	415	S. Ward	540*
M. Grant		Open	
C. Ricker		A. Perkins	385
M. Grant	140	P. Wesson	330
242 lbs.		CURL	
Master (50-5		165 lbs.	
D Goble		Open	
Master (50-5	9)	M. Miron	125
G. Munis	300	220 lbs.	
275 lbs.		Open	
Teen (17-19)		M. Grant	140
J. Pughsley	275*	C. Ricker	140

Coordinator: Joe Simpson. (Thanks to Alicia Bell, Program Director for the Lima YMCA for providing these results)

Toannual	AAIIIIG	F BF/DL CI	assic
3 Feb	08 -	Granger, IN	
BENCH		DEADLIFT	
Women		Women	
SHW		SHW	
A. Ferrebbe	150	A. Ferrebbe	285
Teen 1617		Teen 16-17	
220		220	
Z. Griggs	350	Z. Griggs	425
Novice		Teen 18-19	
165		198	
M. Pickets	235	J. Smoker	275
Raw		Open	
242		242	
C. Mow	410	C. Mow	650
Masters			
220			
A. Reed			
308			
S. Jarausch	625*		
Masters 45+			

D. Goble 485 *= New Competition Records. Venue for the competition: The Fit Stop of Granger, Indiana. Steve Jarausch broke his own meet record by a full 25 lbs. and again showed his amazing ability to come back and get a lift after missing it. Dan "the Danimal" Goble hadn't done one of my meets for quite awhile but he looked like he hasn't missed a beat. Everyone was the reason times and a second was the star of the deadlift contest, getting a nice 650, which should hold up for the next POWERLIFTING USA MagazineTOP 100 ranking for the 242 lb. class. He also had a nice 410 raw lift in the bench. (Thank you to Jon Smoker for the resu

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10 MAY 08 - Manchester, TN C. Smith FEMALE Teen (13-15) Christopher Teen (18-19) 165 lb. A. Reel 198 lb. Class K. Brazier 220 lbs 165 4th-335 DEADLIFT MALE 605 M. Beaty Masters (45-49) 181 lbs. C. Porter 630 . Brown 275 lbs 242 lbs. K. Millrany Masters (50-54) Police/Fire/Military Byrd Push Pull DI TOT FEMALE 165 lbs 225 370 595 P-245 DL-400 4th-BP-245 MALE Teen (13-15) 114 lbs. 165 320 485 W. Thompson Teen (13-15) 220 Class 180 350 530 T. King Teen (16-17) R. Thompson Teen (18-19) 259 Class 225 365 B. Alexzander 420 460 880 Open 148 lbs. 420 R. Farnsworth 275 lbs. L. Vension Submasters

SPF Big Erv Invitational



Amber Suter receiving her award from the SPF Big Erv Invitational from Nicky Peppers (photograph by the courtesy of Jesse Rodgers)

242 lbs

148 lbs

148 lbs

B. Harris!

D. Walker!

Teen I (14-15)

Junior (20-23)

Teen III (18-19)

lunior (20-23)

181 lbs. Teen III (18-19)

Teen II (16-17)

G. Zweig!

220 lbs. Teen II (16-17) B. Olson! 3

242 lbs.

R. Pettet!

B. Margolis! 309

309

375 248

Master II (45-49)

Powerlifting SQ

Master II (45-49)

551

242 lbs.

215* E. Jones!

I. Dolan!

220 lbs.				
S. Thompson	365	450	815	
Masters (55-59)				
275 lbs.				
J. Robinson	320	500	820	
Best Lifter Single	Lifts: Ken	Millran	y. Best	
Lifter Push Pull:	Randy Fa	rnswor	th. (re-	
sults courtesy SPF	President	Jesse R	odgers)	
57505				

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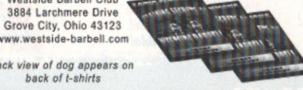
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Master II (45-49) P. Glivar! 287 M. Blackstone 116* 181 lbs.

MALE Master III (50-54) Master II (45-49) Blackstone! 424 Master II (45-49) 5-49) Open 276* Police/Fire/Military DL son! 358* 270* 457* 1086* 413 761 270 243 353 364 882 402* 303* 540* 243 375 926 463* 1086 375 248 463 1086 *=American Records. !=Qualified for the WDFPF World Championships. Venue: B&W GYM. Congratulations to Blake Harris, Clint Phillips, Phil Glivar, Charles Smith, William Blackstone, Eric Jones & Chicago's John Dolan who qualified to enter the 2008 ships Held in Antwerp, Belgium on Oct. 10-12. Nine American single lift raw records were set along with eleven state records. on Oct. 11. Congratulations to the seven either of the 2008 international events are reminded to download the US Team appliathletes who qualified to enter the 2008 reminded to download the US Team appli-WDFPF Powerlifting World Champion-cation form available on the website: vember 22 (unequipped division) and 23 (equipped division). Twenty American powerlifting records were set along with sate records. Carolyn Pomykala and volunteers of all sorts assisted Meet Directors of the property of the tor Clint Phillips, of Northwestern Univer- receiving the bi-weekly e-newsletter. If sity. Returning to the nostalgic B&W Gym was wonderful not to mention being in the presence of Chicago's renowned drug-free powerlifting organizer, Dennis Brady.

include every imaginable piece of cardio & resistance training equipment available along with a complete competi available along with a complete competi-tion area permanently set up, ready to accommodate lifters & fans alike. Dennis had the platform prepared with Eleiko equipment and an electric scoreboard that he ran while officiating. Anyone who has been around powerlifting for any length of time knows that Dennis & Sandi along with their work crew and with people like Lyle Swartz, Ralph Sesso, Ernie and Diane Frantz, Jim Rouse, etc. etc. were to some degree pioneers of powerlifting in the Chicago area. Memories ran rampant as we entered the "Mr. T. style gym". The hallway leading to the seasoned facility, was decorated with a dozen banners from State, National and International comp IPE & WDFPF. Meet Director Clint was well prepared and Ready to host his first ADFPF sanctioned event. The awards table was well stocked with beautiful trophies. Wall Charts kept each lifter aware of their progress. Scoring Table workers, announcers, a set-up crew and a large number of spotters were on hand. We were dumbfounded when Clint and more of his workers carried in bags of fruit, chips & cookies, boxes of "sliders" & McMuffins and cases of beverages not only for the workers and the competitors but also for all the spectators. No one went hungry during the event. Many of the lifters were new to the ADFPF structure; several regulars traveled from throughout IL, as well from Indiana, Michigan & Wisconsin The goal of many was to qualify for the 2008 WDFPF Single Event World Champion-ships to be held Oct. 10-12 in Antwerp Belgium and/or qualify for the 2008 Powerlifting World Championships in Evansville, Indiana on November 22 (un-equipped division) & 23 (equipped divi-sion). Once again the overall trend was focused on the unequipped division with only David Walker of WI entering the equipped division bench press. In all 29 erican records were set/broken and 35 te Records established. Seven powerlifters qualified for a slot on the US Team entering the WDFPF Powerlifting World Championships in November in Evansville, Indiana and eight Single Event competitors qualified to the WDFPF Single Event World Championships to be held in Antwerp, Belgium on Oct. 10-12. Those Antwerp, beigium on Oct. 10-12. Those competitors qualifying to compete on the US Team entering the Powerlifting World Championships in the unequipped division were Michael Robinson & Greg Zweig in the Masters II Categories, Tada Sileika in the Junior Category, Brett Margolis in the Teen III Category, Kevin Meaux, Brett Olson & Brett Henry in the Teen II Categories, Ryan Pettet in the Open division Those competitors qualifying for the US Team entering the Unequipped Division Bench Press event of the Single Event World Championships in Antwerp, Belgium were Mary Blackstone in the Masters II Category, Blake Harris in the Teen I Category, Phil Glivar in the Junior Category, Phil Silvar in the Junior Category egory, Clint Phillips, William Blackstone, & Eric Jones in the Masters II Category, Charles Smith in the Masters III Category and John Dolan in the Open and Police WDFPF Single Event World Champion-ships Held in Antwerp, Belgium on Oct. 10-qualified in the Police/Fire/Military category. David Walker qualified for both Master & Open Categories in the Equipped Congratulations David Walker for qualify- Division Bench Press winning a slot on the ing in both the Open & Masters I Categories

US Team traveling to Antwerp Belgium for the 2008 WDFPF Single Event World

Championships, held in Antwerp, Belgium

ADFPF Members who have qualified for

B & W Gym has expanded over the years

Mr. T Freak Show II

10 MAY 08 - New London, WI BENCH Master III 181 lbs . Vaudt Master III 95* K. Klass Washington MALE 140 lbs. Open Wojiechowski 50 DEADLIFT Open 220* . Mever FEMALE Submaster 181 lbs. Master III J. Eastman 181 lbs. K. Klass MALE 220 lbs. Open M. Gazic Open E. Destache Shirt F. Destache 365 308 lbs Master I I. Klarkowski 560!* 1 Nell *=State records. !=Personal Records. I would first like to thank my wife Peggy for helping at these events. I would also like to thank loaders and spotters Ron Whitt, Matt Gunville, Bret Oswald and the lifters who helped their training partners lift. I also need to thank Chris Mason of At Large Nutrition for his support. The only female lifter of the day Kate Klass, started out the

bench press with a good lift of 95, only to fail the next two lifts. Josh Meyers a wheelchair lifter did a outstanding job with his 220 bench for the day. Jim Eas who is new to the sport finished with 190 in the bench. Mike Gazic also new to the sport finished the day with his second lift f 235.John Klarkowski returned for a PR of 560, it wasnt what he was hoping for, but still was a record. Rodney Wiedman a master 3 lifter finished nicely with a 330 bench. Rev. Steven Vaudt another master 3 lifter came in with a final lift of 265 for the day. Maurice Washington had trouble with his last lift and settled with 315 for the day. Maurice tells me he will do better at the Sept. meet. I hope he does. Eric Destache exploded up his 365 bench very nicely. Jake Wojciechowski powered up 450 like it was nothing.. In the deadlift Kate Klass pulled 245 for a state and personal record. Then Eric Destache was able to pull 510 for the day. Master I Lloyd Nell finished the deadlift with a 500 pull in the second lift, failing his 3 attempt after having a little back trouble. Thanks again to all the lifters, hope to see you and other new faces in Sept 2008. (Tom Theama)

APF Classic Powerlifting

BENCH		DEAD		
Raw		Maste		
Masters		181 II		
198 lbs.		C. Wi	right	573
T. Sisk	287	275 II	os.	
242 lbs.		B. Sch	null	546
D. Wyatt	402	Open		
275 lbs.		220 II		
J. Rodgers	402	K. We	esthove	n 623
308 lbs.		J. Rid		601
B. Hayes	402	242 11		
Open		S. Dw		645
220 lbs.		M. W		601
L. Miller	353	W. St	ephens	
242 lbs.		J. Kyll		468
M. Wood	419	275 II	os.	
A. Biangasso	402	B. Par		584
J. Kyllo	331	308 II		
275 lbs.	33.		eiwald	700
C. E'Dalgo	546	SHW		, 00
SHW	340	J. Sea		832
H. Smith	402	,. 500	,	-
WOMEN	SO	BP	DI	TOT
Open	34			
181 lbs.				
T. Baggett	265	132	303	700
SHW	203	132	303	700
A. Suter	265	171	309	744
MEN	203	.,,	303	,
Teen				
123 lbs.				
T. Baggett	138	94	108	430
Master	130	34	190	430
242 lbs.				
	331	303	364	998
J. Grizzle	331	303	304	330
Open: 181 lbs.				
	441	276	452	1168
C. Shaw	441	2/6	452	1100



Llifters at the Mr. T Freak Show II in New London, WI (Tom Theama)

Lintersacti	10 141		can si	101111
198 lbs.				
	634	413	55	1102
220 lbs.				
M. Smith	524	358 353 364	568	1450
. Mills	452	353	601	1405
. Rish	302	304	441	1306
R. Koons	463	342	502	1306
242 lbs.	524	353	E70	1455
M. Warren	540		579 568	1450
		364	502	1367
275 lbs.	302	304	302	1307
C. E'Dalgo	705	546	645	1896
	452		562	
SHW				
I. Searcy C. Dennis Jr. A. Jordan	821	386	832	2039
C. Dennis Jr.	711	452	744	1907
A. Jordan M. Lanier	772	485	628	1885
M. Lanier	705	391	606	1703
Excitement w	as in	the ai	r at th	ne Cobb
Conference C				
Powerlifting Sl				
Championships	i. 39 p	owerlit	ters tro	m Geor-
gia and surro	unding	g states	showe	d up to
participate i	n the	first	APF "	classic"
concept as a v	ieet. I	develo	pea th	e classic
ers, high s	chool	athle	toe d	old-time
powerlifting o	omne	titore a	nd any	one else
to the platforn	n with	out hav	ing to	train and
compete in n	noderr	nowe	rlifting	annarel
(bench shirts	and so	uat suit	ts). The	rules of
this contest a	llowed	only a	nowe	r belt, a
one piece sin wraps. The re	glet.	knee w	raps a	nd wrist
wraps. The re	sponse	was p	ositive	and this
is just the beg	inning	for thi	s type	of event.
Everyone had	dag	reat ti	me lift	ing and
getting a taste	of wh	at the s	port m	ight have
been like bei	fore e	ngineer	ed clo	thing. It
was rewarding				
the platform	that n	night no	ever ha	ve, tried
the sport in a	ny oth	er capa	icity. Th	he bench
was the mos	t diff	erent	from e	quipped
lifting. 10 lift	ers er	ntered	the bei	nch only
division to ta	ke th	is chall	enge.	Dr. Tom
Sisk is a sight	to see.	inis /	i year	old litter,
who's in grea	rocore	1 286	ape, st	108 class
lifter Bryan h	dayes	200	mess. J	the ADI
record book v	vith a	masters	40-44	raw 402
bench. NGBB				
Jeneil 140bb		THE TT	200	on on the

eyes with a super deep 633 squat and a play toy 413 bench at 198. John unfortunately popped his shoulder out of socket on his last bench and had to token deadlift. The 220s had Stack's Gym technician Matt Smith edge out a field of 4 with balanced rules to compliment his style of lifting and Hotos. Matt's last 578 PK pull stid him into directions of 1stan Support System first 1455 to 1450. The 275s had Chip "Big lifting gear for sponsoring the meet hoot" E'Dalgo again show his dominance in lifting heavy objects. Chip used a solid squat and his world class pressing power to total 1895. Chip's training partner Billy Powerlifting Federation and Jesse Powerlifting Federation and Jesse Powerlifting Federation and Jesse Figure 1 and 1 per powerlifting Federation and Jesse Figure 2 and 1 per power power for always being a friend to the

been dealing with a lower back injury. He decided to lift classic style for fun and to support the meet and still popped up an easy 705 squat! In 3rd was 33 year old Allan Jordan. Allan hadn't lifted for 17 years. This gentle giant buried a 771 third attempt squat that made Patrick Anderson, a USAPI nationally ranked lifter attending the meet, proud. Allan, who typically benches 540+ raw, went on to total 1884. Not bad for a 17 year lay off! Allan was just out distanced by Birmingham, AL's hulking monstrosity Curt Dennis, Jr. Curt showed no weak link was be severated 729. hearched his 4551 opener. as he squatted 722, benched his 451 opener and went on to pull his life time PR 740 and crack the 1900 barrier with an ultraimpressive 1906. This total was still not enough to beat "Pit Bull" James Searcy. Pit has been turning heads for quite some time with his world class deadlifting. He made the win over Anthony Biangasso and Josh Kyllo in the 242s. What really got the audience in Kennesaw fired up on this day was Chip "Big Hoot" E'Dalgo. I guess this Best Lifter of the competition. Along with the was Chip "Big Hoot" E'Dalgo. I guess this day the competition of the competition of the competition of the competition. guy never ages because I remember seeing the classic lifting competition, this was him compete in bodybuilding in Atlanta also the first annual Georgia Deadlift when I was a teen. Here he was 18+ years Championships. This was one flight of 11 later taking Best Lifter honors with a equipped deadlifters. 181 class masters monestrous 545 raw bench at 275. He also lifter Curtis Wright pulled over 3 times squatted and deadlifted in the meet. Conbodyweight with a 573 deadlift. Stack's gratulations, Chip! The turnout for the Gym in Acworth, GA had 2 of their best three lift classic was strong and there was pullers go head to head in the 220 open. some hard fought battles. North Georgia Kyle Westhoven took a personal best 622 Barbell lifter Glenn Baggett made for a long ride to edge out John Ridley, who powerlifting a family affair. His figure competitor wife Tracy entered her first meet and totaled 700. His son Tyler, age record holder (bench) Steve Dwelle finally pulled his 644 opener on his 3rd a near perfect day and a close miss at a 237 attempt to win. The two biggest pulls of the control of the property of the control of th a near perfect day and a close miss at a 237
pull. I thank the Baggett family for their meet were NGBB lifter Zak Freiwald's 700
support. Another female powerhouse made the drive down to lift without gear. Amber Suter, who has been climbing the ranks in equipped powerlifting, eclipsed her raw breaking the 700 barrier. PIT BULL's PR's by 100's of pounds and ended the day dominance goes without saying. This man right of the practice were lifting and the proof of the practice were lifting and the practice with the practice were lifting and the practice were lifting and the practice with the practice wi PR's by 100's of pounds and ended the day dominance goes without saying. This man with a 744 total. In men's open lifting, can pull. He took Best Lifter for the bodybuilder John Oxford opened some deadlift, too! The classic concept was successful. Some try to argue that classic isn't RAW because knee wraps are allowed. I totally agree. This, to me, was an attempt to take the organized sport of powerlifting and make it simple for the lifting and a 1450 total. Matt is a good and fast. Everyone had fun, which is very example of a lifter who wasn't interested important! We used Monolifts, squat bars, in the sport initially but found the classic Forza benches and Okie deadlift bars to allow the lifters the best equipment. Spot rules to compliment his style of lifting and dominated. Local lifter Matt Warren came to lift and did so with expertise. He used 7 of 9 successful attempts to take first over a thickly muscled John Raper by just 2.5 kilos. Matt's last 578 PR pull slid him into first 1455 to 1450. The 275s had Chip "Big Hoot" E'Dalgo again show his dominance Gym for assisting and supporting the efficiency of the provided Hoot Chip ("Big Hoot" E'Dalgo again show his dominance Gym for assisting and supporting the efficiency of the provided Hoot Chip ("Big to total 1895. Chip's training partner Billy Pierce took 2nd and had a great meet. The SHW class was unbelievable. The 4 guys that showed up to lift were worth attending Grove, owner NGBB & APF State Chair)

this meet to see by themselves. In 4th place

was NGBB lifter Mike Lanier. Mike has

totaled elite in 3 weight classes and has



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MEET DIRECTORS ... a listing here is a FREE service. Send details, preferably at least 3 months prior to your event, to 'Coming Events', Box 467, Camarillo, CA 93011 to obtain proper advance notice.

26 SEP, IBP 8th Bench Press Classic & Strict Curl (Pfafftown, NC) Keith Payne 336-251-8704, keith@ironboypowerlifting.net 27 SEP, Gym Warriors Push Pull, (shirted and raw BP, BP, DL, PP) Paul Desimone, 978-766-6280 27 SEP, ADFPF Canton Challenge (PL, single - Canton High School, Canton, IL) Chris Siders, 309-647-9495, 309-647-1820 x2156,

www.adfpf.org
27 SEP, APF Louisiana State Open, Garry Frank, 225-241-

27 SEP, USAPL Kentucky State & Bluegrass Open, Harold Gaines, 2 Tristan Terrace, St. Charles, MO 63303, 314-805-2044

27 SEP, USPF Sierra Nevada Cup (PL, BP, DL-Gold Miners Inn, Grass Valley, CA) Anytine Fitness, 153 S. Auburn St., Grass Valley, CA 95945, Steve or Karen, 530-477-2946, karen@mail2freedom.com 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@apawpa.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, AZ) 520-4 5 7 - 3 9 5 5

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, SQBPDL@aol.com 27 SEP (NEW DATE), USPF Central California Open PL/BP/

DL (Modesto, CA) Steve Denison,

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27 SEP. IBP Regional PL

(Pfafftown, NC) Keith Payne 336-2 5 1 - 8 7 0 4 keith@ironboypowerlifting.net 27 SEP, SLP Nationals Powerlifting Championship (Tuscola, IL) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429

www.sonlightpower.com 27 SEP. Donnie Thompson's Kettlebell Power/Strength Workshop (Allentown, www.rychlakpowersystems.com/

sonlightgym@verizon.net,

KB/Don.html, 610-948-7823 27 SEP, Arizona Bench & Deadlift Challenge (Tucson, AZ) Balanced Fitness Personal Training, Chris Lomuto, 7038 W. Fallen Sun Ct., Tucson, AZ 85743, 520-907-

27 SEP. APF North Carolina BP (Gym 365, Mocksville, NC) Joey Smith, 2980 E. Burma Rd., Nebo, NC 28761, 828-442-8379, burmabo@yahoo.com

27 SEP, USAPL 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 Ford 678-817-4743, wnpf@aol.com

27 SEP - WNPF Lifetime New Jersey (Bordentown, NJ) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com

28 SEP - WNPF Lifetime Pennsylvania State (Ephrata, PA) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817

COMING EVENTS

4743 wnnflifetime@aol.com 28 SEP - WNPF 17th Penn States Open PL, BP, DL Champs (Ephrata, PA) contact Troy Ford 678-817-4743, wnpf@aol.com 29 SEP-4 OCT, IPF Masters Worlds (Palm Springs, CA) Lance Slaughter, 310-995-0047, www.powerliftingpf.com, www.usapowerlifting.com 1-4 OCT, WUAP World PL/BP (Lauchhammer, Germany) L. B. Baker, 770-713-3080, www.americanpowerliftingcommittee.com

3-5 OCT, 100% RAW/RAW United Armed Forces Nationals and Open Push/Pull (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. ADFPF Last Chance Quali fier (The Pit Barbell Club, Evans-

ville, IN) Pat Tyring & Michael Stagg www.adfpf.org 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

APF/AAPF/WPO Schedule

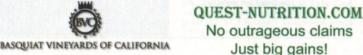
27 SEP. APF Louisiana State Open 27 SEP, APF North Carolina BP 27 SEP, APF Bend It Championship 4.5 OCT, APF/AAPF Snake River 5 OCT, AAPF Raw New England 18 OCT, APF/AAPF Rise of DL/Beast of BP 18 OCT, Northern California Open OCT, APF Orlando Barbell Meet OCT, APF Mississippi State PL/BP 1 NOV, APF Halloween Monster Bench 1 NOV, APF Texas Cup 8 NOV, APF/AAPF Gold Cup PL 8 NOV, APF Bench Press

20-23 NOV, WPC/WPO Worlds NOV, WPC World PL/BP 6 DEC, AAPF River Valley Club 6 DEC, APF Gulf Coast 6 DEC, APF Iron Man 6,7 DEC, APF/AAPF Southern States

Dates subject to change Call 866-389-4744 for info.

13 DEC, APF Rio Grande Valley

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OK 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 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

73068.

4 OCT. Ashtabula YMCA BP (Ashtabula, OH) Lonnie Anderson 440-964-3013

4-5 OCT, USAPL NY State, John Payette, 332 Central Ave., Albany, NY 12206. (518) 433-1703 5 OCT, 100% RAW, AAU, AAPF Raw New England Championships (YMCA Burlington, VT) Bret ernoff, bret@vermontpowerlifting.com 5 OCT, 100% Raw & AAU & AAPF Meet (Full, Single lift, Strict Curl - Greater Burlington YMCA, Burlington, VT) Bret Kernoff bret@vermontpowerlifting.com 9 OCT, USAPL Powerlifting Clinic

(Cal State University, San Bernardino, CA) Mike Womelsdorf 909-880-2948, usaplcachair@aol.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. 1st USPF Ft. Verde Days Open (Camp Verde, AZ), Duane Harris (520) 226-7631, or (520) 2 2 0 - 2 0 7 3 wrestlinghawkeye@live.com.

NASA Powerlifting & Power Sports

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)

8th - West Virginia Regional (Ravenswood, WV)

8-9th-Masters/Submasters Nationals (Mesa, AZ)

9th - 100% Tested Nationals (Ravenswood, WV)

15th - Colorado Regional (Loveland, CO)

22nd - Kansas Regional (Salina, KS)

29th - Houston Open (Alvin, TX?)

December

6th - Missouri Regional

13th - West Texas Regional

20th - Illinois Christmas Regional

January

10th - Gilmer Open (Gilmer, TX)

24-25th - Natural Nationals (OKC, OK)

7th - Arizona State (Mesa, AZ)

14th - Missouri State (Joplin, MO)

28th - East Texas State (Tyler, TX)

7th - Colorado State (Denver, CO)

14th - Tennessee State (Pickwick Park, TN)

28-29th - 26th High School Nationals (OKC, OK)

4th - Power Sports Nationals (OKC, OK)

5th -2nd Pro Power Sports (OKC, OK)

25th - Arizona State High School BP/PL (Mesa, AZ)

2nd - Western States Nationals (Mesa, AZ)

16th - Bench Press Nationals (Denver, CO)

August

1st-2nd - NASA World Cup (OKC, OK)

October

24th - Unequipped Nationals (OKC, OK)

Coming Events/ Entry Forms at: www.nasa-sports.com

USPF 55th Iron Man Open

Powerlifting & Bench Press Challenge (open, masters, teenage, women, junior) Mr. Iron Man, Ms. Iron Woman Over 40 Mr. Iron Man

USPF Div. II National Qualifier, GPC Rules December 6th, 2008 (Fresno, CA) Bob & Kim Packer 559-322-6805, 559-323-3892

11 OCT - WNPF 9th Palmetto PL. BP, DL, PC (Clemson, SC) Troy 678-817-4743,

11 OCT, 17th annual Special Olympics Liftoff, Venice Beach Recreation Center, 1800 Ocean Front Walk, Venice, CA 90291, Karlon Mack & Kevin Meskew 310-399-2775, Rosie Garcia 310-794-

11 OCT (NEW DATE), NAS Strongman Master Nationals/ Heartland Challenge (69th St. & Mercy, Omaha, NE) DJ Satterfield 402-592-1243. dinechair@yahoo.com, www.nebraskapowerscene.com

11 OCT, UPA South Carolina Fall Classic (PL, BP, DL - Greenville, SC) Bart Kelley 864-704-7152, Kate Taillon 864-286-0532, c.taillon@hotmail.com

11 OCT - WNPF Lifetime Carolina State BP, DL, PC Championships (Greenville, SC)WNPF Lifetime, PO Box 142347, Fayetteville, GA 817-4743, 30214. 678 wnpflifetime@aol.com

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

14 OCT, APA Northeastern Regional (BP, DL, PP - Dover, NH) Scott Taylor, 5738 Dayton St., Zephyrhills, FL 33542, 941-626-

18 OCT, SLP Monon Fitness BP/ DL (Indianapolis, IN) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 2 1 7 - 2 5 3 - 5 4 2 9 sonlightgym@verizon.net,

18 OCT, APF/AAPF Rise of the Deadlift & Beast of the Bench Press (Willowbrook, IL) Amy Jackson, 866-389-4744

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. www.powerliftingCA.com 18 OCT, APF Northern California Open PL/BP, John Ford 650-

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, SQBPDL@aol.com

18 OCT, USAPL Columbia City Classic, Richard Schuller, 6005 67th Ave. NE, Olympia, WA 98516, 360-438-3321

18 OCT. Walker's Gum Bench Press Classic (for St. Jude's Hospital - open, raw, men, women, masters, teen, police/fire) Walker's Gym 220 E. Broadway, Hopewell, VA 23860, 804-457-7918

18 OCT, The Mighty Christian Powerlifting Contest V (Dover, NJ) 973-303-3645 mightygibbors@aol.com, www.themightgibbors.com

18 OCT, 12th IPA PA Power Challenge (PL, BP, DL - Leesport, PA) Gene Rychlak, Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823

18-19 OCT, USAPL NE USA Regional BP & PL (Ft. Washington, PA) Rob Keller, 2276 Nova Village Dr., Davie, FL 33317, (954) 790-2249

18-19 OCT, IPA Lexenxtreme Fall Classic (Marriott Courtyard Hotel, 2350 Roberts Rd., Columbus, OH) Dan Dague 614-554-8824. lexenxtreme@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 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, warrior01@earthlink.net, www.strengthalliance.com

UPCOMING SLP COMPETITIONS

27 SEP, SLP National Powerlifting Championship 4 OCT, SLP Tennessee State BP/DL (Lexington, TN) 18 OCT, SLP Monon Fitness BP/DL (Indianapolis) 8 NOV. SLP Ohio State BP/DL (Hamilton, OH)

Son Light Power 122 W. Sale, Tuscola, IL 61953 217-253-5429

www.sonlightpower.com sonlight@netcare-il.com

25 OCT, 6th annual Big Dog Classic (BP, DL, Ironman) John Blackstone, 120 W. Main St., W. Lafayette, OH 43845, 740-502-

25 OCT, APA Carolina's Cup (PL, PP, BP, DL, SC, Overhead Press, Strengh Sports - Georgetown, SC) Scott Taylor, 5738 Dayton St., Zephyrhills, FL 33542, 941-626-

25 OCT, APF Halloween Monster Bench Bash (Eagle Nest, NM) Anita Ramsey/Churtis Schultz, 505-

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 Crain, 405-275-

3689, 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,

SOBPDL@aol.com 25 OCT (New Date), USAPL Florida Collegiate State BP & Pl (Miami) Robert Keller, Box 281571, Davie, FL 33329, 954-790-2249. rhk@verizon.net. www.geocities.com/floridausapl 25 OCT, USPF Pro Performance Strongman/PL (Morgantown, WV) Matt McCase, 210 Gilbob St., Fairmont, WV 26554, 304-376-7538, mccase@yahoo.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 25 OCT, USAPL Night of the Liv-

ing Dead DL: Greed (\$) Alex

Campbell, 615 Swimming Pool Rd., Hampton, TN 37658, 423-725alexcampbell777@hotmail.com 25 OCT, Back To Basics BP/DL (Raw), All American Gym, 309 W.

Main St., Lakeland, FL 33815,

863-687-6268

25, 26 OCT, USAPL Northeastern USA Regional BP & PL (Ambler/Ft. Washington, PA) Robert Keller, 954-790-2249, rhk@verizon.net www.purepowerlifting.com

25-26 OCT - WNPF Lifetime 1ST International Cup Championships (PC, BP, DL (Atlantic City, NJ) WNPF Lifetime, PO Box 142347. Fayetteville, GA 30214, 678 8 1 7 - 4 7 4 3 wnpflifetime@aol.com

26 OCT, The Pennsylvania Power Press (Raw, touch and go - sculptured trophies, Edinboro, PA) Dan 26 OCT (New Date), USAPL Southeastern USA Regional BP & PL (Miami, FL) Robert Keller, Box

Swope, 814-460-1057

281571, Davie, FL 33329, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl OCT. APF Orlando Barbell Meet, Brian Schwab, 407-678-2447,

lightweightpower@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. UPA Ironman Battle on the ssissippi, Bill Carpenter, UPA Vice President, (563) 599-1390, BCarpenter@UnitedPowerliftingAssociation.com, Entry form at www.upa-iowa.com. 1 NOV, USA Raw Bench Press Federation Championship, Darrel Latch,

126 W. Sale, Tucola, IL 61953, 217-253-5429. sonlightgym@verizon.net, www.sonlightpower.com 1 NOV, USAPL 6th Tom Foley BP

& DL Classic (Nanuet, NY, proceeds to the Thomas J. Foley Memorial Scholarship) Premier Fitness, 430 Nanuet Mall South, Nanuet, NY 10954, 845-920-0501, www.premierfitnessny.com 1 NOV, APF Texas Cup (Plano, TX) Gary Pendergrass, 800-378-

6460, www.seguinfitness.com 1 NOV, Raw BP to benefit Special Olympics of Johnston County. Harrison Gym, W. Noble St., Selma. NC 27576, Don Hall, 919-894-

1 NOV. Cal State San Bernardino Collegiate Push Pull (non-sanctioned with USAPL rules - Cal State University, San Bernardino, CA) Mike Womelsdorf 909-880-2948, usaplcachair@aol.com

1,2 NOV, 100% RAW Worlds (Hagerstown, MD) Paul Bossi, 139 Marla's Way, Camden, NC 27921, 252-339-5025, rawlifting@aol.com, www.rawpowerlifting.com

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

8 NOV, APF/AAPF Gold Cup PL (Park Forest, IL) Earl Davis, 708-747-5101

8 NOV, SLP Ohio State BP/DL (Hamilton, OH) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-2 5 3 - 5 4 2 9 sonlightgym@verizon.net,

8 NOV, USAPL 20th annual Hudson Natural Open, Shawn Cain, 1040 192nd Ave., New Richmond, WI 54017, 715-246-

8 NOV, USAPL Michigan State Equipped/Raw PL/BP, John Zintsmaster, 175 Circle Dr., Flushing, MI 48433, 810-730-5477 8 NOV, APF Bench Press (Phoenix, AZ) J.R. Bolger, 602-

218-6489, azapf@cox.net 8 NOV. NASA W. Virginia Regional (Ravenswood, WV) Greg Van Hoose

8 NOV, Carl Seeker's War for the Sword Push Pull (Warren, PA) Carl Seeker (814) 723-3442, seeker4@verizon.net.

8 NOV, USAPL 20th Hudson Natural Open, Shawn Cain, 1040 192n Ave., New Richmond, WI 54017, (715) 246-3560.

8 NOV. Pride Powerlifting's Strength Wars (raw, equipped, BP, DL, full power, monolift, no card fees - Kennewick, WA) (509) 868-

www.PridePowerlifting.com. 8,9 NOV (NEW DATE), NASA

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

8-9 NOV, AAU World PL & BPs, International Push Pull & Single Lift Championships (Boo Williams Sports Complex, Hampton, VA) Virginia Powerlifting Association, Judy

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

WNPF EVENTS

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> 28 September WNPF Pennsylvania State (Ephrata, PA)

11 October WNPF 9th Palmetto PL, BP, DL, PC (Clemson, SC)

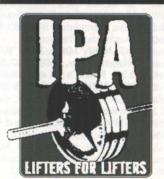
Contact Troy Ford 678 817-4743 or wnpf@aol.com

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)

> 27 September WNPF LIFETIME NATIONALS (Bordentown, NJ)

28 September WNPF 17th Penn State Open (Ephrata, PA)

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Chaillet's Private Fitness, 190 Arsenal Rd.

York, PA 17404

Or Email: Ellen Chaillet at echaillet@aol.com



Thanks to our event



York Barbell 3300 Board Rd., York, PA 17406 Wood, after 7pm 804-559-4624, Jill Meads, after 7pm 804-730-8810, vapowerlifting@aol.com

9 NOV, UPA Battle of the Bench Press II (Circleville, OH) Jon Elick (740) 412-1177, antman517@aol.com.

9 NOV, NASA 100% Tested Nationals

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

13-16 NOV, WPF World PL, BP, DL (Austragungsort, Jedlersdorferstrasse 94, A1210, Wien, Austria, Gerhard Holleitner, www.wpfpowerlifting.com 14-15 NOV, USAPL Dakota Open, Nicole Craig, 4716 Trail Dr., Rapid City, SD 57703,

15 NOV, USAPL Ohio PL & BP Championships (Bedford Hts., OH) Ed King, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464, www.kingsgymohio.com

15 NOV, USAPL Anchorage Fall Classic, Ron Burnett, 13400 Lamb Dr., Anchorage, AK 99516, 907-345-7996

15 NOV, USAPL Southern California Regional PL & BP (Santa Clarita, CA) Lance Slaughter 310-995-0047, lanceoslaughter@yahoo.com,

www.usapl-ca.org
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. Allentown YMCA BP & DL (Allentown, PA) Bonnie Bener, (610) 934-9333. 15 NOV, Grand Slam BP (raw, assisted - Dunn Tire Park, Buffalo, NY) Mark Be cht (716) 549-

15 NOV, N. Virginia Raw PL/BP, John James 7 0 3 - 4 7 5 - 9 8 8 5 , www.northernvirginiarawpower.com

15 NOV, 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

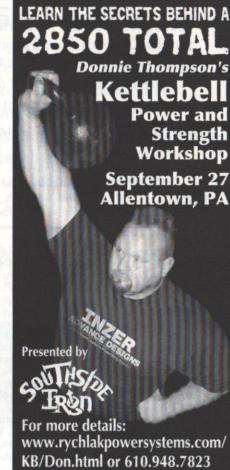
20-23 NOV, WPC/WPO Worlds (Palm Beach Gardens Marriott, Palm Beach, FL) Kieran Kidder & Amy Jackson, IRONOVERLORD@aol.com.

22 NOV, USAPL Idaho State Open PL & Bill's Bad Ass Bench Press, Bill Davis, 1800 Garrett Way #19, Pocatello, ID 83201, 208-233-8035 22 NOV. USAPL All-American BP Championships (Clarks Summit, PA) Steve Mann, www.purepowerlifting.com/ 2008AllAmericanBP/, www.mannofsteel.com 22 NOV, Omaha Open (full, BP, DL, PP - A.V. Sorensen Recreation Center, Omaha, NE) Keith Machulda, 402-444-5596

22 NOV, USAPL Monsters of the Midwest "RAW" PL/BP (open, masters, teen, youth, high school, jr., out of state lifters welcome - Winchester, IN) Sonny Runyon, 765-716-2587, powerhouse562@comcast.net, Joe Goodhew, 765-744-6528, j.goodhew@comcast.net

22 NOV, USAPL MA/RI State Open (Advanced Cardio & Strength, 191 Brockton Ave. (Rt. 123), Abington, MA 02351, 781-878-2002) Greg Kostas, 781-447-6714

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, 100% RAW Word Bench, Deadlift & Curl Championships (Norfolk, VA) (252) 339-5025.



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

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

22-23 NOV, WDFPF World Championships (Evansville, IN) Mike Stagg 812-204-3755, stagg@insightbb.com and Wallace 812-217-0939,

squatbeast@wowway.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, SQBPDL@aol.com

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

NOV, APA Can-Am International (PL, BP, DL, PP - Freeport, ME) Scott Taylor,

Christmas Classic & Hanukah Too BP/DL December 13, 2008, Tucson, Arizona Bench only or Bench and Deadlift Open, Women, Teen, Masters 40-49, 50-59, 60+ Over 120 Trophies in all Free Meet T-shirt To first 50 lifters! No extra fee to lift in more than one division!

> **Balanced Fitness Personal Training** Chris Lomuto 7038 W. Fallen Sun Ct. Tucson, AZ 85743 (520) 907-3258

5738 Dayton St., Zephyrhills, FL 33542, 941-626-4727 5-7 DEC. 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, 321-505-1194, tshontis@brevard.k12.fl.us 6 DEC, USAPL Bare Fitness PL & BP (130 Dolson Ave., Middletown, NY) Frank J. Panaro, 839 Route 52, Walden, NY 12586, 845-778-1884, frankjpanaro@gmail.com 6 DEC, NASA Missouri Regional, Equipped & Unequipped PL & BP and Power Sports & Push Pull, 405-527-8513, P.O. Box 735, OK SQBPDL@aol.com

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

6 DEC, USPF NorCal Open PL, BP, DL (Sacramento, CA) Steve 661-333-9800, Denison. 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 678-817-4743, wnpf@aol.com

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

6 DEC, IPA 3rd Annual Christmas Carnage (Full, BP - Leesport, PA) Gene Rychlak, Jr., 143 2nd Ave. Royersford, PA 19468, 610-948-

6 DEC, Walker's Gym Deadlift Classic (for St. Jude's Hospital open, raw, men, women, masters, teen, police/fire) Walker's Gym 220 E. Broadway, Hopewell, VA 23860, 804-457-7918 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, www.sonlightpower.com

6 DEC, 100% Raw Masters Nationals & AAU/AAPF River Valley Club Championships, (River Valley Club, Lebanon, New Hamp-Bret Kernoff, bret@vermontpowerlifting.com

6 DEC, 8th Annual Pocket Samson's Christmas BP/DL (all divisions/weight classes for men and women, pre-registration deadline 11/15/08, limit 50 lifters) Glenn Murphy Jr., Box 1013, Westminster, MD 21158
6 DEC, APF Gulf Coast

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

6 DEC. Pride RAW BP & DL (Coeur d'Alene, ID) (509) 868-2192, PridePowerlifting.com. 6 DEC, 3rd Children's Christmas

Classic Touch N' Go BP (Breakaway RecPlex, Celina, OH) Mike Wolfe. after 4pm weekdays, (419) 584-3 9 bigbadwolfe900@yahoo.com.

States (Jackson, FL) Wayne Pullum, IRONOVERLORD@aol.com 7 DEC - WNPF 7th Eastern USA PL, BP, DL, PC (Seaford, DE) Troy Ford 678-817-4743,

6-7 DEC. AAPF/APF Southern

wnpf@aol.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

12-14 DEC, USAPL American Open (St. Louis, MO) Harold Gaines, 2 Tristan Terrace, St. Charles, MO 63303, 314-805-

13 DEC, Paxton Strongman Four (Paxton, MA) Nathan Fitzgerald 791-3291, paxtonpowergym@

charter.net.

13 DEC, Iron Chamber Gym BP & DL (Sun Valley High School, 5362 State Rt. 183 NE, Magnolia, OH) Jeff Begue, (330) 844-1011, ICG-Pride@Hotmail.com.

13 DEC. USA Power Open BP & DL, Dave West, B&R Family Fitness Club (PA) 215-355-2700 x130 13 DEC, Christmas Classic & Hanukah Too BP/DL, Balanced Fitness Personal Training, Chris Lomuto, 7038 W. Fallen Sun Ct., Tucson, AZ 85743, 520-907-

13 DEC, 21st Elkhart BP Classic (Elkhart, IN) Jon Smoker, iircsmoker@hotmail.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. Sale, 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, SQBPDL@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,

SOBPDL@aol.com 27 DEC, 3rd annual Gene Rychlak Jr. Bench Press Classic (Boyertown 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, 217-5 3 - 5 4 2 9 sonlightgym@verizon.net,

DEC, AAU World Bench Press, World Push-Pull (Nevada) Martin Drake, 951-928-4797, naturalpower@earthlink.net DEC, USAPL Florida Senior State Games BP & DL (Age 50+ - Ft. Myers/Cape Coral, FL) Robert Keller, Box 281571, Davie, FL 954-790-2249 rhk@verizon.net, www.geocities.com/floridausapl DEC, APF-AAPF Southern States PL/BP, Kieran Kidder, 866-389-

4744, amyljackson@aol.com







USAPL 6th Annual Tom Foley **Bench & Deadlift Classic** Saturday, November 1, 2008 **Drug Free** @ 10:00 a.m.

Premier Fitness 430 Nanuet Mall South Nanuet, NY 10954 (845) 920-0501 www.premierfitnessny.com

~ALL WEIGHT CLASSES~

Proceeds go to the Thomas J. Foley Memorial Scholarship. Tom Foley lost his life on September 11th, helping rescue people from the Twin Towers. Tom was part of Rescue 3 FDNY.

10 JAN, NASA Gilmer Open (Gilmer, TX) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

17 JAN (NEW DATE), USAPL Louisiana State (Lafayette, LA) Meet Director, Travis Werner, 337-3 4 9 - 2 0 0 6, traviswerner123@yahoo.com. www.ragincajunpowerlifting.com 24 JAN 09, Capital District Tri-City BP/DL, Bethlehem Area YMCA, 900 Delaware Ave., Delmar, New York 12054, Tom Corazzini, 518-439-4394, ext. 1442, tcorazzini@cdymca.org

24-25 JAN, NASA Natural Nationals (OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

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

24-25 JAN, USPF American Cup (Los Angeles Convention Center) Steve Denison, pwrlftrs@msn.com, www.powerliftingCA.com, 661-333-9800

25 JAN, USPF Los Angeles Fit Expo BP & DL (open - Los Angeles Convention Center) Steve Denison, pwrlftrs@msn.com, www.powerliftingCA.com, 661-333-9800

30-31 JAN, UPA Iowa & Midwest PL, Bill Carpenter, UPA Vice Presi-(563)599-1390, BCarpenter@

UnitedPowerliftingAssociation.com. 31 JAN (NEW DATE). USAPL Raw HS (Scranton, PA) Steve Mann, www.purepowerlifting.com 31 JAN (NEW DATE), USAPL NE Regional HS (Scranton, PA) Mann,

1 FEB (REVISED DATE), US-APL Raw Collegiate (Scranton, PA) www.purepowerlifting.com 1 FEB, USAPL NE Regional Collegiate (Scranton, PA) Steve Mann. www.purepowerlifting.com

7 FEB, NASA Arizona State (Mesa, AZ) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SOBPDL@aol.com

7 FEB, SSA CandyAzz Classic (full power, Ironman, single lift - Iron Asylum Gym, Tribes Hill, NY) Sandi McCaslin (518) 506-7990. www.ironasvlumgvm.com.

13-14 FEB, USAPL Women's Nationals (Miami, FL) Robert 954-790-2249, rhk@verizon.net. www.geocities.com/ floridausapl

14 FEB, NASA Missouri State (Joplin, MO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513. SOBPDL@aol.com

21 FEB. Red Brick Bench Press VI (Red Brick School, Lewiston, NY) Dennis Brochey, 302 N. 5th St., Lewiston, NY 14082, (716) 200cdbrochey@roadrunner.com, http

niagarapowerliftingclub.com. 21 FEB, ADAU Raw Power Emmanuel Greater Single Lift Open (Johnstown, PA) Sam Contakos, Box 1084, Johnstown, PA 15907, (814) 270-1464, Jim, paworkout@aim.com.

28 FEB. NASA E. Texas State (Tyler, TX) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

7 MAR, NASA Colorado State (Denver, CO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

14 MAR, NASA Tennessee State (Pickwick Park, TN) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513. SQBPDL@aol.com 28-29 MAR, 26th NASA High

School Nationals (OKC, OK)

Rich Peters, Box 735, Noble,

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

29 MAR, 10th Pittsburgh Monster BP/DL (men & women, all classes, cash prizes - Pittsburgh Airport Crown Plaza) Mike Barravecchio, 152 Dover Dr., Moon Township, PA 15108, 412-264-9996

MAR, USAPL Mass High School Eric eccbeast@yahoo.com

4 APR, NASA Power Sports Nationals (OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com 4 APR, APC Georgia State PL/

BP (Athens, GA) L.B. Baker, 770-1 3 - 3 0 8 0 www.americanpowerliftingcommittee.com 5 APR, NASA Pro Power Sports (OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

11 APR, SSA Imperium (full power, Ironman, single lift - Iron Asylum Gym, Tribes Hill, NY) Sandi McCaslin (518) 506-7990, www.ironasylumgym.com.

18 APR, MHP Kings of the Bench III & MHP Clash of the Titans II PL (\$5,000 cash prizes, wraps, chalk, belt only - Ronnie Coleman Classic Expo, Mesquite Convention Center, Dallas, TX) Sean Katterle, (503) 2 1 - 2 2 3 8 , SeanZilla@HardcorePowerlifting.com, www.HardcorePowerlifting.com, www.MaxPerformance.com, www.MetroFlexGym.com, www.MetroFlexGymProductions.com. 18 APR, 14th Dungeon Powerworks Slam (BP, DL - Three Rivers, MI) Mark Mellinger, 15681 Featherstone Rd., Constantine, MI 4904, 2269-506-5386

18,19 APR, USAPL Indiana State PL/BP (open, masters, teen, youth, high school, jr., out of state lifters welcome - Winchester, IN) Sonny Runyon, 765-716-2587, powerhouse 562@comcast.net. Joe

Goodhew. 765-744-6528 goodhew@comcast.net

18-19 APR, IPA Power Palooza 11 (Full, BP, DL - Leesport, PA) Gene Rychlak, Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-

24-26 APR, UPA Powerlifting & Bench Press National Championships (Grand River Center, Dubuque, IA) Kenny Patterson, UPA President, (614) 563-0279, KPatterson@ UnitedPowerliftingAssociation.com, Bill Carpenter, UPA Vice President (563) 599-1390, BCarpenter@

UnitedPowerliftingAssociation.com. Entry form: www.upaiowa.com

25 APR, NASA Arizona State HS BP/PL (Mesa, AZ) Walt Sword APR, Spring Bash Push Pull, Balanced Fitness Personal Training, Chris Lomuto, 7038 W. Fallen Sun Ct., Tucson, AZ 85743, 520-907-

2 MAY, NASA Western States Nationals (Mesa, AZ) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

16 MAY, NASA Bench Press Nationals (Denver, CO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SOBPDL@aol.com

16 MAY, USAPL New England States Open PL, Greg Kostas, 781-

18 JUL, SSA Nationals (full power, Ironman, single lift -Tribes Hill, NY) Sandi McCaslin (518)506-7990 www.ironasylumgym.com.

24-25 JUL, Vermont State Open Raw BP (S. Burlington, VT) All American Fitness Center (802) 999-7845

JUL, Too Hot to Squat Push Pull, Balanced Fitness Personal Training, Chris Lomuto, 7038 W. Fallen Sun Ct., Tucson, AZ 85743, 520-

1,2 AUG, NASA World Cup (OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com 12-13 SEP, USAPL Bench Press Nationals, Gary Kanaga, 591 Central Dr., Broadview Hts., OH 44147, 440-717-

17 OCT, SSA Asylum Power (full power, Ironman, single lift - Iron Asylum Gym, Tribes Hill, NY) Sandi McCaslin (518) 506-7990, www.ironasylumgym.com.

24 OCT, NASA Unequipped Nationals (OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SOBPDL@aol.com

18-20 JUN 2010, USAPL Men's Open & Teen/Junior Nationals (CA) Lance Slaughter, 4437 S. Centinela Ave., Los Angeles, CA 90066, 310-995-0047

2nd LifeTime Fitness Classic 28 IUN 08 - Chanhassen, MN

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BENCH		165 lbs	
WOMEN		C. Madsen	
Raw		181 lbs.	
Teen II (17-19)	95524	J. Passeri	330
181 lbs		198 lbs.	
M. Isaacson	154	J. Bradley	325
lunior	1205	220 lbs.	Andro do
165 lbs.		C. Henry(I)	325
B. Ringstrom	154*	242 lbs.	-
Masters I (40-		J. Biewer	512*
181 lbs		D. Jensen	385
lo los	1268	275 lbs	303
L. Jereczek	120		407
MEN		E. Krych	
Open		N. Glover	300
198lbs		308 lbs	
S. Rickford		J. Kollauf	
		C. Reuben	
C. Henry(I)	385	Subs (34-39)	
SHW		181 lbs	
C. Kadrlik	639	Stanchfield	341*
Masters I (40-		220 lbs.	
198 lbs		C. Hirdler	341
J. Tyler		308 lbs	
242 lbs.		C. Reuben	
J. Steffens	_	Masters I (40-	
308 lbs.		198 lbs	
S. Kivisto	529	E. Maki	
SHW	343	220 lbs	330
		S. Teska	314
Masters II (47			314
		J. Steffens	275
242 IDS.		Masters II (47	2/3
			-33)
T. Pernu	_	198 lbs.	242
		D. Fitzgerald	242
T. Schrupp	501	242 lbs.	7 1710
Master III (54	-60)	R. Delisi	363
275 lbs.		J. May	270*
G. Peterson			
Raw		T. Schrupp	385*
Teen I (13-16)		Masters III (5	4-60)
100 lbs		275 lbs.	
G. Pernu	71*	G. Peterson	363
		Masters IV (6	
D. Ousdigian	203*	220 lbs.	No. of the
198 lbs	200	L. Kollauf	347*
J. Radunz	248*	Military	341
Junior (20-25)	240	181 lbs	
101 lbc		C. Williams	303*
C William	2025	IRONMAN	303
C. Williams	303*	T Cohauna	450
220 lbs	2055	n. Schrupp	459
E. Wills			
		430	201
		C. Henry	
		et Daw Donch	Incor

=MRPF Records. Best Raw Bench: Jason Kollauf 567. Best Equipped Bench: Charlie Kadrlik 639. The 2nd Annual Life Time Fitness Bench Classic wouldn't have happened without the support of the General Manager Mark Laylin. I would also like to thank Bryan Janoweic, Chris Fazi, Jeff Zwiefel and especially Life Time Fitness. Over 150 spectators were on hand to witness some incredible lifts. We had a at 523. Dan Jensen had the task of lifting total of 40 lifters in the Raw, Equipped and Ironman bench contest. In the Ironman opening with in the 5th. Never the less he division we had a total of 3 lifters. How the Ironman division works is competitors get possible 4 raw and 4 equipped lifts. The Raw division fell under the MRPF (Minnesota Raw Power Federation). A total of 15 new MRPF state records fell with another 29 new Life Time Fitness records. Here's of the day's raw lifting. Let's start with 154. She holds the record in that class, but failed on her final attempt to break it. Britt Ringstrom in the Junior 165 lbs. division finished with a new MRPF record of 154. She's a full time Life Time Fitness trainer who in her spare time is an inspiring powerlifter. The final ladies lifter of injury last year and was unable to lift. This year in the 181 lbs. Masters I division she shed with 126* for a new record. Teen I competitor Graham Pernu was the young- faster than his previous attempt.



Competitors at the 2nd Annual LifeTime Fitness Bench Classic. (Trent Hedkte)

tors. Chris Williams was a double winner moved up a weight class from last year into the 220's. He put on another show this year beating the old record by 82 pounds and finishing with an incredible 385* The Orac with records in the 181-lb. Junior and Men's raw division was the biggest with 10 lifters. Starting in the 165 lbs. weight class was Christian Madsen. Christian planned doing the Ironman but couldn't get a shirt to work. Settling for just doing the raw and looking for a double bodyweight lift finished with a new MPRF record of 325*. Jason Passeri, a long time contest promoter actually decided to lift in a contest. Holding one of the oldest records in 181 lbs. weight class he finished with a respectable 330 and a first place award. Jacob Bradley in the 198's finished with 325 for a new Life Time record. Chad Henry another full time Life Time Fitness trainer was one of our three Ironman to compete. Starting with his raw lifts in the 220's he end up with 325. Missing out on lots of training for this contest because of his job, he still ended up with a nice total in the raw category. In the 242 lbs. class we had two strong individuals. Taking 1st place was Jeremy Biewer who had the largest opening attempt at 512* for a new MRPF record. He came up just short on his two other atte opening with in the 5th. Never the less he finished with 385 in his first contest and a 2nd place award. In the 275's, we had a battle of friends, Eric Krych and Nik Glover. Only 6 pounds of bodyweight separated these two benchers, but so one had to come out on top. Eric's 407 turned out to be the winner with a new Life Time record. Nik's 380 was a new personal Isaacson in the 181 lbs. division finished award. In the 308 weight class we had some of the most unbelievable raw benching I've ever witnessed. Corey Rueben, who also lifted in both the Open and Submaster's finished in 2nd place in the Open division with a lift of 424. It was well below his something about him. Scott is actually in with many of the items to give away as do contest best of 496 last year. The winner of the 308 Open division was Jason Kollauf. the day was Lisa Jereczek. She had an If anyone can rewrite the record books it's him. Opening up at a mere 501 he than jumped on to 551 and smoked it. On to his third attempt of 567 the weight came up est lifter of the day at 13, Graham is from came the biggest raw attempt. Next a powerlifting family and didn't disappoint an amazing 600 pounds. With the song "in his first contest. At 85-lbs Graham Ironman "blasting in the background he finished with a new MRPF record of 71*. Doug Ousdigian in the Teen I 165 lbs. received the press command. Up the bar division finished with record 203*. At only went and it stalled half way up. I can't 14 he has the potential to become an believe Jason had any energy left after the outstanding bencher. The last Teen I competitor Jack Radunz who is 15 moved up a He ended up setting a new raw MRPF weight class from last year into the 198's, record of 567° and also getting a sword for

Fitness strength coach Nick Campbell. I'm Stanchfield. I wanted to personally thank amazed at his progress he's shown in the last two years. We had a smaller Junior Living and the last two years. We had a smaller Junior bar. It's always nice lifting with the best record. SHW Scott Nutter owner and Well below his contest best the lift of 314 for his efforts. Tom Pernu in the same competing in the Ironman he beat his last was Joe May with a new MRPF record of another year under his belt. I just wanted I pray that his health improves and we'll see him on the platform again real soon. Moving up a weight class to the 308's Terry He's done over 400 pounds raw many times, but just didn't seem to have it this day. The Master III division had only one ended up with 325. Sad thing about that is pounds just last month. In the 220's Chad Henry who has been just lifting in a shirt for a month did 385 and place third in the

Barbell member SHW Charlie Kadrlik who

opener of 606 and then smoking 639, the bar was loaded 661. Looks like and failed to get the lift. The 639 was a persona contest best and good for the "Best Equipped Lifter" award. The Master I divi-sion had John Tyler competing in the 198 lbs. class John has been working ou with our crew of guys and it also was his first ever bench contest. He had so much adrenaline going his hands they wouldn't stop shaking. John finished with 325 in his first contest for a 1st place and a new Life Time record. Not bad. In the 308's Scott Kivisto lifted the night before so he could help at the contest. After doing his easy opener of 501 we changed shirts and he proceeded to hit 529 in

bar. It's always nice lifting with the best equipment available. Mike made the best of being the only one in his weight class by breaking his own record with a lift of 341*. post a double bodyweight lift in the near future. In the 220's Scott Teska was a last Time record with a lift of 451 couldn't minute entry. Haven't not been able to prepare for this contest and still compete shows the determination of this individual. take home an axe, sword and a sculpture was still good for a first place. Jason who also competed in last weeks UPA Steffens in the 242's had trouble touching contest and hit 536, couldn't get a weight in his shirt so he decided to get his only raw to touch and was one of only two of th attempt in of 275. The Master II division lifters who didn't get a lift. In the 308 class had Dan Fitzgerald taking first in the 198's with a lift of 242. Even tough he didn't improve on his contest best his technique place finish in the Ironman division. Masand form have showed great improvement.
Ron Delisi from Durand, Wisconsin in the 275
Bon Delisi from Durand, Wi helpers and sponsors. Most of my judge year best with a lift of 363. Taking second loaders and spotters were competitor 270*. I can't wait to see what he can do with off I'd like to thank my wife len Hedtk to say that I consider Ron a true friend and Kris Christian's for taking all the great photos. If I can identify the lifter I'll e-mail you the picture. Joey Zorn was again m Head Judge. Thanks to Fran Huston, Dou Schrupp our last Ironman competitor started with a new MRPF record with a lift of 385*. Tyler Hedtke, Scott Kivisto and Rick Fuchs. Again I like to thank Mike Stanchfield for Nutter for the use of his mats and Life Time tying his own record but weighting much lighter than he did last year. The Master supplement specialist at Life Time Fitness IV division also had only one lifter. was on hand to answer any questions and Lawrence Kollauf at 61 in the 220's hit 347* hand out some free drink samples. Spon for a new MRPF record. Now I know where sors I would like to thank are Ken Anderso. Jason gets all his raw strength. In the from Anderson Powerlifting and Titan we had 10 lifters. The Open Men's 198's (www.andersonpowerlifting.com) With Ken division winner was Scott Rickford. I hope Scott doesn't mind, but let me tell you Ken and Titan Powerlifting provided us a wheel chair and probably the strongest prizes. Mike Lambert of Powerlifting USA individual that I know who doesn't have the supplied us with the best powerlifting luxury of any leg drive strength. Having magazine out there. Rick Brewer of House helped him in the last two contests, I'm of Pain, Brandon Bohland of 5-Hour Energy serious when I say don't be surprised if he goes over 400 pounds equipped. The shirt try. Holiday Inn Suites in Chanhassen for just didn't work for him today but he still discounted rooms. Niels Anderson for our sculptured Bench Relief awards and Charles that I witnessed his best raw attempt at 325. Venturella for the swords and axes that we gave out for the Best Lifters and the Ironman Division, Gift Certificates that we Ironman. I'm sure this won't be his last, as Applebee's, Russ Pauly at Pauly's Bar & I believe he's got the bug back that he had lifting in his home state of lowa. Elite Buffalo Wild Wings, Caleb and Pat at Gorilla Combat. Thanks again to all the the previous week competed in the first
Minnesota UPA contest in Elk River, MN
Tentative date for next years contest is set finished with a new MRPF record at 248*. "Best Raw Lifter "award. The Men's Minnesota UPA contest in Elk River, MN Tentative date for next years contest is set Jack was helped again by his Life Time Submaster division started with Mike had an almost perfect day. Hitting his for June 27th, 2009. (results - Trent Hedtke)

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APF Natio	onals	"Battle	on B	ayou"	Macton (45 4)	0)				Master (45 40)			
4 MAY					Master (45-49 S. Lumpe	546	342	424	1312	Master (45-49) G. Haves —	502		502
Powerlifting			0	TOT	Master (50-5		342	424	1312	I. Hendrix —	446	1000	446
FEMALE	34	DI	DL	101	A. Cayer	650	419	628	1698	Master (50-54)	440		440
114 lbs.					Master (60-6		419	020	1090	P. Roberts 689	397	661	1747
Teen (13-15)					J. Nickele	468	254	507	1229		397	001	1/4/
M. Fontenot		140	202	788	Teen (13-15)	400	234	307	1229	Master (55-59)	342	463	1224
			303	/00		441	227	402	1000	R. Olinger 529	342	463	1334
Teen (16-17)				167	Z. Romine	441	237	402	1080	Master (60-64)	200	-10	1100
	_	165	-	165	Teen (13-15)	221	102	102	024	J. Burgard 573	309	518	1400
1 80 1001	•				A. Frank	336	193	402	931	V. Breaux —	446	-	446
Master (40-4		400	224	000	Teen (16-17)					Master (65-69)			
		182	331	893	J. Dunn	-	413	502	915	T. Lancaster 502	402	551	1455
Teen (13-15)		70. 1910	200		Teen (18-19)					Masteer (70-74)			
	314		309	788	B. Bell	601	303	502	1405	B. Bassman —	364	-	364
100 100					B. Gary	529	314	502	1345	Submaster (33-39)			
Teen (16-17)		-			181 lbs.	-				R. Pierce 849	551	601	2001
		138	248	617	Master (45-49					E. Stark —	452	-	452
Teen (18-19)		Applicate	6/45		B. Benedix	728	375	540	1642	S. Siemantel —	364	-	364
B. Myers	331	160	336	827	N. Marinis	-	518	-	518	Teen (13-15)			
148 lbs.					Master (55-5	9)				J. Burttschell 524	353	474	1350
Master (45-4	9)				D. Pittman	562	391	557	1510	242 lbs.			
D. Damming	a 325	204	402	931	Master (70-7	4)				Master (40-44)			
165 lbs.					R. Edwards	463	303	419	1185	K. Cavaretta 540	441	474	1455
Master (55-5	9)				D. Judd	309	138	375	821	M. Hummel —	601	_	601
M. Mathis	342	243	331	915	R. Edwards		303	_	303	P. Wylie -	524	-	524
181 lbs.					Teen (13-15)					Master (45-49)			
Teen (16-17)					C. Burtschell	309	204	314	827	F. Goldberg —	557	-	557
W. Dycus	347	182	331	860	I. Manda	226	138	309	672	Master (50-54)			
198 lbs.					Teen (16-17)					L. Mistric 832	562	639	2034
Master (65-6	9)					380	243	375	998	D. Murphy —	529	_	529
	-		100			n solid	A. California	days to	name on a	Master (55-59)			
Teen (16-17)				20-70-11	Master (40-44	4)				E. Fitzpatrick —	485		485
E. Moreno		182	353	887		689	573	551	1813	Master (60-64)	103		103
								210 618	16 (22)	B. Jordan 413	276	507	1196
Teen (13-15)						562	375	529	1466	Submaster (33-39)	2,0	30,	
S. Simmons							373	323	1400	T. Irby 1009	705	728	2442
MALE	020		303	0.0	M. Steck	584	435	435	1455	S. Johnson 672	408	551	1631
							433	433	1433	Teen (13-15)	400	331	1031
Teen (13-15)					P. Butte	524	292	424	1240	S. Dobbins 661	364	463	1488
C. Havard						_	397	747	397	Teen (16-17)	304	403	1400
	23/			300			337	-	337	L. Palmer 557	309	507	1372
Teen (13-15)						513	386	639	1538		309	307	13/2
				94			300	033	1330	L. Gould 502	309	457	1268
Teen (16-17)						805	557	634	1995	275 lbs.	309	437	1200
	430			1146		-	276	034	276	Junior (20-23)			
						1210	2/6	1	2/6		206	F04	1554
A. Goudeau		231		1091	Teen (16-17)		244		1000	M. Smith 584	386	584	1554
Teen (18-19)		240		4450	N. Bird	474	314	474	1262	Master (40-44)			4040
C. Sonnier							200			E. Bustillos 761	551	-	1312
						584	380	485	1450	Master (45-49)			
Master (45-4				OF FEBRUARY			320	485	1323	G. Damminga 849	507	716	2072
				358		468	331	480	1279	M. Carolan —	457	-	457
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R. Johnson			474	1157	Junior (20-23)					B. McKee 755		590	1946
Teen (16-17)					D. Jenkins	705	457	507	1670	R. Ryan —	634	-	634
T. Myers	402	220	386	1009	D. Jones	590	402	562	1554	Master (55-59)			
M. Askew	144/	281	-	281	Master (40-44	4)				S. Finegan —	507	-	507
Teen (18-19)	CHIEFE !				J. Norman	942	540	650	2133	Submaster (33-39)			
C. Hill	446	248	408	1102	H. Fletcher	904	507	639	2050	L. Estevez 909	645	683	2238
K. Simpson	331	220	325	876	E. Maroscher	722	413	617	1753	Teen (13-15)	a lateral	40 for 12	Allew P
					C. Sanford	507	364	474	1345	C. Strother 468	342	457	1268

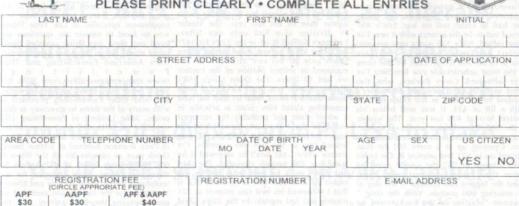
APE Nationals "Rattle on Rayou

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308 lbs Master (45-49) 882 634 634 2149 R. Barlow 854 474 722 2050 Master (50-54) 546 - 546 M. McDaniel -Submaster (33-39) 1080 705 722 2508 A. Mehan 1058 705 683 2447 308+ lbs. Master (40-44) G. Prince 728 634 650 2012 Whitmore 661 441 496 K. Southwood — 645 645 Teen (13-15) 430 270 419 1119 J. Lummus Teen (16-17) 700 474 579 1753 L. Barnes C Cable 518 292 430 1240 408 — 408 A. Burton Best Lifter Women: Lee Denmon. Best Lifter Junior/Teen Men: Chris Sonnier. Best Lifter Master Men: Alan Cayer. Best Lifter Submaster Men: Toby Irby. "If you can't dream, you can't succeed in this sport, it's all about dreaming" -Garry Frank. The Masters Nationals were held at the Holiday Inn Select on Constitution Drive, in Beautiful Baton Rouge, Louisiana to the locals. The Louisiana Leviathan Garry Frank and APF president, was the Meet Director, MC and CEO for this major event. All the judging, spotting. Loading and the meet table were worked with precision. Thanks to all those who made meet possible, first and foremost our lord who spoke the world into existence ack in Genesis. I will attempt to give a bird's eve view of what went on. I'll try to keep it on point but don't count on it. I may preach a little jab a lot and philosophize me so I'm asking your forgiveness in advance. Any jabs are with utmost respect and admiration of the individual's jabbed. Trust me I have many flaws, just ask my wife. Or my therapist. As many times as John Ewing, Greg Theirot and Mike Luckett (Hardcore Barbell) have been coming to Florida over the past five years it was about time some of us Florida lifters showed up at Garry's house. Yeah, That's right we all showed up at Garry's House to take a look in the fridge. Teresa Frank was sure surprised when she heard a knock on the door and all 120 of us lifters were out in the front yard. Garry and John didn't even seem to mind when a couple of the guys started doing barbell curls out of their monolift. Many lifters representing Florida, Louisiana, Texas, Illinois, Maine, Indiana and Minnesota came out in abundance Most were coming to test themselves, see their recent training come to fruition on the platform, achieve a huge goal, set a record, win, PR and all along have a great time in the process. There was some really incredible lifting that went on for two days. Masters lifters going over 2400, 1000 lbs squats, 700 lbs. bench presses and deadlifts 9th and 10th graders squatting over 700 lbs., teenage girls with fire in there eyes, deadlifting three and four bills. The meet made up of a variety of lifters which made it more than exciting. Hardcore Barbell delivered on all levels. Now I digress. About a week before the meet my sweet wife Luanne informed me she was going to "Wax My back" I forgot all about it but Thursday Night before we left I was on the computer perusing Outlaws and the Elite Fts training logs, in my Fruit of the looms like I do most nights. She sneaks up behind me and slaps a Nads 24 hour hair removal glue strip and vanks a large patch of back hair out by the roots. Zipp Yeoww! The box says you stay smooth and hair free for weeks, Dr. Judd is the chief Spokesperson. f our Apf V.P. had this done in the warm up area the floor would look like Don King had just sat down for a haircut. The last time Garry had hair on his sphere. Nixon was in the White House. We left Jacksonville Florida at 4:00 am Friday arrived at the hotel about 2:00 pm (central time). Garry and John "The Cajun Powerhouse" Ewing were already unloading plates at the front door, John will nail 2400 soon, no doubt. The set up for the meet was begin-ning and was completed by 11:30 pm. This meet carefully planned out by Garry Frank

and his teammates awhile back. Garry has

hosted a number of national meets, usually Lorenzo and Scott! More on Lorenzo later, was flawless on the about one per year, since 2004. All of his Junior lifters Daniel Jenkins and Derek meets are run with everything taken into Jones competed well. Daniel had a 705 consideration ahead of time, few sur-prises. A large painted wooden backdrop was assembled separating the warm up area from the lifting area. An access dore was cut out where we would come out to lift when called. We had to stay in the warm up area until it was our time to lift. The Scorers table where Garry announced and Amy Jackson and Hunter worked was on a left but a bunch of dead empty pizza boxes arised platform perpendicular to the stage only about 10 feet away, giving them easy access to view the lifting and run the meet, in all different corners of the Ballroom ended up on top. I access to view the lifting and run the meet, in all different corners of the Ballroom ended up on top. I similar to a press box in theory. Saturday morning my sweet wife Luanne and I took were nervously staring over the open lids a short break from the competition to experience some local entertainment. We went to see a Jim Henson exhibit in with his personal box. I asked him for a dieted down to 220 a genius at what he did. What was intergeted to the world looking Dominoes to the content of the critical braid and the same was the Mississippi Flash, Christian Simmons walking around the meet with his personal box. I asked him for a dieted down to 220 blooming and the proposed braid to the critical braid and the same was the Mississippi Flash, Christian Simmons walking around the meet with his personal box. I asked him for a dieted down to 220 blooming and the proposed braid and the pr conceptual drawings of Kermit the Frog on legal paper. And where he penned the Muppet song. The things that he could later Saturday night I saw Loronzonia. By Kind of resembled Franco Co-legal paper. And where he penned the think he even picked off the pepperoni. Later Saturday night I saw Loronzonia. Brian "Vinnie" magine and create were outrageous. Ernie, about eight of his teammates in the hotel Carroll would even Bert, Big Bird, and my favorite, Birds imaginary elephant friend Snuffleufagus. Playing sharks and minnows, oh to be "Crush" Stutes, Kieran Kidder's favorite Sesame Street young again. Lorenzo jumped in the pool Submaster 275 lbs., Character growing up near Boston Mass, one time and the next thing you know all from Laffeette, La was Cookie Monster. We then viewed a of them were standing at the bottom of the was Cookie Monster. We then viewed a of them were standing at the obtain of the and Arc short movie on the disappearance of the pool, no water. Day one was a huge showed up wetlands south of New Orleans. These success. Garry told me he was especially the steel. H wetlands are in dire need of being restored proud of the women lifters on day one. to their former size to act as a buffer "Obsession is a word used by the weak and strong like butagainst any future hurricanes. Local muminded to define the Dedicated." —Garry ter and totaled over sicians are raising money to do just that, Frank . Day Two: Things started really 2400. Craig went afplanting numerous Cypress Trees and other vegetation to restore the area. Afterwards

The plates began to clang, the lifters got to take down the giwe walked through a local art and music amped up and the music got loud. Score ant, Vel Cajun jazz music, and ate some Shrimp Po small hand held iPod with over 5000 songs Mehan. His grip Boys. We viewed some local artists work, stored. This ran the sound system. I was slipped, it was not to but missing were dogs shooting pool. We about to go out to the truck and grab my then drove thru the Lsu Campus, saw the Mississippi River, and returned to the meet. One thing Louisiana and Florida look". Don't you just love it when you see dead and total. His lifts were 909 644 and total not be. Stay in the APF, my man. Lester "Bull George Prince all had good days. I really be. Stay in the APF, my man. Lester "Bull George Prince all had good days. I really wish I could mention everybody but check manager back in the day, hit a PR bench, the results below. You will be impressed. Thanks for the help Robbie and Keith, and could mention everybody but check manager back in the day, hit a PR bench, the results below. You will be impressed. Thanks for the help Robbie and Keith, and could mention everybody but check manager back in the day, hit a PR bench, the results below. You will be impressed. have in common, is a plethora of humongous grown people walking around with blue 683. Lester is the quintessential come from Orlando Barbell. Now, onto the studs of the alligators. I heard last year a couple of tooth's in their ear talking to themselves, behind, back against the wall lifter. The meet, 308 lber Al "Max Effort" Mehan from alligators. I heard last year a couple of Louisiana gators were seen at the Mardi or the cashiers at the Quik stop that are Cars parade walking upright on their hind legs, wearing shades and throwing beads. The women were just finishing up the deadlift. Maegan Fontenot, Sarah Simmons and Brittany Myers stood out from the rest, also beautiful to the stop of the strength of the stop of Alan Cayer was the best lifter light weight of the floor. The bar was moving faster than the Space Shuttle at liftoff during this flight. The Cross Trainers team from Texas brought approximately 35 male and female lifters, all high school students. They were just amazing to watch. I don't think a single one of them bombed. The best lifter female was Veteran Lee Dennis Pittman had a good day. In the meet and had a nice full meet. Dennis Pittman had a good day. Indican, a high school teacher of the new APF came lad a cornerstone of the select group going of a cornerstone of the select group going a cornerstone of the select group going a cornerstone of the select group going a cornerstone of the sever 2500 lbs. Guys like Andy Chuck, down from Turner, Maine with a few guys. I first met Russ in Daytona in 1997. He so total dover 800 lbs. on the squat and all his bench to stay in the meet and had a nice full meet. Dennis Pittman had a good day. Indiana state chairman and Submaster and a cornerstone of the new APF came lad a cornerstone of the select group going a member of one of the select group going a member of one of the select group going a cornerstone of the new APF came lad a cornerstone of the select group going a corner stone of the select group going a corner stone of the new APF came lad a cornerstone of the select group going a corner stone of Denmon, Masters 123 who totaled 892 in three lifts. Debbie Damminga of Egen, Minnesota had a great day, she dead lifted over 400 lbs. She and her husband Greg, live right near the Mall of America in Egen, a suburb of Minneapolis. Why would I mention a mall in this write-up? Stay tuned. Marylynn Mathis did the full meet and the bench only and did well; Dorothy Raye age 69 benched 99 lbs. See all the results for the women, you will be impressed! When

squats going 4 for 4, ending up with 1003 weight. Joe is one o the steel. He squatted 1069 lbs

Veteran



Bob Gaynor pulled an amazing 639 lbs. in the 60-64 198 lb. class at the APF National Masters meet.

Marylynn Mathis did the full meet and the bench only and did well; Dorothy Raye age 69 benched 99 lbs. See all the results for the women, you will be impressed! When that age are looking for the next party and dropping of school out at an alarming rate, these boys and girls are busy getting stronger both mentally and physically, and in the process making their parents and coaches proud. As a varsity sport in Texas over twenty five thousand lifters participate, Garry was saving. Garry just ran the highly successful APF High School Nationals in Texas. They do the squat, bench and dead just like we do. Florida athletes do the bench press and power clean. The APF is committed to the High School litters. I will mention a couple of teenage lifters who were very impressive. Hey would be Scott Dobbins and Lorenzo Barnes of Burkburnette (Texas High School) who showed amazing strength and platform savyy. Scott squatted 705 lbs. with near perfect form and power. Scott is a 9th Grader! He went on to total mid 1400's. Lorenzo Barnes, a tenth grader, State and the scott pin the bench. He totaled 1752 lbs. Great job in the bench. He totaled 1752 lbs. Great job in the bench. He totaled 1752 lbs. Great job in the bench. He totaled 1752 lbs. Great job in the bench. He totaled 1752 lbs. Great job in the bench. He totaled 1752 lbs. Great job in the bench. He totaled 1752 lbs. Great job in the bench. He totaled 1752 lbs. Great job in the bench. He totaled 1752 lbs. Great job in the bench. He totaled 1752 lbs. Great job in the bench. He totaled 1752 lbs. Great job in the bench. He totaled 1752 lbs. Great job in the bench. He totaled 1752 lbs. Great job in the bench. He totaled 1752 lbs. Great job in the bench. He totaled 1752 lbs. Great job in the bench. He totaled 1752 lbs. Great job in the bench. He totaled 1752 lbs. Great job in the bench. He totaled 1752 lbs. Great job in the left of the turned to the ment. The heat time to the high should mention job and the process making their partitions and the process making their partition



NASA East Coast Nationals Competitors: (left-right) Wade Johnson (TN), David Connor (NC), David Wilson Jr. (MI), Buddy Nichols (NC), Bradley Blake (NC), Walter Ferguson (NC), Marcus Milner (TN), Mike Price (NC), Ralph Dishman (NC), and kneeling is Henry Thomason (TX). (photograph provided by courtesy of Meet Director Rich Peters)

NASA East C	oast Nationals					
5-6 IUL 08	- Hickory, NC	123 lbs.				
BENCH	Master II	Master Pure				
BENCH MALE 148 lbs.	W. Ferguson 325	R. Pope 2	220	132	270	623
148 lbs.	PS BENCH	132 lbs.				
Master II	MALE	Master II				
Master II D. Wilson Jr. 292	148 lbs.	T. Davis 2	270	187	281	739
Master Pure	Open	148 lbs.				
D. Wilson Jr. 292	D. Wilson Jr. 281	Master II				
Open	PS CURL	D. Wilson Jr. 3	342	292	463	1097
D. Wilson Jr. 292	MALE	Master Pure				
Pure	148 lbs.	D. Wilson Jr. 3	342	292	463	1097
D. Wilson Jr. 292	Master Pure					
275 lbs.		D. Wilson Jr. 3				
	Pure	Pure				
R. Allman 551						
Raw						
	Master II					
	W. Ferguson 132				623	1758
D. Wilson Jr. 292					111	a lice
Master Pure		B. Nichols 6				
	77 lbs.	275 lbs.				
	Youth					
	S. Hou-Seye 110					
	148 lbs.					
	Master II	Int H. Thomason 8				
Push Pull	D. Wilson Jr. 463 BP DL TOT	Master II				
	Br DL 101					
	430 518 948					
	BP DL TOT					
MALE		Master Pure				
		master rure				

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D. Wilson Jr. 342 292 463 1097

II H. Thoma I 430 518 948 Raw Lifting SQ BP DL TOT 132 lbs. Master Pt		Master Pure D. Wilson Jr. 342 292 463 Open D. Wilson Jr. 342 292 463	E. Butterwo 1097 1025 SHW 1097 Master I	orth	424	209	391
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Application for Registration i	n the Natural Athlete	Strength Association	D. Wilson Master Pur		292	463	887
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t Name Last	Name-	Date	D. Wilson 220 lbs.	Jr. 132	292	463	887
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e- Zip-	Phone	a Cape Coral, Florida, native less ling some the new 19 years old. In-	High School B. Blake Teen	121	231	347	700
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Competitors at the WNPF Lifetime Quad event. (from Troy Ford)

WNPF Lifetime Quad Contest 27 JAN 08 -

BENCH		242 11		
148 lbs.) Raw	
Lifetime Open	Raw	Griffi		215
	155*	(40-49		
165 lbs.		Shark	ey#	475*
(17-19) SP		REPS		
Smith	10 10	114 II	bs.	
220 lbs.		Lifetin	ne (40-	49)
Lifetime (50-59	a) Paw	Longs	hore!	43*
Hicks!	315*	DEAD	LIFT	1
) Raw	
Lifetime Open	315*			525
Hicks!	315		ERCURI	
(40-49) Raw		275 II		1000
Smith	315			
(40-49) UNL	Was and	(50-59		
Smith	325		man!	150*
(60-69) Raw		SQUA		
Davis	315	181 I		
Subs SP		Lifetin	ne (50-5	
Perez	425	Wein		320*
Powerlifting	SQ	BP	DL	TOT
105 lbs.				
(13-16) Raw				
Klaassen	110	65	165	340
114 lbs.				
(40-49) Raw				
Longshore#	150*	110*	200*	460*
148 lbs.	130		200	700
Lifetime Raw				
	150	105	210	465
Leisey	150	103	210	403
MEN				
181 lbs.				
(17-19) Raw				
Klaassen	390	225	470	1085
Junior Raw				
Kilhefner	280	205	430	915
198 lbs.				
Lifetime Raw				
Reed	440	285	545	1270
(17-19) Raw				
Dilfenderfer	310	235	425	970
220 lbs.				
Subs SP				
Perez	500	425*	135	1050
242 lbs.	300	423	133	1030
Junior Raw				
		255	615*	1520
Fritzinger#	560	355	615	1530*
Open Raw	***			
Miller	440	380	510	1330
Subs Raw		West	10 60	OBBI
Miller	440	380	510	1330
Lifetime Raw				
Miller	440	380	510	1330

World Natural Powerlifting Federation (WNPF) Membership Registration

STREET ADDRESS	
CITY, STATE, ZIP	
AREA CODE, TELEPHONE:	DATE OF BIRTH

FIRST NAME

CHECK ONE: LIFETIME DRUGFREE ______ 5 YRS. MIN.

REGISTRATION FEE \$10.00 SPECIAL OLYMPICS \$20.00 HIGH SCHOOL \$40.00 ADULTS

FILL OUT ENTIRE APPLICATION AND MAIL WITH FEE TO: WNPF, PO BOX 142347, FAYETTEVILLE, GA 30214

SIGNATURE / PARENTS SIGNATURE IF UNDER 18

(memberships are valid for one year)

I agree to submit to any testing procedures in or out of contest by WNPF officials and shall accept the results and will not challenge them in any way. I also agree not to sue the WNPF for injuries that may occur during competition, traveling to or away fromcompetition. I realize that powerlifting is a dangerous sport and I choose to compete at my own risk.

Hemperly! 275 LBS.	425*	325*	460*	1210*
Lifetime Raw				
Bush	560	_	_	Ш
300 lbs.				
Lifetime Raw				
McLaughlin	_	_	_	-
Lifetime Oper	Raw			
McLaughlin!	_	_	-	-
*=American	Recor	ds. #	=Best	Lifters.
SP=Single Ply	Divisi	on. !=	WNPF	Lifetime
Drug Free. O				
Team Champs	: Ephra	ta Pov	ver Tea	m. State
Championshi	ps Cha	llenge	Winn	ers: the
State of Penns	sylvania	. The	first W	NPF and
WNPF Lifetim	e meet	of the	year.	Although
this meet was	small	which	is alwa	ys small
in January th	is was	a pre	tty goo	d meet.
Twenty seven	lifters o	came of	ut to sh	ow their
stuff on the	WNPF	platfor	m. Som	ne lifters
chose to lift	in the	new	WNPF	Lifetime
Drug Free Or	ganizat	ion and	d I than	nk them.
Many WNPF	membe	rs expi	ressed t	hat they
will lift in the				
records in this	sancti	on and	compe	te in the
WNPF Lifetin	ne leas	gue be	cause t	they are
lifetime drug f	ree. W	e took	a lot of	heat on
a website ab	out ou	r new	league	but no
matter what w	ve are	going fo	orward	with this
organization.	One	guy s	aid tha	at many
people were	talkin	g nega	ative a	bout us
because they	had n	o inten	tions o	n lifting
in this organ	nization	n or t	hey jus	st can't.
Thanks to the	specta	tors th	at came	e out on

thanks to the	WNP	on their favorit F lifters and st appen. (from V	aff for	132 lbs. (40-49) Raw	SQ	ВР	DL	тот
WNPF Nat	ionals	/North Amer	ricans	Martinez 148 lbs. Subs SP	165	115	230	510
		Kissimmee, F		Same!	365*	155	410	930
BENCH		181 lbs.	Text (S	MEN	000			1996
97 lbs.		(40-49) Raw		114 lbs.				
(50-59) Raw		Wilcox	325*	(11-12) Raw				
Scott	80*	198 lbs.		Baldwin	125	80	175	380
148 lbs.		(13-16) Raw		148 lbs.				
Lifetime SP		Chambers	135*	(13-16) Raw				
Lawson	160*	220 lbs.		Edwards	205	145	315	665
198 lbs.		(17-19) Raw		165 lbs.				
(50-59) SP		Eker	275*	Lifetime Raw				
Harris	_	Open SP		Morales	255	220	400	875
220 lbs.		Burritt	505*	198 lbs.				
(70-79) SP		(40-49) SP		Open SP				
Bradford	235*	Burritt!	505*	Edwards	575	425*	540	1540
(40-49) SP		(80-89) Raw		(50-59) SP				
Burritt!	505*	Brandt	170*	Harris	_	_	_	_
242 lbs.		DEADLIFT		242 lbs.				
(60-69) UNL		198 lbs.		Lifetime Raw				
Churchman	405*			Mosley	500	345	510	1355
275 lbs.	1	Meyers	750	275 lbs.				
Open Raw		275 lbs.	-	(40-49) SP				
Rubera	350	Open Raw		Francis!	700*	315	715*	1730*
300 lbs.	-	Rubera	405	SHW	100			
Subs SP		Subs Raw		Lifetime Raw				
Berry	445	Roman	540*	Walker	620	135	530	1285
Subs Raw		WNPF Lifetin		WNPF Lifetin				
Roman!	425	114 lbs.		114 lbs.	public			
WNPF Lifetin		(13-16) Raw		(13-16) Raw				
WOMEN	iic	Wilcox	195*	Trembly	95*	75*	160*	330*
105 lbs.		132 lbs.	133	148 lbs.	33	1		330
(40-49) Raw		(13-16) Raw		(13-16) Raw				
Mondragon	90*	Le Le	300*		225*	155*	325*	705*
123 lbs.	30	198 lbs.	300	165 lbs.	223	133	323	703
(40-49) Raw		(40-49)		(17-19) Raw				
	65*	Brown	450*		405*	275*	405*	1085*
Tweed	63.	POWERCURL	430	181 lbs.	403	2/3	403	1003
132 lbs. (13-16) Raw		198 lbs.		(13-16) Raw				
	145*			Garcia	215*	250*	425*	990*
Wilcox! 148 lbs.	143		135*	198 lbs.	313	230	423	330
		Harris 275 lbs.	133	(13-16) Raw				
Open SP	1608				150*	135*	225*	510*
Lawson	160-	Open	185	Chambers (40.40) SP	130	133	223	310
(40-49) Raw	65*	Bradford!	103	(40-49) SP	320*	300*	450*	1070*
Petrik		0 10 1	185*	Brown 220 lbs.	320	300	430	10/0
165 lbs.			103					
(13-16) Raw	05*	SHW		(17-19) Raw	315*	250*	450*	1015*
Brush	95*		1074	Adair	313	230	430	1013
SHW	05*	Manzke	185*	275 lbs.				
Trembly	95*	WNPF Lifetin	ne	(13-160 Raw	400*	105+	425*	1010*
MEN		198 lbs.		Brush	400*	185*	425*	1010.
114 lbs.		(13-16)		(40-49) SP	700*	2454	7150	1720*
(13-16) Raw		Chambers	55*	Francis!	700*		715*	1730*
Petrik	115*	(40-49)		*=WNPF Nati				
Wilcox	90	Brown	145*					
165 lbs.		220 lbs.		Champs Pov				
(17-19) Raw		(80-89)		Women's Be	nch P	ress: V	VIIIY'S	rower.

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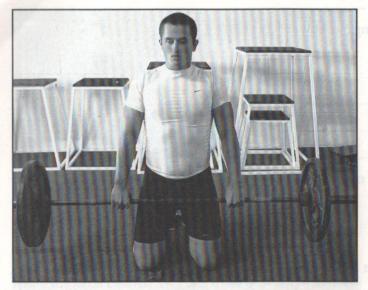
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Date of Birth -___ -

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(continued from page 71)

a world class Olympic lifter, you know, an Olympic medalist. The football players are world sprinters; even occasionally we have a top 10 heavyweight boxer, but why not a great Olympic lifter? This is simply a lack of good coaching. So why do Olympic lifting? Let's look at a substitute: Olympic lifting movements off the knees - this works.

There are steps to follow. Conditioning to perform the kneeling jumps with a barbell starts like this: Sit on the floor with the feet in front with your legs straight. Place a bar across the upper legs, then clean a press for reps. Set a goal of 135 pounds. The weight will depend on your strength level. This builds the entire body for the following tasks because power lifting requires mostly heavy training

With the bar across the shoulders in the kneeling position, jump upward onto the feet. Set goals like the 135 pounds in the seated press.

2. Put the bar across your upper thighs while kneeling and then jump into a power clean. Always set a goal inside a time period

Set a bar across your upper thighs while kneeling and jump into a power snatch and, of course, set goals.

4. Set a bar across your upper thighs while kneeling and jump up onto your feet while doing a split snatch. Alternate front leg on each repetition.

For added general jumping preparation the straight leg power clean and straight leg power snatch should be employed. Also try standard jump squats in place. Start light and land on a somewhat soft surface

These weighted jumps and kneeling jumps with weight for general preparation will, I am sure, lead to a higher jump. They lead to better kneeling weight jumps, which lead to a better squat and deadlift, which in their way raise the box jumping and kneeling weight jumping in turn. I hope all readers will have an open mind and use them to help sprinting and jumping for Olympic and power

REFERENCES: ¹ Explosive Power and Jumping Ability for all Sports by T. Starzynski-Hsozanski. ISBN: 0-940149-09-5; ²The World Atlas of Exercises for Track and Field by A. Lasocki. ISBN: 83-916249-0-0

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FOR REVIEW "Name the Man who, over the last couple of decades, has done the most to challenge and re-shape attitudes regarding strength training in the United States. Who else could it be but Louie Simmons? What other strength authority has put as many pounds on the totals of high level powerlifters, drawn the rapt attention of elite scholastic and professional strength coaches, and made some history on the lifting platform himself, despite a long history of what should be crippling injuries. Over the years, his writings have reflected a precise, logical, common sense analysis of what works and what doesn't. The natural product of such a process is a book, and now it is here. Written by Louie, edited by his good friend Sakari Selkainaho, with photos by Sakari and Scott DePanfilis, this 238 page volume puts all the great Westside training plans into one place at one time. That is a value hundreds of times the cost of the book itself. Heck, Louie's anecdotes about the things he's seen and done in the world of strength are worth far more than the price of the book by themselves, and this book is loaded with them. In a couple of decades, if you look into the personal libraries of the most successful strength coaches and the strongest powerlifters in the world, you will find this book. Ask yourself, where you want to be in the world of strength 15 years from now, and you'll know what you have to do next (order the book, dude!)"

Spring PL & BP Championships 29 APR 08 - W. Columbia, SC BENCH 198 lbs. F. Wihlidal 165 lbs Raw 220 lbs. Open A. Yezer 198 lbs. 7 Green 435 A. Duncan B. Stanley 242 lbs. 220 lbs. A. Fersner 430 R. Pardue I. Duncan R. Cauther 530 M. Hurtado Masters Powerlifting SQ BP DL TOT Teen 242 lbs. 450 R. Thomas 525

465

315 300

600

340

475 350 500 1325

1700

635

D. Johnson

Masters

R. Sutton

C. Laird

198 lbs.

RAW

242 lbs. D. Hubbard 435 275 lbs. 450 560 G. Campbell M. Schott 850 705 715 2270 Henderson 705 This was my first meet that I promoted by myself. However, I did not work it by myself. I had a tremendous amount of help. More about that later. The meet was small, only 23 lifters. The cut off was 25. The only advertisement I did for this meet was a few flyers handed out at Will & Marge Millmans

550

630

865 225 655 1745

525

425 340

615

1500

1420

1110

425

365 370

B. Rapp 220 lbs

Morris

R. Cauther

G. Crook

Rizer

by 3:00 pm. We made it. The North Carolina boys consisted of Brett Rapp, Greg Crook, Adam Yezer, Brian Stanley and Mark Schott. Brett and Mark stole the show with some huge squats. These two are obviously training right because they sure did exhibit some great power. Adam had a tough day with his new shirt, but he took 495 for a few rides. He will come back well over 500 his next meet. His wife and young infant baby were there for support. Brian fell short of his goal with some shirt troubles too, but managed to get one in. He is very strong though. I was really impressed with the deadlifts of Mark and Brett. Very fast and strong. Both had more in them. Mark had the highest total of the day. Very nice guy and look for Mark to total over 2400 in the near future. Our South Carolina boys came determined. Although none had the experience of the NC boys, they manage to push their totals up about 150 lbs each meet. I just love the meet in Charleston a month earlier. I do not boys from Orangeburg, the Kings Of Steel! like long meets. The goal was to be finished That was Alfonso, Zach and Big Mo. They

Brett Rapp squatted 865 (photograph provided by Thompson).

lift RAW and are a proud bunch. As well they should be. Great sportsman and a good display of character from this group. Big Mo is a whopping 385 pounds. He is capable of another 100 on his raw bench if he trains right. Rodney Cauthen told me that the result is first peach. that this was his first meet. Although he placed third, he lifted great and is good at all three lifts. Lucas Rizer from Columbia, did his best but he felt it wasn't good enough. He pushed his total up 120 lbs from November. Not bad but I think he expected more. Lee Morris and Brian Moyer are SC State Troopers. They both placed first. All State Troopers. They both placed tirst. All I can say is they were very determined. Nothing was holding them back from victory that day. It is great to see law enforcement involved in Powerlifting. Our guest deadlifters were Big Tex and Greg Crook. Imagine going to a meet just to deadlift. That takes a set of Grandpa's. It was a great day and it went fast even though we had a few problems at first. Thanks to Williams Strength for the tro-phies. They were a 5 lb plate that they engraved on the back. Mike Ramsey, Eric Smith and Dale Bass were responsible for them. Dr. David Lee, Dr. Barry Fitch and Dr. Mike Stout let us use Progressive Sports Physical Therapy for the event. My fellow employees that helped me personally were Jase Strickland, Heather Taylor, Jessica Scharstein, Teri Marriott, Angie Lembo, Jessica Fulmer and Jonathan Pent. Each did a specific jobs to make the meet run smooth. Jessica and Heather even became impromptu card girls. They all sold tee shirts and kept things running smooth. My lifting comrades from my powrlifting gym, The Compound were all there to help run the meet. John Morrow, Billy Warren, David McLeod, Barry Sturdivant, Karl Tillman and The Dream, Gary Flowers. Big Hoss, Furman Jeffers was the main spotter. He is 450 lbs of pro wrestling. Dwayne King, a small MMA scrapper did allot of spotting and loading. He is tons of energy and no one can keep up with him. I will never do a meet without him. Lastly, Will and Marge Millman, the SC APF chairman, saved the day. They provided cards. loading charts person provided cards, loading charts, person-ally expedited the event. I can't thank them enough. Also, the Columbia Quad Squad is a female Roller Derby team who were our card girls. (courtesy of Donnie Thompson





The Columbia Quad Squad Roller Girls served as contest card girls



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USAPL					MALE					198 lbs.				
17 MAY	08 - 1	Wilmir	ngton,	MA	Teen III (18-1	9) Hvy	Y			K. Conroy	370	325	435	1130
Powerlifting	SQ	BP	DL	TOT	E. Urrutia	400	260	480	1140	220 lbs.				
FEMALE					T. Kinney	375*	255*	440*	1070*	K. Rossi	560	490*	490	1540
Teen					Junior (20-23)	Lt				J. Norcott	550	365	560	1475
S. Nappa	185*	110*	200*	495*	J. Caouette	600*	365	455	1420	R. Keezer	500	350	585	1435
Masters					A. Matson	400	245	440	1085	Salokangas	485	360	525	1370
T. Michaels	215	110	255	580	B. Kingsbury	385	275	375	1035	N. Mason	420	285	460	1165
L. Narkum	145	185*	250	580	D. Jaffe	340	305	445	1090	J. Dearborn	420	255	400	1075
Grandmaster	S				J. Grigsby	350	200	400	950	M. Brith	350	250	450	1050
D. Mason	250	140	285	675	Junior (20-23)	Hvy				242 lbs.				
Open					J. Nappa	550	345	470	1365	J. Ackley	345	315	405	1065
L. Narkum	145	185*	250	580	A. Mangan	545	400	510	1455	T. Kerrigan	300	275	350	925
D. Mason	250	140	285	675	P. Gorman	425	285	525	1235	SHW				
M. Messore	190	105	200	495	I. Muccino	455	340	455	1250	M. Zawilinski	700	510	550	1760
MALE			7.55		S. Davitt	275	225	450	950	J. Cappellino		385	615	1625
Special Olyn	nnics				Submasters (3					Meet Highlig				
M. Kardok	245	190	315	750	G. Sousa	530	340*	560*	1430*	R. Moore	530	275	510	1315
E. Vandall	240	125	225	590	F. Juszynski	415	280	505	1200	L. Jaimes	475	300	405	1180
Teen I (14-15					Masters I (40					J. Norcott	550	365	560	1475
Z. Bartlett	405	215	425*	1045*	M. Farnham	475	365	500	1340	I. Caouette	600	365	455	1420
K. Ihlefeld	370	235*	390	995	Wadsworth	315	215	340	870	J. Nappa	550	345	470	1365
I. Fadel	330	190	390	910	T. Casa	315	255	400	970	G. Sousa	530	340	560	1430
A. Reynolds	240	160	305	705	Masters II (45					L. Weinstein	500	300	510	1310
P. Bettinelli	225	180	295	700	L. Weinstein		300*	510*	1310*	Archambault	360	200	370	930
Teen II (16-1					K. Manning	445	335*	455	1235	L. Cohen	660	445	550	1655
R. Moore	530*	275	510	1315	Masters III (5					M. Zawilinski		510	550	1760
C. Bender	450	315	540	1305	P. Mears	380	190	420	990	Venue: One80				
E. Jacintho	425	325	400	1150	Masters IV (5	5-59)				tors: Greg Ko				
I. Fadel	375	220	415	1010	K. Conroy	370	325	435	1130	England State				
M. Winfield	350	200	400	950	T. Kerrigan	300	275	350	925	Note: Any Ne				
T. Strachan	405	210	455	1070	Masters V (60					have been om				
Teen III (18-1		No.			L. Emerson	380	225	500	1105	Eric Cordiero				
L. Jaimes	475	300	405	1180	Grandmasters		447			New England				
E. Minelli	345	255	495	1095	Archambault		200*	370*	930*	set at the New				
R. Quillard	330	225	350	905	148 lbs.	-		0,0	300	in May. Overa				
I. Puleo	305	215	385	905	P. Mears	380	190	420	990	Norcott, Ove				
B. lozzo	315	205	375	895	165 lbs.	500			330	Lauren Cohen.				
R. Chan	245	190	335	770	S. Ritucci, Jr.	420	330	435	1185	Fitness (RI) 1st				
Teen III (18-1			333	,,,	L. Jaimes	475	300	405	1180	(MA) 2nd, Pov				
I. Norcott!	550*	365*	560*	1475*	198 lbs.	17.5	500	103	1100	University (MA				
B. Johnson	480	305	525	1310	L. Cohen!	660*	445	550	1655	(MA) 5th. The				
I. Crawford	450	385*	425	1260	L. Fiorenzano		325	405	1150	9: Ernie Vand				
J. Crawlord	430	303	723	1200	L. Horenzane	7420	323	403	1130	J. Linie valle	, 1	loya v	Chiste	, ,011

Norcott, Kevin Conroy, Edwin Urrutia. Meet Officials: Greg Kostas: NAT (MA), Tom Weeks: State (NH), Liane Blyn: State (MA), Joe Ascani: State (NH), Joe Wencus: State (MA), Eric Cordeiro: State (MA), Joe Peters: State (RI), Jennifer Perry: State (RI), Disa Hatfield State (CT). Thank you to everyone who assisted and supported us at our recent USAPL event! I want to express my heartfelt gratitude for everyone's support once again. We had a total of 70 lifters (including dual entries) from MA, CT, RI, NH, ME & NY and witnessed some pretty amazing lifting across the board. We were able to present Fred Archambault of NH with a Lifetime Achievement Award which was a moving tribute to Fred, who at 85 vears young continues to amaze us with his lifting prowess. Fred is a true gentleman and an inspiration to us all and it is an honor to have him compete in our USAPL events. Tom Kerrigan of CT was kind enough to provide 2 DVD copies of the presentation to Fred of which we have sent one copy to him. I can't thank Joe A., Tom W. and Joe W. enough for their tireless efforts in the judge's chairs! They were not only consistent but fair throughout the long day. Rene and the Next Level crew were awesome in manning the platform and Liane, Art and the one80 crew did a fantastic job too, Eric continues to provide one of the best state USAPL web sites out there and this is a tremendous resource for all of our lifters. My wife Kathy did a fantastic job as always in making sure that the meet program, meet paperwork and lifter gift bags were ready to go come meet day. Each lifter received a gift bag that contained Powerlifting USA magazines as well as Con-Cret and Amino-Activ samples that were provided by Promera Health. Each best lifter received a \$20 gift certificate from our other spon-sor, House of Pain. These meets require no one person, but a "team" of committed, dedicated individuals to ensure that we provide our lifters the best lifting experi-ence possible. I am truly blessed to have elew all of you helping me to carry the torch and continue the path that my "powerlifting that father" Joe Zarella started before me. Joe to was NE Powerlifting for over 25 years until I began running events in May of 1979. Our recent event marked my 29th year of organizing and running powerlifting events.

I would not have accomplished this feat II: without everyone who has been generous evel enough to assist me throughout the years. I look forward to seeing everyone in November on the 22nd. I hope that everyless one has a safe and enjoyable summer! God for Bless, Yours in Powerlifting. (courtesy ohn Greg Kostas, USAPL MA State Chairman)

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Conditions Of Membership: As a condition of membership to USAPL, I agree to follow and obey all rules, regulations, and drug testing procedures of USAPL. I further agree that the rules, regulations, and drug testing procedures as a condition of continued membership. I agree to obey any new or changed rules, regulations, and drug testing procedures as a condition of continued membership. I agree that my membership may be revoked temporarily or permanently, suspended, and/or dentied for my failure to obey USAPL rules, regulations, and drug testing procedures. I will voluntarily submit to any drug testing procedure that USAPL has approved in its rules, regulations, and drug testing procedures. If I do test positive for a banned substance, I agree that the results of the test are conclusive, and I further agree to accept the consequences of that positive test requestion on we membership.

test regarding my membership. As a condition of membership to USAPL, I understand and accept that I am prohibited from using any substance or doping method that is banned by the United States Olympic Committee. It is mobility to stay current with any USOC banned substance or doping method, including those most recently banned. I further accept sole responsibility for what I take into my body and that should I consubstance unknowingly, and test positive for that banned substance, I shall be solely responsible for the consumption of that banned substance and shall accept the results and consequences of that test. If I am suspended from membership for any reason, including testing positive for a branned substance or doping method, I permit USAPL to publish my name as a suspended members and/or am

SIGNATURE:	If under 21 yrs., Parent Initial:	Date:	_ Prior Reg. #
Name:	Phone: ()	E-Mail:	A PART OF THE PROPERTY OF THE PARTY OF THE P
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Women's T-Shirt - \$18.00 (sizeqty,)(•White Referee Designation Polo - \$30.00 (size)	colors: Black, gray and white) *Kids T-Shirts and hooded stageqty) *Logo Patch - \$5.00 (q	sweatshirts - see e.store on ty) (Shpg for patch: .5	

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



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Jordan Byrnes, age 7, 66 lbs., youth division deadlifter at the Norwich YMCA BP/DL Contest.

Norwich VMCA PP/DI

Norw	ich Y	MCA BP/DL	
22 MAI	R 08 -	Norwich, N	IY
BENCH		181 lbs.	
WOMEN		F. Abbett	195
Open		J. Barrows	285
123 lbs.		275 lbs.	
C. Shutz	120	B. McEwan	430
T. Karba	100	Master (40-4	4)
148 lbs.		148 lbs.	
T. Jones	140	C. Byrnes	390
MEN		181 lbs.	
Youth (6-7)		T. Harris	325
50 lbs.		198 lb.s	
J. Byrnes	40	B. Clark	375
Teen (16-17)		Master (45-4	9)
198 lbs.		SHW	
Z. Abbott	195	G. Crammat	te 325
D. White	245	Master (50-5	4)
Open		275 lbs.	
165 lbs.		S. Antzak	400
M. Platta	265	Master (60-6	4)

242 lbs.		Submaster	
A. Kirby	275	114 lbs.	
DEADLIFT		C. Byrnes	315
WOMEN		Master (40-4	4)
Open		181 lbs.	
123 ls.		T. Harris	440
C. Shultz	235	198 lbs.	
148 lbs.		B. Clark	585
T. Jones	250	Master (50-5	4)
MEN		275 lbs.	
Youth (6-7)		S. Antczak	480
50 lbs.		Master (60-6	4)
J. Byrnes	50	242 lbs.	
Teen (14-15)		A. Kirby	455
114 lb.s		Open	
T. Slicer	85	275 lbs.	
		B. McEwan	530
Best Lifter Lig	htweig	ht: Chris Byrne	es. Be
Lifter Heavy	weight	: Brandon M	cEwa
		C-111	

(Thanks to Shannon Gawronski for results)

7-8 JUN (Powerlifting				
FEMALE	34	0.	0.	
105 lbs.				
Junior/Senior				
Sohn-Hm	53	25	88	165
114 lbs.				
Fresh/Soph				
Ruiz-Hm	65	35	103	203
123 lbs.				
Fresh/Soph				
Sochocky-Hm		43	113	233
Everhart-Hm	60	35	95	190
lunior/Senior				
	48	33	75	155
148 lbs.				
Fresh/Soph				
Rodriguez-Hm	63	38	88	188
165 lbs.				
Fresh/Soph				
Obi-Hi 165 lbs.	73	35	115	223



	Junior/Senior				
	Sperber-Hi	88	63	115	265
	181 lbs.				
	Junior/Senior				
	Davia-Hi	98	55	113	265
	198 lbs.				
	Fresh/Soph				
	Curatola-Hm	63	38	108	208
	MALE	00	00		200
	114 lbs.				
	Fresh/Soph	00		110	200
	Morton-Hi	90	53	118	260
	Miller-Hm	83	55	108	245
	Tattoli-BR	83	43	113	238
	Onderdon-NB	83	48	100	230
	MacFerre-Hm	78	53	100	230
	Hicks-Hi	53	33	73	158
t	Faddish-Hi	53	33	73	158
	123 lbs.				
)	Junior/Senior				
	LaGreca-Hi	73	63	105	240
	132 lbs.	13	03	103	240
	Fresh/Soph				
	DeLuca-Hm	98	58	138	293
	Junior/Senior				
	Salvati-Hm	128	110	185	423
	148 lbs.				
	Junior/Senior				
	Tattoli-BR	103	55	120	278
	165 lbs.				
	Fresh/Soph				
		142	105	193	440
	DePasqua-Hm		105	135	
	Roberto-HV	113	88		335
	Fisher-HV	100	70	160	330
	Caudle-Hi	110	85	135	330
	181 lbs.				
	Fresh/Soph				
	Vavosa-NB	178	103	198	478
	Velez-NB	143	55	150	348
	Junior/Senior				
	Marcus-Hi	168	95	183	445
	Turdo-RD	110	130	180	420
	Stapperfe-HV	123	85	168	375
	198 lbs.				
	Fresh/Soph				
	DelCastill-HV	125	85	173	383
	Junior/Senior	123	03	1/3	303
		110	110	100	400
	Reiter-Hs	163	140	188	490
	220 lbs.				
	Fresh/Soph				
	Negron-NB	220	83	215	518
	Tesauro-HV	173	113	215	500
	Junior/Senior				
	Obrien-Pe	125	125	203	453
	242 lbs.				
	Fresh/Soph				
	Benedetto-HV	183	105	223	510
		125	83	155	363
	Goldberg-HV	123	03	133	303
	Junior/Senior	205	125	220	
	Leon-Hi	205	135	238	578
	Crouder-Hm	163	113	225	500
	275 lbs.				
	Fresh/Soph				
	Rossi-Hi	198	133	103	433
	Junior/Senior				
	Pagano-HV	183	153	200	535
	Metauro-Hi	165	135	195	495
	McDonald-HV			160	435
	BR=Becton R				
	Hm=Hammon				
	HV=Hopewell	Valle:	NID	Morth	rough.
	PAL De De	valley	DD D	WOT IN	Dergen
	PAL. Pe=Pequa				
	sults provided of	courtesy	of Ma	rk L. Sa	llandra)
	100% Rav	Nati	ional	Single	136
		v Nati			
	28 JUN	08 - A		olis, M	ID
	BENCH		Open		
	FEMALE		Teen (18-19)	

Junior/Sonior

FEMALE Teen (18-19) 105 lbs. R. Marcellino 160 Open Master (55-59) 123 lbs Open Junio P. Azlin H. Claypatch 215 Master (45-49) Teen (14-15) N. Hubbard 143 B. Etringer Teen (16-17) 148 lbs. E. Malkin . Tripodi 165 lbs. 316 Teen (12-13) 143 M. Hardesty 116 D. Stone Open (25-29) M. Andrade Teen (16-17) 138 I. Govatos 198 lbs. M. Lee Teen (18-19) Open Junior L. Parrish M. Foxcroft MALE 165 lbs. Open Junior P/F/M M. Binkley 358 105 lbs Open Teen (12-13) J. Etringer Gotvatos, GA. Open Heavy-Tim Henriques,

Open Submaster Master (40-44) 265 Open (25-29) P/F/M S. Russell E. Cortez 226 220 lbs. Teen (16-17) N. Marchio 237 N. Arbia 181 lbs. Master (40-44) A. Shorb 137 314 Master (50-54) Master (70-74) D. Haywood 104 P. Hubbard 254 Open (30-34) 342 C. Deloy 34: Open Submaster DEADLIFT FEMALE P/F/M 105 lbs . Gardner Open Master (55-59) Submaster . Nastek 325 P. Azlin Teen (18-19) 148 lbs. 342 M. Rossi 198 lbs. E. Malkin 226 Master (50-54) I. VanAllen 402 Open Master (70-74) B. Dahlhamer 259 M. Andrade 226 MALE Open (25-29) 336 . Davis Youth (5-6) Open P/F/M (25-29) M. Somma 105 lbs. A. Johnson 413 Open Teen (12-13) 220 lbs. Etringer N. Arbia 123 lbs Open Teen (14-15) 320 D. Willis B. Etringer A. Shorb 303 Master (45-49) 132 lbs. I. Shifflett 314 Master (65-69) Master (50-54) B. Blough J. Marchio 281 Patterson 441 Master (45-49) N. Hubbard 287 Master (40-44) S. Welch J. Tripodi Teen (12-13) D. Stone Open T. Henriques 336 303 Teen (16-17) J. Govatos Teen (16-17) L. Stull 242 lbs M. Lee 408 Teen (18-19) Open (25-29) L. Lanouette 325 M. Foxcroft 336 Open (30-34) 165 lbs. R. Lewis 275 lbs. R. Hanners Master (55-59) Open (25-29) P/F/M E. Cortez 369 B. Blough 308 lbs. 181 lbs. Master (40-44) D. Coridean 441 I. Somma 419 Master (45-49) McCarragher 524 D. Sutton CURL D. lenkins 419 FEMALE 105 lbs. Master (45-49) Open Master (55-59) S. Horwitz 502 P. Azlin Open 165 lbs. . Davis 502 Submaster 220 lbs. Junior P/F/M M. Molina M. Hardesty 60 540 MALE 105 lbs. N. Arbia 524 Open Teen (12-13) D. Willis 502 J. Etringer Open T. Henriques 584 123 lbs. Open Teen (16-17) L. Stull Teen (14-15) B. Etringer 181 lbs. 242 lbs. Open (25-29) Master (40-44) Somma J. Lanouette 524 275 lbs. 137 Master (45-49) Open P/F/M P. McMillian 606 McCarragher 131 Master (40-44) 308 lbs. M. Wilhelm 142 Open (30-34) 198 lbs. D. Coridean 722 Master (70-74) Teen (14-15) B. Dahlhamer 109 D. Sutton 584
Master Team Champions: Team Blough,
WV. Mixed Team Champions: Team Force,
VA. Open Team Champions: Team Compass, MD. Best Lifters Bench: Women pass, MD. Best Lifters Bench: Women-Latoya Parrish, MD. Master-Jim Van Allen, NY. Teen-Michael Rossi, MA. Open Heavy-Aaron Johnson, VA. Open Light-Mike Binkley, NJ. P/F/M-Mike Binkley, NJ. Junior-Mike Binkley, NJ. Best Lifters Deadlift: Women-Patricia Azlin, VA. Master-Jim Marchio, VA. Teen-Jackson

VA. Open Light-Kevin McCarragher, SC. Tripodi, NY. Best Lifter Curl: Women Megan Hardesty, MD. Master-Mark Wilhelm, MD, Open-Mark Wilhelm, MD, If you're sitting in your house or your office, close your eyes and imagine being led to the door to your back yard. Only, your back yard is literally in an area which s steeped in history and American lore You open your eyes to discover that you're in Annapolis, Maryland. A place kn travelers, seafarers and political debates for it serves as the Capitol of Maryland and at one time, our nation's Capitol. While the politicians dual on the floor of the State House, 100% Raw brought it's 2008 Na tional Bench Press, Deadlift and Strict Curl Competition to the floor of the Annapolis se Lodge #296 on June 28th where 50 lifters took to the platform to lay claim to titles and records. Results: The Bench Press competition was highlighted by successes found by lifters in both competed and non-competed weight classes. Those (41 total) in competed weight classes include the following: In the 148 Men's it was Jackson Govatos (GA) taking first place over Matthew Lee (MD) in the Teen (16-17). In the 165 Men's Open, Michael Binkley (NJ) took first place followed by Robert Kibbe, Jr (NY) second, Darren Kimsy (CT) third and Elijah Cortez (MD) 4th. In the 191 Men's Open, James Gardner (VA) took first followed by Jimmie Nastek (MD) second. In the 198 Men's Open, Aaron Johnson (VA) took first with Justin Davis (VA) finishing second. In the 220 Men's Juniors, Nicholas Arbia (VA) took firstr followed by Derek Willis (MD) second and Aaron Shorb (PA) third. In the 220 Men's

100% RAW Powerlifting Federation

LAST NAME:	FIRST NAME:	INT
STREET ADDRESS:		
CITY/STATE/ZIP:		
AREA CODE / TELEPHONE:	DATE OF BIRTH	4:
AGE: SEX: E-MAIL ADDRE	ESS:	

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LIFTERS SIGNATURE:

PARENTS SIGNATURE IF UNDER 18 YRS. OLD

DATE OF APPLICATION:

(This Will Be Your Renewal Date)

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

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lowed by Sean Welch (MD) in second and Tim Henriques (VA) third. There were a number of lifters (19) who crossed over and lifted (total 27) in the deadlift competition. As with the Bench Press, lifters found success in both individual and competed to a second to the s litted (total 27) in the deadlift competition. As with the Bench Press, lifters found success in both individual and competed weight classes. Highlights include the following: In the 148 Men's Teen (16-17), Jackson Groves (GA) took first followed by Matthew Lee (MD) in second. It was great provide much for all of us who participate resign Michael Separation as the participate resign Michael Separation and Se Matthew Lee (MD) in second, It was great provide much for all of us who participate seeing Michael Somma (IL) again. Michael lifts in the Youth (5-6) and he hit a 27.5 kilo deadlift. In a lift that has been gaining in popularity and a greater number of participants, the Strict Curl saw eleven lifters compete. Three of these competitors (Scott Trophy and Awards. This was penitre Bell's first exposure to a compete. Three of these competitors (Scott Trophy and Early 10 this event! Others had participated in either the Bench Press, Deadlift or both. In the 185's Robert Kibbe, Jr (PA) took first place over Aaron horb (PA) in the Men's Junior 220's. At the end of the meet, a Rep Challenge was held. In the 185's Robert Kibbe, Jr (PA) took first to do the Best Lifters. I also want to thank three place with 39 reps. And in the 225's, Jim Patterson finished first with 27 reps. The meet opened with a prayer (offered by John shifflett) and the National Anthem. It took approximately 4-1/2 hours to complete. This was the second time the Moose Lodge

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Gunny Green

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Travis Bell

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(continued from page 14)

to every competitor, regardless of the level of experience. In no way has the IPA mission been more recognized than by an ever-increasing interest and participation by foreign thletes. The IPA enjoys a special connection with lifters from the Ukraine, welcoming nine exceptional athletes to the 2008 IPA World Championships. Almog Dayan made the long journey from Israel to compete for the second year in a row. IPA President, Mark Chaillet, and Vice President, Gene Rychlak, receive requests for invitations to compete from athletes hailing from around the world on a regular basis. We are proud of their interest and participation and welcome all to join us in our common pursuit of strength. Thank you to all of our outstanding sponsors. York Barbell continues to stand true to its heritage sponsoring its superb facility. The continued support of C.A. Weber Agency, Westside Barbell, Crazy Tomato, and Reliable Equipment ensures a memorable event for every lifter. The IPA regularly welcomes a diversity of lifters drawn in part by the multidivisional structure of the lifting categories. Standard fare at the National or World meets include three overarching divisions: Amateur (random drug testing, based on total qualification), Professional (no testing, based on total qualification), and Elite Amateur (based on total qualification, 100% drug tested). Under each of the divisions are the men's and women's subdivisions including: teens by age categories, junior, open, submaster, and master by age categories. Lifters can choose between equipped and raw divisions. The raw division is only a couple of years old with the IPA and realized a growth spurt at the 2008 IPA World Powerlifting and Bench Press Championships. Full Power Results: Saturday's lifting featured all teens, women, and men's weight classes through 198 lbs. The majority of the teens lifted raw, with tight competition between raw division 148 pounders Matthew Patterson and Nathan Robinson. Matthew and Nathan lifted neck-and-neck tying with a 750 lb. total. Matthew pinched out Nathan by a mere .4 lbs. of bodyweight to take home the first place in the 148 lb. teen (16-17) raw division and two IPA records with a 315 lb. dead lift and 750 lb. total. Nathan won a hard earned IPA record for a 250 lb. squat. Rounding out the men's teens, and taking home the best lifter award was 165 lb. E.J. Craycraft who at 18 years squatted 440 lbs., benched 265 lbs., pulled 425 lbs. winning the overall award with a 1130 lbs. At 14 years, Sarah Welcheck seems like a veteran at IPA meets. She has been lifting with the IPA since she was 12, and at the ripe old age of 14 Sarah squeezed out yet another IPA record with a 235 lb. dead lift at a bodyweight of 110 lbs. Sarah also won the best female teen lifter award. The IPA's star teen strength athletes, Anna and Anthony McCloskey both had off days, missing their squats. Anna pulled off a 235 lb. bench, while Anthony benched and dead lifted. Anthony broke two of his own records with a 480 lb. bench and a 675 Ib. dead lift. These siblings are talented strength athletes with totals well surpassing the adult Professional totals. Their high totals required that they be moved into the Elite Amateur Division. A history of stellar performances prompted Ame and Gene Rychlak to honor their accomplishments on

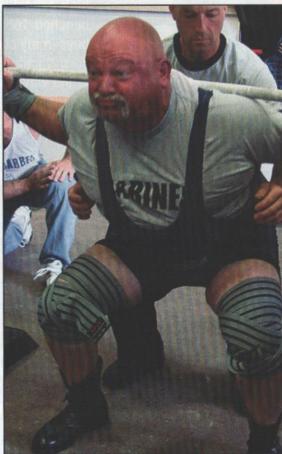


Robert McCray's picture-perfect 900 lb. BP shows 1000 is just around the corner.

behalf of the IPA with crowd thered presentation of a handsome plaque featuring a picture collage of their greatest performances. The Elite Amateur Division made a strong appearance among the women. Michelle Borzok effectively ignored the discomfort of poison ivy to break a couple of IPA Elite Amateur records in the 148 lb. class with a 405 lb. dead lift and a 1220 lb. total. That awesome total earned her the Professional Women's Best lifter Award. Michelle lifted in the Elite Amateur Division that requires mandatory drug testing. Once a lifter of Michelle's caliber meets or exceeds a Professional total as an Amateur, she is



Anna Kurkurina, Ukraine, pressed through an IPA record-breaking bench of 240 lbs. after missing 220 lbs. on her second attempt.

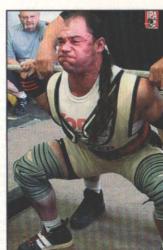


Back after a few years away from competition, Palmer Simpson, Jr. took the Amateur Men's Master Division by storm winning the Best Lifter Award. (courtesy Chaillet)

required to move into the Professional Division or the Elite Amateur Division. In either case, the catalyst for the selection of division is a result of having achieved the published Professional total. A lifter may elect to lift as an Elite Amateur rather than Professional to maintain a drug-free status. Because total classification requirements are the same for both divisions, Elite Amateurs are now qualified for Professional best lifter awards. Brooke Fineis-Curry set all the records in the 165 lb. Elite Amateur Division. Brooke's composure on the platform is admirable; she's all business. Brooke narrowly lost the Professional Women's Best Lifter Award to Michelle with a 525 lb. squat, 350 lb. bench, and a 425 lb. dead lift for a very respectable 1300 lb, total. Jan Swarthout was a newbie on the platform setting all the records in the raw women's master (45 49) division with a 185 lb. squat, 135 lb. bench, a 335 lb. dead lift for a 655 lb. total earning her the Amateur Women's Best Lifter Award. Our only Professional woman was 132 lb. Jules Furniss who packed in some awesome numbers with a 400 lb. squat, 245 lb. bench, 355 lb. dead lift and a big 1000 lb. total. In the Amateur Raw Men's Open Division, 165 pounder Larry Dyles owned the best lifter title in the Amateur lightweight

division. More impressively, Larry won this award lifting in the raw division! Larry broke three IPA raw records with a 500 squat, 525 lb. dead lift and a 1390 lb. total. Vadym Kotsaga and two teammates made the long trek from the Ukraine; all lifted in the raw division. Vadym posted significant numbers in the 181 lb. class with a 385 lb. squat, 290 lb. bench, a 465 lb. dead lift and an 1140 lb. total. Vadym's squat, dead lift and total numbers were all records in his additional Professional men's raw division. Lifting veteran, John Rooney, elected to take lifting raw to the next level breaking two IPA raw records wearing only a wrestling singlet, tee shirt and shoes. John squatted an IPA record 600 lbs. and totaled an IPA record 1630 lbs. without even wearing a belt. Shanon Manning took home the gold winning the Amateur Heavyweight Best Lifter Award. Lifting in the 308 lb. class, Shanon broke a couple of IPA records along the way with a 710 lb. dead lift rounding out the day with a 2145 lb. total. In the Professional Men's Open Division, another Elite Amateur Lifter, Brian Crowe, took home the coveted Professional Men's Lightweight Best Lifter Award. This was no surprise, though. Brian is clearly one of powerlifting's premier strength athletes. With a 1665 lb. total at a body weight of 164.7 lbs., Brian seems to consistently lift at least 10 times his bodyweight. David Hoff was undeniably the heavyweight best lifter in the Men's Professional Division. At an age of only 20 and 251 lbs. David posted some super numbers with a big 925 lb. squat, taking 1015 lbs. on a ride for his second and third attempts. A 725 lb. bench was in the cards rounding out the day with a 750 lb. dead lift. Also of note in the Men's Profession Division is Vinny Cook who at 242 lbs. powered up an 875 lb. squat, 660 lb. bench, and 675 lb. dead lift for the second biggest total of the day at 2210 lbs. Palmer oson, Jr. came back strong after taking a few years off from the competitive lifting scene. Palmer won the Amateur Master Best Lifter Award posting an impressive 1605 lb. total in the 275 lb. Men's Master 50-54 division. Whoever said 71 is too old to compete? Certainly not Fred Glass who swept the Professional Men's Master division taking home the best lifter award. Lifting in the 148

Illusion taking nome the best litter award. Litting in the 14x lb. class, Fred managed to re-write the IPA record book with a 400 lb. squat, 135 lb. bench, and 365 lb. dead lift, finishing with a 900 lb. total. Fred's charm and enthusiasm made him a headliner at this meet. Les Weibley had a super day lifting in the Amateur 165 lb. Men's Master (45-49). Les' flawless lifting earned him some new records in the books with a 455 lb. squat, 460 dead lift, and an 1170 lb. total. Another 165 lb. record breaker was Ukrainian Anatoliy Cherednychenko who as a raw master (50-54) broke the squat, dead lift, and total records with a 385, 440 and 1060 Respectively. Bench Only Results: We've never had such a rousing response to the bench only portion of the Worlds. Nearly 50% of the lifters who registered entered the bench only division. At 121 lbs., Anna Kurkurina also made the long journey from the Ukraine worthwhile breaking an Amateur Women's Master (40-44) bench record bench. Anna opened with 180 lbs., made the jump to 220 lbs. and missed. She came back like a champ with a 240 lb. bench and won the Professional Women's Best Lifter Award in the bench division. Meghann Butler won the Amateur Women's Best Lifter Award in 1421 lbs. One of the stars



At Middleweight, Brian Crowe's squat of 665 lbs. propelled him to a total ten times his own bodyweight and he took home the Professional Men's Open Lightweight Best Lifter Award.

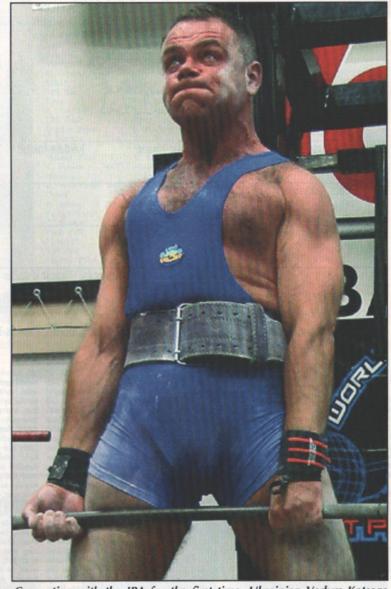


Proving guts and perseverance pays off, Brook Fineis-Curry (women's 165 pound class) accomplished a nearly impossible feat fighting through an IPA record breaking 525 pound squat after missing the same weight on her first two attempts.



IPA President Mark Chaillet (right) and Dan Dague (Lexen Xtreme, Ohio) take a moment from the judges' chairs to smile handsomely for the camera.

of the day was Almog Dayan who arrived Friday from Israel just in time to weigh-in for Saturday's events. Almog increased her bench 45 lbs. since last year at the same 114 lb. bodyweight. Her 215 lb. bench was a record oreaker in both the Elite Amateur Women and Amateur Women's Open divisions. Teenager, Jake Bingham, who at the ripe old age of 13 and 161 lbs. walked away with a huge IPA record-breaking bench of 260 lbs. But the guy who walked away with the Teen Best Lifter Award was Dustin Richner who at 18 years and 167 lbs. benched a super 365 lbs. In the Amateur Men's Division the competition stood aside for Velygan Yaroslaw who swept up the Amateur Men's Best Lifter award with a very impressive 550 lbs. at a body weight of only 191 lbs. Velygan gave a hearty try at 570 lbs. twice, but without success. The biggest and most impressive bench of the day came from big, affable Robert McCray. Robert made the best use of his 371.5 lbs. of body weight with a picture-perfect 900 lb. bench press. Robert opened with 810 lbs., moved to 850 lbs., and culminated with a seemingly effortless 900 lbs, to win the Professional Men's Open Best Lifter Award. Is Robert the next 1000 lb. bencher? Larry Short's performance had a shaky start missing his opener of 600 lbs. Round two, however, was a success earning Larry the Amateur Men's Master Best Lifter Award. Larry lifting at 270 lbs., age 48, took 625 and 645 for a ride on a third and fourth attempt, but was unsuccessful. The Professional Men's Master Best Bench Award went to Hal Wilson who at 50 years, and 208 lbs. benched 520 lbs. Super heavyweight Shawn Lattimer awed the crowd with an 830 lb. awed the crowd with an 330 lb. bench, while another SHW, Eric Fetzer powered up 715 lbs. As always, we couldn't pull off these meets without the help of all our dear friends. Many thanks go to their tireless effort and respect for the sport and the athletes who are the genesis of the camaraderie it inspires. Until November, see you then! (results courtesy Ellen Chaillet, of the International



Competing with the IPA for the first time, Ukrainian Vadym Kotsaga earned a place in the Professional Raw IPA record books with a 385 lb. squat, 465 lb. dead lift and 1140 lb. total. (photos courtesy Ellen Chaillet)



Adult \$30

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

High School and Special Olympics

82

Exp. Date

APPLICATION FOR REGISTRATION World Powerlifting Alliance American Powerlifting Association



First Name	Last Nam	e Middle Init	Initial Today's Date		
Street Address		City		Zip Code	
Telephone Num	ber E-Mail a	ddress	Date of Birth		
Sex S	ocial Security Number	Signature (Parent if	under 18 ve	ars old)	

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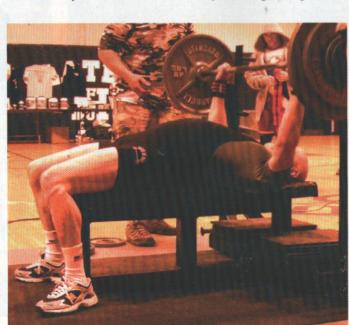
USA Southern Bash on the Beach

26 APR	80	- St. Geo Isl	
BENCH		308 lbs.	
WOMEN		B. Sasson	_
Teen (14-15)		Master (40-45)	
123 lbs.		181 lbs.	
I. Jones	120	T. Green	340
Teen (16-19)		220 lbs.	
Super		M. Retter	325
M. Herring	225	242 lbs.	
Master (55-59)		G. May	350
K. Castner	105	D. Fisher	550
MEN		275 lbs.	
Teen (16-19)		S. Heaton	_
165 lbs.		C. Minex	415
B. Ranew	245	Master (46-50)	
C. Sullivan	250	M. Patrick	485
Roberts	300	Elite	
220 lbs.		242 lbs.	
L. Smith	300	Master (40-45)	
K. Brule	420	K. Millrainy	675
242 lbs.		DEADLIFT	
J. Brooks	365	WOMEN	
Open		(16-19)	
198 lbs.		Super	
A. Robinson	360		375
B. Fisher	435		
J. Herring	450	K. Castner	150
220 lbs.		MEN	
T. Whitehead	425		
242 lbs.		165 lbs.	
K. Smith	530	C. Sullivan	350
D. Fisher	550	J. Roberts	375
M. Christy	600	B. Ranew	375
275 lbs.		220 lbs.	
C. Minex	415		450
J. Peeterse	425	K. Brule	575
308 lbs.		Submaster	
B. Sasson	-	242 lbs.	
Submaster		K. Smith	500
198 lbs.		(45-50) 165 lbs.	
B. Fisher	435		435
J. Herring 242 lbs.	450	T. Green	433
K. Smith	530	Open 275 lbs.	
K. Silliul	330	J. Peeterse	550
		i. recterse	220

The first annual Bash On The Beach was The first annual Bash On The Beach was a great, great success! Great lifting, great commrodery, and great fun! Right on the beach on beautiful St. George Island. The lifting started off with a bang as as Leslie Jones from Body By George smoked an AAPF World Record 135 lb. Bench Press, but beat the rack signal. Kathy Caster had a perfect day with a 105 lb. lift in her first bench press meet. Morgan Herring (my niece) cound be the next phenom as she just missed a monster 260 lb. world record bench press in only her second meet! She is only 17 years old. Look out world! The teen men took over

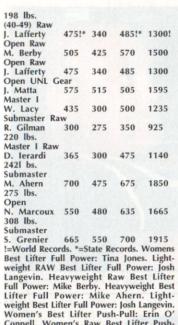
425 lbs. just missing 440 lbs. World neer Inn, and everyone else I forgot. All champ Matt Christy went insane as he did a first time 600 lbs. Multi world champ Ken Milrany drove all night long from 25 years powerlifting. We will be back! Tennessee and proceeded to do a PR (Thank you to George Herring for results)

with power to spare as locals Blake Ranew and J.J. Roberts combined for a solid 1-2 first meet punch. BBG liters Lee Smith and Jarod Brooks and solid lifts while Kyle Brule (coached by world champ Gary Lands) kicked butt with a first meet 420 lbs.! Other standout lifts where performed by my brother Joe Herring (who was just here for the beer!) 450 lbs., brian Fisher 435 lbs., his brother Dave 550 lbs., big daddy Ken Smith 550 lbs.! BBG lifters Tim Green, world champ Mark Patrick, and Matt Retter, all had great days. Local lifters most were first meet guys also did outstanding. Leading the way were Glen May, Athony "no shirt" Robinson, and Chris Minex 415 lbs.! Jaco Peeterse 425 lbs.! The co meet director Tim Whitehead lifted and really did well as he smoked 425 lbs. just missing 440 lbs. World champ Sandra Herring and the Blue Parrot and the Buccaner of the show this day was Morgan Herring as she shattered the Morgan Herring as she shattered the Show this day was Morgan Herring as she shattered the Show this day was Morgan Herring as she shattered the Glbs., but the star of the show this day was Morgan Herring as she shattered the Show this day was Morgan Herring as she shattered the Glbs., but the star of the show this day was Morgan Herring as she shattered the Glbs., but the star of the show this day was Morgan Herring as she shattered the Glbs., but the star of the show this day was Morgan Herring as she shattered the Glbs., but the star of the show this day was Morgan Herring as she shattered the Glbs., but the star of the show this day was Morgan Herring as she shattered the Glbs., but the star of the show this day was Morgan Herring as she shattered the Glbs., but the star of the show this day was Morgan Herring as she shattered the Glbs., but the star of the show this day.



Peter Hubbard won the WPA Master IV Raw Worlds at 181. (Taylor)

	WPA W	orld (Champ	ionshi	os
	10-11 MA	Y 08 -	Fair I	Haven	VT
	BENCH		242 lb		
	FEMALE 132 lbs.		Open S. Mil	ler	605
	Submaster Ray		N. Hu	ghes	555
		100!*	275 lb	s.	
	UNL Submaster		Junior L. Cic	arelli	550
	R. Cook	265!*	Master	11	
	MALE 165 lbs.		B. Bor 341 lb		380*
	Master III		Open		
	M. St.Laurent	347	M. La	ckie	705
	Open M. St.Laurent	347	DEAD 181 lb		
	181 lbs.		Teen (16-17)	
	Master IV Rav P. Hubbard	v 250!*	J. Pall 242 lb		535!*
	Submaster	250:	Open	5.	
	B. Brown	375	M. Ah		675
	220 lbs. Master II		Open D. Cos		550!*
	K. Mattson	550	Master	II Rav	V
	Open Raw	430	D. Cos 275 lb		550!*
	C. Clapp Submaster Ra		Subma		
	J. Koenig	350	G. Bre	eault	550
	Push Pull FEMALE		BP	DL	тот
	123 lbs.				
	Open		110	240	250
	E. O'Connell		110	240	350
	Junior Raw				A IN
	J. Aikey		95	225	320
	UNL Submaster				
	R. Cook		265!*	175	440
	MALE 198 lbs.				
i	Open UNL G	ear			
)	J. Matta		515	505	1020
	Teen (13-15) N. Bauman		210	270	480
!	Teen (16-17)				
!	C. Wade		335	500	835
1	220 lbs. Open				
	D. Herbert		470	520	990
t	275 lbs. Junior				
,	R. Hayward		400	510	910
5	FEMALE	SQ	BP	DL	TOT
1	132 lbs. Master I				
1	W. Poitras		125	240	575
-	Submaster Ra T. Howard	W 225*	115	250	590
ı	148 lbs.			230	330
2	Open Raw	220	100	225	
1	K. Conway Teen Raw	220	100	235	555
)	K. Conway	220	100	235	555
	165 lbs. Master I Raw				
	B. Bowen	230	120	270!*	605
	220 lbs.		Nº		
	Master I T. Jones	330	250	330	910
	Open Raw				
	M. Bean	250*	160	300	710
	Submaster Ra M. Bean	w 250*	160	300	710
	MALE		1	0	
	105 lbs. Teen (13-15)	Raw	17		
	H: Forte	245	100	270	615
	114 lbs.				
	Teen (13-15) C. Parker	Raw 125	105	200	430
	132 lbs.				
	Open Raw	220	155	325	710
	D. Blake Teen (16-17)	230 Raw	155	323	710
	P. Willette	225	180	310	715
	148 lbs. Master II				
	J. O'Connell	300*	190	380	870
	165 lbs.				
	Master I J. Lamonica			_	
	181 lbs.				
	Open Raw	52014	45	175	685
	J. Aikey Open Raw	530!*	45	175	685
	A. Audovokino	e —	#16	- 0	-0
	Junior Raw J. Langevin	4201*	320	560!*	1295!
	Master I Raw				
	C. Ploof	405	285	425	1115

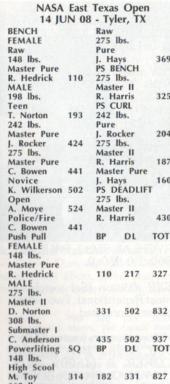


weight Best Lifter Full Power: Josh Langevin. Women's Best Lifter Push-Pull: Erin O' Connell, Women's Raw Best Lifter Push Pull: Janelle Aikey. Best Lifter Push-Pull: James Matta. Women's Best Lifter Bench Press: Rebecca Cook. Women's Raw Best Lifter Bench Press: Annie Ferland. Lightweight Best Lifter Bench: Marcel St.
Laurent. Raw Best Lifter Bench: Curtis and a very special thanks to Marcel St. M. Toy
Clapp. Heavyweight Best Lifter Bench: Laurent for bringing down an impressive Mike Lackie. Lightweight Best Lifter selection of Canadian lifters, Mr. And Mrs. High Scool Lifter Deadlift: Dave Cospito. Special efficient event, and our spotters/loaders T. Vick thanks to our sponsors Powerlifting USA and referee's for doing an outstanding job magazine and Alan Thomas of APT wraps throughout the weekend. (by Scott Taylor) High Scool



Sebastian Grenier won the 308 lb. Submasters WPA World title.

Deadlift: Joseph Pallante. Heavyweight James Matta and staff of Fair Haven Fitness D. Goucher 353 198 413 965
Best Lifter Deadlift: Mike Ahern. Raw Best for making this a very well run and Junior



287 176 336 799

D. McHugh	254	165	331	750
Junior		202	40=	120
N. Briggs	419	303	485	1207
Teen				
C. Goucher	496	347	502	134
198 lbs.				
High Scool		000		
D. Ivy	435	298	474	120
C. Plummer	342	220	336	898
Master II	100	201	457	120
J. Toy	468	281	457	120
Master Pure				
Routhouska	424	325	430	1179
Open				
K. Lasiter	557	303	529	1389
220 lbs.				
Master II				
S. Johnson	557	424	540	152
Master II/Pol				
T. Clark	524	336	513	137
Teen	-			
M. Worley	391	209	402	100
242 lbs.				
Master II				
K. Romero	529	342	601	147
275 lbs.				
Int/Novice				
K. Wilkerson	535	518	551	160
308 lbs.				
Int/Open Raw				
H. Thomason		502	601	185
Power Sports	CR	BP	DL	TOT
FEMALE				
148 lbs.				
Master Pure				200
R. Hedrick	61	110	217	388
MALE				
165 lbs.				
Junior				-
	132	237	430	799
198 lbs.				
Submaster Pu		1		
B. Brock	149	314	419	882
275 lbs.				
Master II				
	171		430	926
(Thanks to Ric	ola Dat	town for	thoco	rocult



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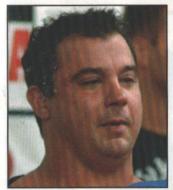
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Jason Coker the crowd favorite



Bobby Fields - 7 reps with 500.



Frank Caminita in with the lions



A Texas Style Cheerleader Claps

(continued from page 10) 750x1.0: FRANK CAMINITA 650x1,0; JOE CEKLOVSKY 600x1,0,0.

HW (under 259): ROB LUYANDO 800x2. BOBBY FIELDS 750x1, 700x2.

SHW (over 259): SCOT MENDELSON 850x2, 900x1,0; TINY MEEKER 800x2,0 950x0: GLENN RUSSO 750x2. 850x1,0; SEBASTIAN BURNS 750x0. 700x2: GENE RYCHLAK 850x1; PAUL KEY 800x1,0 850x0.

SXR division (Set weight X most Repetitions): Two weight classes contested.

HEAVYWEIGHTS (UNDER 259) 500 Pound Bar: JASON COKER 9 (4500); ROB LUYANDO-8(4000); BOBBY FIELDS - 7 (3500); JESSE KELLUM - 6 (3000); FRANK CAMINITA -4 (2000).

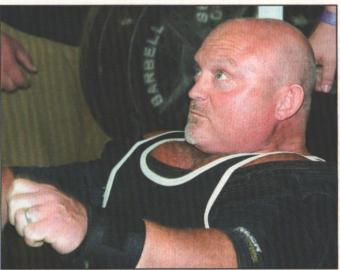
400 Pound Bar: JASON COKER - 16 (6400); JESSE KELLUM - 15 (6000); FRANK CAMINITA - 10 (4000).

SHW (over 259) 600 Pound Bar: TINY MEEKER

- 11, 10, 7 (16,200); SCOT MENDELSON - 11, 10, 6 (15.600): GLENN RUSSO - 8 (4800); SEBASTIAN BURNS -6(3600); PAULKEY-3(1800) 500 Pound Bar: GLENN RUSSO - 17 (8500); SCOT MENDELSON - 13 (6500): TINY MEEKER - 12 (6000).



A Very Serious Scot Mendelson



Jesse Kellum among the spectacular lineup of bench superstars.



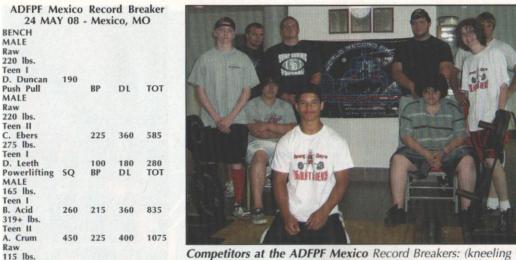
Magnificent Effort ... Mendy and Tiny celebrate strength history.

SUPERLIFTING PRO BENCH PRIZE WINNERS

JASON COKER \$3,000 (1st MX2, 1st SXR, 1st SXR) ROBLUYANDO \$2,000 (1st MX2) SCOT MENDELSON \$2,000 (1st MX2) TINY MEEKER \$1,000 (2nd MX2, 1st SXR) GLENNRUSSO \$750 (3rd MX2 1st SXR JESSIE KELLUM \$500 (2nd MX2); **BOBBY FIELDS \$500** (2nd MX2); SEBASTIAN BURNS \$250 (4th MX2).

Prizes were awarded as follows:

MX2 - \$2000 1st \$500 2nd: \$250 3rd (3rd place HW no-show awarded to 4th place winner in SHW); SXR - \$500 1st each division and round.



Competitors at the ADFPF Mexico Record Breakers: (kneeling in front) Brandon Acid; (seated, I-r) Daniel Duncan, David Leeth; (standing, I-r) Christian Blankenship, Chris Ebers, Jared Stumpe, Andy Krum, Skyler Wathan, Tomm Hargrave. (courtesy Bill Duncan)

198 lbs.	13	03	110	250					
Teen II					Ba	attle L	Jp No	orth	
T. Hargrave	275	260	460	1095	26 APR				NY
275 lbs.	3/3	200	400	1093	Powerlifting		BP	DL	TO
Teen III					135 lbs.	34	ы	DL	10
I. Stumpe	405	315	405	1125	Pacheco	275	225	285	785
I would like					Ufares	175	200	330	705
Gedney as we					140 lbs.			000	
for driving do					Darling	265	185	330	780
more or less					Cross	250	240	300	790
thank Alan					150 lbs.				
generous do					Riggs	300	225	350	875
"swag". I'd lik					165 lbs.				
Powerlifting I					Pilaccil	405	285	480	117
excellent repo					Stalgaitis	200	200	350	750
much. There v					171 lbs.				
tors and other					Raposo	500	295	500	129
under their b	elts. Th	is turn	ed out	to be a	181 lbs.				
teens only me	eet. Th	e big l	lifts of	the day	Loster	350	2854	75	110
were a 450 lb	s. equi	ipped s	quat by	Teen II	C. Jackson	505	350	600	145
lifter Andy Cru	ım. And	dy went	on to	when the	W. Colemon	600	350	525	147
ADFPF Natio	onals	Men's	Teen	II SHW	220 lbs.				
division. The	biggest	bench	of the	day was	Melendez	530	415	465	141
a 315 lbs. by					Parkinson	400	375	-	775
also had the l					R. Corapi	485	315	425	122
lbs. The sec					SHW				
Tommy Hargr					Washington	425	375	400	120
to a 460 DL).					J. Moore	1000	600	700	230
meet in the fa					Master (40-4			1	1 2 2 2
are welcome.					Wright	405	325	595	132
providing the	se pow	verliftin	g meet	results)	Master (45-5	0)			

Blankenship 145 125 225 495

75 65 110 250

Teen I

R. Wathen

next lift he missed his first attempt at a 1000 lbs. squat, due to a late depth call by the lbs. squat, due to a late depth call by the judge, any deeper and John would have been sitting. His third lift was absolutely beautiful, John went below parallel with 1000 lbs. on his back and came up setting a N.Y. State Prison Record that will not be touched for years to come. Big John Moore is a man to keep on eye on, regarding power-lifting that is, gotta make that clear. As far as I am concerned John can now "insist upon himself" Big John's trainer S. "Dis" Aster, having worked with him the past five years, was present at the meet as a competitor also spending the morning psyching John up and it must have worked. John went on to hit a 600 lbs. bench and an John went on to hit a 600 lbs. bench and an "easy" 700 lbs deadlift, bringing John the Prison Record with an impressive 2300lbs.at a body weight of 315. Good going John. Another milestone was Big John's trainer coming out of retirement, it is anyone's guess as to his true age, although he is believed to be in his early fifties. "Dis" Aster, in the Masters Class, hit a deep 700 lbs. squat bum shoulder and all. Adding a 320 lbs. bench and finishing with a 535 dead-lift ending the day with a more than dead-lift ending the day with a more than impressive total 15S.Jlbs. at a body weight of 228, not bad for an old timer. This year's meet saw new faces. We had the Mighty S. Aster 700 320 535 1555
Best Lifter: J. Moore. The Annual Postal Power-Lift took place after all the hurdles put before the nineteen lifters. The meet taking place was an accomplishment in and of itself. Therefore we would like to thank. Mr. Lashway as well as Mr. Bond of the Recreation Department at Clinton Correctional Facility. without their help the meet surely would never have gotten off the ground. We would have liked to send photos of the day's events, however Security deemed it to be a risk, stating that photos containing groups of convicts would be considered "gang" related. So all we have is words and the Official tallies to convey all that took place. It is unfortunate we were not able to document the accomplishments as we would have liked and forward them to you. Regardless, you can rest assured that the lifters gave it their all. Things got off to a slow start as the placing of weight classes and experience levels took a lot of time, although it was worth the effort as some massive amounts of weight were pushed and pulled. The stand out was Big John Moore, who broke his own impressive records from the previous year, this guy is hell bent on breaking records once he is released in November, with the S. Aster 700 320 535 1555 Midget, at a 198 lbs. hitting a sweet 600 lbs. Best Lifter: J. Moore. The Annual Postal squat. Coleman is his name and he will be

numbers Big John put up it wont take long He opened with a "light" 955 squat, on hi

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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.

results and consequences of mattest.

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. SignatureName		Under 21 yrs., Parent Initial Date		Prior Registration No		
		Phone	E-mail			
Address		I have been the same	City		State	Zip Code
Date of Birth	Gender	U.S. Citizen?	ADFPF Registered Club	Member		

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

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

WABDL 15th Iron Gladiator 8 MAR 08 - Pasco, WA Submaster 132 lbs. WOMEN Disabled 4th-204* R. Talley 165 lbs C. McEwen 148 lbs. Teen (12-13) E. Lyman Master (40-46) 123 lbs. Aparece Teen (14-15) 114 lbs 148 lbs. Patching T. Jacobs 165 lbs. 181 lbs. L. Beshrian 198 lbs. C. Frost

4th-214*

Teen 916-17)

123 lbs

199+ lbs.

MEN

Class I

165 lbs.

C. Gomes T. Miller

220 lbs

A. Taylor

242 lbs.

259 lbs.

308 lbs.

R. Roeser

Mattila

Junior 920-25) 198 lbs.

V. Eldridge

309+ lbs

242 lbs. B. Nikolaus

Turney

Master (40-47)

Law/Fire

253

Golden Valley, MN 55427

If under 18, have parent initial

Sandlin

4th-424*

Kamakeeaina 341

325

424

303

352

Wooldridge

Master (47-53)

132 lbs

148 lbs.

181 lbs.

198 lbs.

199+ lbs.

L. Lastufka

114 lbs.

P. Robey

148 lbs

R. Unson 4th-204

148 lbs.

198 lbs.

P. Robey 199+ lbs.

. Michaels

Master (54-60) 148 lbs

Master (61-67)

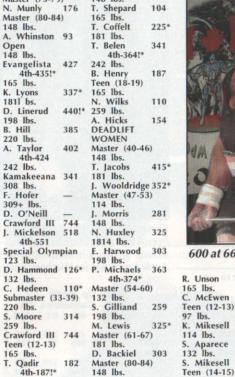
M. Buchanan 99

Master (80-84)

M. Whinston

Age is Just a State of Mind .. Jim Waldo pulled 567 @ 198/39 years of age, and at 50 he pulled

. Sua	468	V. Eldridge	424
aw/Fire		Master (47-53)
Master (56+)		148 lbs.	
R. Patterson 4th-617!*		Evangelista 4th-435!*	427
aw/Fire Ope	en	308 lbs.	
309+ lbs.		F. Hofer	402
R. Patterson	567	309+ lbs.	
4th-617*		J. Mickelson	518
Master (40-4)	5)	4th-551*	
65 lbs.		Master (54-60)
(. Lyons	337*	165 lbs.	
Cunningham	259	J. Benesi	214
98 lbs.		198 lbs.	
. DeBerg	314	B. Hill	385
220 lbs.		Master (61-67)
. Noblit	540*	165 lbs.	
R. Garza	435	R. White	-
242 lbs.		181 lbs.	
C. Doerfler	479	R. Schuller	259
259 lbs.		G. Witzel	253
. Schaer	_	198 lbs.	
275 lbs.		G. Holzinger	314
. Garcia	501	K. Schleif	
309+ lbs.		242 lbs.	



148 lbs.

132 lbs.

T. Jacobs

Submaster

132 lbs.

198 lbs.

N. Purcell

Teen (14-15) 132 lbs.

M. Perry Teen (16-17)

J. Hendee

D. Hammo

123 lbs.

104

M. Whinston 143

319

296

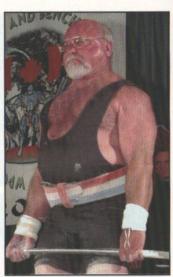
415

4th-154!*

J. Curtis 148 lbs.

143

Sandberg 435*



600 at 66 years! .. Skip Sandberg

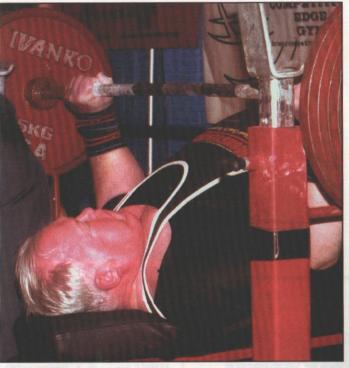
184 lbs Rankin

Master (61-67)

286

363*

Teen (12-13)		165 lbs.	
97 lbs.		R. White	275
97 lbs. K. Mikesell	115	181 lbs.	
114 lbs.		R. Schuller	451*
S. Anarece	132*	198 lbs.	
132 lbs.		G. Holzinger	451
S Mikesell	159	K Scheif	264
Teen (14-15)	133	K. Scheif 242 lbs.	204
114 lbs.		S. Sandberg	600
		Master (75-79	000
J. Patching	-		,
Teen (16-17)		181 lbs.	2054
199+ lbs. K. Sua		VanBuskirk	325*
K. Sua	380*	242 lbs.	
1een 910-19)		L. Corulli	
198 lbs.		Master (80-84)
S. Patterson	281*	148 lbs.	
MEN		A. Whinston	132
Class I		Open	
148 lbs.		309+ lbs	
W. Baxter	424	J. Mickelson	534
165 lbs.		Special Olym	nian
Z. Bryson	420	132 lbs.	Jian
	429	C. Hedeen	170
198 lbs.	-01	C. Hedeen	170
H. Cotto	501 424	4th-181*	
		Submaster (33	-39)
308 lbs.		220 lbs.	
R. Roeser	600	S. Moore	479
309+ lbs.		Teen (12-13)	
M. Mattila	446		
Disabled		T. Qadir	203
132 lbs.		198 lbs.	
J. Curtis	253	N. Purcell	170
4th-275*	200	4th-192*	
Junior (20-25)		Teen (14-15)	
		132 lbs.	
198 lbs.	-01		170
H. Cotto	501	M. Perry	170
220 lbs.		181 lbs.	
S. Clendaniel	485	J. Gonzalez	358
242 lbs.		198 lbs. D. Dix	
J. Turney	473	D. Dix	336
Master (40-46)	Teen (16-17)	
165 lbs.		97 lbs	
	501	J. Hendee 4th-209!* 132 lbs.	203
220 dbs.		4th-209!*	
220 -lbs. R. Carza	573	132 lbs.	
275 lbe	0.0	J. Curtis	303*
275 lbs. J. Garcia	562	148 lbs.	505
	302		453
308 lbs.		N. Gonzalez	432
		4th-462!*	
)	T. Shepard	209
220 lbs.		165 lbs.	
D. Rodgers	573	T. Clendaniel	374*
259 lbs.		242 lbs.	
J. Waldo	666	B. Henry	336*
4th-701!*		Teen (18-19)	
309+ lbs.		148 lbs.	
I. Mickelson	534	148 lbs. W. Baxter	424
Master (54-60)	165 lbs	
Master (54-60 165 lbs.	,	W. Baxter 165 lbs. N. Wilks	286
	325	IN. WHIES	200
J. Benesi	323	-National De	anda
= world Rec	ords. #	=National Rec	oras.
=State Record	is. The	WABDL Iron	Gladi-



Randy Patterson .. with a law/fire 56+ WABDL World Record 617#

part of the Tri-Cities; Pasco, Kennewick, first 500 bench. In Master 47-53/Super, Joe and Richland. It is the one of Hanford Mickelson got a Washington record 551. Nuclear Facility that made plutonium for Joe is the WABDL Washington state chairno longer active, but is the site of a 15 billion dollar clean-up effort of radioactive waste that employs about 12,000 workers. The Westinghouse Corporation is the main contractor. There is a minor league Class A Colorado Rockies baseball team and a minor league hockey team. The team and a minor league hockey team. The record 529. At Super, James Crawford star of this event was Randy Patterson. Last benched 744 and locked at 834, but it went star of this event was Randy Patterson. Last year he benched 705 at age 59, weighing into the rack too soon. James weighed 354. He subsequently had a heart attack and is originally from Hawaii. He is one of and lost 60 lbs. This year at age 60, he weighed 336 and became the first man in history to bench 600 at age 60, and then he passed the drug test. He benched 617.2 in Washington record 435.2 in Master 61-67/2 at 1912 and 1912 an passed the drug test. He benched 617.2 in Washington record 433.2 in Master 61-67/ a single-ply shirt. He has been training and 242. Skip is originally from Colorado and competing consistently since 1978 with no breaks. Other world records in the bench included Freddie Evangelista in Master the drug test and has a very successful with 540. In Teen 12-13/165 Tariq Qadir

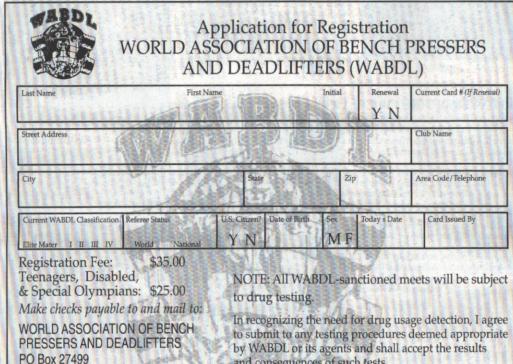
Washington record 415.4. She is

and fourth was the Northwest Association of Blind Athletes, coached by Billy Henry. Outstanding deadlifters were Jim Waldo in Master 40-53 with 701.9 at age 51, Owen Van Buskirk who set an Oregon record 325 at age 78 weighing 179 in Mater 54+, Nick Open Gonzalez, who pulled 462 at 147.8 in Teen Lawson!# 16-19, Josh Gonzalez, who pulled 358 at 181 lbs. 169.8 for Teen 12-15, Teresa Jacobs in (40-49) l Master women who pulled 415.4 at 147.8 Thompson! in Master 40-46, Kayla Sua for Teen women MEN with a 380.2 at unlimited and William 148 lbs. Anthony Baxter who pulled 424.2 at Class Lifetime Open 1/148. Outstanding benchers were Christopher Gomez 402 at 198/Class I, Michael 220 lbs.

Mattila 541.1 at super, James Noblit 540 at 216 in Master 40-53 Randy Patterson, Burritt! 617.2 at age 60/Master 54+, Nadine Huxley Open SP 236.7 at 148/Master 47-53 women, for Master women 40-53, Pat Robey for Master 242 lbs. women 54+ with 220.2 in 61-67/198, Don Linerud in Open men with 540 world Benson# record at 181, and James Crawford 744 at (20-23) Raw super, Travis Belen in TeEn men with 364.8 Howell at 167.8 and Clara Frost in Teen women Lifetime with a Washington record 214.7 in Teen Howell women 14-15/198 weighing 191.2. We had 300 lbs 113 lifters, the 15th year in a row with over Powerlifting 100 lifters at this meet. I want to thank the judges, Mike Scott, Don James, Dick 148 lbs. Schuler and Brian Baertlein. The score-keeper was Gary Thomas, and on the MEN iter as Elman Thomas. James Partch 165 lbs was the platform supervisor and brought (50-54) SP the kilo set. Roger Nelson set up the warm-up room. The sponsors were Brent Mikesell of Iron Gladiator, who sells great t-shirts and Inzer products and gear. Alan Thomas 181 lbs. of Apt. Wraps, Jon Doyle or USP Labs, Pete
Alaniz and Ken Anderson of Titan Support
systems, Mike Lambert of Powerlifting
Brown USA, Brian Welker of Welker's compet tive Edge Gym, Shawn Madere of GLC (13-16) Raw 2000, Grace Cloninger fo House of Pain Weigand West, Chet Groskreutz of Ivanko, Giorgio 275 lbs.

WNPF Lifetime Southern States 9 FEB 08 -(20-23) SP Gonzalez BENCH Reps 148 lbs. Lifetime Paige (40-49) Raw Lifetime WOMEN 335 Open DEADLIFT 181 lbs. Open Raw Waldron (50-59) Raw Gayton (50-59)Gayton 198 lbs (50-59)710 BP SQ DL 355* 140* 400* 895* 500* 300* 500* 1300* 500* 350* 455* 1305* 365 1115 300 405 225 425 1055

Going Broke Buying Junk Supplements?



MU Strength Club Push Pull 3 MAY 08 - Columbia, MO

Push Pull 132 lbs. BP DL TOT Teen (10-13) 180 N. Duncan 165 lbs. 270 270 T. Parris 181 lbs. 380 C. Barr K. Hennessey 198 lbs. 265 265 K. Luecke 220 lbs. 365 465 830 K. Ogar Teen (14-16) 435 435 D. Duncan 242 lbs. 190 - 190 Marley 365 545 910 Open G. Lake 275 lbs. 395 600 995 M. Taylor Teen (14-16) 355 475 830 200 295 D. Leeth

successful event at the University of Mis-souri Columbia campus MU Rec Center. Meet director Becky Rich welcomed 11 lifters from the campus and surrounding community, ranging in age from 10 to 24. Masters lifter Bill Duncan assisted by judging while Rich ran the head table. Highlights of the meet included a 395 bench and 600 deadlift by newcomer Gordon Lake, a 180 deadlift by 10 year old Noah Duncan and a post-competition exhibition 625 deadlift by Lake. There were a number of lifters who, like Lake, finished before they were done, including 20 year old Mike Taylor who benched 355 and deadlifted 475, but could have easily totaled over 900. There was a crowd to cheer on the athletes, and journalists from the campus and community newspapers to take photos and chronicle the event. Thanks to Becky Rich and the MU Strength Club for organizing the event, the MU Student Rec Center staff for use of their equipment and facilities, to the Strength Club and sponsor ProMera Health LLC for the gift bags and The MU Strength Club hosted its second Bill Duncan for judging. (from Bill Duncan)



RENCH

FEMALE

T. Scruggs

MALE 148 lbs.

D. Smith 165 lbs.

198 lbs. Intermed. (24-34)

Teen (18-19) C. Edwards 335

4th-345 Teen (18-19) Raw

4th-265

Youth (12-13) Raw

J. Candler 165 181 lbs.

Master (50-54) Raw P. DeMarchis 250

Teen (14-15) Raw

Intermed. (24-34)

Master (40-44) Raw

L. Schirloff 350

4th-150

4th-405

4th-355

Master (45-49)

Master (50-54)

Intermed. (24-34) Raw

S. Durham

A. Jackson Master (40-44)

I. Mcdaneil Master (45-49)

P. Sesler

165 lbs.

T. Walker Youth (12-13) Raw

B. Brown

I. Owens

S. Warren

MALE 114 lbs.

4th-DL-250 198+ lbs.

Master (45-49) Raw

Youth (12-13) Raw

Youth (12-13) Raw

G. Daubenmire 148 lbs. Open

148 lbs

M. Berby

245

145

400

G. Penlard 425 Master (60-64)

410

Master (45-49) Raw D. Smithey 385 S. Hargrove 255 Master (40-44) Raw

Noah Duncan, 10 years old, attempts a 65 lb. bench at 132 lbs. at the MU Strength Club Push-Pull. (photograph by Bill Duncan)

> IBP King of the Hill 22 MAR 08 - Asheville, NC

Master (60-64) Raw

K. Harmon 340

Master (40-44) Raw

C. Hannah 215

Intermed. (24-34)

Master (40-44) Raw

425

350

300

555

DL TOT

270 270

Open G. Penlard

Open Raw J. Adams

220 lbs

R. Smith Novice

242 lbs.

C Whitt

308+ lbs.

Open Raw M. Neal

Open Raw D. Adams

DEADLIFT

A. Grisson

Open Raw

242 lbs.

J. Raines

4th-315

Master (40-44)

B. Mauldin 470

95 225 320

135 310 445

195 315 510

110 230 340

105 265 370

100 215 315

280 420 700

225 310

85

4th-DL-320

181 lbs. Novice Raw

4th-575





Put Casery: Ring Powerfitting Steals City of Child Vision 1 Figure 1 Visions 215.00 St. 10 Powerfitting Steals 1 Square Openis J Strong City of Child Visions 215.00 St. 10 Powerfitting S
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が言	POWER II-TING		-		F	DEGR	STATE	EXAMPLE SEED OF SEED O	
Strongest Shall	Powerlifting / Guorges	Speed - Strength Training For	All Sports Training C	Quantum Strength & Power Training II	Explosive Lifting for Sports Book wil	Weight Training Technique	Sepertraining / Siff \$55.95	Facts and Fallacies of Pitness / Siff	Sports Agility

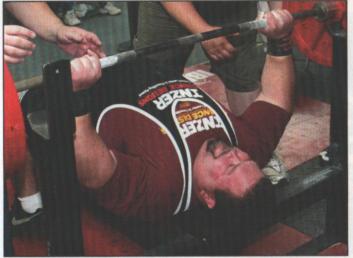
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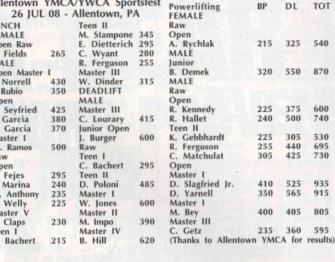
David Adams benched 575 at the IBP King of the Hill Push-Pull. (Photo courtesy from Keith Payne)

(I Hoto councy II	Omin	J. C. T.	4,110)
165 lbs			
165 lbs. Teen (14-15) Raw			
C. Taylor		315	315
C. Taylor	4th-DI		313
Teen (18-19) Raw	401-01	-540	
J. Wingler	290	360	650
Youth (12-13) Raw			Bilboy
J. Davis	105	215	320
181 lbs.			
Intermed. (24-34) Ra	W		
W. Brothers	315	445	760
Master (55-59) Raw			
M. Brady	270	500	770
Master (65-69)		225	***
J. Shoaf	275	335	610
Open Raw	215	445	760
W. Brothers Youth (12-13) Raw	315	443	700
A. Hodges	110	235	345
A. Houges	4th-Di		343
198 lbs.			
Master (45-49)			
B. Nichols	430	605	1035
Open			
B. Nichols	430	605	1035
Master (50-54)			
B. Langenfeld	230	360	590
220 lbs.			
Teen (14-15) Raw	240		
L. Power	210	325	535
Teen (18-19)	240		005
J. Breisch 242 lbs.	340	545	885
Intermed. (24-34) Ra	114/		
D. Smithey	385	440	825
4th-DL-450	-		high
Junior (20-23) Raw			
B. Sampson	325	405	730
Novice Raw			
J. Driver	330	365	695
Open Raw			
D. Smithey		440	825
P. II. (P.) (AATIL)	4th-D	L-450	
Police/Fire/Military		265	cor
J. Driver	330	365	695
Teen (18-19) J. Warren	450	555	1005
J. warren	4th-D		1003
275 lbs.	401-1	L-3/3	
Master (40-44)			
R. McMillan	385	535	920
Novice Raw			
M.y Adams	320	475	795
4th-BI	P-325		
Open			
R. McMillan	385	535	920
308 lbs.			
Master (50-54) Raw	24-		01-
W. Greene		500	815
4th-Bl			Tamon
Female Outstandin	ng Lit	ters:	Prionny
Walker-Open, Patty Brown-Teen. Male	Outete	nding	Liftore
Buddy Nichols-Open	Budd	v Nich	ols-Mas
ter, Jordan Warren-	een. T	eams:	Chesnee
Description Teams 1st Description	h Dunn	A DA	C Downer

Power Team 1st Bench Press, ARMS Power Team 1st Push Pull. Venue: WNC Barbell.

(Thanks to Keith Payne for sending results)

			YWCA Spor	
	26 JUL	. 08 -	Allentown, P	4
	BENCH		Teen II	
A COLOR	FEMALE		M. Stampone	345
	Open Raw		E. Dietterich	295
	K. Fields	265	C. Wyant	280
	MALE		R. Ferguson	255
	Open Master	1	Master III	
	I. Norrell	430	W. Dinder	315
	J. Rubio	350	DEADLIFT	
	Open		MALE	
	R. Seyfried	425	Master III	
ALC: N	I. Garcia	380	C. Lourary	415
	B. Garcia	370	Junior Open	
	Master I		J. Burger	600
100000	W. Ramos	500	Raw	
	Raw		Teen I	
	Open		C. Bachert	295
	S. Fejes	295	Teen II	
	J. Marina	240	D. Poloni	485
	M. Anthony	235	Master I	
	S. Welly	225	W. Jones	600
	Master V		Master II	
	F. Claps	230		390
	Teen I		Master IV	
	C. Bachert	215	B. Hill	620







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IBP Tarhee	State	e Char	npion	ships
26 APR				
BENCH		275 lbs		
FEMALE		Open		
132 lbs.		M. Ste	ward	560
Novice Raw		308 lb		
	90	Master) Raw
198 lbs.	-	T. Mc		
Intermediate	24-34)			
Raw	,,	Interme		(24-34)
E. Williams	155	Raw	·	(= ,
MALE	.55	C. Ada	ms	465
165 lbs.		Open I		
Submaster (35		J. Gen		
J. Hedman	275		-460	
		DEADI		
Open Raw		MALE		
J. Quick	250	165 lb		
220 lbs.	230	Submas		5-39)
Intermediate	(24-34)	I Hodi	man	445
Raw		220 lb		773
K. Foust	340	Interme		(24-34)
Junior (20-23)		Paw	cuiate	(24-34)
R. Adams	260	K. Fou	of	510
Master (40-44		Junior		
R. Smith Master (40-44)	Daw	Macter	(40.44	Daw
L. Scales		Master	(40-44	FEO.
		L. Sca	ies	330
Master (50-54)) Kaw	242 lb	(20 22	,
S. Whitted	340	Junior	(20-23	525
Open Raw	450	S. Bow		
	450	Novice		445
242 lbs.		C. Wa		445
Novice Raw		308+ 1		
C. Wall	245	Open I		700
		J. Gen		700
Powerlifting	SQ	BP	DL	TOT
FEMALE				
123 lbs.		Septem 1		
Youth/Teen (1	2-13)	Raw		
C. Spencer	90	55		270
		4th-DL	-135	
148 lbs.				
Intermediate (24-34)	Raw		to be to
A. Ruygrok	185	120		615
D. FOR		4th-DL	-315	
165 lbs.				
Open Raw				
	250	205	315	770
198+ lbs.				
Junior (20-23)	Raw			
A. Marrow	265	245	345	855
MALE				



James Gentry pulls 700 at the IBP Tarheel State meet (Keith Payne) standing Teams: 1st-Hercules Powerlifting 15-16 Teenage class with an easy pull of these results. (Joe Reeves, Meet Director)

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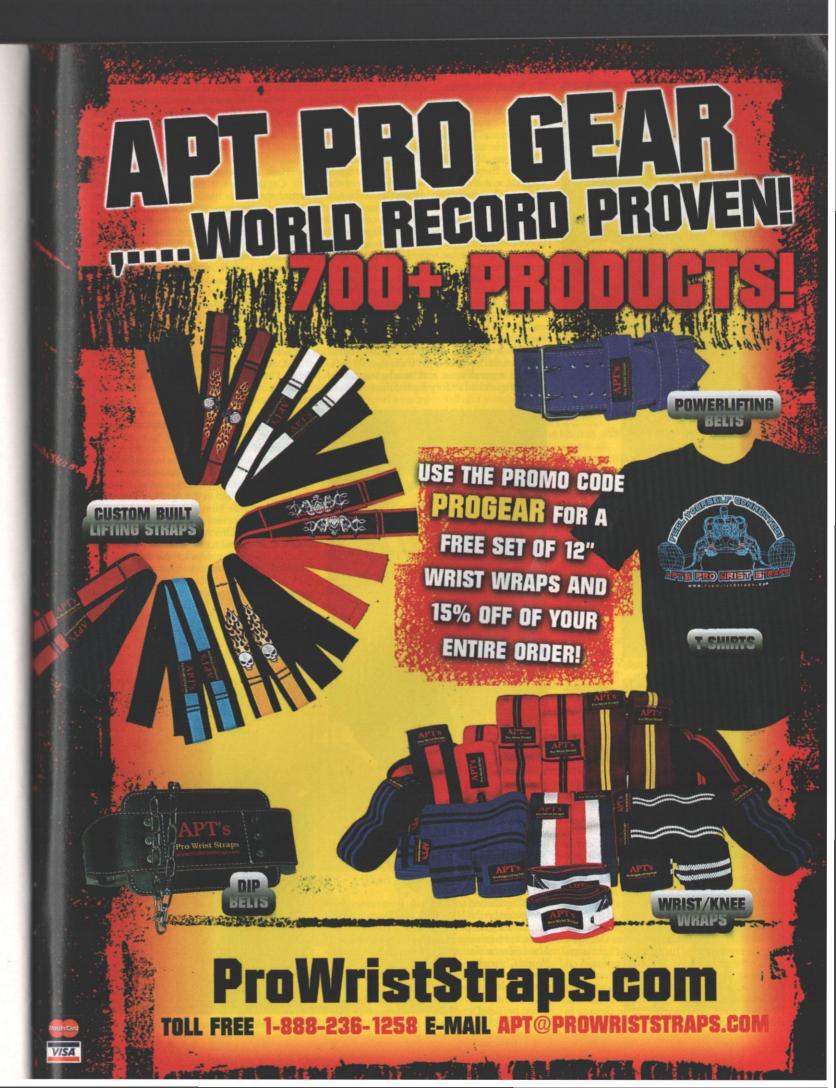
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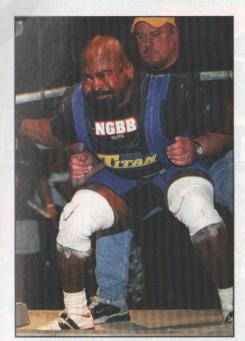
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aubenmire	145	110 4th-D	215	470			werlifting Team	
Parks	145	95	225	465	sults provided	by I	ron Boy Powerli	ifting)
o lba	4th-S	Q-150	DL-23	30				
2 lbs. pen Raw					NPA	Mid	west Open	
	260	190	330	780	1 MAR	08 -	Freeport, IL	
Etringer	260 Paw	190	330	700	BENCH		DEADLIFT	
en (14-15)	260	190	330	780	Teen		Teen (15-16)	
Etringer			330	700	181 lbs.		181 lbs.	
Phymer (1	200	135	300	635	R. Noxtrick	250	P. Stewart	375
Rhymer		120	220	490	Open	250	4th-400	3/3
Holler	150	4th-D		490	148 lbs.		Teen (17-19)	
0 lbs		4111-1	L-233		P. Nigito	240	181 lbs.	
8 lbs.	43				242 lbs.	240	R. Noxtrick	325
aster (40-4		200	400	1215		405	4th-385	343
Wess	445	280	490	1215	C. Grimm C. Simmon	345		
pen		200	400	4045	SHW	343	Open	
Wess	445	280	490	1215		225	SHW	= 60
outh (10-11)			400	240	A. Miller	335	A. Miller	560
Douglas	110	70	160	340	Master		Master (70+)	
	4th-S	Q-115	DL-1	65	181 lbs.	275	165 lbs.	255
5 lbs.				1	C. Blain	275	R. Lee	255!
en (14-15)		AND THE	NES DE		198 lbs.		220 lbs.	
Shue	310	220	320	850	J. Hickey	275	S. Coogan	500
		4th-D	L-340		220 lbs.	4 44	G. Koch	300
en (16-17)	Raw				G. Koch	245	259 lbs.	
. Rochester		185	315	805	224 lbs.		R. Hanson	550
outh/Teen (Raw			F. Michaels	565	Submaster	
Davis	120	105	220	445			J. Miller	455
31 lbs.	100				The 2008 N.	P.A.	Midwest open	had
termediate	24-34	Raw					ates. Our meet	
. Brothers	375	315	435	1125			numbers with a	
aster (50-54			433	1123	lifters getting	nerse	onal records. The	hank
Aster (50-54	2FF		425	1030	you to all the	holm	onal records. The	ging
Massucco 8 lbs.	355	250	425	1030	spotting load	ling	ed but with jud	ging,
					Spotting, load	ling a	nd keeping trac	lifton
nior (20-23)) Kaw			4040	Burn Mautrick	ench	press, teenage	inter
Marrow II	405	305	530	1240			ed us off lifting	
ibmaster (3							et and he had a	
Day	315	245	305	865			le with 250 lbs.	
20 lbs.							also lifting in his	
nior (20-23)						48 open with a	
Hill	530	355	550	1435	of 240 lbs. G	ary Ko	ch came down	from
nior (20-23)) Raw						e 220 masters w	
Robertson	375	275	460-	1110	press of 240 l	bs. Joe	Hickey lifting in	n his
	4th-S	Q-400	DL-5	00	first meet wor	the r	naster 198 class	with
aster (50-54	4) Raw			Hoge Hoge	a press of 27	5lbs. (Chuck Blain won	the
. Lindsey	410	275	405	1090			press of 275 lbs	
pen					Adam Miller	from t	eam Miller won	the
Hill	530	355	550	1435			for Joel with a	
2 lbs.			**	2			e lifter Chris Gr	
aster (45-49	9) Rau	,					with a solid 40	
Marrow	305	270	350	925	press lifting	raw.	Cory Simmon	took
Marrow		3P-275	330	323	second in the	242	pen with his op	ener
actor (EO E							ichaels finished	
aster (50-54			500	1200				
Sherard	530	350	500	1380			his third attemp	
ovice Raw	200	175	245	000			class with a pre	
. Johnson	280	175	345	800	bonon III	ich g	ave him best l	niter
"	4th-5	Q-315					ave done 580 lbs	
75 lbs.							be made at his	
nior (20-23			1				adlift we had Ric	
. Atkins	700	600	550	1850			ement at age 70	
aster (40-4		1					easy 255 lbs. to	
Mabe	440	315	540	1295	the win lifting	g raw.	Richard is what	t the
aster (55-5	9)				sport is all abo	out. go	od health and a	great
Lane	550	310	600	1460	attitude. Rya	n No	xtrick lifting in	the
pen					Teenage 181	class	pulled a strong	325
. Atkins	700	600	550	1850	lbs, to take the	e win.	He took a fourth	and
pen Raw	-				pulled an easy	385 II	s. for a PR, awes	some
. Belk	680	560	635	1875	job! Gary Koo	h fille	os. for a PR, awe	who
Mabe	440	315	540	1295	was sick and t	ook 2	nd in the 220 ma	sters
utstanding	Lifter	Onen: 1	Tammy	Walker	with a pull of	300 lb	s. Stuart Coogan	won
utstanding	Lifter	Onen	Micha	el Bell	the 220 maste	ers wit	th his opener of	500
utstanding	ifter A	Aaster I	Rob W	oss Out	lbs., another	great	th his opener of master lifter	from
anding Life	or Too	n: Por	Etring	or Out	Wisconsin Pa	trick C	tewart won the	181/
anumg Lift	ci ice	iii beil	Luing	ci. Oul	- TISCONSIII. Fd	mich 3	terrait won the	101/

375 lbs., he took a 4th attempt and hit an easy PR of 400 lbs.! This kid is a true puller and he is lifting raw. Chuck Blain won the 181 masters with a PR pull of 430 lbs. also gelling best lifter. Jon Miller from Team Miller won the 308 submaster with an easy 455 lb. pull missing his third Adam Miller took the SHW open with an easy 560 lb. pull also missing his third which would have been a PR. Robert Hanson lifting in the 259 masters took the title with a solid 550 lb. pull on his second attempt. Big thank you to Paul Brother Bear Mercado and his wife Jen, Jeff and Ally, Ken and Jaimie. We had about 40 people watching and it was another fine day in the gym. Chris Grim had his boy at the meet and the little guy was working out with a dumbbell little guy was working out with a dumbbell pulling on a true test of strength for everyone. (courtesy Duane Burlingame)

	New 1 IIIN	Engl	and R Warwi	aw ck DI	
	BENCH	00 -	M. Lov		350
	WOMEN		C Wo	rslev	
	I. Bazek	120	M. Fer	rsley	315
;)	MEN	1	220 lbs	5	
	Teen		R. Furt	ado	455
		170	J. Carr	eiro	385
		95	242 lb		
	Submaster			drade*	500
		350	275 lb		405
		275	J. Moo 308 lbs		405
	Master C. Tabulina	325	B. Tuc	kor	405
5		405	N. Silv	/2	385
	D. Henson	290	DEADI		303
	Mioduszewski		MEN		
5	Open		Master		
	123 lbs.		C. Tab		505
		170		lougby	400
	148 lbs.	245	Open		
)		315	198 lb		
	165 lbs. D. Henson	290	220 lb	razzol	1303
	M. Almeida	225	J. Cari		575
5	181 lbs.	223	A. Agu		500
•	B. Jones	280	242 lb		300
)		200	B. Can		450
,	J. Amarelo	370			Annalis Com
)	Powerlifting		BP	DL	тот
	WOMEN A. Mellen	205	140	220	475
5	MEN MEIN	305	140	330	475
	Teen				
,		365	205	425	975
	T. Santolufo			440	
	I. Medeiros			335	
f		275	190		790
1	E. Lima	300	185	345	830
	Master				
	C. Tabulina	355	325	505	1185
	K. Morley	425	330	540	1295
t	L. Stravato	375			1240
	D. Monty K. Murgo		315 280	475	
	Open	330	200	4/3	1103
	165 lbs.				
	T. Roselli*	400	300	440	1140
		315	250	435	1000
	181 lbs.		F 1 24	9.	
	E. Desilets	345	245	435	1025
	198 lbs.			39	
1	M. Ferrazzoli	385	315	505	1205
	220 lbs.		455	F2F	1515
	R. Furtado		385	535	1490
f	J. carreiro* J. Amarelo			575 500	
	L. Stravato	375	350	515	1240
f		430	300	500	1230
	242 lbs.			300	
1	N. Andrade	455	500	600	1555
t	K. Morley	425	330	540	1295
1	*=Best Lifters.	We on	ice agai	in had	a great
6	turn out, which	inclu	ded ma	ny first	timers,
2	who said they	had I	more fu	ın liftin	g than
t	wearing the e	quipm	ent. I	would	lke to
t	thank all who				
	Roderick, Ray	Robert	te Par	Maker	Mike
	Brown, Nate				
	Marigan, Tim	Moffit	Diane	DePaln	na. and
,	judges Larry L	arson	leane	Gargel	la, and
5	Russell Becall.	Spec	ial than	nks to	all the
5	lifters for con	ming	to this	year's	meet.
)	thanks to all th	ne spor	nsors fo	r your	support
1	and especially	Mike	Tarro	at Tari	ro Law
1	Associates. Th				
f	these results.	Toe Re	eves. A	vicet ()	(rector)





Steve Goggins ... the first man past 1100 lbs. (continued from page 18)

5. BULL STEWART:

He came on the scene right at the time the ADFPA was beginning. Bull grew along with the ADFPA. ("Bull made a huge impact on the ADFPA. Big 800 lb..+ squats and deadlifts. Steve Denison) He won titles and set records at 242 and 275. He lost to Kuc early on, but no one else in the ADFPA could touch him. National Championships, American Records, World Records and WDFPF World Titles were commonplace for Bull. He was one of those lifters who looked strong and was strong. Bull was a great ambassador for the sport. ("A proud and modest lifter." Joe Pyra) He is still active in meet promotion.

6. DAVE JACOBY:

Dave started competing in the early 80's and his career lasted into the 90's. Dave lifted out of Canton, Ohio. He stood 5'9" tall and weighed a very solid 240 lbs. Nicknamed 'Superman". (Always quiet and reserved until he went out on the lifting platform." Marty Gallagher) Dave won the USPF Senior Nationals in 1984, 85, 86, 89, 91 and 92. He had 3 solid lifts. In IPF World Competition Dave captured 5 World Titles and finished 2nd twice. ("Played King of the Hill successfully until his pre-mature retirement." Jon Smoker) Dave always said he had great genetics and Powerlifting was what his body was made for. You don't realize how good Dave was until you look at his record. The number of IPF World Titles speak for themselves.

7. GEORGE FRENN:

One of the early stars of the sport. George always marched to his own drummer. George was a world class track and field athlete, in addition to being a world class powerlifter. ("A totally different era, but he was a strongman ahead of his time because he was a training innovator." Jon Smoker) George, along with Peanuts West, had the greatest effect on how powerlifters trained. Squatting was George's favorite exercise, and his squat was light years ahead of everyone else. George appeared on the cover of Sports Illustrated and was very much involved in the politics of amateur athletics. He was born 12/26/41 and died 6/26/06. Ron Fernando did a nice article on George in the August 2006 Issue of Powerlifting USA.

8. STEVE GOGGINS:

Steve made the Top 10 at 220 along with 242. He also competed at 275. He won USPF National Titles in 1992 and 1993. He took APF National Titles in 1989, 1991, 1995 and 1996. He was also the 1995 WPC World Champion . No matter what weight class he lifted in, Steve always handled super heavy weights, not always to the satisfaction of the judges. When he got his big lifts passed he was almost impossible to beat. ("Because of his squat style his squats were hard to call." Will Morris) ("His bent over squats were legendary." Steve Denison) Steve was always capable of challenging the squat record. He had a long and very successful career.

9. TERRY McCORMICK:

The quiet man from California ("Clark Kent off the platform, Superman on the platform." Ken Croxdale) Terry won National and World Titles. He was also an IPF World Record Holder ("Another incredible lifter at the deadlift especially." Rickey Crain) Terry did all the big meets from the mid 70's to the mid 80's. He had a good squat and bench, but his big deadlift snatched victory from defeat on more

Dave Passanella ... what might have been?

than one occasion. ("Always competitive and balanced in his lifting." Gordon Santee) Terry was liked and well respected by all. ("Truly a gentleman in the sport of Powerlfting." Gordon Santee) ("A true gentlemen of the sport." Gus Rethhwisch) Terry currently lives in Fountain Valley, CA and works for Easter Seals.

10. CARLTON SNITKIN:

Cartlon had an extremely long career. He competed on the National Level for almost 25 years. He competed at 198/220 and 242. Carlton was always in the hunt, he had 3 good lifts. Senior Nationals, Hawaii Invitationals, World Championships were commonplace for him. ("An old school lifter who was a senior class act and one of the best." Rickey Dale Crain) The Connecticut resident took on the best over a long period of time. Carlton was another lifter who let his lifting do the talking for him. He was

a credit to the sport.

Other 242 lbers. Receiving support were Greg Panora, Jim Grandick, Brian Carroll, Justin Graalfs, Mel Hennessy, Dan Wohleber, John Kanter.

275's

KIRK KARWOSKI:

Captain Kirk is the Top 275 lber. His record speaks for itself. National and World Titles almost every year. Kirk is from Maryland and stands 5'7" tall. At one time he held the World Record in the squat in both the 242 and 275 lb. weight classes. ("The King of the Squats." Rickey Crain) He started his career in the mid 80's in the ADFPA. Early on Kirk had a great squat, but an average bench and deadlift, hard work changed that. He then switched to the USPF and IPF where he was dominant Kirk is one of the few to walkout 1000 lbs. He was another lifter who really enjoyed the sport. Kirk trained hard and heavy, and he believed in 5 rep sets, adding weight each week. ("A wild

Crazy guy.. "Ken Croxdale). 6 IPF World Titles. ("Kirk exemplifies intensity. I competed against him at the 95 Seniors in Baton Rouge where he crushed me by 400 lbs. and squatted 1003 lbs." Steve Denison) Kirk is young enough that he may treat Powerlifting fans to a comeback.

2. JOHN KUC:

John's lifting at 275 was in the ADFPA. When the ADFPA was formed John decided to show the Powerlifting World you could lift drug free. ("What he did in the ADFPA made him King of drug free lifting, and showed a lot of people a different way." Jon Smoker) He won 4 consecutive ADFPA National Titles and set squat, deadlift and total records. ("When he lifted in the earlier days of the ADFPA, he resolved that he would compete and lift more



John Gamble ... former NFL strength coach

under different circumstances." Joe Pura) His 856 lb. deadlift is one of the oldest USAPL Records still on the books. ("John Kuc was in a class alone." Will Morris) John was not an equipment aided lifter. John pulled over 850 lbs. in a singlet and no belt

3. DAVE PASSAMELLA:

What a talent whose career and lift was ended in a tragic automobile accident. ("A most incredible young lifter cut short in his prime. Who knows what his numbers would have been." Rickey Crain) Before his death Dave was the Director of Player Development at Georgia Tech. He began his power training at Thorbecke's Gym in Arizona. Dave had unbelievable potential. In 1980 he totaled 2458. A 1030 Squat (Single ply and walkout), 573 bench (IPF Style), and a 854 deadlift. ("What a shame. He was going to get even better." Jon Smoker) Dave had no limits. ("Dave was very humble about his accomplishments." Dr. Tom McLaughlin) A great loss to his friends, family and the sport of Powerlifting.

4. JOHN GAMBLE:

MADER

John dominated the 275 lb. class in the early 80's. ("John Gamble was a stud horse." Will Morris) He came on the scene like a rocket, won titles, set records and then disappeared. ("His ability to move big numbers, far beyond his training lifts were mind blowing." Will Morris) He was also a great track and field athlete. The 1980 Olympic Boycott caused his switch to Powerlifting. John was famous for dropping large amounts of weight within 24 hours to make 275. "He feared no weight or

than he had in prior organizations nobody and in his every day life he was low key." Will Morris) He competed in the USPF and IPF. "he was never beaten in a National or International meet." Marty Gallagher) John always conducted himself as a gentleman.

5. Steve Goggins:

We have seen Steve's name before at 220 and 242. ("A surly, take no prisoners kind of lifter. Jon Smoker) Steve's career was long and very successful. Steve could go from single to multi ply as early as anyone. ("He was a very strong dude, his squat was unreal. The sad thing was he was locked between weight classes. Had he been a Natural 275 lber he would have been unbeatable." Will Morris) Steve was around 5'7", so weighing a full 275 was tough for him. He put up some outstanding totals in the WPO. ("He performed a 1100 lb. squat that many consider the deepest of all heavy multi-ply monolift squatting." Steve Denison)
The Chatham, Virginia lifter has left his mark on the sport.

6. ERNIE HACKETT:

The "Hack" was a big time powerlifter and an outstanding squatter. He started training at age 16. He was a 1978 graduate of Northeastern University as a physical therapist. He used that knowledge to improve his training and recovery methods. Ernie believed in training

hard. He trained 6 days per week, 2 or 3 hours per workout.

He won an IPF World Championship. He held National, American and World Records. "Another Powerlifting legend who was one of the best." Rickey Crain) Ernie was a lifter who was quite willing to share his knowledge with

"Captain" Kirk Karwoski ... certainly 'buried' his championship squats.

others. Ernie left the sport at the top of his game.

7. DAVE WADDINGTON:

Another great lifter and big time squatter from Ohio. ("One of the greatest squatters of all-time. Gus Rethwisch) Dave lifted at 275 and Super. When he lifted the squat records were always in jeopardy. Dave was the first man to officially do 1000 lbs. He was the 1978 Senior Nationals Champion. American and World Squat Records is what you think of when you think of Dave Waddington. Dave just seemed to know how to get his body to respond to his training. One of the many champions from the State of Ohio.

8. DAVID SHAW:

You had to see this guy in person to appreciate how big he was. ("Known for his physique, he delivered lifts to match his muscular development." Gordon Santee) The Los Angeles lifter was about 6' tall and weighed about 275. He looked much bigger. Did many of his competitions before the 275 lb. class was accepted and lifted as a light Super. David competed in all the big meets. The Seniors, Worlds, Hawaii Invitationals. ("The ultimate in musculature." Rethwisch) Dave held the IPF World Deadlift Record. David was a true gentlemen and a credit to the sport. ("Even to this day when David shows up at a Powerlifting meet, people flock to him for his knowledge and wisdom." Gordon Santee)

9. TONY CARDELLA:

Tony has been a long time USAPL and IPF competitor. He won his first World Title last year. He has made steady progress over the last 5 years. In addition to this

lifting Tony has worked hard to improve Powerlifting. ("Tony has worked his butt off for the USAPL as a Team Member and as the web master for the USAPL Website." Steve Denison) Came into National prominence as a member of the Texas A&M Power Team. Tony is a great representative for the sport. "He has already won an IPF World Title, and he will win more. Tony is a prime example of what the USAPL is about." Will Morris) For Tony, the best is yet to come.

There were many other lifters who received support, including champions like Tom Henderson, Larry Kidney, Greg Lowe, Mark Chaillet. Fred Hatfield, Scott Yard, Charles Bailey, Jim Grandick, Chuck Vogelpohl, Mark Bartley

Next month we will cover the Super Heavyweight

BOB GAYNOR



Dave Jacoby ... multi-IPF Champ



Bull Stewart ... former NFL player



Gym Warriors Meet 17 May 08 - Peabody, MA CH E. Mertinor 500 49) Raw lynn 480 181 lbs. lbs. S. Oleson 300 44) D. Pennant 300

(45-49)		Raw	
J. Flynn	480	181 lbs.	
198 lbs.		S. Oleson	300
(40-44)		D. Pennant	300
R. Purcell	455	198 lbs.	
A. Ramirez	405	A. Amatu	480
(50-54)		Teen	
181 lbs.		N. Corbett	270
F. Quirk	385	(13-15)	
217 lbs.		K. Duby	_
K. Mattson	555	C. Flynn	-
Open		Junior Raw	
220 lbs.		R. Rotondo	435
C. Stoey		Master	
B. Cotu		C. Clapp	430
K. Mattson	555		
242 lbs.		L. Desimone	350
(Thanks to Pa	ul De	Simone for the	results)

USAPL Seattle 12 JUL 08			
FEMALE 198 lbs.	BP	DL	тот
J. Miller MALE	110	276	386
D. Schurman	287	507	794
J. Johnson 198 lbs.		441	441
D. Barstow	226	-	226
R. Chwalek 220 lbs.		-	-
R. Tidmarsh 242 lbs.	-	342	342
R. Hamilton	220	375	595

Pull BIG-NOW!



2 time IPF World Champ Brad Gillingham's Deadlift DVD shows you the training program that produced 50 plus contest deadlifts over 800 lbs., plus the "5 X 5" squat program that lets you blast up both lifts at the same time. \$25.95 plus \$6.00 shipping and handling (\$31.95 total) to Powerlifting USA, Box 467, Camarillo, CA 93011 or call us at 800-448-7693 to use your Visa or MasterCard.

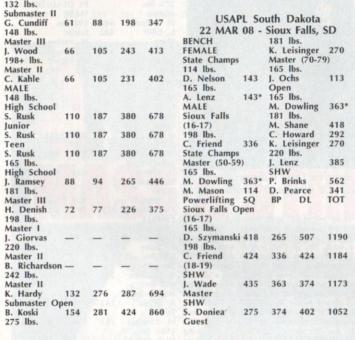


At the **Gym Warriors Meet**, Scott Oleson, in the open 181, benches 315 raw while judges Ernie the Greek, C.J. Digambarino, and Head Judge Paul DeSimone look on, and spotters Misha Levit and Al Archavardi get set. (photograph provided courtesy Paul DeSimone)

Powerlifting	SQ	BP	DL	TOT	NASA I	New	Mexico State io Rancho, NA	u
WOMEN 114 lbs.					BENCH	0 - N	Raw	VI
V. Shaw	182			182	FEMALE		165 lbs.	
123 lbs.	102			102	122 lbs		Junior	
I. Pantilat	265	204	314	783	Submaster II			270
	220	138	314	672	T. Adelmann	259	Master IV	
L. Lamp		187	237	656	Raw		B. Hudson	132
132 lbs.					165 lbs.		Novice/Pure	
R. Unson	231	198	298	728	Master I			270
M. Chapman	204	72	204	480	J. Sierer	94	181 lbs.	
148 lbs.					Master II		Submaster I	
. Wong	265	138	303	705	E. Keen	116		309
F. Ireland	231	143	276	650	Pure		198 lbs.	
181 lbs.	220	116	303	739	E. Keen	116	Open	353
E. Gremer					198+ lbs.		E. Billings 220 lbs.	333
T. Gack UNL	103	143	254	562	Junior/Pure M. Keen	176		
	149	132	237	518	MALE	170	B. Richardson	187
MEN	. 73	132	237	310	181 lbs.		Pure	.07
114 lbs.					Int		E. Meyer	386
	116	72	176	364	J. Skinner	_	242 lbs.	
123 lbs.				BERRIE	Novice		Master III	
C. Moreno	105	55	154	314	J. Skinner	_		320
148 lbs.					Submaster Pu		Novice	
W. Natividad	331	220	353	904	T. Duran	303		391
165 lbs.					198 lbs.		Open	
C. Wood	397	270	419	1086	Master II		R. Rodriguez	391
M. Brusser	287	254	413	953	E. Duran	314		
R. Clawson	298	204	419	920	Master III	225	R. Rodriguez	391
B. Switzer		182	353	805	J. Moskowitz	336	Submaster II	204
J. Moreno	88	66	182	336	220 lbs.		R. Rodriguez	
181 lbs.	441	353	474	1268	Int Z. Shook		Submaster Pur	
B. Totey T. Ross		254		1218	Master II		R. Rodriguez Teen	391
D. Emeott	468	276	441	1185	G. Schuster	325	P. Hernandez	252
M. Fregerio	441	276	457	1174	Submaster II	343	275 lbs.	333
T. Young	413	259	474	1146	J. Allen	_	Submaster II	
C. Granados		220	353	926	242 lbs.			364
198 lbs.	000		A STATE OF	-	Master I		308 lbs.	
J. Siregar	551	375	480	1405	A. Shileds	474	Master I	
B. Franklin	446	298	557	1301			M. Adelmann	402
R. Mui	430	265	513	1207	C. Amerson	391	PS BENCH	
R. Nielsen	419		468		F. Bennett	309	242 lbs.	
B. Rodrigues	402	314	424	1141	Master Pure		Master I	
J. Berrios	452	314	364	1130	A. Shileds	474	R. Cundiff	331
F. Rongo		248	424	976	Open		275 lbs.	
S. Faulkner	259			816	A. Shileds	474		200
D. Borchardt	309	154	309	772	Police/Fire		R. Harris	320
220 lbs.	F20	242	F/2	1422	W. Adams	-	PS CURL	
D. Marx G. Reboton	529	342	562	1433	Submaster II		198 lbs.	
Z. Sahraie		292	529		W. Adams Teen	100	Master I D. Collins	66
L. Sanrale	402	314 358	441	1273 1202	P. Hernandez	353	275 lbs.	00
J. Dietz P. Cannetto	402 358	243	502	1102	275 lbs.	333	Master II	
P. Cappetto D. Fisher	303	209	402	915	Master II		R. Harris	176
R. Knudsen				805	M. Butkovich	369	PS DEADLIFT	
242 lbs.		To the last of			Submaster I		FEMALE	
G. Nucci	551	413	524	1488	A. Hernandez	441	114 lbs.	
S. Seiber	524	353	601	1477	308 lbs.		High School	
J. Turney	502		502	1383	Int	3	A. Romero	143
B. White	303	303	463	1069	Manzanares	386	MALE	
275 lbs.					Novice		275 lbs.	
J. Rhodes	402	281	452	1135	Manzanares	386	Master II	
J. Dick	265	303	375	942				435
W. Nelson		132	276	557	Push Pull		BP DL T	OT
R. Pool	-	132	281	413	FEMALE			
UNL					123 lbs.			
E. Bath	-	-	_	-	Master IV		33 72 1	

	132 lbs.				
	Master III S. Sermay		116	182	298
	148 lbs. Master III		Marin L	achta	Marin M
	J. Wood 165 lbs.		105	243	347
	Master III E. Waugh		94	226	320
	181 lbs. Master II				
	B. Gill MALE		127	220	347
	148 lbs. Novice				
	M. Wallace 220 lbs.		220	254	474
	Master II G. Schuster		325	480	805
	Submaster II K. Parker		402	546	948
	275 lbs. Master II				
	M. Butkovich Master V		369	551	920
le	M. Butkovich Powerlifting		369 BP	551 DL	920 TOT
	FEMALE Raw	ale i			
	148 lbs. Master III				
	J. Wood 165 lbs.	193	105	243	540
	Master I J. Sierer	105	94	254	452
	Master II E. Keen	198	116	237	551
	Master III	4th-SQ		23,	331
	E. Waugh	165	94	226	485
	Open E. Waugh Pure	165	94	226	485
	E. Waugh E. Keen	165 198	94 116	226 237	485 551
	198 lbs. Master I	190	110	237	331
	D. Collins 198+ lbs.	287	154	331	772
	Junior/Pure M. Keen	292	176	314	783
	MALE	292	1/6	314	703
	165 lbs. Master V A. Caceres	595	331	540	1466
		393	4th-DI		1400
		270	243	364	876
		595	331	540	1466
	Pure A. Caceres	595	331	540	1466
	220 lbs. Master II	400	325	100	1204
	242 lbs.	400	323	400	1284
		700	452	584	1736
		347	-	_	347
	Open M. Allen	700	452	584	1736
		700	452	584	1736
	308 lbs. Master III	400	220	102	1025
	H. Heyman Raw	402	220	402	1025
	148 lbs. Master I	400	00	222	
	P. Podila Novice	121		220	
			220	254	694
	165 lbs. High School A. Ramsey	303	226	364	893
	O. Hinojos			402	970
		215	165	309	689
	198 lbs. Master II				
	W. Santana Submaster II	_	-	-	701-
	220 lbs.	468	347	474	1290
	Master I D. Rino	534	347	535	1415
	Master II B. Richardson	270	187	347	805
	Novice				

R. Finch Submaster II				1229	Master R. Harris 176 320 435 931
K. Parker				1461	
242 lbs.					
Master III	PER P			N. Inc.	6th Lakeland Hills YMCA
. Whitlow		320	480	937	17 MAY 08 - Mountain Lakes, NJ
Submaster Pu			200	STORE .	
B. Koski	430	281	424	1135	BENCH Heavyweight
275 lbs.					WOMEN M. Khawta 300*
Int				THE PARTY	Open M. Herman 300
D. Whitlow	562	402	584	1549	
Open					Masters R. Perri 350
D. Whitlow	562	402	584	1549	
Pure					K. Deangelis 100 J. Waddilove 355
D. Whitlow			584	1549	N. Nally 65 Submasters
SHW					E. Crivelli 60 Fitzsimmons 315*
Master V					MEN R. Bruno 275* Teen Masters
M. Fowler				1295	Teen Masters
Power Sports	CR	BP	DL	TOT	Lightweight L. Rosati 315*
FEMALE					Z. Bolcar 265* Wisniewski 225
123 lbs.					A. Cronk 265 Silver (60+)
Master IV					L. Lareau 235 J. Giordano 140*
			72	138	*=Best Lifters. (courtesy of Hank Sisca)
132 lbs.					
Submaster II		00	400	247	USAPL South Dakota
G. Cundiff	61	88	198	347	22 MAR 08 - Sioux Falls, SD
148 lbs.					
Master III					BENCH 181 lbs.
J. Wood	66	105	243	413	FEMALE K. Leisinger 270
198+ lbs.					State Champs Master (70-79)
Master II					114 lbs. 165 lbs.





B lbs.					J. McClurg	468	270	501	1240
Gappa te Champi	418	308	473	1201	M. Smit 220 lbs.	440	330	451	1223
n (16-17)					T. Schepper	578	407	617*	1603
B lbs.					J. Lenz	485	385	440	1311
Schweback	h 396*	240*	468	1113*	242 lbs.				
en (18-19) I lbs.					D. Kendrick FEMALE	551	418	540	1510
Havrevold	1 424	365	551*	1212	State Champi	ionship	15		
lbs.		303			Open				
Kinsella	507	374*	462*	1113*	165 lbs.				
ster (40-49					A. Lenz	192	143*	264	600
lbs.	,				Master				
Kunzman	567*	402	557*	1537*	114 lbs.				
ster (50-59					D. Nelson	165	143	225	534
b lbs.	1				*=State Recor	rds. Be	st Lifte	r Over	all: Ti
Mason I lbs.	440	303	418	1162	Schepper. Beson. Best Life	st Lifte	r Mast	er: Mo	nte Ma
Leisinger ster (70-79		270	369	865	Best Bench: P Sioux Falls Sa	hil Bri	nks. Te	am Cha	ampion
b lbs.					for the Mast				
Ochs	231	209*	303	744	Diann Nelson				
en					son, Ken Leisi				
B lbs.					qualified for	the His	ch Scho	ol Nati	onals i
Priebe	424	242	435	1091	Kalamazoo, A	MI: to	ny Sch	webach	, Davi
I lbs.					Szymanski,				
eeseman	407	248	507	1162	Gapps, Tyler				
Sohlman	385	270	429	1085	Note: Any lift				
B lbs.					may compete	at singl	e lift na	tionals.	(Than
Craig	523	336	540	1399	to the USAPI				
								IAA	U

AAU ATHLETE INDIVIDUAL MEMBERSHIP APPLICATION



AALI Mambarahin Vaar in Santambar 1 to August 31 A mambarahin card will be forwarded to you

First		Middle		Last		
Street Address		City	County		State	Zip
Application Date		Work Phone/Ext.		Home Phone	L Caves Own Asw	Hard of a second self- some to delign abuse
E-Mail Address				Fax Number	EAST MAN	remaining the standard of the
Birth Date		Gender Male	☐ Female	Cell Number	Atlanta Maria	MEM SHEET IN SHORE THE
Do you have Health and Accident Insurance?	Club Code (if Known)	Club Name (if Known)		4	NAME WEST	Sport Code (see list below)
if so, I must apply for maspect, including but n	embership (and receive of limited to my (street)	I membership dues, I certify approval) through the AAU address and birth date. The AAU Web site at www.aaus	National Office; and Applicant agrees to	I, 2) this applicat be bound by the	tion is corre e AAU Code	ct in every material e, including all AAU
Member's Signature			Parent/Guardian Signature		1000 D.036-3	esyO () ** specified ** The market is a republic of the second of the se
			D-4-		Interior make	aptrock of the bridge

AAU National Office, Post Office Box 10,000, Lake Buena Vista, Florida 32830

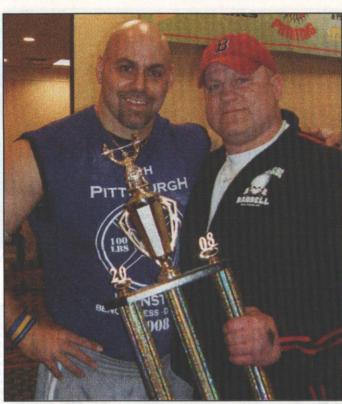
9th Pittsburgh Monster Meet 30 MAR 08 - Pittsburgh, PA BENCH C. Slovick 470

114 lbs.

I. Cassidy

500

Raw		C. Blodgett	420
	100	L Float	
J. Lehman	125	J. Float C. Dilucente	385
Junior		C. Dilucente	340
N. Freed	145	Novice	
123 lbs.			325
Raw			625
A. Marx	105	275 lbs.	
132 lbs.		Teen (17-19)	
		J. Paul	375
Master			3/3
R. Patterson	110	Master	
165 lbs.		M. Plaso D. MuMurtrie	575
Open		D MuMurtrie	465
	450		403
K. Devenyi	150	Submaster	
181 lbs.		T. Gibson	730
Raw		Junior	
	125		275
M. Patterson	135	K. Argauer	375
MEN		Police	
148 lbs.		M. Zingaro	675
			575
Teen (17-19)			3/3
G. Sikorski	250	Open	
Raw		T. Gibson	730
V. Bologna	280	M Zingaro	675
D. Malatana		M. Zingaro B. Yarnell	
P. McIntyre T. Phillips	245	B. Yarnell	425
T. Phillips	200	308 lbs.	
181 lbs.		Master	
			COF
Teen (17-19)	in land	R. Bigrigg	625
N. Fazio	260	Junior	
Grandmaster		B. Rosyak	550
	225		
T. Miller	235	Novice	
Master		A. Burton	460
C. Wargo	460	Open	
L Madding			625
J. MCMINN	310	K. Bigrigg	625
J. McMinn R. Keebler	300	R. Bigrigg J. Haney	625
Submaster		SHW	
J. Williams	415	Grandmaster	
J. Williams			
F. Malara	335	B. Foster	415
Police		D. Valasek	330
	415	Open	34
J. Williams			
T. Miller	235	K. Patterson	625
Raw		BENCH for Re	ps
J. Williams	415	225 lbs.	
			24
N. Forman	240	J. Williams	34
Novice		T. DeRiggi	30
G. Dugan	315	R. Ny	26
	313	T 11	
Open		T. Mortimer	25
E. Eliason J. Williams	450	315 lbs.	
1 Williams	415	J. Williams	20
T. Haman		1. Cassida	20
T. Hamer	380	J. Cassidy	
F. Malara	335	D. McMurtrie	20
198 lbs.			18
Master		M. Scappe	17
B. Zemaitis	420	J. Patterson	12
Junior		DEADLIFT	
C. Sparks	305	WOMEN	
	303		
Police		114 lbs.	
T. Russo	500	Junior	
D. Stitch	305	N. Freed	325
	303		0_0
Raw		Raw	
D. Stitch	305	J. Lehman	285
Novice		123 lbs.	
	225		
S. Buzas	325	Teen (17-19)	
Open		A. Antoinette	245
C. Dugan	430	Open	
Liblanfold	430	A Many	285
J. Ihlenfeld		A. Marx 132 lbs.	203
B. Zemaitis	420	132 lbs.	
S. Umberger	340	Master	
	0.0		220
220 lbs.		R. Patterson	220
Teen (17-19)		165 lbs.	
N. Milardo	355	Novice	
Grandmaster		M. Grubisha	350
	125		230
G. Langham	435	Open	
J. Herbein	270	M. Grubisha S. McKenzie	350
P. Carroll	265	S. McKenzie	350
	-00	K. Devenyi	
Master	1	k. Devenyi	300
E. Durci	385	MEN	
Junior	Direct	148 lbs.	
	AFF		
C. O'Neil		Raw	
B. Moore	455		400
Police	380	P. McIntyre	400
		P. McIntyre	400 380
	380	P. McIntyre T. Phillips	
S. Cook		P. McIntyre T. Phillips 181 lbs.	
Raw	380 510	P. McIntyre T. Phillips	380
Raw	380	P. McIntyre T. Phillips 181 lbs.	
Raw J. Patterson	380 510 450	P. McIntyre T. Phillips 181 lbs. Teen (17-19) N. Fazio	380
Raw J. Patterson D. Ragan	380 510 450 425	P. McIntyre T. Phillips 181 lbs. Teen (17-19) N. Fazio Raw	380 435
Raw J. Patterson D. Ragan A. Spimal	380 510 450 425 330	P. McIntyre T. Phillips 181 lbs. Teen (17-19) N. Fazio Raw F. Malara	380 435 485
Raw J. Patterson D. Ragan A. Spimal	380 510 450 425	P. McIntyre T. Phillips 181 lbs. Teen (17-19) N. Fazio Raw F. Malara N. Forman	380 435
Raw J. Patterson D. Ragan A. Spimal B. Klauss	380 510 450 425 330	P. McIntyre T. Phillips 181 lbs. Teen (17-19) N. Fazio Raw F. Malara N. Forman	380 435 485 415
Raw J. Patterson D. Ragan A. Spimal B. Klauss Open	380 510 450 425 330 265	P. McIntyre T. Phillips 181 lbs. Teen (17-19) N. Fazio Raw F. Malara N. Forman J. Float	380 435 485
Raw J. Patterson D. Ragan A. Spimal B. Klauss Open L. Kavulic	380 510 450 425 330	P. McIntyre T. Phillips 181 lbs. Teen (17-19) N. Fazio Raw F. Malara N. Forman J. Float Novice	435 485 415 400
Raw J. Patterson D. Ragan A. Spimal B. Klauss Open	380 510 450 425 330 265	P. McIntyre T. Phillips 181 lbs. Teen (17-19) N. Fazio Raw F. Malara N. Forman J. Float	380 435 485 415
Raw J. Patterson D. Ragan A. Spimal B. Klauss Open L. Kavulic 242 lbs.	380 510 450 425 330 265	P. McIntyre T. Phillips 181 lbs. Teen (17-19) N. Fazio Raw F. Malara N. Forman J. Float Novice J. Float	435 485 415 400
Raw J. Patterson D. Ragan A. Spimal B. Klauss Open L. Kavulic 242 lbs. Teen (17-19)	380 510 450 425 330 265 325	P. McIntyre T. Phillips 181 lbs. Teen (17-19) N. Fazio Raw F. Malara N. Forman J. Float Novice J. Float Open	380 435 485 415 400 400
Raw J. Patterson D. Ragan A. Spimal B. Klauss Open L. Kavulic 242 lbs. Teen (17-19) R. Ny	380 510 450 425 330 265	P. McIntyre T. Phillips 181 lbs. Teen (17-19) N. Fazio Raw F. Malara N. Forman J. Float Novice J. Float Open T. Hamer	435 485 415 400
Raw J. Patterson D. Ragan A. Spimal B. Klauss Open L. Kavulic 242 lbs. Teen (17-19)	380 510 450 425 330 265 325	P. McIntyre T. Phillips 181 lbs. Teen (17-19) N. Fazio Raw F. Malara N. Forman J. Float Novice J. Float Open	380 435 485 415 400 400
Raw J. Patterson D. Ragan A. Spimal B. Klauss Open L. Kavulic 242 lbs. Teen (17-19) R. Ny Submaster	380 510 450 425 330 265 325 350	P. McIntyre T. Phillips 181 lbs. Teen (17-19) N. Fazio Raw F. Malara N. Forman J. Float Novice J. Float Open T. Hamer 198 lbs.	380 435 485 415 400 400
Raw J. Patterson D. Ragan A. Spimal B. Klauss Open L. Kavulic 242 lbs. Teen (17-19) R. Ny Submaster S. Pollard	380 510 450 425 330 265 325 350 625	P. McIntyre T. Phillips 181 lbs. Teen (17-19) N. Fazio Raw F. Malara N. Forman J. Float Novice J. Float Open T. Hamer 198 lbs. Master	380 435 485 415 400 400 520
Raw J. Patterson D. Ragan A. Spimal B. Klauss Open L. Kavulic 242 lbs. Teen (17-19) R. Ny Submaster S. Pollard F. Halajcio	380 510 450 425 330 265 325 350	P. McIntyre T. Phillips 181 lbs. Teen (17-19) N. Fazio Raw F. Malara N. Forman J. Float Novice J. Float Open T. Hamer 198 lbs. Master B. Dickson	380 435 485 415 400 400
Raw J. Patterson D. Ragan A. Spimal B. Klauss Open L. Kavulic 242 lbs. Teen (17-19) R. Ny Submaster S. Pollard	380 510 450 425 330 265 325 350 625	P. McIntyre T. Phillips 181 lbs. Teen (17-19) N. Fazio Raw F. Malara N. Forman J. Float Novice J. Float Open T. Hamer 198 lbs. Master B. Dickson Junior	380 435 485 415 400 400 520
Raw J. Patterson D. Ragan A. Spimal B. Klauss Open L. Kavulic 242 lbs. Teen (17-19) R. Ny Submaster S. Pollard F. Halajcio Junior	380 510 450 425 330 265 325 350 625 540	P. McIntyre T. Phillips 181 lbs. Teen (17-19) N. Fazio Raw F. Malara N. Forman J. Float Novice J. Float Open T. Hamer 198 lbs. Master B. Dickson Junior	380 435 485 415 400 400 520
Raw J. Patterson D. Ragan A. Spimal B. Klauss Open L. Kavulic 242 lbs. Teen (17-19) R. Ny Submaster S. Pollard F. Halajcio Junior N. Begonia	380 510 450 425 330 265 325 350 625	P. McIntyre T. Phillips 181 lbs. Teen (17-19) N. Fazio Raw F. Malara N. Forman J. Float Novice J. Float Open T. Hamer 198 lbs. Master B. Dickson Junior J. Celli	380 435 485 415 400 400 520
Raw J. Patterson D. Ragan A. Spimal B. Klauss Open L. Kavulic 242 lbs. Teen (17-19) R. Ny Submaster S. Pollard F. Halajcio Junior	380 510 450 425 330 265 325 350 625 540	P. McIntyre T. Phillips 181 lbs. Teen (17-19) N. Fazio Raw F. Malara N. Forman J. Float Novice J. Float Open T. Hamer 198 lbs. Master B. Dickson Junior	380 435 485 415 400 400 520



730 lb. Bencher and Overall Best Bencher Terry Gibson with Mee Director Mike Barravecchio at the 2008 Pittsburgh Monster Meet

- Controller				L' COT L' PI-L - TOOK
F. Lung	620	Raw	F20	his opener of 625 quite easy. Rick is a 700lb
Open	600	A. Spirnak	520	bencher. I see it everyday at West Hills
C. Dugan	600	B. Klauss	500	Barbell, he just needs to put it together at
S. Umberger	540	Open D. Dorn	660	a meet, his day will come! Some of the
220 lbs.		242 lbs.	000	Freed with a 325 at 114. Todd Hamer, RMU
Teen (17-19) N. Milardo	565	Raw		strength coach, won the 181 with a 520. At
T. Porco	450	C. Dilucente	525	198, Fei Lung came from Celli's Fitness
Teen (14-16)	430	I. Float	500	Center and pulled 620 under the guidance
B. Sandor	450	275 lbs.	300	of record holder Ryan Celli. D. Dom took
Master Master	430	lunior		the 220 class with 660. At SHW, a very
K. McNeish	650	K. Argauer	590	massive S. Herrman hit a convincing 725
T. Myers	620	Open	330	to end the show! Some of the following
Junior	020	J. Haney	625	people helped to make the Monster Meet
E. Melodini	570	SHW	0	another huge success. My awesome wife,
B. Moore	525	Raw		"Stefania"! My daughter Paige and son
D1 1110010	-	S. Herrman	725	Zachary. Mom and Dad, Gary and Marlene.
Best Overall	Bench	er: Terry Gibso		Joe "Bug" Pokorny, Eric Fischer, Don
		: Darren Dori		Deselle, Pete Shandrick, Micky Lonkert,
		Cassidy. This		Bob Gift, Butch Starko, Andy Morgan,
		held at a new		Dave Stitch, Mike Scappe, Rick Bigrigg,
		h AirportCrown		Mary Lynn Pelino, Rob Cappozolo, Donnie
		ns were spect		Sineway, Jim Rikowski and Chuckie Carr.
We were able	e to p	rovide the lifte	rs with	Finally, a big thanks to Steve MacDonald,
one of the la	rgest "	'warm-up" area	s that I	USA Strongest Man. For the second year
have seen in	more	that 20 years	in the	in a row, Steve helped out all day, going
sport. This year	ar we	welcomed 73 b	enchers	on little sleep. Thanks again Steve! I would
and 36 deadli	ifters.	Some of the hi	ghlights	also Wte tv thank Ryan Celli, owner of
of the bench	were \	/ince Bologna w	ith 280	Celli's Fitness Center, for being such a big
at 148. At 181	1, Jaco	b Williams blas	ted 415	supporter of the Monster Meet. Celli's is
		Russo out of So		an awesome powerlifting gym, located in
		8 class with a		Pittsburgh. Stop down and see him, and if
		on with a 510		your lucky, his wife Dana will be working
		some big bench		the desk! Also a big thanks to the guys at
		from Southside		Southside Barbell out of New Castle for
		. The "Bronx B		sending so may guys down. Next year will
		very easy 500		be the 10th year for the Monster Meet and
		for 550 raw l		promises to be the best one yet! With more
		r the 315 rep		cash prizes and bigger awards! Train hard
		two more "Me		and see you next year! (M. Barravecchio)
		ell, Terry Gibso		
		no and nailed a		NASA South Texas State
720 Torry c	howar	why he is a	Crowd	INASA SUUII TEXAS SIALE

saving some gas for the 315 rep contest. The 275 class had two more "Monsters" from Southside Barbell, Terry Gibson came in looking like a rhino and nailed a massive 730. Terry showed why he is a crowd favorite being a call act in the warm-up	cash prizes and be and see you next	igger awards! Train hard year! (M. Barravecchio) uth Texas State 08 - Alvin, TX	A. No C. 242 Hig L.
room and on the main stage. Terry, I know	BENCH	275 lbs.	275
you're reading this, I want 800 next year,	FEMALE	High School	Int
keep it up! Another Southside "animal",	Raw	E. Moss 336	H.
Marc Zingaro, took the police division	148 lbs.	Int	Jun
with a huge 675. Wierton, WV Police	Novice	H. Thomason 540	E.
Departments Finest, Mike Plaso hit a big		Master I	Ma
575 despite some bench shirt problems. I		E. Dublin 650	J. (
expect some big things from Mike in the	181 lbs.	Pure	Op
very near future! At 308, my training		E. Dublin 650	D.
partner, Rick Bigrigg had some shirt prob-		D. Olstad 424	J. (
lems for the second year in a row, but got		1 Submaster I	Pu
	The second second second		

	198 lbs.		J. Clark		496
	Open G. Garner	369	PS CUE	(L	
	Pure		55 lbs.		
	G. Garner Submaster II	369	Youth P. Gari	nor	28
	G. Garner	369	220 lbs		20
	220 lbs.		High S	chool	MINE
	D. Blessing	276	D. Bles		110
	242 lbs.		Novice		
	Master I	242	C. Jame	es	193
	S. Vlasek Master II	342	SHW Master	Pure	
	R. Tippett	386	G. We	lls	94
	275 lbs. Master I		PS DEA	DLIFT	
	D. Noland	441	198 lbs		
	L. Elliff	402	Junior	Ph. A	- Total
	Open J. Clark	496	H. Par		551
	Submaster II		H. Par	ker	551
	Push Pull MALE		BP	DL	тот
	165 lbs.				
	Novice		422	242	275
	E. Campos 275 lbs.		132	243	3/5
	Open				
	D. Olstad		424	568	992
	Pure D. Olstad		424	568	992
	Submaster I				40,701
et	D. Olstad Submaster		424	568	992
t.	Pure				
	D. Olstad	00	424	568	992
olb	Powerlifting FEMALE	SQ	BP	DL	101
lls	101 lbs.				
at he	C. Boley	132	61	171	364
lie	105 lbs.	132	01	1/1	304
10	Teen			northoga.	BIN N
At	S. Sanchez 148 lbs.	204	116	254	573
ice	High School				
ok	R. Reyna	243	110	237	590
25	M. Sanchez	243	110	243	595
ng	198+ lbs. High School				
eet fe,	S. Hunchibird	287	110	276	672
on	MALE	207	110	270	0,2
ne.	165 lbs.				
on rt.	Int J. Aguilar	364	204	303	871
ın,	Novice		Bingar	Eggs.	
gg, nie	J. Aguilar 181 lbs.	364	204	303	871
rr.	Master I			3"	
ld,	J. Chaney	402	283	546	1231
ear	Master II R. Sherwood	513	316	493	1322
uld	Master III		1000		
of	J. Christian	204	149	468	821
big	Master Pure R. Sherwood	513	316	493	1322
in	Novice		1		
if	J. Chaney Open	402	283	546	1231
at	J. Chaney	402	283	546	1231
for	Police/Fire	402	292	546	1231
vill	J. Chaney 198 lbs.	402	283	340	1231
ore	Int		200		400-
ard io)	A. Veron Novice	353	353	502	1207
10)	C. Reeve	502	331	502	1334
	242 lbs.				
	High School L. Martinez	248	127	292	667
	275 lbs.	4440	de Tord		21.14
6	Int H. Thomason	821	540	650	2012
6	H. Thomason Junior	021	540	650	2012
0	E. Moss	507	336	457	1301
0	Master I J. Cannon	452	309	452	1213
,	Open	432	303		
0	D. Olstad	645			1637
4	J. Cannon	452	309	452	1213
	Pure				

PS RENCH

P. Garner

275 lbs. Open J. Clark 40

496

55 lbs

424

457

Submaster

D. Olstad

Master I

Raw 198 lbs.

E. Stevens

D. Olstad	645	424	568	1637	275 lbs.					
Submaster 1 D. Olstad	645	424	= (0	1637	Master					
Submaster	645	424	568	1637	Pure		450		1554	
					A. Lovick	551	452	551	1554	
Pure			=	4.00	Novice		220		4006	
D. Olstad	645	424	568	1637	W. Trail	502	320	485	1306	
Raw					Open					
220 lbs.					S. Berry	457	342	518	1317	
Novice					Submaster II					
A. Schen	424	375	485	1284	S. Berry	457	342	518	1317	
242 lbs.					308 lbs.					
Int					Master I					
M. Cabrera	375	248	424	1047	D. Shingleton	496	320	496	1312	
Novice					Power Sports	CR	BP	DL	TOT	
C. James	502	402	562	1466	MALE					
D. Lambert	375	287	424	1086	220 lbs.					
M. Cabrera	375	248	424	1047	Master I					
Submaster I					G. McNeil	187	358	606	1152	
D. Lambert	375	287	424	1086	242 lbs.					
Submaster					Master I					
Pure					S. Vlasek	149	342	452	942	
B. Slocum	424	331	546	1301	275 lbs.					
275 lbs.			5.0		Open					
Master II					T. Emelander	209	402	584	1196	
I. Leribeus	502	353	551	1405	(Thanks to Ric				results)	



Walter "TRUCK" Ferguson at the IBP Raw Bench Press event. (photograph courtesy of Keith Payne)

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IBP Raw BP & SC Championships 25 APR 08 - Pfafftown, NC FEMALE 198+ lbs Master (45-49)

M. Boyles

L. Marrow 4th-225 MALE

Open Raw E. Wright

Raw

165 lbs.

G. Dale Jr. 4th-190

181 lbs.

I. Shoaf

S. Deans B. Owens Novice Raw

Open Raw S. Deans

I. Marrow

R. Smith

Novice Raw

Raw D. Smithey

275 lbs.

D. Williams 320

Teen (16-17)

Master (40-44)

375

500

Junior (20-23) Raw R. Day S. Boyles 380 242 lbs.

D. Becker 365 275 lbs.

181 lbs.

Raw J. Shoaf 198 lbs.

Raw

Raw 360 G. Dale

Open Raw Junior (20-23) Raw Junior (20-23) Raw Junior (20-24) Raw D. Smithey 135
Police/Fire/Military Open Raw D. Smithey 190

275 lbs. Open Raw Intermediate (24-34) B. Jones 205 Outstanding Lifter Bench Press: Rubin Smith. Outstanding Lifter Strict Curl: Ben Jones. 1st Place Team: Hercules Power

B. Owens Intermediate (24-34) Submaster (35-39)

Open Raw

Master (65-69)

Master (40-44)

4th-315

4th-315 M. Perry

J. Cravy 285 Open Raw B. Jones 545 Police/Fire/Military 150 Raw A. Kearney Master (40-44) Submaster (35-39) A. Kearney 420 308 lbs. Master (40-44) Marrow Sr. 375 Master (50-54) Submaster (35-39) W. Ferguson 350 308+ lbs. 305 Master (40-44) W. Marrow 360 Master (45-49) STRICT CURL FEMALE S. Hargrove 270 Teen (12-13) Raw Master (45-49) 185 M. Boyles 80 Master (65-69) 123 lbs. Teen (12-13) Raw 250 A. Day 132 lbs. Master (40-44) Open Raw B. Etringer Teen (14-15) 350 B. Etringer 90 275 Youth/Teen (12-13) 350 G. Dale Jr. 4th-105



Rachael Mayer in Lake George.

AAPF	Nationals	INTERNAL PROPERTY.
12-13 APR 08	- Lake Geor	ge, NY
BENCH	E. Brown	342
MALE	Teen (16-1)	
148 lbs.	A. McClos	key 485
Master (80-84)		E4)
P. Bush 116	Master (50	309
165 lbs. Teen (16-17)	Master (55	-59)
J. Dunn 408	F. Fitzpatr	ick 424
181 lbs	Open	
Master (40-44)	D. Murphy	309
M. Bingham 441	275 lbs.	
Police/Fire	Master (40	-44)
M. Bingham 441	E. Hubbs	606
198 lbs.	Master (55	-59)
Junior K. Platt 430	K. Tawzer	_
K. Platt 430	Open	
Open	E. Hubbs	606
J. Matta 529	Police/Fire	274
220 lbs. Master (45-49)	Submaster	(33.30)
S. Luciano 551	D Szyman	ski 612
Master (55-59)	308 lbs.	311 012
Master (55-59) M. Hammond 430	Master (40	-44)
Master (65-69)	I. Robinson	705
Powerlifting SQ	BP DL	TOT
FEMALE		
123 lbs.		
Master (55-59)	711111111111111111111111111111111111111	
S. McCallion 248	110 231	590
148 lbs.		
Open J. Stabile 342	154 390	876
Teen (18-19)	134 300	0/0
	215 320	915
165 lbs.	210	3.0
Master (45-49)		
C. McKenzie 430	231 358	1020
181 lbs.		
Open		
S. Detman 502 S. Mendelson 507	209 402	1113
	276 375	1157
198+ lbs.		
Master (50-54) M. Tawzer 182	121 303	606
MALE	121 303	000
114 lbs.		
Teen (13-15)		
W. Flesh III -	154 259	413
A. Forezzi -	121 231	353
148 lbs.		
Junior		
S. Mattison 474		1257
Master (40-44)	205 450	1270
C. Morse 502 Master (70-74)	325 452	12/9
F. Glass 364	121 369	854
165 lbs.	121 30.	034
lunior		
K. Chester 623	551 474	1648
Master (50-54)		
G. Sagor 441	209 386	1036
Master (70-74)		
R. Flores 502	2 215 502	1218
Open	207 50	1522
J. DiGirolamo 628		
Police/Fire T. Potts 391	309 320	1020
181 lbs.		
lunior		
D. O'Brien 513	3 358 474	1 1345
Master (40-44)		



M. Trulock 546 276 540 1361

D. Naughton 331 474 452 1257 Master (45-49)
M. Larsen 435 193 364 992
Master (50-54) R. Ruettiger 573 364 524 1461

> 1868 1521

D. Cagnolatti 716 562 590
D. Kirschen 772 546 584
E. Stone 705 347 468

639 435 535

V. Lysobey 639 435 535 1609 M. Hibbing 557 331 507 1394

Teen (18-19)
R. Deschenes — 364 606 970

369 573

606 369 513 1488 463 342 463 1268

424 231 413 1069

705 463 634 1802

— 298 474 772

165 347 513

VanAlstyne

/. Lysobey

Submaster (33-39) E. Domanski 656

Teen (16-17)
J. DiMaggio —

Master (70-74)

Teen (16-17)

Master (40-44)

198 lbs.

. Ellis Submaster (33-39)

220 lbs.

Kieran Kidder with Rich Flores.

J. Rebera	705	507	551	1764	Master (40+)		Roy-GI	ER	396
Master (45-49)				Seabright-GBR	181	Hieke-		440
B. McCord	590	386	551	1527	165 lbs.		Haubn		352
B. Garnett	540	386	502	1427	Open		Master		
Master (55-59		200	-10	1500	Bialostocki-GER	165	Freiber		540!
D. Zenzen	700	380	518	1598	181 lbs. Master (40+)		Master		440
Open C. DelPreore	700	540	606	1935	Langfritz-GER	137	Master		-110
A. Infante	502	364	496	1361	Master (50+)	13/	Bucher		341
Police/Fire	302	304	430	1301	Schwade-GER	165!*	Master		
D. Zenzen	672	380	518	1571	MALE			randt-GER	352!
Teen (18-19)					123 lbs.		242 lbs		
Z. Zenzen	-	480	584	1064	Teen		Open		
242 lbs.					Schmidt-GER	143		ann-GER	463
Master (45-49					Strempel-GER	170	Dietz-		396
J. Dibble	733	535	584	1852	148lbs.		Master		***
Open				2246	Teen	-		tra-NED	418
J. Jordan	904	606	705	2216	Kohlstock-GER	237	Master	aw-GER	363
J. Dibble 275 lbs.	733	535	584	1852	Master (40+) Willis-GBR	253	Fritsch		429
Master (45-49	1)				165 lbs.	233	Fritsch		418
P. Burgess	485	265	364	1113	Open		275 lbs		
308 lbs.					Gretz-GER	286	Open		
Master (45-49))				Batterink-NED	292		ann-GER	595!
T. Lane	799	457	661	1918	Master (40+)		Herrm	ann-GER	418
Master (65-69))				Wissel-GER	286	Master	r (40+)	
D. Reph	413	187	474	1075	Master (45+)			lman-GER	563!
Teen (18-19)					Meryem-GER	231	Master		
N. Fonck	-	502	573	1075	181 lbs.			ma-NED	496
308+ lbs.					Teen	220	Bluhm		385
Teen (16-17)		270	397	667	Leopold-GER Junior	330	Master	aar-NED	352
C. Cable Best Lifter J	-				Rose-GER	231	Kurda-		440
Dunn. Best L	ifter A	Aaster	Rench:	Edward	Open Open	231		r (55+)	710
Fitzpatrick. B	est Li	fter O	pen Su	bmaster	Bouzioris-GER	385	Reitzle		374
Benchs: Dale	Szym	anski.	Best Li	fter Jun-	Kraft-GER	463		r (60+)	
ior: Kalin Che					Scholze-GER	352	Grethe	er-AUT	319
Rich Flores. I	Best Li	ifter O	pen: Jo	Jordan.	Master (50+)		DEAD		
Best Lifter M	aster	Heavy:	Tim L	ane.	Ecchonacy CED	319!	FEMAI	F	
					Eschenasy-GER	No.			
					Master (55+)		115 lbs		
					Master (55+) Schaumann-GER	292	115 lbs Junior		110
	7	A			Master (55+) Schaumann-GER Master (60+)	292	115 lbs Junior Vasina	-UZB	110
		a		, al	Master (55+) Schaumann-GER Master (60+) Tejkl-GER		115 lbs Junior Vasina Maste	-UZB r (50+)	
	A		*		Master (55+) Schaumann-GER Master (60+) Tejkl-GER 198lbs.	292	Junior Vasina Maste Heindl	-UZB r (50+)	110
	1				Master (55+) Schaumann-GER Master (60+) Tejkl-GER 198lbs. Teen	292 325	115 lbs Junior Vasina Maste Heindl 165 lbs	-UZB r (50+)	
	5	7			Master (55+) Schaumann-GER Master (60+) Tejkl-GER 198 lbs. Teen Dittrich-GER	292	115 lbs Junior Vasina Maste Heindl 165 lbs Open	i-UZB r (50+) I-AUT	
	9	7	4	2	Master (55+) Schaumann-GER Master (60+) Tejkl-GER 198lbs. Teen	292 325 325 231	Junior Vasina Maste Heindl 165 lbs Open Herzig MALE	LUZB r(50+) LAUT S	254!
	9		*		Master (55+) Schaumann-GER Master (60+) Tejkl-GER 198lbs. Teen Dittrich-GER Kummer-GER Open McNamara-IRL	292 325 325 231 413	Junior Vasina Maste Heindl 165 lbs Open Herzig MALE 165 lbs	-UZB r (50+) -AUT 	254!
	9				Master (55+) Schaumann-GER Master (60+) Tejkl-GER 198lbs. Teen Dittrich-GER Kummer-GER Open McNamara-IRL Kwiatek-GER	292 325 325 231 413 407	115 lbs Junior Vasina Maste Heindl 165 lbs Open Herzig MALE 165 lbs Maste	-UZB r (50+) I-AUT s. AUT	254! 319
					Master (55+) Schaumann-GER Master (60+) Tejkl-GER 198lbs. Teen Dittrich-GER Kummer-GER Open McNamara-IRL Kwiatek-GER Elfner-GER	292 325 325 231 413 407 391	115 lbs Junior Vasina Maste Heindl 165 lbs Open Herzig MALE 165 lbs Maste Heindl	LUZB r(50+) LAUT S. CAUT S. r(50+)	254!
					Master (55+) Schaumann-GER Master (60+) Tejkl-GER 198lbs. Teen Dittrich-GER Kummer-GER Open McNamara-IRL Kwiatek-GER	292 325 325 231 413 407 391	115 lbs Junior Vasina Maste Heindl 165 lbs Open Herzig MALE 165 lbs Maste Heindl 242 lbs	LUZB r(50+) LAUT S. CAUT S. r(50+)	254! 319
					Master (55+) Schaumann-GER Master (60+) Tejkl-GER 198lbs. Teen Dittrich-GER Kummer-GER Open McNamara-IRL Kwiatek-GER Elfner-GER	292 325 325 231 413 407 391	115 lbs Junior Vasina Maste Heindl 165 lbs Open Herzig MALE 165 lbs Maste Heindl 242 lbs Open	LUZB r (50+) LAUT S. CAUT S. r (50+) LAUT S.	254! 319 513!
		NZE			Master (55+) Schaumann-GER Master (60+) Tejkl-GER 198lbs. Teen Dittrich-GER Kummer-GER Open McNamara-IRL Kwiatek-GER Elfner-GER	292 325 325 231 413 407 391	115 lbs Junior Vasina Maste Heindl 165 lbs Open Herzig MALE 165 lbs Maste Heindl 242 lbs Open Hochs	s. UZB r (50+) AUT s. 	254! 319 513!
		INZE			Master (55+) Schaumann-GER Master (60+) Tejkl-GER 198lbs. Teen Dittrich-GER Kummer-GER Open McNamara-IRL Kwiatek-GER Elfner-GER	292 325 325 231 413 407 391	115 lbs Junior Vasina Maste Heindl 165 lbs Open Herzig MALE 165 lbs Maste Heindl 242 lbs Open Hochs 275 lbs	LUZB r (50+) AAUT S. GAUT S. r (50+) LAUT S. stetter-GER S.	254! 319 513!
		CNZE			Master (55+) Schaumann-GER Master (60+) Tejkl-GER 198lbs. Teen Dittrich-GER Kummer-GER Open McNamara-IRL Kwiatek-GER Elfner-GER	292 325 325 231 413 407 391	115 lbs Junior Vasina Maste Heindl 165 lbs Open Herzig MALE 165 lbs Maste Heindl 242 lbs Open Hochs 275 lbs Maste	LUZB r (50+) LAUT LAUT S. CAUT S. K (50+) LAUT S. Stetter-GER S. r (45+)	254! 319 513! 8 595
		INZE			Master (55+) Schaumann-GER Master (60+) Tejkl-GER 198lbs. Teen Dittrich-GER Kummer-GER Open McNamara-IRL Kwiatek-GER Elfner-GER Buchmelter-GER	292 325 325 231 413 407 391 385	115 lbs Junior Vasina Maste Heindl 165 lbs Open Herzig MALE 165 lbs Maste Heindl 242 lbs Open Hochs 275 lbs Maste	is. In-UZB In (50+) In-AUT Is. In (50+) Is. In (50+) Is. In (50+) Is. In (45+) In (45+) In (45+) In (45-) In (45-) In (45-)	254! 319 513! \$ 595 661
		INZE			Master (55+) Schaumann-GER Master (60+) Tejkl-GER 198lbs. Teen Dittrich-GER Kummer-GER Open McNamara-IRL Kwiatek-GER Elfner-GER	292 325 325 231 413 407 391	115 lbs Junior Vasina Maste Heindl 165 lbs Open Herzig MALE 165 lbs Maste Heindl 242 lbs Open Hochs 275 lbs Maste Holleit	is. In-UZB In (50+) In-AUT Is. In (50+) Is. In (50+) Is. In (50+) Is. In (45+) In (45+) In (45+) In (45-) In (45-) In (45-)	254! 319 513! 8 595
		INZE			Master (55+) Schaumann-GER Master (60+) Tejkl-GER 198libs. Teen Dittrich-GER Kummer-GER Open McNamara-IRL Kwiatek-GER Elfner-GER Buchmelter-GER	292 325 325 231 413 407 391 385	115 lbs Junior Vasina Maste Heindl 165 lbs Open Herzig MALE 165 lbs Maste Heindl 242 lbs Open Hochs 275 lbs Maste Holleit	is. In-UZB In (50+) In-AUT Is. In (50+) Is. In (50+) Is. In (50+) Is. In (45+) In (45+) In (45+) In (45-) In (45-) In (45-)	254! 319 513! \$ 595 661
		INZE			Master (55+) Schaumann-GER Master (60+) Tejkl-GER 198libs. Teen Dittrich-GER Kummer-GER Open McNamara-IRL Kwiatek-GER Elfiner-GER Buchmelter-GER Powerlifting FEMALE 123 lbs. Master (40+)	292 325 325 231 413 407 391 385	115 lbs Junior Vasinas Maste Heindl 165 lbs Open Herzig MALE 165 lbs Maste Heindl 242 lbs Open Hochs 275 lbs Maste Hollei BP	LUZB r (50+) LAUT S. CAUT S. C (50+) LAUT S. S. Stetter-GER S. T (45+) Iner-AUT DI	254! 319 513! 8 595 661 TOT
		INZE			Master (55+) Schaumann-GER Master (60+) Tejkl-GER 198lbs, Teen Dittrich-GER Kummer-GER Open McNamara-IRL Kwiatek-GER Elfner-GER Buchmelter-GER Powerlifting FEMALE 123 lbs. Master (40+) Seabright-GBR	292 325 325 231 413 407 391 385	115 lbs Junior Vasina Maste Heindl 165 lbs Open Herzig MALE 165 lbs Maste Heindl 242 lbs Open Hochs 275 lbs Maste Holleit	LUZB r (50+) LAUT S. S-AUT S. T (50+) LAUT S. Stetter-GER S. T (45+) Inner-AUT DL	254! 319 513! \$ 595 661
		INZE			Master (55+) Schaumann-GER Master (60+) Tejkl-GER 198lbs, Teen Dittrich-GER Kummer-GER Open McNamara-IRL Kwiatek-GER Elfiner-GER Buchmelter-GER Powerlifting FEMALE 123 lbs. Master (40+) Seabright-GBR 132 lbs.	292 325 325 231 413 407 391 385	115 lbs Junior Vasinas Maste Heindl 165 lbs Open Herzig MALE 165 lbs Maste Heindl 242 lbs Open Hochs 275 lbs Maste Hollei BP	LUZB r (50+) LAUT S. CAUT S. C (50+) LAUT S. S. Stetter-GER S. T (45+) Iner-AUT DI	254! 319 513! 8 595 661 TOT
		CNZE			Master (55+) Schaumann-GER Master (60+) Tejkl-GER 198lbs. Teen Dittrich-GER Kummer-GER Open McNamara-IRL Kwiatek-GER Elfiner-GER Buchmelter-GER Powerlifting FEMALE 123lbs. Master (40+) Seabright-GBR 132lbs. Open	292 325 325 231 413 407 391 385 SQ	115 lbs Junior Vasina Maste Heindl 165 lbs Open Herzig MALE 165 lbs Maste Heindl 242 lbs Open Hochs 275 lbs Maste Hollei BP	to LUZB r (50+) AUT s. c-AUT s. r (50+) LAUT s. r (50+) s. s. stetter-GER s. r (45+) ther-AUT DL	254! 319 513! 8 595 661 TOT
		INZE			Master (55+) Schaumann-GER Master (60+) Tejkl-GER 198lbs, Teen Dittrich-GER Kummer-GER Open McNamara-IRL Kwiatek-GER Elfner-GER Buchmelter-GER Powerlifting FEMALE 123lbs, Master (40+) Seabright-GBR 132 lbs, Open Wenszlaw-GER	292 325 325 231 413 407 391 385	115 lbs Junior Vasinas Maste Heindl 165 lbs Open Herzig MALE 165 lbs Maste Heindl 242 lbs Open Hochs 275 lbs Maste Hollei BP	to LUZB r (50+) AUT s. c-AUT s. r (50+) LAUT s. r (50+) s. s. stetter-GER s. r (45+) ther-AUT DL	254! 319 513! 8 595 661 TOT
		INZE			Master (55+) Schaumann-GER Master (60+) Tejkl-GER 198lbs, Teen E Dittrich-GER Kummer-GER Open McNamara-IRL Kwiatek-GER Elfner-GER Buchmelter-GER Powerlifting FEMALE 123 lbs. Master (40+) Seabright-GBR 132 lbs. Open Wenszlaw-GER 148 lbs.	292 325 325 231 413 407 391 385 SQ	115 lbs Junior Vasina Maste Heindl 165 lbs Open Herzig MALE 165 lbs Maste Heindl 242 lbs Open Hochs 275 lbs Maste Hollei BP	to LUZB r (50+) AUT s. c-AUT s. r (50+) LAUT s. r (50+) s. s. stetter-GER s. r (45+) ther-AUT DL	254! 319 513! 8 595 661 TOT
					Master (55+) Schaumann-GER Master (60+) Tejkl-GER 198lbs. Teen Dittrich-GER Kummer-GER Open McNamara-IRL Kwiatek-GER Elfiner-GER Buchmelter-GER Buchmelter-GER 123lbs. Master (40+) Seabright-GBR 132lbs. Open Wenszlaw-GER 148lbs. Master (45+)	292 325 325 231 413 407 391 385 SQ 276!	115 lbs Junior Vasinas Maste Heindl 165 lbs Open Herzig Maste Heindl 242 lbs Open Hochs 275 lbs Maste Hollei BP	LUZB r (50+) LAUT s. -AUT s. -AUT s. r (50+) LAUT s. stetter-GER s. r (45+) tner-AUT DL	254! 319 513! 8 595 661 TOT 750
Joe DiMa	Pegio			Natls.	Master (55+) Schaumann-GER Master (60+) Tejkl-GER 198lbs. Teen Dittrich-GER Kummer-GER Open McNamara-IRL Kwiatek-GER Elfner-GER Buchmelter-GER Powerlifting FEMALE 123lbs. Master (40+) Seabright-GBR 132 lbs. Open Werszlaw-GER 148 lbs. Master (45+) Berg-GER	292 325 325 231 413 407 391 385 SQ 276! 265	115 lbs Junior Vasinas Maste Heindl I65 lbs Open Herzig MALE 165 lbs Maste Heindl Eds Dopen Hochs Maste Heindl BP	to LUZB r (50+) AUT s. c-AUT s. r (50+) LAUT s. r (50+) LAUT s. s. s. s. s. s. s. s. s. s.	254! 319 513! 8 595 661 TOT 750 685
Joe DiMa	gggio			Natls.	Master (55+) Schaumann-GER Master (60+) Tejkl-GER 198lbs. Teen Dittrich-GER Kummer-GER Open McNamara-IRL Kwiatek-GER Elfiner-GER Buchmelter-GER Buchmelter-GER 123lbs. Master (40+) Seabright-GBR 132lbs. Open Wenszlaw-GER 148lbs. Master (45+)	292 325 325 231 413 407 391 385 SQ 276! 265	115 lbs Junior Vasinas Maste Heindl 165 lbs Open Herzig Maste Heindl 242 lbs Open Hochs 275 lbs Maste Hollei BP	to LUZB r (50+) AUT s. c-AUT s. r (50+) LAUT s. r (50+) LAUT s. s. s. s. s. s. s. s. s. s.	254! 319 513! 8 595 661 TOT 750

			-		FEMALE				
	100				165 lbs.				
					Open S. Herzig	220	143	320	683
			0.537		181 lbs.				
	- F	3//			VanBeugen-NED	287	628	375	1290
	100	77-		1/2	198+lbs. Open				
	11	1	- 63			364!	220	397!	981
					MALE				
					132lbs.				
			~ 1		Youth Steinbreche-GER	220	110	226	557
					Teen	220	110	220	337
		-				254	165	342	761
			The same of the sa	at the	148 lbs.				
					Teen CEP	27E	204	397	976
		Mary .		-	Cerepanov-GER Junior	375	204	337	370
	Kieran Kide	der w	ith Rich Flo	res.	McCann-IRL	491!	276!	463!	1229
					Master (40+)	102	HVA	***	4400
	Furonea	n Ch	ampionships		Willis-GBR	430*	248	430	1108
			Forchheim,		165 lbs. Junior				
	BENCH		Master (45+)		Harutyunya-GER	441	353	441!	1235
	FEMALE		Martin-GER	396	Master (40+)	HI T			1051
	115 lbs.		Fischer-GER	341	Large-GER	353	281	430	1064
	Master (50+) Vasina-UZB	220	Master (50+) Tickle-GBR	374	Master (45+) Green-GBR	496	309	485	1290
	132lbs.		Winklareth-GER	418	Open				
	Open		220 lbs.		Omer-GER	441	287	529!	1257
	Wenzlaw-GER	148	Open Pour CER	201	181 lbs.				
	Master (40+)	181	Roy-GER Hieke-GER	396 440	Junior Cerepanov-GER	529	331	529	1389
	Seabright-GBR 165 lbs.	101	Haubner-GER	352	Master (40+)	-	٠.		
	Open		Master (40+)		Gopferth-GER	524	353	446	1323
	Bialostocki-GER	165	Freiberg-GER	540!	Open CFO	252	224	27-	000
	181 lbs. Master (40+)		Master (45+) Wiener-GER	440	Tsasidze-GEO Scholze-GER	353 513	231 375	375 518	959 1405
	Langfritz-GER	137	Master (50+)	110		705	408	595	1709
	Master (50+)		Bucher-GER	341	Master (45+)				
	Schwade-GER	165!*		anal	Shipman-GBR	518	359*	518	1396
	MALE 123lbs.		Hildebrandt-GER 242 lbs.	352!	Master (50+) Steinbreche-GER	452	265	457	1174
	Teen		Open Open		198lbs.	702	200	407	11174
	Schmidt-GER	143	Wiemann-GER	463	Teen				
	Strempel-GER	170	Dietz-GER	396	Tickle-GBR	353	231	402	987
	148lbs. Teen		Master (40+) Hoekstra-NED	418	Master (40+) Taurisano-GER	551	331	551	1433
	Kohlstock-GER	237	Wenzlaw-GER	363	Drury-GBR	697!	375	573	1645
	Master (40+)		Master (45+)		Hough-GBR	463	298	463	1224
	Willis-GBR	253	Fritsche-GER	429	Taurisano-GER	-	-	-	-
	165 lbs.		Fritsche-GER 275 lbs.	418	Drury-GER Master (80+)			-	-
	Open Gretz-GER	286	Open		Seisenberge-GER	_	_	_	_
	Batterink-NED	292	Volkmann-GER	595!	Hansel-GER	_	-	_	-
	Master (40+)		Herrmann-GER	418	Open		201		4000
	Wissel-GER	286	Master (40+) Winkelman-GER	563!	Brodie-IRL Murphy-GBR	716 700	386 402	595 617	1698 1720
	Master (45+) Meryem-GER	231	Master (45+)	. 505.	Brodi-IRL	_	_	_	_
	181 lbs.		Fennema-NED	496	Murphy-GBR	-	-	_	-
	Teen	220	Bluhm-GER	385	220 lbs.				
	Leopold-GER Junior	330	Master (50+) Butzelaar-NED	352	Teen Staat-GER	353	193	386	931
	Rose-GER	231	Kurda-GER	440	Master (40+)			-	30.
	Open		Master (55+)		Malfa-GER	584	331	573	1488
	Bouzioris-GER	385	Reitzle-GER	374	Master (45+)	-	4621	can	1670
	Kraft-GER Scholze-GER	463 352	Master (60+) Grether-AUT	319	Seisenberge-GER Master (50+)	15/3	463!	642!	1678
	Master (50+)	302	DEADLIFT	313	Berghmans-NED	507	287	485	1279
	Eschenasy-GER	319!	FEMALE		Open				
ŧ	Master (55+)	200	115lbs.		Pashynov-UKR	617	353	584	1554
	Schaumann-GER Master (60+)	292	Junior Vasina-UZB	110	242 lbs. Master (40+)			14	
	Tejkl-GER	325	Master (50+)		Bongers-NED	750	424	628	1802
	198lbs.		Heindl-AUT	254!	Master (45+)	N. S.	200	400	****
	Teen	225	165 lbs.		Becka-AUT	441	298	408	1146
	Dittrich-GER Kummer-GER	325 231	Open Herzig-AUT	319	Open Jes-IRL	617	463	617	1698
	Open Open	231	MALE	313	275 lbs.	011	-		
*	McNamara-IRL	413	165 lbs.		Master (45+)				
	Kwiatek-GER	407	Master (50+)	F431	Belcher-GBR	551	342 441	507 683	1400 1698
	Elfner-GER Buchmelter-GER	391 385	Heindl-AUT 242 lbs.	513!	Holleitner-AUT Open	573	***	003	1000
	Daciment-OLK		Open		Cekas-IRL	860	540	750	2149
			Hochstetter-GE	R 595	308 lbs.				
			275 lbs.		Master (40+)	694	463!	639	1797
			Master (45+) Holleitner-AUT	661	Pollex-GER Master (60+)	0.74	100:	w	1737
	Powerlifting	SQ	BP DL	TOT	Carter-GBR	761!	392	683	1836
	FEMALE				308+lbs.				
	123 lbs.	1			Master (40+)	773	540	672	1984
	Master (40+) Seabright-GBR	276!	176 298	750	Kossen-NED Open	772	540	672	1304
	132lbs.	01			Tanner-GBR	639	540	617	1797
	Open	Sellier.		-	Fossdal-ISL	838	661	750	2249!
	Wenszlaw-GER	265	143 277	685	!=World Record IRL=Ireland. GE				
	148lbs. Master (45+)				GER=Germany				
	Berg-GER	209	160 243	612	UKR=Ukraine.				
	VanHuizen-NED		149 281	739	David T. Carter				

1/1455 It all comes down to this. Plate upon mercilessly stacked plate – waiting for a challenger bold enough to attempt to pull its bone-crushing weight. Pain and sacrifice don't even begin to describe what you put your body through in preparation to accomplish this gravity-defying lift. True plateau-smashing power only comes with massive size. That's why you need to add as much quality mass as possible using Mass-Tech™ - the world's most powerful weight-gain formula. Taking just two daily servings

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ZRT TESTED

INCREASES IGF-1

up to 12,000 ng/dl

of IGF-1's powerful anabolic effects, world class bodybuilders sought out a means to directly increase IGF-1 through recombinant IGF-1 injections. Most report 20 to 30 pound gains of lean muscle in just 3 months. Now, through the development of HEXAGHEN, you can experience the extreme anabolic effects of IGF-1. HEXAGHEN's maximum threshold IGF-1 output triggers extremely anabolic muscle cell hyperplasia and muscle cell growth.

HEXAGHEN's efficacy is made possible through the utilization of a unique combination of highly specialized actives, which includes a GHRP-2 hexapeptide and a IGFBP-2 inhibitor. These advanced compounds are administered in a patent pending Fastsorb tablet, which provides oral mucosal delivery, critical for these potent vet fragile compounds to be absorbed directly into the bloodstream, bypass the gastrointestinal tract and first-pass metabolism in the liver, preserving their effectiveness as an IGF-1 Activator. HEXAGHEN is clearly the most exciting muscle-building breakthrough on the bodybuilding circuit today. Scientists at MuscleMeds selected ZRT Laboratory to validate HEXAGHEN's effectiveness in raising IGF-1 levels in a doctor controlled medical trial. ZRT test results revealed that subjects showed an amazing 12,000 ng/dl increase in free IGF-1 after only 2 weeks of use. Join the Next Generation of Bodybuilding Freaks!



(article continued from pg. 20)

Second by a good ride, but stalled at the property of the part of the

Birnfeld-GER Nanasi-HUN Smith-USA Szollos-HUN

Hrabalova-CZE

Takacova-CZE Niakhai-BLR Owsianka-POL Doan-USA Strik-NFD Szaho-HUN Speth-GER

Huk-BLR Schick-GER Hara-USA Cucuzella-FRA Fardan-DEN Selberg-SWE Rest Lifters WOMEN: Tamara Althaus

19th IPF World Rench Press 25-28 JUN 08 - Prague, CZR RENCH

Kozdryk-POL

Fadgyas-HUN 115 lbs.

Nagaya-JPN Shynkevich-BLR Salamon-HUN Sandvik-FIN

mith_LISA

Hougaard-DEN

Butar-BLR Pracella-FRA

Lindberg-FIN Iga-JPN

Benton-USA

Althaus-GFR

Takibana-IPN Steinerova-C7F

Bachhaus-GER

Prymachenk-RIR

Nielsen-DEN Noglegaard-SWE Wendt-GER

wn-GRR

Hugdal-NOR Lonn-SWE

Gimeno-ESP

Kraft-DEN

Klein-GFR

Lipcsei-HUN

132 lbs.

	Zeilinger-AUT Vallazza-AUT	441 430
	Hedman-SWE	430
281	Gilbert-GBR Chabra-IND	386 287
20	Chabra-IND Miyake-JPN	_
204	Inoue-JPN Forro-HUN	-
87 76	Nebola-CZE	_
	Jantti-FIN	-1
76 37	181 lbs. Kodama-JPN	601
37	Wegiera-POL	579
237	Mamola-USA Thurman-USA	573 573
98	Nahela-BLR	535
87	Pinguet-FRA	513
87 65	Kostal-CZE Liimatainen-FIN	463 463
54	Riis-DEN	441
54	198 lbs. Cieri-USA	595
54	Bast-GER	590
48	Kishimoto-JPN Jader-SWE	557 551
43	Obcowski-POL	529
15	Piszak-HUN	529
109 104	Wetzstein-AUT Waldhuber-AUT	518 513
98	Hornik-CZE	507
87 76	Heggestad-NOR Diesen-NOR	507 474
76	Blanquez-ESP	452
31	Jamal-MOR Leblevenec-FRA	408
265	Zubriks-LAT	
31	Bondik-KAZ	-
15 98	Kati-CZE Markwat-POL	=
71	220 lbs.	
	Anderson-USA Kuc-POL	595 584
	Chida-JPN	562
20	Esipov-GER	562 546
109 187	Koskinen-FIN Green-GBR	540
37	Schauer-HUN	529
220	Encinas-FRA Schneider-GER	518 507
-	Havrlik-CZE	496
	Day-NZL Maudinov-KAZ	485
198	Herrgott-FRA	468
198	Vahesalu-EST Perales-ESP	441
259 259	Jumataev-KAZ	
43	Somnikovs-LAT	-
15 87	Nilsson-SWE Aas-NOR	
-	242 lbs.	con
20	Hirvonen-SWE Bozyczko-POL	628
20	Yulchiev-KAZ	601
187 176	Doan-USA Beck-GER	601
209	Giffen JrCAN	579
-127	Krejca-CZE Biloir-FRA	562 557
180	Roven-NOR	540
20	Janes-SVK Berke-HUN	540 540
287 276	Singh-GBR	529
76	VandeVen-NED	507
265 259	Ebi-CMR Pinc-CZE	353
	Maroy-NOR	-
186	Baldursson-ISL VandeLaan-NED	
64	Minami-JPN	-
147 109	Pullinen-FIN Bryniarski-POL	
287	Hara-JPN	_
76	Kircher-GER 275 lbs.	-
243	Holte-NOR	694
24	Lade-USA	678
124	Heittokanga-FIN Rejek-POL	678 639
220	Sandvik-FIN	634
157	Nichols-USA Furesund-NOR	634
75	Leesmann-EST	584
125 198	Cserna-HUN Lange-GER	562 562
	Stegelman-DEN	540
191	Jahnke-GER Svensson-SWE	_ }
146 119	275+lbs.	Til
180	Lehto-FIN	716 716
147 131	Wahlqvist-SWE Midote-JPN	711
	Smulter-FIN Ehlinger-GER	672
35 18	Ehlinger-GER Havrda-CZE	667 650
185	Enzinger-AUT	623
146 141	McColl-NOR Fjoren-NOR	617
	Kasa-HUN	557
	. Tamana Alak	Sellen B



Justyna Kozdryk, Yukako Fukushima. MEN: Daiki Kodama, Ove Lehto, Daisuke Midote

USAPL Popeye Open 24 MAY 08 -Powerlifting SQ BP DL TOT SHW Open K. Gaines 135 85 225 465 181 lbs. 375 235 375 985 R. Lundak D. Wilton 305 215 375 895 Freshman . Marylko 275 245 380 900 Open C. O'Toole 465 345 475 1285 220 lbs. Open C. Mueller

385 325 415 1125

400 255 415 1070

nator: James M. Bell. (results from USAPL) deadlift competition. The 2007 editio

Venue: Power Body USA Fitness. Coordi-

Night of the Living Dead IV

Lightweights T. Eiseman	766	Heavyweight J. Searcey	
	576	M. Nease	
	601	R. Anderson	
C Kerley		M. Ferris	681
C. Conner	541	C. Dennis	731
Hollingsworth		T. Shelton	631
	401	M. Wood	636
W. Stover	456	J. Skinner	601
	431	O. Torfason	626
A. Campbell	476	S. Nease	556
A. Malone	441	M. Milner	601
W. Wagner	366	A. Sizemore	501
P. Head	416	A. Hilliard	511
J. Hall	366	M. Isreatel	456
R Hicks	_		
		ere spilling out nine was spewing	
insanity, the s	ound	system was pu	mpin

eager to attack the bar. It had to be the fourth annual Night of the Living Dead



lames Searcey hauled up an amazing 856 weight 350 lbs. (photograph courtesy Alex Campbell)

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huge growth over the previous year with more than double the lifters and double the cash and prizes. The lifters were divided cash and prizes. The inters were uvided into 15 lightweights and 15 heavyweights. There were several of the world's greatest deadlifters in each flight and things were sure to get interesting. The lightweights saw some fine lifting. Chad Kerley was not saw some fine lifting. Chad Kerley was not only a fine lifter with well over three times bodyweight on his pull, but also with some physical limitations like nerve damage to his grip that made him a crowd and lifter favorite. Another fine performance was turned in by a high school lifter, Charlie Conner. He was coming off of an all-American performance at the 2007 USAPL High School Nationals and scored his first three times bodyweight pull. Pulling into third was the young and strong Derek Wilcox. Last year he went over 500, but this year he was immensely improved with a 601 pull on his second. That was just a few of the highlights from the fantastic lightweight lifting, but the real battle came down between two of the world's best. Doc Holloway from Duluth, GA had just re-Holloway from Duluth, GA had just re-turned from Austria a little over one week before trying to help the American team win the IPF world championships. He decided to come and lift on short notice and he did not disappoint. The crowd was anxious to see how much weight that tiny 133 pound man could pull as he opened with 541 pounds. The crowd was aghast when he vaporized the weight. That was just the beginning of the jaw dropping as they were about to witness one of the world's greatest deadlifters for over 2 decades, Tom Eiseman. He opened with a conservative 726 pounds. The crowd had witnessed him win the title he previous witnessed him win the title he previous year, so they knew what he was capable of, and he did not disappoint. He smoked the weight to lockout and the dog fight was on. Doc raised his second to 576 pounds. He set up to the bar with precision and then released all of the fury of his 130 pound for the previous trained the second of the previous trained frame. Again it was good. The crowd roared with approval. Eiseman strategi-cally chose a 766 pound second. The Master's II all-time American record was Tee Meyers' 745, but the New Jersey Freak Show was going to try and obliterate it by 21 pounds. He set up as he always does with 21 pounds. He set up as he always does with almost painstaking technique. He finally locked into place and began his pull. He pulled it relatively easily up to near lockout, but then the bar stalled. He was not completely locked out, but all he had to do was pull his shoulders back. After a second, his shoulders finally lurched into position as his shoulders settled ever so slightly back. Would it be enough, did the bar merely stop and not lower slightly before completion? The crowd turned to the lights and awaited the verdict. Three whites! Now Doc would have to pull for

victory and he settled on 591 pounds. That



Tom Eiseman won the lightweight division, pulling 766 lbs. at 184 lbs. bodyweight. (Alex Campbell)

would be Herculean 4.44 times bodyweight pull. Again he set up and the crowd was on its feet creating a cacophony of elation. He ripped it from the floor as it got to his knees and then stalled never to rise further. Eiseman had enough to win, but he wanted world history. He wanted to be the lightest man in history to pull 800 pounds, and to do it at almost 50 years old. The bar was loaded for the historic pull and the crowd was deafening. The crowd was on their feet shaking their noise makers. The lifters had followed him to the very back of the platform to encourage him. It was not any lifter against any other lifter, but only Eiseman versus history. He stood there behind the platform as the weight was loaded. He has been compared to a 101h degree black belt preparing to demolish a degree black belt preparing to demolish a pile of bricks and that is exactly how he was focused. He had his eyes closed and his hands clasped and his nostrils were flared and he was breathing deeply. You could see his eyes flittering under the lids and his emotions were trying to be held in check. Finally the bar was loaded and he stepped to his destiny. The crowd was ng out of the stands and onto the floor. He finally began his pull and as the weight creaked off of the floor and up his shins. it stalled and then fell before it reached his knees. History would have to wait. The fireworks were not over as the heavyweights were still to take the stage. Some of the highlights were Olafur Torfason (the son of Torfi Olafson), making his powerlifting debut after only a couple of weeks of training and what a debut it was. He pulled 626 at 260 pounds ofbodyweight. Just imagine what will hap-pen when he actually trains. Two men that represented North Georgia Barbell well were Russel AndersonDrew going 706 at his first dead1ift competition and Curtis Dennis Jr. hitting an amazing 731. Just like the two super lightweights that duked it were 2 of the greatest supe heavy pullers to ever walk the planet set to unleash their pulls. Mike Nease is ranked third all-time in the master's pull and two years ago was ranked the #1 SHW of any age in America. This year he was ranked fourth and was ready to move back up. Unfortunately he had a tough go and was only able to pull an easy 776 and just have in the 1876. But he was missed a huge jump up to 826. But he was not the only human forklift in the heavyweight division. James Searcey was just coming off of his Clash of the Titans' victory and had limited training, but the nation's #2 ranked SHW puller was ready to give it his all. He opened with an 801 pound pull which he destroyed and then was ready to attack 856. He stuck his entire nose down into a bottle of nose tork and began to take huge huffs. With every breath, he would let out a growl and a bark

letting everyone know why he was aptly named "the Pitbull". He stormed the platnamed "the Pittouli". He stormed the plat-form and took his time setting up and then hauled that weight up to victory without even a pause. The crowd went berserk and James went into the crowd and they swarmed him. More amazing is that James did his pulling raw. That bas to be the biggest raw pull in America for the past several years. It was an amazing night of lifting with such huge growth that some changes will have to be made to deal with the popularity. There will be advanced registration only next year with no entrants the day of the meet. Also, there will be changes to the cash and prizes to encourage more heavy weight lifters. Stay tuned to the internet for the details. This meet would not have been possible without our wonderful sponsors Valley Forge Auction Company, Quest Nutrition, APT, NGBB, and Planet Rage. We look forward to further expanding our sponsor base next year as well. If anyone would like more information please contact Alex Campbell at (423)725-2415.



Wayne Stover pulled 456 in the lightweights. (Stover photograph)

The Cutting Edge Summer Classic 28 JUN 08 - Albany, NY Powerlifting SQ BP DL TOT 123 lbs Open A. McCallion 210* 144* 210* 564* 198 lbs. Open Raw C. Morrison 400* 350* — 220 lbs. Teen (18-19) P. Plessas 280 210* 370 845 275 lbs. Burns 750* Master (40-44) Physicially Challenged H. Harris 370* 308 lbs. Teen (13-15) Raw 305* 305 4th-DL-325*

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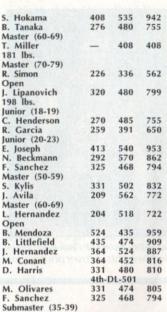
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Event Promoter Joe Wheatley with the lone female competitor at the meet Georgiann Puckett.

USPF Muscle 2 AUG 0			
	DL DL		OT
WOMEN	DL	1000	01
132 lbs.			
Open			
G. Puckett	132	209	342
o. ruenett		L-220	
Master (40-49)			
G. Puckett	132	209	342
o. ruenett		1-220	
MEN			
132 lbs.			
Junior (20-23)			
D. Otsuka	238	402	640
D. Otsum		L-407	
148 lbs.		To the	
Junior (13-15)			
M. Tronske	127	303	430
Junior (16-17)		000	
K. Tanaka	303	320	623
R. Watson		292	
Open			
F. Astilla	292	452	744
R. Watson	193		
165 lbs.	7 - 7		
Junior (16-17)			
R. Madera Jr.	231	430	661
S. Johnson		419	
Junior (20-23)		100 100	
,			





UCLA Team included Stephen Hokama, Nathan Beckman, Dean Otsuka, Brent Tanaka, Kevin Tanaka, and Phillip Russel

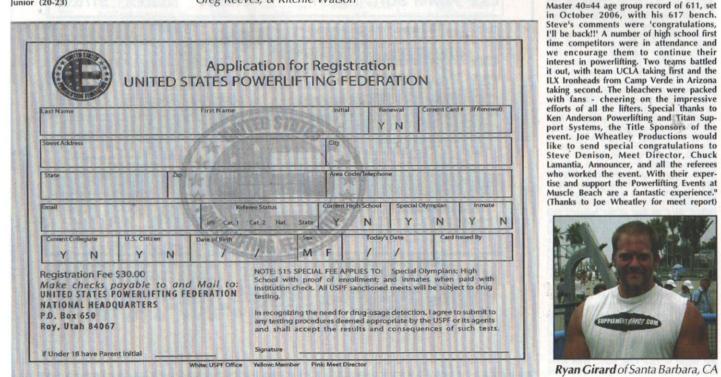


ILX Ironheads: Dawane Harris. Greg Reeves, & Ritchie Watson



Louie Hernandez a legend from Pomona PD, is still pullling big.

D. Harris		480 0L-501	810
220 lbs.	401-6	/L-301	
lunior (18-19)			
S. Mullins	270	435	705
Junior (20-23)	2,0	433	, 05
C. Cairns	342	502	843
A. Rose	_	452	452
Master (40-49)			
M. Brown	303	397	700
Master (50-59)			
I. Neher	165	358	524
Open			
R. Girard	634	568	1202
L. Elliott	419	612	1031
P. Russell	402	507	909
B. Wheeler	342	551	893
T. Olsen	276	452	728
Submaster (35-39)			
K. Aubel	353	474	827
242 lbs.			
Junior (13-15)			
J. Hamoy	94	259	353
Junior (18-19)			
S. Dominguez	353	485	838
G. Hallock	309	402	711
Junior (20-23)			
J. Seidman	-	557	557





Steve Denison & Patrick Collard

Master (50-59)

Open				
D. Reneau	540	551	1091	
M. Schroeder	446	502	948	
Q. Doudera	364	562	926	
I. Fishchbach	358	524	882	
G. Reeves	254	375	628	
275 lbs.				
Junior (16-17)				
G. Mahin	298	446	744	
Junior (20-23)				
T. Navarro	314	606	920	
	4th-D	L-622		
Open				
C. Randall	215	402	617	
308 lbs.				
Junior (16-17)				
B. Stockton	336	562	898	
Master (40-49)				
A. Galafate	524	573	1097	
P. Collard	617	165	783	
Master (60-69)				
B. Meek	474	474	948	
Open				
A. Galafate	524	573	1097	
B. Meek	474	474	948	
P. Collard	617	165	783	
308+ lbs.		The last		
Junior (20-23)				
A. Cissell	413	485	898	
Open				
T. Coleman	623	733	1356	
Thanks to Steve D				
Eight competitors				
USPF Muscle Beach	Push/Pu	ull on A	August 2.	
2008. Meet Direct				
tight event where t				
competition was fi				
broken. The chee				
Girard of Santa Ba				
Seibold's 220 Open				
set in 1993. The o	old recor	d was	551 and	
Ryan benched an				
Patrick Collard b				
Master 40=44 age				



Ryan Girard of Santa Barbara, CA

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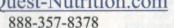
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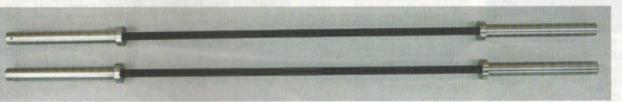




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CBPP-1.25KG	2	Black	1.25 Kg			
CBPP-2.5KG	2	Black	2.5 Kg			
CBPP-5KG	2	Black	5 Kg			
CBPP-10KG	2	Black	10 Kg			
CBPP-15KG	2	Yellow	15 Kg			
CBPP-20KG	2	Blue	20 Kg			
CBPP-25KG*	6	Red	25 Kg			
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204 254 667

215 187 342 744

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TOP 100 For standard SHW/125+ Kg. USA lifters in results received from JUL/07 through JUN/08

1160 Smith, M..8/19/07 1155 Thompson, D..1/19/08 1107 Hoskinson, J..3/16/08 1102 Cartwright, S..61/08 1085 Wilson, M..4/20/08 1063 Vaughn, J..12/2/07 1058 Stutes, C..5/4/08 1041 Ewing, J..3/16/08 1040 Coles, Z..1/19/08 1030 Wenning, M..8/19/07

1025 Bell, M..4/19/08 1020 Manly, J..2/23/08 1019 Cross, J..5/18/08 1014 Frank, G..6/1/08 1008 Roberts, A..4/19/08 1008 Theriot, G..6/1/08 1005 Coleman, T..8/19/07 1000 Fought, C..1/19/08 1000 Fay, C..2/23/08 992 Siders, B..6/15/08

960 Johnson, W..2/23/08 953 Tillinghast, G..6/1/08 950 Clark, C..1/19/08 942 Karabel, L..3/1/08 931 Lewis, J..3/1/08 930 Rhodes, M..11/18/07 930 Rhodes, M..11/18/07 930 Steltenkamp, D..6/29/08 925 McDaniel, M..9/22/07 903 Lilliebridge, E..1/26/08 903 Pearson, D..6/1/08

900 Brown, M..8/19/07 900 l'Talien, S..8/19/07 900 Janek, C..12/1/07 900 Court, M..12/15/07 900 Court, M..12/15/07 881 Petrino, A..5/4/08 870 Moore, Ben..6/28/08 865 Murray, D..5/10/08 860 Steifel, D..4/12/08 859 Phillips, B..9/22/07 854 Barlow, R..5/4/08

850 Gibes, A..8/19/07 850 Schott, M..4/29/08 850 Mahoney, T..5/17/08 850 Ufford, K..6/28/08 848 Gillingham, B..10/20/07 843 Thomason, H..7/14/07 843 Wilkerson, R..9/22/07 843 Christus, J..6/15/08 840 Brandon, J..6/1/08 835 Saldivar, D..8/19/07

835 Kovach, B..10/27/07 832 Grove, J..2/16/08 830 Lenigar, M..10/27/07 826 Fiss. 6/15/08 825 Manning, S..6/29/08 821 Dowling, B..10/14/07 821 Searcy, J..4/12/08 821 Shull, T..4/19/08 815 Forby, T..10/27/07 810 Damminga, G..10/27/07

810 Ginez, F..3/29/08 805 Barbaccio, A..11/18/07 805 Biggs, T..3/29/08 804 Feliciano, N..11/3/07 804 Beckham, G..12/1/07 804 Mikesell, B..2/17/08 804 Isabella, T..6/29/08 800 Pugh, J..7/22/07 800 Peshek, J..7/29/07 800 Pegg, J..8/19/07

800 Neal, M..9/22/07 800 Fishbein, R..10/13/07 800 Gormus, R..11/18/07 800 Saccone, N..2/16/08 800 Davis, D..3/29/08 800 Knowles...5/17/08 800 Knowles...5/17/08 799 Lane, T..4/13/08 782 Ewald, C...8/4/07 782 Kahle, R...8/5/07 780 Briggs, T..2/23/08

777 Martin, C..10/14/07 777 Allred, T..2/23/08 777 Gaudreau, D..5/5/08 771 Bierschbach, R..8/4/07 771 Jordan, A.4/12/08 766 McNett, J..11/17/07 766 Hendrix, R..5/5/08 765 Beatty, M..8/19/07 755 Davenport, S..10/14/07 755 Sumner, B..3/1/08

755 Smith, H..3/16/08 750 Morrow, J..11/10/07 750 Patterson, J..12/1/07 750 Boyce, A..3/29/08 750 Nichols, J..3/29/08 750 Taylor, R..3/29/08 750 Payne, J..4/12/08 749 Harris..6/15/08 749 Westbrook..6/15/08 749 Oxx..6/15/08

1070 Kennelly, R.. 4/12/08 986 Mendelson, S.. 7/28/07 931 Brandenburg.. 11/17/07 914 Luyando, R.. 11/10/07 909 Vick, R.. 5/17/08 900 Meeker, T.. 11/18/07 900 Thompson, D.. 1/19/08 900 McCray, R.. 6/24/08 860 Lattimer, S.. 2/16/08 854 Wong, S.. 2/16/08

835 Key, P..3/15/08 830 Bologne, A..6/7/08 826 Womack, M..10/13/07 804 Gerona, D..7/14/07 804 Webster, T..7/15/07 804 Harrison, T..9/1/07 804 Bell, M..2/16/08 804 Bradshaw, R..2/23/08 800 Barbaccio, A..11/8/07 800 Menne, J..12/18/07

788 Crawford, J..2/23/08 782 Merrill, W..1/26/08 777 Siders, B..12/2/07 760 Wilson, M..11/18/07 760 Sanders, J..12/8/07 760 Dennis, C..3/15/08 755 Shell, J..1/26/08 750 Lane, H..7/21/07 750 Ratsch, P..4/19/08 744 Thompson, R..7/15/07

735 McCaslin, Z..1/20/08 730 Hicks, A..10/28/07 730 Manly, J..2/23/08 727 Jordan, S..6/7/08 725 Wenning, M..8/19/07 725 Howell, A..11/10/07 725 Stutes, C..3/8/08 722 Lewis, J..10/6/07 722 Tillinghast, G..6/1/08 720 Register..9/8/07

716 Manno, T..11/18/07 716 Overbey, K..4/19/08 715 Fetzer, E..6/29/08 711 Roberts, A..4/19/08 710 Dowling, B..10/14/07 705 Forstner, D..11/18/07 705 Robinson, J..4/13/08 705 Robinson, J..4/13/08 705 Schott, M..4/29/08 705 Lackie, M..5/11/08

700 Hodge, M..8/11/07 700 Shields, A..8/19/07 700 Cawley..9/8/07 700 Feliciano, N..11/3/07 700 Hoskinson, J..11/8/07 700 Smith, M..1/29/08 700 White, M..4/19/08 694 Lade, S..3/2/08 685 Likens, W..6/7/08 683 Hodge, R..9/15/07

683 Theriot, G..6/1/08 680 Clark, C..1/19/08 677 Saldivar, J.12/1/07 677 Watts, W..4/12/08 676 Lewis, D..6/21/08 675 Janek, C..12/1/07 675 Harris, M..12/15/07 672 Sheffield, J..7/29/07 666 Barnes, S..6/1/08

665 Lenigar, M..10/27/07 661 Ryan, R..9/1/07 661 Hobmeier, M..1/26/08 661 Grainik, T..2/16/08 660 Raines, D..8/5/07 660 Coles, Z..1/19/08 660 Fay, C..2/23/08 660 Johnson, W..2/23/08 650 Ewald, C..8/4/07 650 Cartwright, S..8/11/07

650 Gormus, R..11/18/07 650 Marchant, D..11/18/07 650 Gaudreau, D..3/1/08 650 Borstad, T..4/19/08 650 Borstad, T..4/19/08 644 Schultz, D..3/1/08 644 Schultz, D..3/1/08 649 Christus, J..7/15/07 639 Dickey, D..6/1/08 636 Kadrlik, C..12/1/07

635 Saldivar, D..8/19/07 635 Petrino, A..9/15/07 635 Nutter, S..4/5/08 633 Patterson, K..9/9/07 633 Anderson, R..9/15/07 633 Aleaga, V..11/18/07 633 Karabel, L..12/2/07 633 Prince, G..5/4/08 633 Kolberer, R..6/1/08 628 Dolan, J..1/26/08

DEADLIFT

865 Siders, B..12/2/07 865 Gillingham, B..3/1/08 856 Searcy, J..11/3/07 810 White, M..4/19/08 810 White, M..4/19/08 805 Thompson, D..11/18/07 804 Theriot, G..9/22/07 804 Karabel, L..1/26/08 804 Harris..3/1/08 800 Fought, C..1/29/08 785 Patterson, J..12/1/07

777 Abbott, P..7/21/07
777 Lilliebridge, E..1/26/08
776 Nease, M..11/3/07
771 Cartwright, S..6/1/08
771 Moore, B..6/14/08
770 Manly, J..2/23/08
770 Ufford, K..5/08
760 Vaughn, J..12/2/07
760 Nichols..11/11/07
755 Coles, Z..1/19/08

755 Rhodes, M..2/16/08 755 Brandon, J..6/1/08 750 Brown, M..8/19/07 750 Tokarski, C..12/29/07 750 Smith, M..1/19/08 750 Clark, C..1/19/08 749 Mikesell, B..2/17/08 749 Cross, J..5/18/08 744 Dennis, C..4/12/08 738 Grantano, C..7/14/07

733 Grove, J..2/16/08 733 Christus, J..3/1/08 733 Pearson, D..6/1/08 730 Fay, C..2/23/08 730 Corridean, D..4/19/08 730 Wilson, M..4/20/08 729 Hendrix, R..5/5/08 727 Cole, C..7/21/07 725 Reghetti..12/8/07 725 Gilpin, J..1/19/08

705 DeGiovine, J..2/23/08 705 Pope, J..2/29/08 705 King, B..3/1/08 705 Henderson, T..4/29/08 705 Courtad, N..6/7/08 701 Reich, K..11/18/07 700 Dillard, T..7/26/07 700 Barbaccio, A..11/18/07 700 Yager, C..12/2/07 700 Byerly..3/29/08

700 Gentry, J..4/26/08 700 Walker, C..5/17/08 700 Hinchman, K..6/29/08 699 Vick, J..10/13/07 699 Dowling, B..10/14/07 699 Hedlesky, M..2/29/08 699 Thomason, H..3/1/08 699 Freiwald, Z.4/12/08 694 Welch, E..1/18/07 694 Isabella, T..6/29/08

683 Kahle, R. 8/5/07 683 Madvig, B. 9/15/07 683 Phillips, D. 2/23/08 683 Nickerson, J. 4/12/08 683 Sixtes, C. 5/4/08 680 Mahoney, T. 10/20/07 680 Janek, C. 12/1/07 680 Taylor, R. 3/29/08 677 Gaudreau, D. 3/1/08 677 Grill, M. 6/7/08

675 Wenning, M..8/19/07 675 Lenigar, M..10/27/07 675 Gormus, R..11/18/07 675 Steltenkamp, D..6/29/08 672 Castro, R..11/18/07 672 Forstner, D..11/18/07 672 Ryder, K..2/29/08 672 Penison, S..6/14/08 672 Denison, S..6/14/08 670 Saldivar, D..8/19/07

TOTAL

2850 Thompson, D..1/19/08 2601 Siders, B..12/2/07 2530 Smith, M..1/29/08 2530 Smith, M..1/29/08 2520 Manly, J..2/23/08 2502 Bell, M..12/1/07 2500 Hoskinson, J..1/19/ 2500 Wilson, M..4/20/08 2455 Coles, Z..1/19/08 2453 Vaughn, J..12/2/07 2453 Theriot, G..6/1/08

2447 Stutes, C..5/4/08 2430 Wenning, M..8/19/07 2425 Roberts, A..4/19/08 2420 Fought, C..1/19/08 2380 Clark, C..1/19/08 2375 Cartwright, S..6/1/08 2360 Fay, C..2/23/08 2337 Tillinghast, G..6//108 2331 Karabel, L..1/26/08 2309 Gillingham, B..10/20/07

2305 Barbaccio, A. 11/18/07 2292 Lewis, J. 7/15/07 2287 Lilliebridge, E. .1/26/08 2281 Cross, J. 5/18/08 2280 Johnson, W. 2/23/08 2270 Schott, M. 4/29/08 2260 Coleman, T. 8/19/07 2255 Janek, C. 12/1/07 2231 Dowling, B. 10/14/07 2215 Pearson, D. 6/1/08

2205 Rhodes, M..11/18/07 2204 Christus, J..3/1/08 2170 Lenigar, M..10/27/07 2166 Grove, J..2/16/08 2155 Feliciano, N..11/3/07 2154 Harris..6/15/08 2149 Petrino, A..5/4/08 2145 Manning, S..6/29/08 2143 Ewald, C..8/4/07 2140 Saldivar, D..8/19/07

725 Rowe, B..1/19/08
725 Herrman, S..3/30/08
722 Studevant, K..10/14/07
722 Damminga, G..10/27/07
722 Edgell, D..11/18/07
722 Barlow, R..5/4/08
716 Cahill, J..2/29/08
715 Schott, M..4/29/08
710 Ewald, C..8/4/07
710 Hoskinson, J..1/19/08

710 Payne, J. 4/12/08
710 Manning, S. 6/29/08
705 Lewis, J. 7/15/07
705 Hulslander, D. 7/15/07
705 Coleman, T. 8/19/07
705 Davenport, S. 10/14/07
705 Bell, M. 12/1/07
705 Bell, M. 12/1/07
705 Roberts, A. 12/1/07
705 Roberts, A. 12/1/07

2028 Davenport, S..10/14/07 2017 Damminga, G..10/27/07 2011 Prince, G..5/4/08 2010 Peshek, J..11/3/07 2006 Shull, T..4/19/08 2000 Neal, M..9/22/07 2000 Morrow, J..11/10/07 1995 Wilkerson, R..9/22/07 1980 Beatty, M..8/19/07 1978 Beckham, G..12/1/07

1975 Forby, T..10/27/07 1962 Freiwald, Z..12/2/07 1951 Pugh, J..7/22/07 1951 Bierschbach, R..8/4/07 1951 Allred, T..2/23/08 1945 Mahoney, T..10/20/07 1945 Sumner, B..3/1/08 1940 Likens, W..12/2/07 1940 Gilpin, J..1/19/08

1934 Hendrix, R..5/5/08 1934 Isabella, T..6/29/08 1930 Kovach, B..10/27/07 1929 Wenemann, J..4/5/08 1918 Leo, J..12/1/07 1918 Lane, T..4/13/08 1912 Flonta, D..2/17/08 1910 Davis, D..3/29/08 1907 Dennis, C..3/15/08 1905 Biggs, T..3/29/08

1905 Ginez, F..3/29/08 1901 Israelson, M..5/18/08 1900 Walker, C..5/17/08 1884 Jordan, A..4/12/08 \$ 1884 Jordan, A..4/12/08 1880 Boyce, A..3/29/08 1879 Martin, C..10/14/07 1875 Moore, Ben..6/28/08 1870 Fishbein, R..10/13/07 1867 Benefield, T..11/11/07 1855 Lahourcade, R..12/1/07

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NEXT MONTH... TOP 114s

CORRECTIONS

Nuzzolilo's name was mispelled (Nuzzulito) in our July 2008 (pg. 102) and February 2008 (pg. 77) issues. Joseph Chaney should have been credited with a 540 deadlift at 165 and a 573 deadlift at 181 on our Masters TOP 20 rankings for 2007. On our Women's TOP 20 ranking list for 2007, Ms. McCloskey should have been listed with a 429 deadlift in the 198 lb. class. Bruce Stevens should have been listed for his 507 lb. bench press on the TOP 20 Masters ranking for the 198 lb. class. John Nelson should have been credited with a 534 lb. bench press on the 2007 TOP 20 Masters ranking for the 220 lb. division. and Randy Nesuda's 710 squat should have been ranked as well. If you find errors in our rankings or 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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