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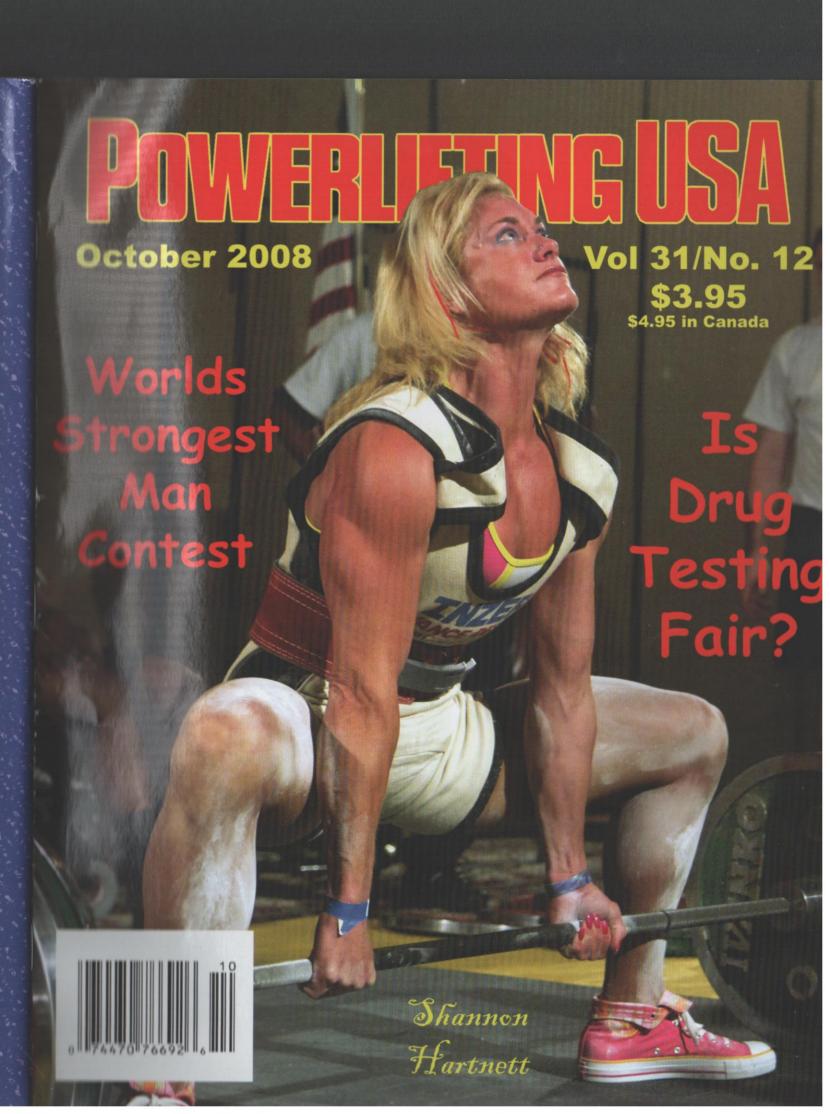
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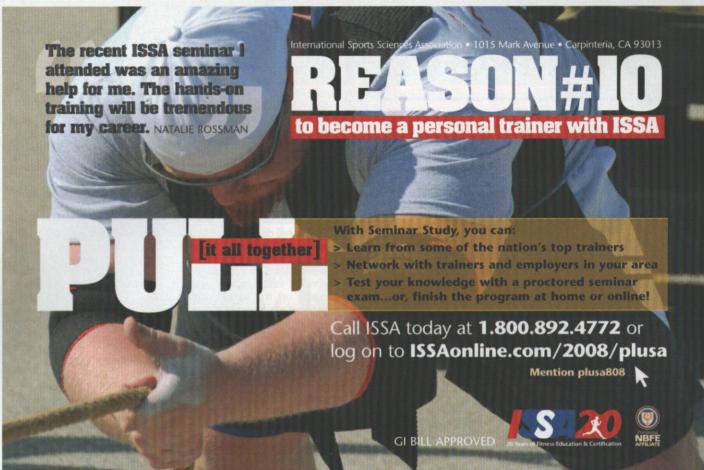
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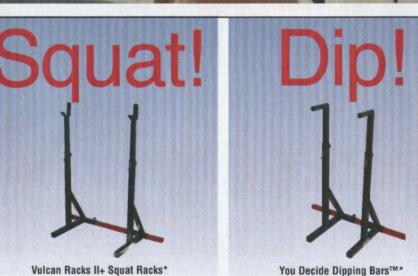












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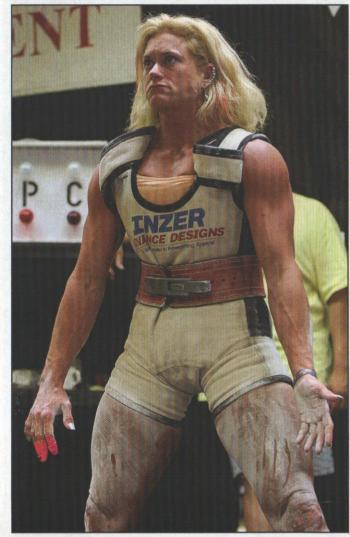


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POWER PROFILE

SHANNON HARTNETT

as told to Pl USA by Bruce Citerman



Shannon Hartnett prepares to deadlift at the 2006 APF Seniors.

Background: A native Northern Californian, I reside in Sausalito and have been actively involved in athletics for the majority of my life. I was the owner of Body Central Health Club for ten years and have also been a personal trainer since I was a college student.

I received my Bachelors in Marine Biology and Exercise Physiology and have also earned a Masters in Sports Psychology. I continue to do grant work in the marine biology field, but my passion remains with the weights.

Marital Status: Single

Dependents: Rosa Parks, Pitbull mix

Athletic/Sports Background:

- 1. While in college, I played basketball and track and field (hepathlete).
- Center fielder for national softball team (fast pitch). 3. Competed in the bodybuilding arena for four years.

- 4. Competed in the Scottish Highland Game Athletics (10 time World Champion, 15 time National Champion).

 5. Member of the US Bobsled Team and placed fourth in the
- 2002 Olympic Trials. 6. Competed in World's Strongest Woman, 2002 Malaysia,
- 7. Played Woman's Pro Football, Running Back & special teams. 8. Competed in Olympic lifting and won the Master's Nationals
- 9. Currently competing in powerlifting in the Open 148 class. Among my titles are: 2006 WPC World Champion, 2007 Arnold Classic Champion, 2007 APC National's Champion, 2007 APF Nationals Champion, 2007 GPC World Champion.

Influential Factors Leading Me Throughout My Athletic

My earliest memory of a powerful individual influencing my own personal decision to pursue an athletic career was Billy Jean King and the day she took on Bobby Riggs and won. At that moment, I knew there was no sport that was gender specific, and I could succeed at anything if I put my mind to it.

Once I achieved my personal goals in the Scottish Games, I focused on my strongwoman competitions and turned pro. Since there are few pro competitions, I began putting more effort into powerlifting. As I entered into the powerlifting circuit, I have had the honor to receive exceptional coaching and mentoring from Rick Hussey. I have trained with many coaches in many sports and can definitely say he is one of the top coaches I have ever worked with. He has an intuitive ability to understand a lifter's body language, which leads to a lifter's success. My confidence in Rick is so high that I believe he truly is the best one to determine my practice lifts along with my numbers in competition.

Best Competition Lifts:

My best lifts to date in competition in the 148 Open class are 584 squat, 297 bench, and 552 deadlift.

Training Program:

I train in a traditional, old-school, approach, sticking with squats, deads, and bench and not relying on chains or bands. I always go heavy with low reps.

Monday: Rest Day; Tuesday: Deadlift; Wednesday: Rest Day;

Thursday: Bench; Friday: Rest Day; Saturday: Squat; Sunday: Triceps/Shoulders.

> TUESDAY - DEADLIFT DAY Training Cycle is in 10-week periods

- 1. Deadlift pulls (alternate sumo and conventional in training, compete sumo) on 1-1/2 to 2 inch board, double overhand up to 350 to work on grip strength. Never train below 90% of one rep competition max. Six weeks out from competition, remove boards and double overhand from training: 450 lbs., 2x4 reps; 485 lbs., 1x3 reps; 505 lbs., 1x1 reps; 520 lbs., 1x1 reps; 540 lbs., 1x1 reps; 560 lbs., 1x1 reps.

 2. Dumbbell rows with 100-125 lb. dumbbells, three set, 6-10
- 3. Rack pulls, two inches below knees in sumo stance to work on hip speed. Weight ranges from 350-500 lbs.
- Front grip pull downs at 200-240 lbs., four sets of eight.
- Pull-ups, varying grips, 10-12 reps, four sets.
- 6. Glute Ham Raise and Reverse Hyper (love Louie's machine) 7. Various rotating assistance exercises include snatch grip high pulls, power cleans and dumbbell shrugs.
 - THURSDAY BENCH DAY (My most challenging lift) Training cycle is in 10-week periods.
- 1. Bench up to 200 lbs. raw, no boards.
- 2. Begin using a two-board up to 235, will shirt up for a 245 opening lift (I am a fan of bards as they do save one's shoulders from injury). Where I go from there depends upon how I feel that day. I generally pyramid upwards and reduce the number of boards down to my chest.

(continued on page 100)



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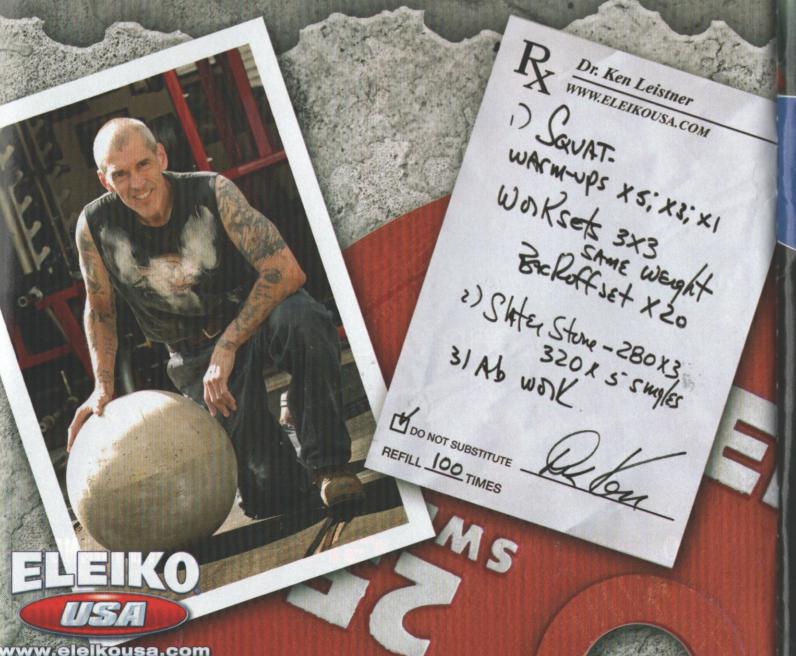
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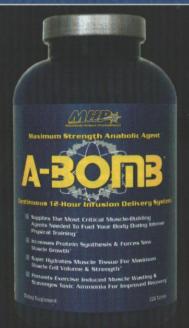


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No, I am not talking about flying stars or throwing knifes. I am referring to the deadlift. Westside has 15 men who deadlift over 800 pounds. One man weighs 256 and is a mere 20 years old. Plus we have five women who have deadlifted 500 pounds or more. What type of training does it take to do this? Two types: hard and smart. We first analyze the lifter's body structure. What exercises worked best for our former lifters with the same body proportions? Which muscle groups play a large role in deadlifting?

Let's start with some of our workouts. These are done on Monday, which is max effort day at Westside

Workouts

Stand on a 2- or 4-inch box with either a sumo or conventional style. This is intended to teach one to use more leg drive off the floor. Many will use too much back while standing on boxes; this is not what is intended, although it happens. Standing on boxes will build a strong start and also the finish but with pulling a longer distance. You will learn how much carryover will apply to your regular deadlift.

I have witnessed lifters using rack pulls forever. I prefer to do rack work with the plates 2, 4, or 6 inches off the floor. My best official

conventional deadlift was 722 pounds. My best rack pull 2 inches off the floor was 705 pounds. Many will do high rack pulls with 200 pounds more than they can pull off the floor. I think this is counterproductive. Chuck Vogelpohl would pull extremely heavy rack pulls, over 200 pounds more than his 835 deadlift. I asked him why he

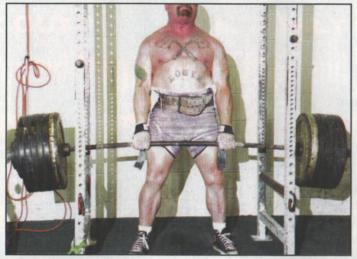
did them. He replied that it taught him to strain. I thought for a minute and said to myself, if anyone can strain, it's him, but maybe that's why he is sostrong. Soyouchoose, but remember, lifters that are great in a particular lift most of the time have a great structure for that lift.

Ifeel that rack pulls with strong band tension over the bar work best. We use up to 350 pounds of band tension over the bar. A max deadlift can move very slowly, and rack pulls with band tension will teach one not only to strain but to think while straining maximally.

Pulling off the floor with bands for speed works well and is done immediately after squatting. Here are some references. I used 345 pounds of bar weight plus 100 pounds band tension at the floor and 220 pounds at lockout. I also made 715

WESTSIDE TRAINING

THE FORGOTTEN WEAPON as told to PL USA by Louie Simmons



Louie Simmons working out in the rack. (photos courtesy Simmons)

at a meet at 57 years old and 215 bodyweight. If one can pull 600 pounds with the same band tension, this will produce an 800-pound deadlift. Note: the 345 pounds was for 6-8 sets of 1 rep. The 600 pounds is a max single. This is the deadlift training we do at Westside. We deadlift at least once a week and sometimes

SPECIAL EXERCISES

When we're not deadlifting, we are doing good mornings or a form of squatting. Here are some examples of good mornings.

 Good mornings with straight legs and back arched.

With legs bent and back arched.
 With legs bent and back rounded.
 With legs straight and back

rounded.

5. With toes or heels elevated: this

5. With toes or heels elevated: this stresses the lower back and hamstrings.

6. Walking good mornings: bend over while stepping forward for a predetermined distance.

7. Back Attack, which is a good morning machine.

8. Concentric good mornings with different bars starting from the bottom and rising to completion. *Note:* we use a wide variety of bars when doing good mornings.

SPECIAL SQUATTING ON BOXES

Low bar squat with a variety of bars; front squat; Manta Ray; Safety Squat bar; and cambered bar with a 2- to 14-inch camber.

My all time favorite and I feel a major part of our success is the Zercher squat. These are done off the floor or in a rack with a wide or close stance. This exercise will build every muscle in the body.

SMALL SPECIAL EXERCISES

Belt squats, glute/ham raises, back raise, 45-degree back raise, Reverse Hypers, inverse curls, rowing of all kinds, shrugs, pulling a sled with weights, lots of abs, leg raises, sit-ups, standing abs, pull downs, and side bends. The hamstrings and abs are the most important

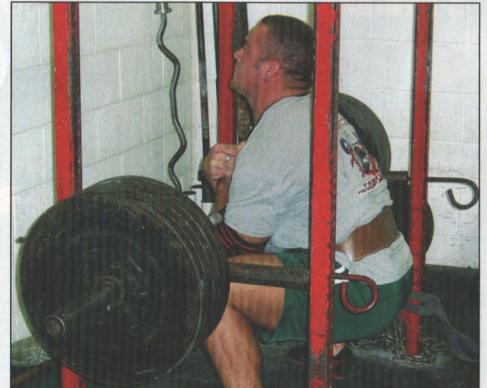
musclegroups. If your hamstrings and abs are strong, your lower back will survive the rigors of training.

DEADLIFT FORM

What is good form? Ask your doctor and he will tell you one thing, but remember vour doctordoes not know powerlifting. The safest method for an untrained person is not the best for a highly trained powerlifter. If you look at the greatest deadlifter of recent years, they don't appear to have a safe form.

Vince Anello, John Kuc, and Brett Russell would pull with their heels close together almost stiff legged. Even many sumo pullers will round their backs to increase leverage. Jim Cash would push his knees inward

(cont. on page 90)



lockout. Ialso made 715 Greg Panora doing the very productive Zercher Squat movement variation in the power rack



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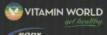
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The Worlds Strongest Man was originally going to be held in Egypt, but was abruptly changed to Charleston, West (by God) Virginia. John Shifflettand Ihad planned

John Shifflett and I had planned to go to Charleston anyway to help Doug Currence put on a USAPL meet that weekend. The strongman competition would be the icing on the cake, as I have always wanted to see a WSM in person. This one, in my opinion, was the best one ever. The key question was whether legendary four time WSM winner, Mariusz Pudzianowski, could win a fifth title and thus break the current three way tie with the late Jon Pall Sigmarsson and Magnus Ver Magnusson. The final ten athletes were very impressive. As well as Mariusz, there were five Americans: Derek Poundstone (this dude is the real McCoy), Phil Pfister (about 380 lbs., 2006 WSM winner), Jason Bergmann (a very strong guy), Travis Ortmayer (you will hear from him next year), and Dave Ostlund (a future force). Rounding out the finalists were Sebastian Wenta (Poland, a nice young man with a good sense of humor and also 2007 WSM

runner-up), a very serious Englishman, Terry Hollands, Tarmo Mitt from Estonia (a power house), and lastly Arild Haugen from Norway. This field was qualified from thirty entries and two reserves from twelve countries with the USA the leading contingent with seven men.

I cannot remember when we had five Americans in a WSM final, perhaps in the 1980s. No WSM contest would be complete with out three time WSM winner and the last American, since Phil Pfister, to win a WSM contest, Bill Kazmaier, who was on hand to do the interviews. It is hard to keep track of standings at



Dave Ostlund represented USA third step that he could heave this

World's Strongest Man Contest and Derek are very good in the deadlift, and both had put in a lot of time on this event in training and it showed. I think they tied with ten



Mariusz Pudzianowski in tight competition with 2006 WSM Phil Pfister (USA)

a WSM contest, unless you have a stop watch to keep track of the timed events. I was not always able to hear the results announced, as they were late coming in. I could find very little info in the local papers and asking the officials for info was useless. I finally got the picture. The WSM organization wanted to keep the results a secret so that ESPN could air them in December. Brian Siders, the IPF World superheavyweight powerlifting champ, was asked to compete. He did in the qualifying rounds, but with only three weeks to get ready, it was asking too much and he did not make the finals. The prelims were so tough that even former WSM winner Magnus Samuelsson did not make the top ten.

Most of the people I spoke to were of the opinion that the contest would be won by either Pudzianowski or Poundstone, with Pfister being the wild card, and this turned out to be a pretty good guess. The WSM got off to a good start on Friday, Sept 12, at Downtown Charleston's Haddad Riverfront Park. The Stairs was the first event, and long before the event started Mariusz was measuring and walking the steps, which were about 18 inches high and about four feet wide. The 495 lb. object they had to carry up the steps was a round canister with a small handle. Most of the men took two steps between each stair and this is how Mariusz started until he realized after the

canister from one step to the other by only taking one step in be-tween, thus using the canister to pull him self up, and he left everyone in the dust. You will not believe your eyes when you see this. Mariusz won his heat and Derek took second, Ostlund third, Mitt fourth, and Wenta, Ortmayer and Haugen were all tied for fifth. The 900 lb. car carry was next and at the very start Mariusz stepped back and lost a few precious seconds. It cost him as he had to settle for fifth place. Pfister smoked this event taking first place, Ostslund took second, Poundstone nailed the third spot, and Ortmayer got fourth. Next came the fingals fingers weighing from just over 400 bs. to over 700 lbs. After a few runs the rains came, just enough to stop the contest. Out came the mops, towels and blowers, even the Mayor of Charleston pitched in to run a blower. At last the contest got under way again and after all was said and done Ostlund took first, smoking those fingers. Pfister took second place. He was set up to go with Mariusz and they

were about even until they hit the last finger. Phil made it and Mariusz missed it. Wenta took third, Poundstone managed fourth and Mariusz wound up in fifth The overall top five standings after the first day was Ostlund 27 points, Pfister 25.5, Poundstone 24, Mariusz 22, Wenta 17. The next day they would contest the overhead log lift for reps and the Jeep deadlift for reps and the war between Mariusz and Derek would move yet one step closer to determining which one would be the 2008 WSM winner.

The second day, Sept 13th, got under way at Coonskin park with the Jeep deadlift for reps. Mariusz

time on this event in training and it showed. I think they tied with ten lifts each, and they were followed by Ostlund and Ortmaver with seven reps for the third spot, and I think Bergmann got six for fourth and Haugen got fifth. After the Jeep lift, with rain looming, it was decided by the WSM officials to go right to the overhead log lift for reps and after a little break the contest resumed with every one looking forward to another showdown between Mariusz and Derek and they did not disappoint anyone. Both men have great upper body strength and are almost identical in weight and height. Derek pushed up eleven reps and Mariusz managed ten reps. Wenta took third with eight lifts, three men wound up in fouth place Ortmayer, Mitt and Bergmann. The standings after the second day were Poundstone 43.5 points, in first place, Mariusz in second with 40.5, Ostlund 36.5 in third place, Pfister 31.5 in fourth and Ortmayer 29.5 in the number five spot. The plane pull and the atlas stone would be contested the next day, when the 2008 WSM would be decided and

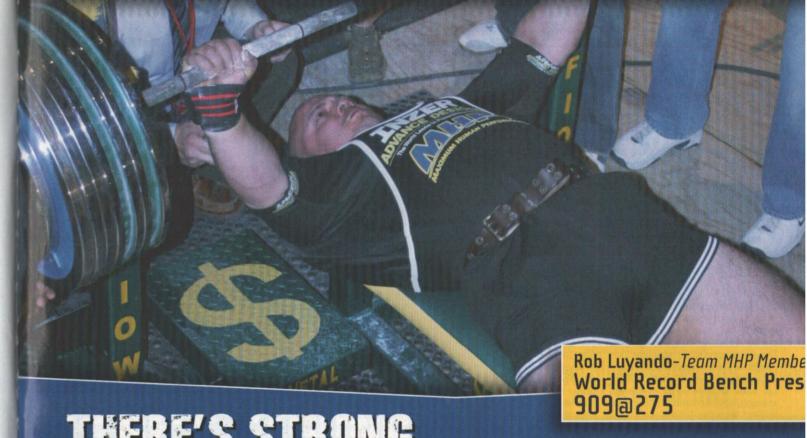
The final day of the WSM was held at Yeager Airport and thanks to the airport police we were allowed to drive into the airport as it was over a mile to the event site. It was going to be a hot day and this was crunch time for four time WSM, Mariusz Pudzianowski as he was still a few points behind Poundstone who showed no signs of letting up. The most amazing thing to me was that Phil Pfister, before the plane pull started, walked about three football fields in 90 degree plus heat to shake hands with the crowd-this man could be Mayor of Charleston if he ran for office. The crowd was

(article continued on page 93)



"Hercules" pulling a Hercules (C-130, that is!) Mariusz hauling the heaviest load ever in World's Strongest Man Competition history!

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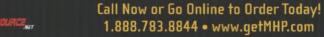
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The Power Station Pro/Am took place on August 22 through 24, 2008, at the Sharonville Convention Center. We arrived at Sharonville, Ohio around 2:00 pm. The Sharonville Convention Center was a jewel, a huge venue, which received not a single complaint from any of the lifters over the three day meet. According to their marketing director, "The Sharonville Convention Center and the surrounding area offer all the amenities of big city convenience, with an atmosphere of a relaxed suburban location." Who has time to relax when you're witnessing the best hardcore lifters in the world?

Mike Ferguson did a super job securing this facility for the next three years. The meet hotel was adjacent to the convention center, which featured an outside pool, and a large enough lobby for all the competitors to gather each evening. Across the street was a \$30 million indoor water park named "Coco Key". I told Donnie Thompson to bring his bathing suit, but he didn't think it was a good idea. Maybe it wasn't, but it would have been tremendous watching 380 pound Donnie shoot out of a pipe-line, like Augustus Gloop from Willy Wonka's chocolate factory. We didn't catch up with Donnie until Saturday evening, what a mammoth when he walked into the lobby; we'll talk more about Donnie in part two of

In the lobby we met Big Iron Team coach, Rick Hussey. As you know, Rick has been through some intense surgery, and chemotherapy, but he looked good considering. Rick's a survivor, and started his own therapy during the chemo, which included a lot more protein to keep his weight up, and more importantly, he continued to weight train. Red blood cells have a lifespan of about 120 days. "An increased rate of RBC turnover may be advantageous because young cells are more efficient in transporting oxygen." Rick walked with me to a hotel room where Jim Grandick was staying with master champion Mike Taylor. I haven't seen Jim since the WPC Worlds in Lake George where he sustained a nasty biceps tear. Other life complications converged on Jim, and he wound up taking a break. He looked like his old self, and ready to make some big lifts in the Pro 242 weight class, and what a class it was! Speaking of which, the amateur class began Friday morning, and I was told ended around 8:30 PM. Last year I covered all three days, but with my new job, I don't have the convenience of taking off when I want.

Sharonville was just a few exits away from Cincinnati, Ohio, which we explored on Friday and Sunday evening. I was disappointed with the down town area. Most of the inner city appeared desolate. Then

The 2nd Power Station PRO/AM

told to Powerlifting USA by Scott DePanfilis



Amy Weisberger on the way up

we headed down to the river front and things changed dramatically, new high-rise \$600,000 condos, new restaurants, and hotels. We drove past the Paul Brown Stadium. home of the Cincinnati Bengals; impressive architecture. Kentucky was directly across the Ohio River so we headed over the Roebling's 1866 span bridge between Cincinnati, Ohio and Covington, Kentucky. After dinner, we headed back to the hotel where most of the Pro division powerlifters were hanging out. With few exceptions, everyone was back from last year's first PRO/AM, excited, and generally happy to see each other. Powerlifters from all four regions of the nation descended on Ohio, but

also teams from the Ukraine, and Finland.

Mike and Marcia Ferguson, and their athletes and friends from the Power Station Gym did a superb job last year, but out did themselves this year. Not a single misload, spotters were attentive; not once did the weights or athletes fall or hit the platform. Also on board, Louie Simmons, a commanding force in powerlifting. Lou is responsible for all the cash prizes, key equipment, and top athletes. Ididn't get the cash breakdown, but I believe the overall best lifter received between \$5,500 and \$8,000. There were also cash prizes for single lifts, and most weight The Pro/Am is currently the

premier showcase for top competitors around the world. What makes this IPA sanctioned event genuine are the presence of three ey judges IPA, APF, John Bott, Bob Youngs, and IPF head judge Phil Couvillion. At this level of competition, these three gentlemen kept the judging consistent throughout. Knowing that the squats were going to be judged below parallel, like in the USAPL, I'm bewildered to see the same lifters bomb out as they did last year. I want everyone to succeed, and I want to video tape everyone's three lifts; it's frustrating to watch athletes bombout. Take 308 Matt Wilson whose squat attempts were 1,015, 1,015, and 1,050 last year. He bombed out, and was obviously disappointed. However, this year Matt was back competing as a SHW, and sunk 1,015! You do what you need to do. and as a result, three white lights for

Laura Phelps slammed up a new bench press record of 455 lbs. @165.

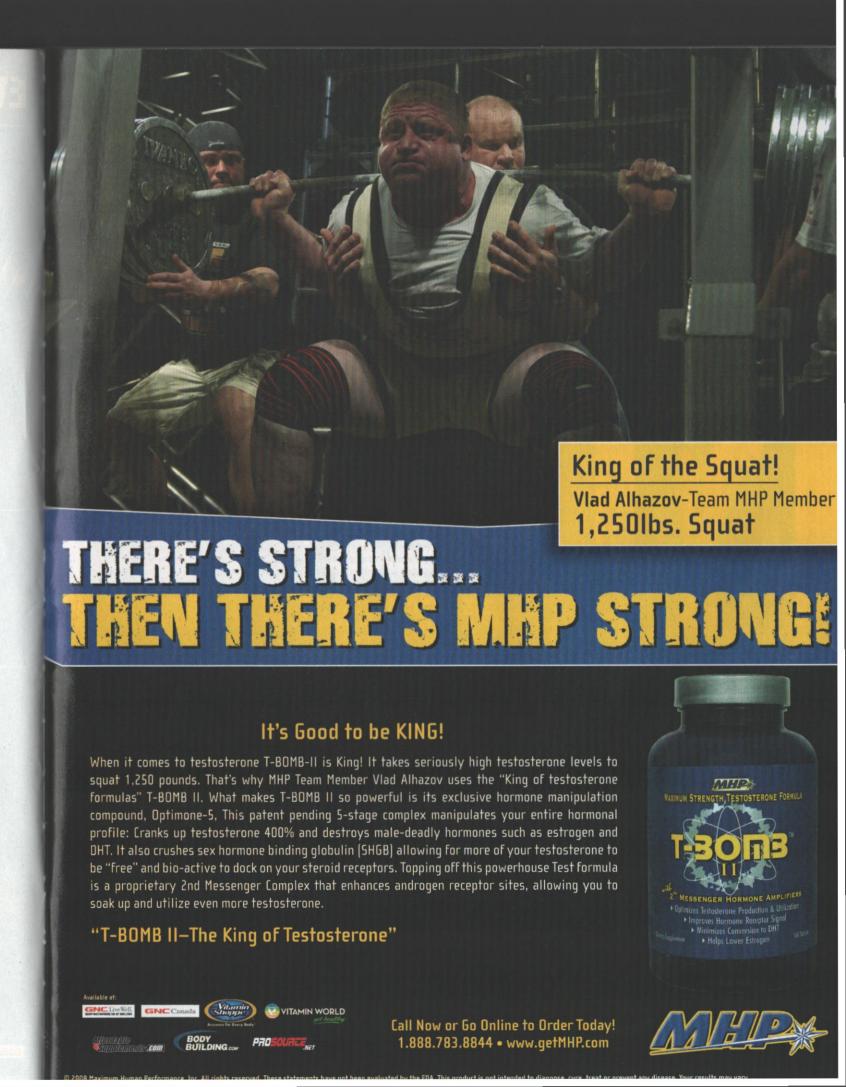
Matt Wilson.

By the first week in August, Doris Simmons reported that the Amateur division was already filled, and the pro division had about fifty top competitors. Some returned from last year, but there were also new faces. The biggest disappointments would have to be the absence of many of the SHW who were injured, and pulled out weeks and or months before the show. First was SHW Vladislav "Vlad" lhazov who sustained a serious knee injury training for this event. Then SHW Matt Smith herniated a disc in his neck. Chad Aichs was training for a Highland Games event in Pleasanton, CA, and the heavily sponsored Andy Bolton was still on the fence. SHW, former 308 world champion Paul Childress is the Assistant Strength Coach for the University of Buffalo. The Buffalo sports performance staff are excited to have him on board, but I want Paul back competing at the PRO/ AM. Fortunately, World Champion, SHW Donnie Thompson was scheduled to compete on Sunday.

On Saturday August 23rd, twenty Pro powerlifters were warming up back stage of the convention hall, consisting of 148s to 198s, in two small flights. We arrived at 8:00 AM. I was really impressed with every aspect of the venue. A large screen was to the right of the platform, capturing all the action. Mike Ferguson brought in a DJ. In the back of the hall, appetizing food, drinks and supplements were available all day. I took a few photos of the hall, and headed to the warm-up area. Most of the lifting teams were already beginning to warm-up. By quarter past nine, the event got underway. Although this was a collective dream team, top favorites in these classes would have to be Brian Schwab, Mike Cartinian, and the amazing Shawn Frankl. I also was told to watch for Ukraine's Sergiv

There were three Pro women competing at this event as well, two 148's, Shannon Hartnett, and Amy Weisberger, both 43, and 165 Laura Phelps. Shannon looked amazing, just beautiful, and at 165, the remarkable Laura Phelps was eager to sink a 700 squat under the watchful eyes of John, Bob, and Phil. I also want to mention that 165, Lisa Wheeler competed on Friday, and squatted a PR 500 pounds - incredible. Shannon began the day with a 540 squat opener, no problem. Capable of lifting ten-times her body weight, Amy followed with a 550 squat. Laura was next, and began with an astonishing 700 squat, but didn't get her depth the fist time. We haven't seen Laura repeat her 700 squat since the Arnold Classic two

(article continued on page 106)



INTERVIEW

CAROL ANN MYERS The Power within the Woman as interviewed by AMBER SUTER

and reaping the benefits that

came with the rigorous workouts.

I was leaning up, putting on a

little muscle, and building self-

esteem. Unbeknownst to me

was the addiction that comes

from lifting in an arena where

everyone is cheering you on to

your goals. That is what hooked

me on the sport. The support that

I received, not only from my

husband, and friends, but also

from the other competitors and

the audience was phenomenal.

Everyone understood the need

to conquer the obstacle and

Q: When and what was your first

competition like? And is there any

advice you would give those who

A: I can remember the butterflies

in my stomach and my

overwhelming fear of failing in

front of everyone. I knew I had

trained and done all I could, but

fear is a dangerous enemy. I

remember getting angry at the

weights in the warm-up area to

auell my stomach. I was tapping

my head on a block wall to drown

out all the distractions. Once I

got on the platform to pull my

first official deadlift, it was like

being back in the gym. The

settled. I pulled better that

Saturday than on any day of

novice: if you want to lift and

compete-doit. Go to the gym to

scared of failing - you may not

always place at a meet, but

personal goals and records are

the greatest accomplishment.

Taking control of your health and

your self-esteem are both great

acheivements that will last a

Q: What are your accomplishments

in powerlifting so far. raw and

A: I was blessed to have won the

2005 and 2006 APF Senior

Nationals 165 lb Open Women's

Class, and the 2007 APC

Nationals 165 lb Women's

Masters Division. My largest

competition-equipped lifts are a

565 lb squat, a 281 lb bench, and

get started.

equipped?

My story is my advice to the

Never be

obtain the goal.

are a novice?



Carol Ann in fitness competition

For those of you who haven't had the opportunity to meet Carol Ann Myers, let me take the time to bring her to you. Carol Ann Myers training kicked in and the nerves is a resident of Florida, and a National Level Elite Female Powerlifter and additionally, Figure training. I earned a first place Competitor, and future and best lifter for my efforts.
Bodybuilding Competitor. I've My story is my advice to the known of her for years and have had the privilege to see her lift on several occasions and now can say that she is one of my truest female powerlifting buddies who encourages me, inspires me, pushes me through what I feel are my limits, and picks me up when I fail. I truly admire Carol Ann and hope you enjoy this candid look at her and her powerlifting career, so you can know why she is such an inspiration.

Let's start off with:

Q: What got you interested in powerlifting? What got you hooked to powerlifting?

A: My first meet was a push-pull WABDL event in March 2003. I had agreed to participate in the meet with Bobby, my husband, if he would not try to drop into a lower weight-class and hurt his a 451 lb deadlift. I have just strength. I enjoyed the training recently started competing in raw meets and have a 400 lb squat, a 225 lb bench, and a 375 lb deadlift at 148 lb on record in

Q: When you achieved Elite status, did your goals change? If so, how?

A: I cannot say that my goals changed, because my constant focal point was always to add a little more weight to the bar! I achieved Elite status very early in my lifting career and it was simply a title. Titles don't mean much if you are unable to live up to the

Q: Have you had any challenges along the way, such as illness, injury, etc.? How did that drive you to rebound from it?

A: I have been extremely fortunate not to have experienced any severe injuries. I made it a practice a long time ago to listen to my body. If something does not feel right or causes pain-it's time to abort. If you train to the point where it is detrimental to your physical health and well-being, then you are inviting injury. Everyone has bad training days and there is always tomorrow. It is best to train smart.

Q: How has powerlifting affected female powerlifters positively or negatively?

A: I believe very strongly in a woman's right to express herself in any avenue and powerlifting is certainly an expression of not only physical strength but also mental tenacity. Although the world at large is more open to equality of the sexes, a woman who displays muscle or competes in a maledominated sport is still looked upon as an oddity. Feminimity is not an outward characteristic as much as it is an integral part of a woman's psyche. Powerlifting, in my opinion, has opened the main gate for women to express themselves in a positive venue

Q: What do you feel is important in being a role model for other female powerlifters?

A: I believe that everything you do should reflect who you are, what you believe in and how you embrace life. Ido my best to live life to its fullest - not putting off until tomorrow that which I can accomplish today. I believe that if something is worth doing, then do it right. I see too many lifters at all levels looking for the "gift" lifts. My advice is this: have the will power to train, have the determination to improve your lifting potential, and have the integrity to do it right, and above all-keep a positive attitude. The best advice I can give any lifter is to keep it real – powerlifting translates into daily life over and over again.

Q: You've just completed your first figure competition. How was that

A: I have never ventured so far out of my comfort zone! I dieted and trained extreme cardio for 8-10 weeks following my last raw meet. I obtained tips from some of the best in the sport; I walked on stage at 140 lbs at 5.8% body fat. I went into the show not looking to place, but simply to celebrate the achievement that I had made in my appearance. I placed third in the masters division and forth in the tall-open division. The judges were very supportive when they said you are "too hard and too big" to do figure competitions. I have never received a nicer compliment! The hard work paid off!

Q: Are you planning to do more figure or bodybuilding

A: Definitely. The competitors were a fantastic group -bodybuilders and figure contestants alike. Although it was a different platform, it was still an arena to display dedication and hard work. All in all, it was a positive experience.

Q: How was your diet leading up to the fitness shows compared to leading up to a powerlifting meet? A: I left the pizza and burgers behind and focused on chicken and broccoli! I began the diet on November 19th under the supervision of John Micka, a nutritionist from Mississippi. Under his guidance, I was able to shed over twenty pounds with minimal strength loss. I adhered to a strict diet consisting of 1300 calories with 210 gm of protein daily. I ate six times each day. 1300 calories is a large amount of food when the calories are clean. Ioriginally wanted to drop the weight to compete in a raw meet; my goal was to total 1000 lbs in the 148 lb class (I normally lift in the 165 lb class). Lcut the weight, increased my overall health, and was successful in obtaining my 1000 lb goal.

Q: Have you ever thought about doing a strongwoman competition? A: I have thought about it, but that is where the process stops. The condition of the apparatus and the safety of the lifts is lacking for me. I am very successful lifting raw, so the idea of no gear does not bother me. However, ripping my biceps or dropping the stones on my toes is more than a little daunting. My hat is off to all those that compete in the

Q: How has powerlifting changed for women over the years, positively or negatively?

A: I wish I could say that the changes are positive, but I see little to comment on either way. There are still far too few women

(continued on page 91)



So you get the same benefit from only two tablets as you would from 5 grams of creatine monohydrate powder.

Don't just take creatine. Tear it up with Amplified Creatine 189". Push the limit to new limits.



FINE PRO PERFORMANCE

These statements have not been evaluated by the Food and Drug Administration. This groduct is not intended to diagnose, treat, cure or prevent any disease. Call 1.800 477 4482 or visit www.gnc com for the store nearest you ©2008 General Nutrition Corporation. May not be available outside the U.S. "In a randomized, double-blind clinical study of 57 healthy young adult males, subjects who took Amplified Creatine 189 containing only 1.25 grams creatine significantly improved leg press 1-RM performance by 54 lbs, while subjects on 5 grams of creatine monohydrate improved by 52 lbs and the placebo group demonstrated no significant improvement. ""In a clinical study of 17 healthy young adult male subjects, muscle blopsy results revealed that Amplified Creatine 189 resulted in 189% greater muscle creatine uptake compared to creatine monohydrate powder.

Power - Research

dedicated to bringing Science to the sport of Powerlifting

Scientifically Superior Pre-Workout Formula Helps You Crush Your PBs Like Never Before as told to PL USA by MARY TRAN

For a powerlifter, there are no such things as "light days." Every time you step into the pit you're after big numbers - it's make or break. Squat, deadlift or bench press, it doesn't matter - it's just you and the iron going to war. Your ultimate goal is to crush your previous best lifts and when it comes to a meet, you will stop at nothing to dominate the competition. But nothing can be more devastating than training for a meet only to fall victim to the bar. Powerlifting is an unforgiving sport that can drain you physically and mentally. If you want to win a meet, you need to train like a champion, but you're not always going to have a fellow warrior standing

behind you, slapping you around, shouting at you to lock out each lift. When you step up to the platform, your muscles need to be primed and ready to execute and your mind needs to be in a place where every lift feels light. To do this you need naNO Vapor(tm) - The World's Strongest Vaso-Anabolic Psychoactive Experience(tm). With naNO Vapor coursing through your veins, the weight doesn't stand a chance - you'll lock out every time.

Sure, there are a ton of supplements out there to choose from, but many lack the scientific support to yield any kind of noticeable results. That's why when Team MuscleTech(tm) researchers set out to create a pre-workout formula, they wanted to ensure that it was ultra-dosed with scientifically researched ingredients that would make each attempt on the platform a dominating one. Let's face it, nobody trains for second place. Every minute you spend pushing and pulling the iron, you want to ensure that you're able to give it 100 percent and come out the victor, which is why naNO Vapor delivers the key anabolic nutrients in its zero wait-time formula for the ultimate training experience.

Nano-Diffuse Technology

naNO Vapor is light years ahead of the competition with its scientifically advanced delivery system. Nano-Diffuse(tm) technology nanoparticulates a precise portion of key compounds to microscopic sizes that are up to 7,400 percent smaller than the compounds found in other pre-workout formulas. With this revolutionary technology in the naNO Vapor formula, a precise portion of advanced anabolic compounds are rapidly dispersed

through your body. The naNO Vapor formula blows open your blood vessels for maximum vasodilation and gives you the firepower you need to smash through plateaus. Cutting-Edge Ingredients and Blends

To ensure that your powerlifting sessions are fueled to the extreme, Team MuscleTech researchers worked relentlessly analyzing stacks of research, ensuring that only the most cutting-edge ingredients were infused into the naNO Vapor formula. After this intensive process, over 60 scientifically advanced ingredients were infused into six blends to create the World's Strongest Vaso-Anabolic Psychoactive Experience(tm). As a powerlifter, there are several factors that can make or break your lift, one factor is the devastating accumulation of metabolic by-products.

naNO Vapor has been scientifically engineered to remove these byproducts by maximizing the flow of blood to the working muscles and jacking up your strength levels.

When you're lifting close to half a ton you need to be on point;

When you're lifting close to half a ton you need to be on point; the connection between your mind and muscles must be unbreakable. Along with a key ingredient in naNO Vapor, the psychoactive intensity catalyst blend in naNO Vapor amplifies neurological firing for increased mental focus and extreme workout intensity by up-regulating the release and activity of key neurotransmitters. You'll never fall victim to mental fatigue again.

Maximum Size, Strength and Power Gains

It's no secret, creatine is a staple for intracellular fuel, and regular creatine just won't cut it for a true powerlifter. That's why naNO Vapor is dosed with five different forms of creatine in an advanced cell volumizing matrix to hyper-supersaturate your muscles for maximum gains in size, strength and raw power. The cutting-edge naNO Vapor formula is also designed to amplify the intracellular musclebuilding pathways by increasing anabolic signaling with its anabolic/anti-catabolic signaling complex, fighting off the devastating effects of catabolic

compounds and triggering immediate protein synthesis at the cellular level. In addition to this, the MyoGF(tm) blend triggers the pituitary gland to invoke a spike in post-workout growth hormone production for increases in muscle growth. Featuring six revolutionary matrices, naNO Vapor immediately activates your neurological, metabolic, anabolic and vasodilatory systems. The powerful surge of anabolic energy will switch on your powerlifting control centers, giving you what you need to own the iron.

America's #1 Selling Pre-Workout Formula

As a powerlifter, you train for nothing less than victory. You don't have time to wait for results. It's time to get dialed in from the beginning and start hitting numbers that will leave your competition in your chalk dust. Get on naNO Vapor, the scientifically superior nitric oxide preworkout formula backed by countless stacks of cutting-edge research designed to create the ultimate training experience. Join the countless others that already take America's #1 selling pre-workout nitric oxide brand, and PBs will be yours for the taking.

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Ryan Celli's reputation precedes him. He's an established raw and equipped lifter. Recently he broke the USPF 220 pound class bench record with a 639 press. He also won best lifter in last year's Raw Unity Meet. Ryan has his own training facility called Celli's Fitness.

Here at Critical Bench we try to help gyms and lifters out by sponsoring meets when we can. This time it's our turn to thank the Cellis, John Casciato and the entire Celli's Fitness team for lending us a helping hand. You see we've been participating in breast cancer fund raiser and Rvan's gym was our major sponsor, contributing close to a grand to help

We're excited to get started with the interview. bencher Ryan Celli!

BT: Ryan, congratulations on breaking bench press legend Chris Confessore's bench record in the USPF. Thanks for the interview opportunity. Introduce yourself to

RC: I'm 34 year old gym owner and personal trainer. I live in Bridgeville, PA. I've been married for 9 years to my wife, Dana. We have a 4 year old son, Noah. I love to compete and try to do at least one full power meet per year. In June of 2007, Dana and I opened Celli's Fitness Center in the city of Pittsburgh. The gym is in Lawrenceville and is steadily growing with talented lifters; you

can see many pictures of them at www.cellisfitness.com. BT: Life sounds good. Ryan you won best lifter at the 2008 Raw Unity Meet in both full power and bench only! How would you describe your winning experience at the RUM?

RC: Winning the Raw Unity Meet was awesome. Eric Talmant and his wife Denise couldn't have done a better job. I've been competing

for 19 years and have to say it was one of the best organized meets

What made the meet exceptional for me was the fact that I was able to win the full power meet as well as the bench only. I originally wanted to enter the bench only to get a chance to compete against some of the best 198 raw bench pressers. Then I had the idea of competing in both. I called Eric and asked him if it would be possible to enter the bench only and full meet, he said ves. So that is what I did and ended up winning best lifter in both. I can't wait till next year, hopefully even more competitors show.

BT: We have to agree the Raw Unity Meet was a huge success. You just went down in history as the first winner! Ryan, you just set an American record in the 220 class, benching 639. Tell us about that. What was it like setting the record and what you did to celebrate after?

RC: Well, Scott Rowe broke Chris Confessore's 18 year old record of 618 on June 29th at USPF Nationals, I benched 622.7 at the same meet at 198 as a full meet lifter. I knew I could bench more at a higher weight class and not having to squat first. When I saw the listing for the New Martinville USPF meet I knew that was my chance. In the meantime, Aug 2nd Ryan Girard set the mark even higher with a 633. Istill knew I could do more than that. I weighted in at 211 the morning of the meet, opened with 606 and went right for the record with a 639.2. I still had my third attempt and thought I'd try to up it even more with a 644, it didn't go! It was exciting, as that was not only a new American record, but a personal best for me, which is even more

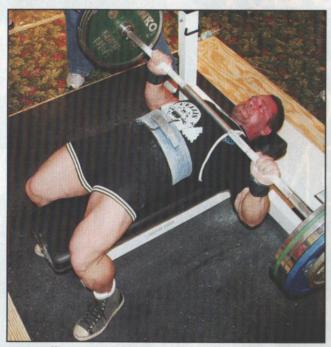
BT: Strategic move going for the record on your 2nd attempt. Ryan, how does it feel to be a world record holder right now?

RC: I'm lovin' it and enjoying every minute because I know there are people right on my tail. Records don't always last 18 years anymore. BT: Howlong have you been powerlifting? Were you always very strong? RC: Istarted powerlifting when I was 15 years old. I entered my first

INTERVIEW

RYAN CELLI - RISING STAR

by Ben Tatar of CriticalBench.com



Ryan Celli is a spectacular new strength star - raw or equipped.

credibility with the poor judging and multiply gear and most importantly all the new organizations popping up every day along with all the divisions available

bench meet in September of 1989. I benched 175 raw in the

114 class and won 1st place. I

only weighted 110 at 5' 6". I've

BT: Wow, a lot has changed since

you were that 15 year old kid!

How did you become interested in

RC: My stepfather Jack was into lifting and had some equipment

set up in our garage. I remember him having Powerlifting USA's

laying around that I would always

read. He always wanted me to

try lifting weights. When I finally

gave in, he was amazed at my bench press strength and trained

BT: Well, here you are today in

Powerlifting USA telling the world about the world record you have just achieved! Amazing! What is

RC: I usually weigh around 205-

210 and compete at 198. I've

competed in every weight class

from 114 to 220 and have totaled

elite in the 148,165,181,198.

BT: Being successful in both

equipped and non equipped lifting, do you prefer to lift with

RC: I train and compete both

equipped and non-equipped. I

love and respect both. I believe equipped is healthier and easier

BT: How do you see the future of

RC: I see powerlifting losing all

me for my first bench meet.

your usual weight class?

gear or raw?

on your joints.

powerlifting changing?

been hooked ever since.

I also see it reaching its all time low, and rebounding back into a legitimate raw and single ply sport, maybe even a legit multi-ply with strict rules of performance. The problem is, the general public just doesn't understand the gear. They automatically think it's cheating. So even though I'm all for wearing gear, I'm afraid the sport won't ever make it with us using it exclusively. Have you ever tried to explain to someone outside the sport what a bench shirt is?

BT: Something to think about. You are more than just a bench press anomaly freak of nature, you are also good at other lifts. What are your

RC: Some of my best lifts are a 530 raw bench, 700 raw deadlift, a 2000 single ply USPF total, and a 1756 raw total. I recently benched 622.7 in the 198's single ply, which was a WPF World record and USPF American record.

BT: What are your current goals? What are your long term goals? RC: My current RAW goals at 198 are to bench press 550 and total 1800. I recently just reached another goal I had. I wanted to total 2000 in single ply at 198 and was able to do so this year at the USPF Nationals June 29th 2008. Long term goals are to stay healthy and continue to compete.

BT: What is your proudest moment in powerlifting?

RC: Winning both the Best lifter and Best bencher at the Raw Unity meet and taking home \$900, and then 3 weeks later winning the USPF American Cup Best lifter and taking home \$1000 and a new American bench record of 584. This record meant a lot to me as it has not been broken for 20 years; In June I was able to bump this record up to 622.7.

BT: That is incredible! Describe your training.
RC: I train 3 days a week. Monday - squat, Wednesday - bench, and

Simple! I don't really follow any set training regime other than the set training days. I train by feel, and always try to go heavy. If I feel beat up I may do some speed work.

(continued on page 103)

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 USPLabs 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 products."

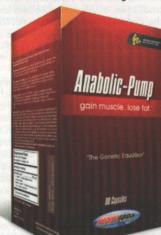
Anabolic-Pump, PowerFULL and SuperCissus RX. With these supplements not only am I pushing mor weight but my joints feel much better, not nearly as sore anymore. It's been a rare occurrence that m muscles have been sore, the recovery I get from these supplements is incredible.

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

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

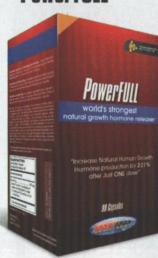
NERB champion bencher - 650lb lift, Highest raw bench in world for the past two years, Best raw bench in competitio 675lbs, 2 APA world records.

Anabolic-Pump™



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

PowerFIILL™



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

SuperCissus Rx™



This patent-pending joint pain formula wi have your joints and tendons feeling grea so you can attack the weights without fear! Ir has been proven to have such a dramatic addition to it's awesome joint health properties it's main ingredient has been proven to be natural source is completely safe and effective, as anti-catabolic as Deca & D-bol! It also significantly lowers cortisol and even has been shown to reduce bodyfat. SuperCissus RX is also theorized to deliver nutrients directly to tendons keeping them healthy and strong Do not risk injury. Lift heavy and lift often with SuperCissus RX.



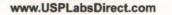












The Making of a POWERLIFTER!

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

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 stray 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

and was struggling with it. The powerlifting evolution had begun. nuances of geared benching eluded

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

22



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



His early success quickly could come to Westside for some short, teach him the Westside www.westside-barbell.com) to 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'

him, and he simply did not have Westsidevisit. Perhapsitwas 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 happens, fate intervened in the form Westside did not bode well for the prior to joining Westside was a 365 of a recommendation from a friend budding powerlifter. He finally lbs raw and a 475 lbs equipped before so it was a new experience 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 (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 just that and was amazed to find crazed, super-intense and lbs equipped! In fact, he is currently 135x8;225x5; 315x3; 405x1; 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 y! earlier). Nothing could have been the upcoming Pro-Am meet in (about thumblength from the smooth 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 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 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 times prior, Travis' training at inherent limitations of the barbell. Travis recalls well his first Westside took him to strength heights

TRAVIS' WESTSIDE TRAINING TEMPLATE

(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 provide for accommodating resistance and thus to overcome the

A recent ME Wednesday for

FOAM PRESS

Travis: "I've never done these

"I then moved my grip in a bit presses for reps." ... 500x10;

"Next was some triceps work. Travis is a quick study and his I did what we (at Westside) call

(continued on next page)



A recent ME Wednesday workout for Travis: The Foam Press

never felt this strong before! I typically

for Greg Panora, one of the top supplement of choice for postwith a range of motion (ROM) which daily. I honestly cannot say enough supplement?" 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.

Pec Deck: 140x15: 140x15: hit PRs on ME day, but right now neophyte powerlifter with a burning (www.atlargenutrition.com), and 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:

"I feel 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



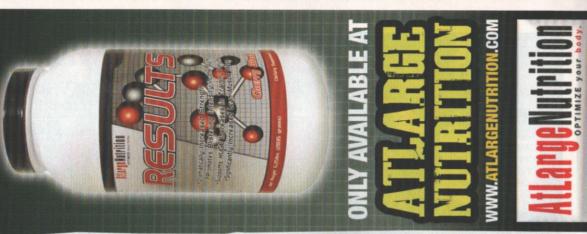
powerlifters in the world. They are workout purposes. ETS, RESULTS, and have gotten significantly bigger. exceeded his wildest dreams. Follow basically a triceps rope pressdown Multi-Plus, and Fish Oil are all taken What more could you ask for from a the Westside (www.westside-barbell.com), make sure you are consuming sufficient calories for growth, use the best

Travis entered Westside a supplements on the planet

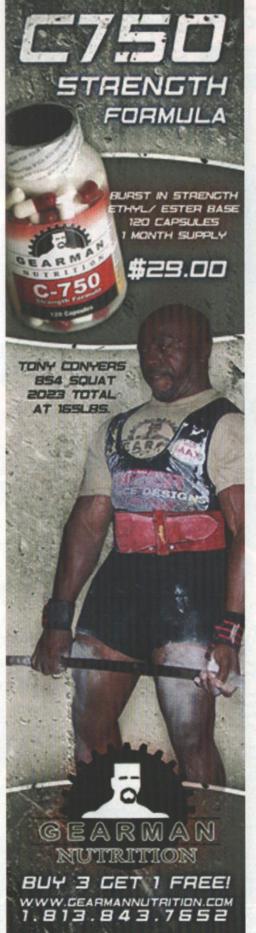
they are coming in much bigger desire to be the best. His perhapsyou too can blow away your jumps than before. I recover faster accomplishments thus far have far powerlifting goals!

World Powerlifting Championships Nov. 1st & 2nd - Hagerstown, MD Director: Dan Corridean (240) 417-2229 rBdan1745@aol.com **World Single Lift Championships** Bench Press, Deadlift, Curl Nov. 22nd & 23rd - Norfolk, VA Director: Paul Bossi 252-339-5025 rawlifting@aol.com www.rawpowerlifting.com

FASTER STRONGER







An Old powerlifter lay dying ...

(Tune: Tu-rah-li, tu-rah-li, tu-rah ...)

An old powerlifter lay dying
In the chalk and the blood and the sweat.
He said to the spotters sprawled 'round him,
"I'm sorry I made such a wreck.
My squat suit split at the bottom,
My glutes rammed through the floor,,,
I can stand pain, but for love of the Game,
Coud'ja unbend the bar from my neck?

Take the collars out of my kidneys
Pull the uprights out of my side
Remove the clock from my coccyx,
It's tragic the timekeeper died.
Crushed below stage with his camera,
A scribe from P-L-U-S-A-,,,,
And I'll bet a lot, that his very last shot,
Will be CNN's 'Play of the Day'

The head judge is out of action,

No more we'll hear him call "Rack!"

It's hard to give signals,

With a red wheel jammed deep in your back.

It's a shame abow-out the ju-ry,

We pray their so-wuls to keep,,,,

All were CAT Ones, sitting there on their buns,

But they should not have been asleep.

My belt broke at the buckle
'Cross the platform it sailed,
Shaved clean the head of the side judge,
I hoe the Fed puts him in jail.
For high squats he'd press the pass button,
And the red for good squats so low,,,,
There just was no light, in the color of white,
When down in the hole I would go.

But say, boys, am I still twitching?
Help me get back on my feet.
Untie the knee wraps from my ankles,
I ain't ready to admit defeat.
Shoe-horn me into a new suit,
Give me a sniff of octane,,,,
I'll remake my shape, with rolls of duct tape,
And ... stagger out on the platform again.



ADFPF Nationals ADFPF Nationals 21 JUN 08 - Evansville, IN Powerlifting SQ BP DL TOT 220 127 248 595



Members of the National Championship Team: Pit Barbell - (left to right) Jacob Wallace, Andrew Stagg, Matthew Stagg, Luke Dewig. (all

R. Batco	331	204	419	953	242 lbs.				
Master VI					Master I				
J. Waters	243	176	402	821	K. Hayes	601	303	601	1505
					Master III E				
	419	237	502	1157	K. Jones	419	220	408	1047
					Open E				
					R. Pettet	535	380	507	1422
N. Snapp	314	165	331	810	Teen I E				
Teen II E					J. Holycross	353	265	325	942
	-	187	386	573	Teen II E				
					B. Moffett	402	204	353	959
Master II					Teen III				
	254	320	303	876	M. LaRock	402	331	441	1174
	430	314	518	1262					
						474	397	551	1422
	314	176	386	876	Master I				
						452	331	419	1202
					Master III				
	320	243	424	987	B. Lovejoy	375	287	441	1102
					Master III E				
	254	276	325	854	B. Lovejoy	408	287	463	1157
					Master VI E				
		287	303	816	P. Wrenn	474	287	468	1229
	474	298	601	1372	C. Small	402	226	446	1075
T. Scott	369	265	369	1003	Master 1				
	Master VI J. Waters Open/Teen II C. Wallace Teen I E J. Coulson N. Snapp Teen II E J. Seeling 198 lbs. Master II R. Utley Open/Junior K. Moschner Teen III J. Scott 220 lbs. Master III D. Burr Master V R. Arnold Master VII T. Andrews Open/Master B. Thomas Teen I I E	Master VI J. Waters J. Waters Open/Teen III C. Wallace Teen I E J. Coulson N. Snapp Teen II E J. Seeling 198 lbs. Master II R. Utley Open/Junior K. Moschner Teen III J. Scott 220 lbs. Master III D. Burr Master VI T. Andrews Open/Master VI T. Andrews Open/Master B. Thomas 474 Teen I E	Master VI J. Waters 243 176 Open/Teen III C. Wallace 419 237 Teen I E J. Coulson 380 176 N. Snapp 314 165 Teen II E J. Seeling — 187 198 lbs. Master II R. Utley 254 320 Open/Junior K. Moschner 430 314 Teen III J. Scott 314 176 220 lbs. Master III D. Burr 320 243 Master V R. Arnold 254 276 Master VII T. Andrews 226 287 Open/Master II B. Thomas 474 298 Teen I E	Master VI J. Waters 243 176 402 Open/Teen III C. Wallace 419 237 502 Teen I E J. Coulson 380 176 386 N. Snapp 314 165 331 Teen II E J. Seeling — 187 386 198 lbs. Master II R. Utley 254 320 303 Open/Junior K. Moschner 430 314 518 Teen III D. Burr 320 243 424 Master VI I. Andrews Open/Master VI B. Thomas 474 298 601 Teen I E	Master VI J. Waters Open/Teen III C. Wallace Teen I E J. Coulson J. Seeling J	Master VI	Master VI	Master VI J. Waters 243 176 402 821 Master II K. Hayes 601 303 Open/Teen III C. Wallace 419 237 502 1157 K. Jones 419 220 Teen I E J. Coulson 380 176 386 942 R. Pettet 535 380 N. Snapp 314 165 331 810 Teen I E J. Holycross 353 265 J. Seeling — 187 386 573 Teen II E B. Moffett 402 204 Teen III R. Utley 254 320 303 876 M. LaRock 402 331 Open/Junior K. Moschner 430 314 518 1262 Guest I. Scott 314 176 386 876 M. LaRock 402 331 J. Scott 314 176 386 876 Master II C. Phillips 452 331 Master III <td< td=""><td>Master VI J. Waters 243 176 402 821 Master II K. Hayes 601 303 601 Open/Teen III C. Wallace 419 237 502 1157 K. Jones 419 220 408 Teen I E J. Coulson 380 176 386 942 R. Pettet 535 380 507 N. Snapp 314 165 331 810 Teen I E J. Holycross 353 265 325 J. Seeling — 187 386 573 Teen II E B. Moffett 402 204 353 Master II R. Utley 254 320 303 876 M. LaRock 402 231 441 Open/Junior K. Moschner 430 314 518 1262 Guest K. Moschner 430 314 518 1262 Guest J. Scott 314 176 386 876 Master III C. Phillips 45</td></td<>	Master VI J. Waters 243 176 402 821 Master II K. Hayes 601 303 601 Open/Teen III C. Wallace 419 237 502 1157 K. Jones 419 220 408 Teen I E J. Coulson 380 176 386 942 R. Pettet 535 380 507 N. Snapp 314 165 331 810 Teen I E J. Holycross 353 265 325 J. Seeling — 187 386 573 Teen II E B. Moffett 402 204 353 Master II R. Utley 254 320 303 876 M. LaRock 402 231 441 Open/Junior K. Moschner 430 314 518 1262 Guest K. Moschner 430 314 518 1262 Guest J. Scott 314 176 386 876 Master III C. Phillips 45

R. Nicodemus	468	446	592	1507
Open E				
C. Forestier	667	502	678	1846
SHW				
Master II				
C. Schmitt	502	303	535	1339
Open C. Allgood	380	331	562	1273
D. McClure	300	331	302	12/3
Teen II		199		

A. Crum 452 254 402 1108 E=Equipped. This was the third annual ADFPF National Championships and the argest with 67 entries. This is in part due to the WDFPF World Championship being held in Evansville, IN on November 22-23. Lifting commenced at 9:15am and was concluded at 5:30pm. Pretty good considconcluded at 5:30pm. Pretty good considering that this was a single platform event. Before 1 get started with results, I would like to thank the spotters, loaders and everyone else who helped make this meet a success. I could have not asked for better workers for this meet. Also, a big thanks to Roger and Judy Gedney along with Dick Van Eck for all of their work leading up to this event and judging the meet. Our Sponsors were: The Pit Barbell Club, Max Muscle, Texas Roadhouse, Enviro-Plas Plas rics, Orthopedic Associates, Chik-Fil-A, and Bonefish Grill. Action Sports Photography was also on hand taking pictures of the days events. These pictures can be purchased on line at www.kennethmayphotography.com. Please do your best to support our sponsors. Now, onto the lifting. In the unequipped division, lifting began in the 52 kg, class with 13 year old Andrew Stagg weighing in at 100 lbs. and posting a 500 total. Andrew does not know how to quit as he spent about 7-10 seconds successfully completing his third and final squat of 170 pounds. Dano Hall set the class total with 594 lbs. while winning the Master class. Dano also set new American records in the squat, bench, and total. In the 60 kilo unequipped class, Steve Smith lifted an incredible 566 lbs. at 74 years of age, winning his division, and set the benchmark for future lifts in his class. Matthew Stagg had the high class total with 649 pounds winning the Teen II class. Matthew established new National and American records with his opening deadlift. Matthew completed 308 lbs. on the deadlift two times, but could not get more than a single white light on each lift more than a single white light on each lift. The 67.5 kilo unequipped class had two 13 year old lifters. Clay Lumpe totaled a very respectable 517 lbs. weighing in at 140lbs. while Craig Boling posted a 660 lb. total. Dave Wilson set the high mark in this class with a 1078 lb. total. Dave set several

(article continued on page 98)

AMERICAN DRUG-FREE POWERLIFTING FEDERATION • Active & Non-active Membership Application Form

Complete this form and mail with membership fee to: ADFPF, 27 ELMO DRIVE; MACOMB, IL 61455

Need more information? Go to: <www.adfpf.org>

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

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

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

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

Signature		If Und	er 21 yrs., Parent Initial	Date		Prior Registration No	
Name		Phone		E-mail			
Address			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 potential future drug test).

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



were insane. In one 21-day, universitylevel research trial, test subjects consuming the key ingredient in Six Star® Muscle Professional Strength Creatine powder demonstrated an incredible 21 percent increase in peak power output. If the test subjects experienced results like this, just imagine the tremendous gains that a hardcore powerlifter like you can make. This cutting-edge formula is available at SuperCenters, The Vitamin Shoppe® and other fine retailers - get on it now, and train your way to incredible power gains in all your lifts.



SIXSTARMUSCLE.COM

115 lbs Master

D. Hall A. Stagg 132 lbs.

Master VII

M. Harbour Teen II

Open/EM3 E

D. Wilson Open/Master

D. Wilson

Teen II E

C. Weeks

S. Herron

Teen III

C. Boling

C. Lumpe

C. Burr

Master III

Master I E

M. Thomas Open B. Allbright

Soaper

C. Whitcomb 265

Teen I

Teen II

181 lbs.

Teen II E

N. Dewig

B. Whitcomb

Master IV

J. King Master V

C. Siders Master II E S. Lumpe Master III

Sanaghan 165 lbs. L. Dewig

Wallace

Steelman

Teen I F

M. Stagg

148 lbs Master V 171 99 231 502

143 165 259 568

215 143 292 650

336 276 452 1064

287 463

226 154 353 733

325 226 424 976

452 276 441 1168

424 303 424 1152

347 182 408 937

303 182 386 871

331 248 397 976

265 220 408 893

220

204 303

R. Steelman 276 215 342 832

358

325

204

204

303 193 380

248 116 298

215 154

165 83

1080

876

661

248 518

353 722

254 502

441 948

187 342 794

380

248 132 309

G. Morrison 220 193 320 733

331

353

Powerlifting, like most competitive sports, brings both rewards and penalties. The rewards part is easy to deal with, so this article will deal with the not-so-easy penalties part. Powerlifting's biggest penalty has to be the physical aches and pains inflicted on our bodies. Our goal should be to not only minimize the pain we must endure during our competitive years, but to lower the risk of long-term pain after we retire from serious lifting. There is no way to totally avoid aches and pains due to powerlifting, but there are simple, common sense things we can do to reduce that factor. In order to do this, let's look

First up are the knees. Aching knees can result from many causes, but at top of the list is abuse. I've heard countless lifters say they must wear knee wraps for squats because their knees ache. Unfortunately, they seldom try to deter-

at major pain areas and some causes of that

STARTIN' OUT

since it's your body's way of communicating to you that something is wrong. It can communicate to you through a whisper or a shout. Being aware of a potential or existing problem is 95% of the battle.

should be regarded as one of nature's gifts

ing cycles that start with moderate weights and higher reps and lead to heavy, lower rep training as the contest nears. This method

weights for an extended period of time. Of course, everybody has different tolerance levels to use and abuse. Older lifters will probably experience pain sooner so should be especially open to considering training cycles.

a layoff every 3-4 months can add years to your lifting career. Taking one week off from the weights now and then can allow both your body and mind to recuperate from the rigors of heavy lifting. After the time off you can come back with renewed enthusiasm for training with a fresh body and mind. Try some other non-stressful physical activity during your time away like stationary biking to keep the blood flowing and

> the muscle magazines? If you're like most weight trainers, you're probably blown away by this alphabet soup of supplements. Dazed instead of dazzled. Maybe you've even stopped taking supplements altogether. If anyone can make any sense out of all this chaos

> > But wouldn't it be great if you could get nearly everything you needed all in one product?

then they deserve a medal.

Are you going nuts trying to make sense out of all the

supplements now on the market?

Are you frustrated and confused

products being peddled in all of

by the endless array of "new"

new-fangled bodybuilding

experimenting with this and that. No more guess work. It's all here. We've done it all for you. Taking bodybuilding supplements was never easier. Hot Stuff starts with an ionized whey protein base. To that we've added testosterone boosters.

OUR GOAL WAS TO SIMPLIFY THE SUPPLEMENTS BUYING PROCESS

Well now you can!! It's a product

called HOT STUFF and it's been

bodybuilders and weight trainers

delivering fantastic results to

Stuff since its debut in 1989.

Millions are still using it today.

The beauty and simplicity of

Hot Stuff is that it combines 55

bodybuilding supplements into

charged super powder. No more

Why is Buying Supplements

So Darn Confusing?

It isn't anymore, now that you can get everything you need all in one product.

hormone precursors, energy boosters, fat metabolizers, muscle volumizers, herbs, sterols, and a whole lot more! Fifty-five

> supplements in all! Each glass of Hot Stuff is the equivalent of taking handfuls of pills and capsules.

Some of our critics have questioned the wisdom of mixing all of these ingredients into one powder. That's because

for almost 20 years now. In fact, by conservative estimate, at least 4,000,000 people have used Hot they've never tried Hot Stuff. If they had, they would know just how great this product really is. And the reason for that is synergy among all of an all-in-one, jam-packed, turbothe various ingredients. That

> means they all work together kind of like a symphony, making the whole greater than the sum of its parts. But the proof is in the pudding so to speak. That's why we give you this unconditional money back guarantee. Give Hot Stuff

the purchase price. LIMITED OFFER: **CAFFEINE BALLS**

a try. If for any reason you are

we will refund every red cent of

dissatisfied with this product,

For a limited time only we'll send you for FREE a \$10 bottle of our brand new CAFFEINE BALLS with every Hot Stuff order. Great before or during a workout.

ACHES AND PAINS as told to by Doug Daniels

mine and address the root cause of the pain. Many of these lifters drop down in the squat in ballistic fashion, crashing hard into the low position, then rebound upwards. Toss in some pallistic style leg presses, extensions, and leg curls for good measure and there you have it. Ballistic rebounding places huge stress on your knees. Better to descend into the squat in a controlled fashion while remaining tight, like a spring. When you reach the bottom position. uncoil and explode to the top. Knee wraps are

great for squatting more weight, but are not meant to be used because your knees are too sore to squat without them. Identify and remove the root cause of the soreness and pain

Next up are the wrists. Just like knee wraps, wrist wraps help support the heavy weights used and can add to your lifts. But they too are used by lifters who suffer from wrist pain, again disguising the root cause of the pain. A common source of pain results from the bar rolling down the back and shoulders during the execution of the squat. This can inflict some real damage to your wrists as well as to your shoulders and elbows. To remedy this problem, have your training partners tell you when the bar starts to roll down your back from the position you started the set with. Strive to keep your chest held high while not leaning forward. Keeping the bar properly on your back also puts you in a more advantageous everage position.

Elbows are also a high pain potential area. As I in the preceding paragraph, they can be stressed by squatting. They also can be the victim of plain overuse. Benching, shoulder, and tricep work can add up over time. Performing exercise for these body parts in ballistic fashion can really pile on the wear and tear just like they do with the knees. Perform exercises like pressdowns using just the triceps to move the weight, not relying on the bounce on the bottom to move the weight.

Lastly are the shoulders. Since benching emphasizes the front delts, during the off season, work the lateral and rear heads of your delts to balance your shoulder strength. Some moderate work on side and rear dumbbell laterals can be of value here. Balancing your shoulder strength will add to shoulder stability and decrease the chance of injury. Just don't overdo it.

Listen to what your body is telling you through pain. Pain

I have always been a believer of traindoes not subject your body to the stress of heavy

Taking some time off from lifting or taking

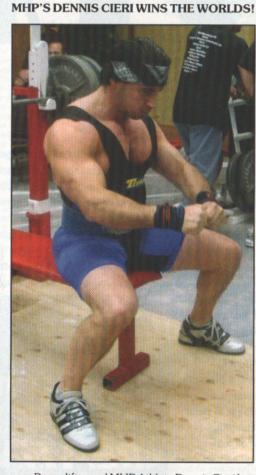
to maintain and improve your general fitness.

Using correct exercise form is a big one. As I mentioned earlier, performing exercises in ballistic fashion is asking for aches and pains. Let your muscles do the lifting — not momentum and bouncing. Avoid swinging and jerking the weights. Swinging the bar up and down during a cheat curl is inviting a pulled back muscle. Not only can correcting technical flaws potentially result in less pain or injury, but it can also translate to improved lifts in competition. This is a definite win-win situation. Don't be concerned about how much weight you use in training, devote that energy to your end goal better powerlifts.

Warm-ups and cool downs contribute to recovery between workouts. Try some low impact aerobic work like stationary cycling to cooldown. Don't overlook good nutrition. Supply your body what it needs to maintain and grow. Proper fluid intake is critical. Aspirin, ibuprofen (acetaminophen products such as Tylenol do not have anti-inflammatory properties); moist heat, cold packs, massage, and whirlpools can be very beneficial in preventing and alleviating aches and pains. Cod liver oil has been proven scientifically to act as a lubricant and pain reliever for joints. Glucosamine chondroitin is a popular supplement that some users swear by. Flexibility cannot be overlooked. Building and maintaining flexibility not only can prevent injury but may also allow better exercise execution, which can add pounds to your total. If you are new to working on flexibility, take it easy at the beginning. Do not try to reach the suppleness of an Olympic gymnast in one week. Be patient and realistic

Aches and pain resulting from powerlifting cannot be totally eliminated, but we can reduce their frequency and severity. This requires listening to your body and making as-needed common sense changes to your training and nutrition. Idid not discuss back injuries since this is a huge subject in itself. A lingering injury or chronic pain can have negative effects long after we retire from competitive lifting. With this in mind, preventing them in the first place should always be on your mind. If you are in doubt with your physical condition or are experiencing severe, chronic pain, see a sports medicine doctor right away. Minimizing aches and pains, now and in the future, has its own

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Powerlifter and MHP Athlete Dennis Cieri has won the Worlds for a second consecutive year. He is currently the 8-time USAPL Nationals champion and has won two consecutive gold medals in the Worlds the last two years. He also holds the World Record for bench at 634lbs in the 198lb division! His supplement program includes MHP's Trac, A-Bomb, Cyclin, Probolic, Up Your Mass and Dark Matter. Dennis has received invaluable support from his training partners, Troy "The Beast" Lehrer, Glen "The Animal" Haley and Rich "Mr. Lockout" Kruzzley. Dennis will be competing at the 2009 Arnold Classic in Columbus, Ohio and is looking forward to more victories in the near future.

Driven to excel by some deep, unsurveyed urge, I stayed out on that floor hour after hour, day after day, year after year. I played until my muscles stiffened and my arms ached. I persevered through blisters, contusions and strained joints. When I got home I had to take a nap before I could muster enough energy to eat the dinner

that sat in the oven. As I grew older and met my basketball heroes, and even defeated some of them, I realized that my way of doing things was not at all unique. Most of the proshad developed their skills by paying their dues in practice time. The biggest myth in basketball is that of the "natural player." Remember that Michael Jordan was cut from his high school team.

BILL BRADLEY

Many of you who know me are aware that I was a researcher with the Kansas City Royals Baseball Academy, which was a scientific institute that was designed to create superhuman athletes by using scientific means. One of the more propelling studies that we conducted was designed to ascertain why the

black athlete excelled in sports. It was a rather intriguing inquiry. At the time, there was no athlete in the world who was as great as the black athlete. In just about every sport, the black athlete was enjoying conspicuous success. For instance, the sports of boxing, basketball, karate, track and field, and football were totally dominated by the black athlete. The sports of baseball, wrestling, weightlifting, powerlifter, and bodybuilding, while not dominated by the black athlete were significantly influenced by them. In fact, most of the superstars in these sports were black. Perhaps even more impressive was the fact that the majority of national and world records were held by black athletes. This took on an even greater perspective considering the fact that blacks comprised only about 14 percent of the American population.

The Academy felt that if they could determine why the black athlete was so great they could use the information to help their athletes. Consequently, they embarked on one of the most comprehensive investigations ever conducted on the black athlete. Not surprisingly, the Academy was hoping that by studying the black athlete they could find a physiological substructure or some characteristic that was responsible for the black athlete's success in sports. They assumed that if there were a biological, anatomical, or bio-mechanical focal point of general motor ability, as well as strength, speed, and endurance, then surely it would be found in the black athlete.

In the seventies, if you were to ask a large group of sports enthusiasts why they thought the black athlete excelled in sports, most of them would tell you that the black athlete was simply physically superior to other athletes. In fact, many of these individuals would probably tell you that blacks were athletically superior because of race linked physical characteristics. In other words, in reference to sports, these individuals believed that blacks were genetically superior to other races. Even today, many individuals believe that blacks are physiologically superior to other ethnic groups when it comes to sports.

Certainly, this viewpoint was one that warranted closer attention. After all, it was an issue that was deeply ingrained in the American psyche and one that entailed both extreme partisanship and racism. Did the black athlete possess race-related physical characteristics that gave him an edge?

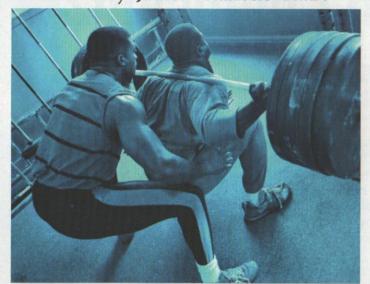
The Academy recruited researchers throughout the world to investigate this possibility. Their findings were not only surprising, but they were also extremely enlightening, and motivational for all races who are interested in pursuing the joy of athletic competition.

After five years of investigation, the Academy concluded that,

DR. JUDD

GREATNESS ... WHAT IT REALLY TAKES - PART II

as told by Judson Biasiotto Ph.D.



Black Athletes, like Ausby Alexander, put in grueling training sessions for many years before reaching world class status in powerlifting.

although heredity may provide numerous biological advantages, there is strong evidence to suggest that "elite" performance is due more to "quality" training than to genetic superiority. For instance, a series of studies conducted by John Lawther, a researcher who worked for the Academy, found that the number one variable related to elite performance was time spent in training, not genetics. Lawther

estimated that 20 hours of quality training per week for a period of eight years (approximately 10,000 cumulative hours) appears to be the amount of work required to reach a world class level. Apparently, a certain time is needed for an athlete to learn the most efficient methods and skills for enhancing performance. Even a would-be elite athlete must learn the basics of his sport to build a firm foundation. To train twenty hours a week is, to say the least, very difficult. Yet, as Lawther emphasized, it is twenty hours of quality training with great intensity, not just the time spent in training, that is required for elite performance.

Interestingly, the Academy found considerable research which clearly indicated that blacks in general spend significantly more time training and/or playing sports than do whites. They also found

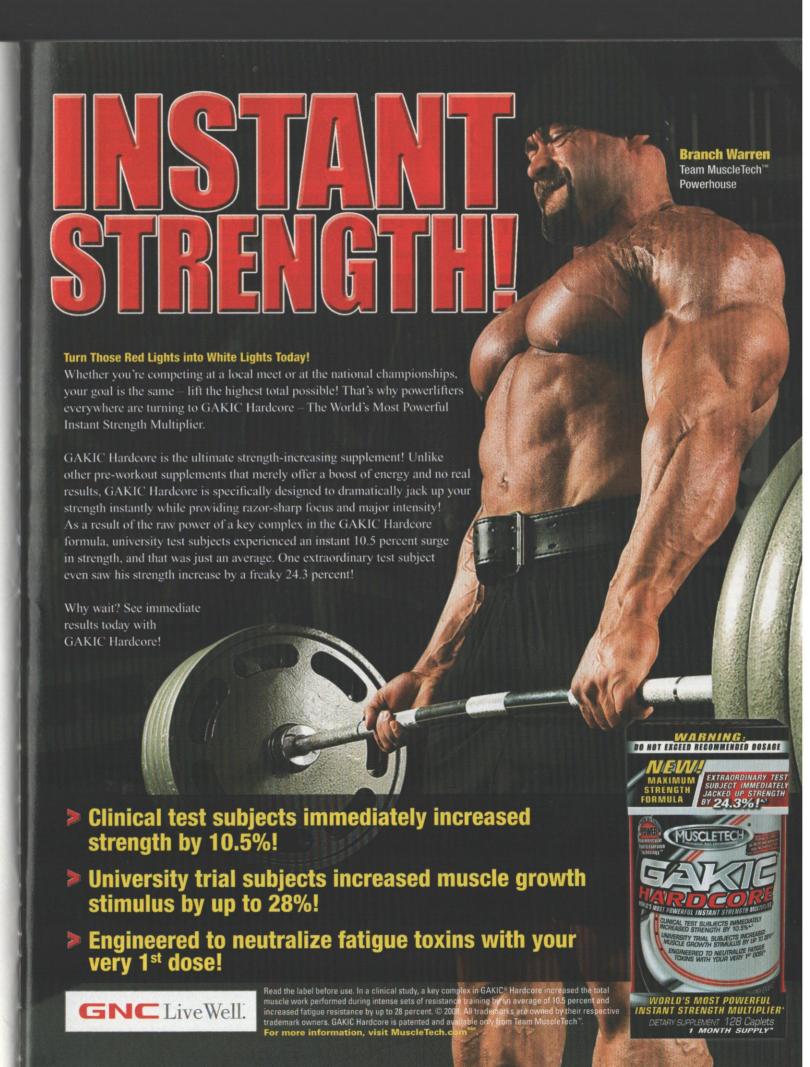
some evidence which indicated that blacks not only trained longer, but they trained with greater intensity than their white counterparts. The Academy concluded that the black athlete's dominance in sports was primarily contingent upon their work.

From what I have observed empirically over the last four decades, there is nothing that has changed my mind about what the Academy concluded. It is probably true that most world-class athletes are born with a certain amount of talent, but rarely do they get to compete at the highest level without putting in years of blood, sweat and tears. I will go one step further and say that even prodigies have to work hard to be successful. You could be the greatest physical specimen ever to walk the face of the earth, but if you don't eat, sleep, and train right, you won't be around long. I don't care how much talent you have: if you're going to be successful, you have to work. If you want to be great, you have to pay a price. You have to jump in there and get your hands dirty. There is just no other way.

Iworked in professional sports for more than two decades; and I have trained at just about every Olympic training center in the world, and I can say unequivocally, I never saw a world class athlete who didn't spend in an inordinate amount of time in training. In fact, most Olympic coaches and trainers will tell you that it's common for athletes to invest four to eight years training in a sport before making an Olympic team. And those four to eight years consist of 20 to 30 hours of training a week. No wonder there are a lot of people who try and give up.

Needless to say, hard work and perseverance are incredibly powerful and effective assets if put to use. We all have the potential to be far greater than we even imagine. In fact, few of us even come close to reaching our optimal capacity. We can achieve almost anything in life if we are willing to pay the price. Nothing in life is free, and anything worth accomplishing is worth working for. Greatness comes to people who are not afraid of sacrifice and hard work. If you want your dreams to come true, you might as well get it into your head right now that hard work has to be part of the formula.

You know we all want to believe that there is some easy way to reach the end of the rainbow, that there is some magic formula for success. In fact, most athletes and non-athletes are looking for a magic elixir that will transform them into a superman overnight. Well, the magic elixir is a nasty little fabrication that can linger for a lifetime, a fantasy substitute for the reality that we have to work for what we get in life. Work, hard grueling work, is the price we all have to pay to travel the road to greatness. Perhaps that is why so few people qualify as being truly world-class it just ain't easy.



Drug testing of athletes for performance enhancing substances has been going on now for over four decades, starting in earnest over 3 decades ago. And it's been over 3 decades that I've been criticizing the whole operation, including the assumptions, proprietary research, and theories on which the doping tests are based.

Drug testing, in a very small part due to my criticisms over the last 30 years plus, and in large part due to the inherent flaws of the testing, has evolved to a system which has all the appearance of infallibility but is extremely vulnerable to error.

In the past four decades drug testing's track record has not been very good.

In the 1970s, as I began building the doping structure for the International Powerlifting Federation (IPF), for which I served as Chairman of the IPF Medical Committee, I criticized the inherent flaws of the testosterone-epitestosterone ratio as a test for the use of exogenous testosterone. Over the years they have refined the testing, as I suggested they should 25 years ago, by doing hormonal profiles and carbon isotope ratios as validations for putative positive tests.(1)

While some progress has been made on this front other disturbing news have raised questions about the validity of the testing. Recently it's been shown that the testing process, dependent on analytical processes that are not as bullet proof as we are led to believe, has inherent flaws that as yet have not been fully investigated.

For example, it's been shown that some athletes are able to use exogenous testosterone, with relative impunity since its use doesn't result in any significant changes in their testosterone:epitestosterone ratio.(2)

On the other end of the spectrum it's also been shown that genetic differences may result in naturally elevated testosterone/epitestosterone levels.(3) While these athletes show an elevated T/E ratio, it's not because they're using exogenous testosterone but because they may excrete less epitestosterone. As such, these athletes, some of whom in the past have been deemed to have had a positive drug test, should not be or have been found positive for the use of testosterone.

In the 1980s and 1990s I wrote about the possibility of various anabolic steroids being endogenous compounds, especially 19-nortestosterone (nandrolone, Deca-Durabolin)(4),(5),(6) At that time I was advised by Dr. Donike, the head of the IOC drug testing team, that I was wrong about much of what I said about anything concerning drug testing and that I should stop spreading such misinformation. In fact I was right, on this and

OPINION

Drug Testing - Is It Fair?

Mauro G. Di Pasquale, M.D, Mauro@MetabolicDiet.com



A Positive Drug Test can have a life changing effect on an athlete.

most of my other criticisms and claims.

Recently the IOC/WADA has accepted the endogenous presence of nandrolone metabolites and have set a level above which the test is positive for exogenous nandrolone.(7) The endogenous production of other anabolic steroids, as has been found in animals,(8),(9),(10) is also a real possibility but these have not been adequately investigated.

There are also other potential pitfalls inherent in the testing process for nandrolone and possibly for other anabolic steroids. For example, recent research has shown that levels of nandrolone metabolites may be artificially increased during the analytical processes it-

The doping arena, ever changing and a contest between the ath-

letes who are constantly looking for an edge, and a bureaucracy looking to detect this edge and apply appropriate sanctions and punishments, is undergoing a paradigm shift. Instead of using exogenous substances and methods to increase performance, athletes are now entering an era where the changes are now coming from within, once the appropriate alterations are made.

Genomic research is providing what I would consider the ultimate tool for athletes to improve body composition and performance, both because of its scope and the difficulty of detection.

And while in the past five years the possibility of gene doping has raised serious concerns..(12),(13),(14),(15),(16) and the World Anti-Doping Agency (WADA) has banned the practice,

blinders are in place as to it's present use by athletes.(17)

I've known about instances of gene doping, both directly and anecdotally, now for over five years. It is happening and there are athletes right now that have boosted their performance as a result.

In its most innocuous form DNA and protein profiling could be used to identify specific gene variants and thus select athletes for certain traits that will help them succeed in a given sport. Athleticogenomics, a new word recently coined, while not gene doping and not bannned, involves genetic profiling on individuals to identify the genome datasets that indicate superior physiological performances in various sports. (18)

At its worst it will involve germline modification in order to produce an individual with specific athletic traits. However, this form of gene doping is the least likely. Much more likely will be the use of gene transfer and genetic technology for genetically enhancing specific traits that will allow athletes to dominate their sport.

Given the number of changes that can be made in the machinery that controls energy metabolism, protein synthesis and catabolism, the number of genetic changes that can be made to manipulate the genetic makeup of any athletes is almost limitless.

Simple changes would include increasing levels of one or more of the anabolic factors, including test-osterone, growth hormone, IGF-I, and interleukin 15, and decreasing the expression of myostatin.

More complex changes would involve changes in the translational machinery, the ubiquitin-proteasome pathway, skeletal muscle satellite cells, aerobic and anaerobic factors including manipulating genes involved in the glycolytic pathway, Krebs cycle, oxidative phosphorylation, the electron transport chain, oxygen transport, delivery and utilization, energy production, both cellular and mitochondrial, perceived exertion, pain perception, etc.

For example, activation of the protein kinase known as protein kinase B or Akt stimulates muscle hypertrophy and antagonizes the loss of muscle protein. (19) As such, by altering the activity of Akt, which plays a central role in integrating anabolic and catabolic responses by transducing growth factor and cytokine signals via changes in the phosphorylation of its numerous substrates, you can make dramatic changes in body composition and athletic performance.

And as an extra added incentive, it will be extremely difficult to detect many of these changes. Keep in mind that the effective detection

(article continued on page 104)



The ULTIMATE TOP TEN - Superheavies

This month we are going to review the all-time Top 10 Super Heavyweights.

Before we begin I want to thank the panel members, Vince Anello, Jon Smoker, Fred Glass, Rickey Crain, Kevin Meskew, Steve Denison, Jim McCarthy, Joe Pyra, Gus Rethwisch, Ken Croxdale and Gordon Santee.

Others who contributed to this project were Bill Ennis, Bob Packer and Will Morris

The Super Heavyweights have always been the favorites of Powerlifting fans. Pound for pound they are no stronger than the other weight classes, but they are the biggest and almost always handle the most weight. I can remember back at the 1972 Worlds, how the audience went crazy over Jim Williams, John Kucand Don Reinhoudt. Everyone had their favorite. It has always been that way with the Su-

Even the voting panel had various opinions, probably more so than any other class. Some big time names did not make the Top 10. The first man to bench 600, Squat 800 and Total 2000 did not make it. (Pat Casey). The first man to deadlift 800 and win 4 consecutive National Titles did not make it. (Don Cundy)

Let's review those who did make the list.



1. Bill Kazmaier

Kaz gained the #1 spot even though his Powerlifting career was relatively short. Bill grew up in Burlington, Wisconsin. He did not start weight training until college, but when he did he obtained tremendous results. ("A new type of Super because he was a trim 330." Jon Smoker) Bill won 2 National Titles and 1 World Championship in Powerlifting. Kazwas the 1978 National Champion at 275 and the National and World champion at Super in 1983. Kaz was really more successful in Strongman Com("Many of Kaz's strength lifts have never been duplicated." Gordon Santee) Kaz was a sensation in both Powerlifting and Strongman. ("Its' amazing how just one word says it all. I have met the man, and I saw him lift, he was way ahead of his time and his lifting was fantastic." Will Morris) Kaz is still considered one of the strongest men who ever lived. Kaz was famous for his unbelievable training sessions. He believed he had to out-train his competition. He is still active in both Strongman and Powerlifting.



2. Don Reinhoudt Big Don was from Fredonia, New York. Don came on the scene in the late 60's, and by the mid 70's was dominant. At over 350 lbs. Don was huge. ("Don, the human mastodon. He carried more muscle than any lifter I've ever met." Jon Smoker) Don was one of those lifters who just manhandled the weights. He squatted over 900 lbs. with only a weightlifting belt, no wraps. ("Big Don - what can you say - he set the standard for the Supers, was way ahead of his time." Rickey Crain) He won 4 consecutive World Titles. He then did Strongman. He won one Worlds Strongest Man Contest. In addition to being a great lifter, Don was one of the friendliest and most likeable of all the powerlifters. He had a good word for everyone. Don was always big, he was born 3/6/45 and weighed almost 12 lbs. Don was also very athletic; in college he played football and was a Track & Field Athlete. 900+ Squats, 600+ Benches and Deadlifts over 900 lbs. all done without equipment. Don was a true champion.

3. Jon Cole

Jon was born in Chicago on 4/1/43. Lifted at 242 and Super. He was one of the most explosive athletes of all-time. Jon's lifts always looked easy, because they were so fast. He was a World Class Track & Field Athlete in addition to being a powerlifter. He was also a World Class Olympic Lifter. ("Cole was neither the very best in Powerlifting, or Olympic lifting, but combining the two he was the best." Herb Glossbrenner) In high school he set a National Discus Record and ran the 100 in under 10 seconds. Jon won National Titles in 1968, 1970 and 1972. He and George Frenn were great innovators. ("Jon was an integral part of strength development training for Powerlifting." Gordon Santee) If you saw Jon lift, you had to be impressed. 4 John Kuc

John had a long Powerlifting career, but a relatively short time as a Super. Weighing 330 lbs was too much for him. ("It would have been awesome to have had the 275 class available in his prime." Will Morris) He lifted at the 1971 Worlds at about 270 and almost won with his final deadlift. The 1972 Worlds was no contest, John destroyed the opposition. He became the first man to squat over 900 lbs. and the 3rd to bench 600. In addition he out-deadlifted everyone by over 50 lbs. John's secret to success was very simple. He never missed a workout and always trained very heavy. John's great lifting along with his very private personality made him almost a mystical figure in Powerlifting. For many years we trained in my cellar gym. A standard heavy duty bar, non-adjustable squat racks and a narrow upright bench. The equipment was crude, but much thought went into the workouts. ("To me he was always polite and ready to discuss

the different aspects of lifting. He gave deep thought on how to execute each lift." Joe Pyra) ("John Kuc was in a class alone." Will Morris) I trained with John and Big Jim Williams in the early 70's. Their workouts were amazing. Each week they would perform lifts that exceeded the existing American Records. John ranked #1 at 242. and placed in both the 275 and Super Classes. What a lifter!



5. Doyle Kenady

Doyle was from the great Northwest. He stood 5' 11" and at his peak weighed about 310 lbs. He had a long and successful career. He won the Senior Nationals twice during the period when Bill Kazmaier and Paul Wrenn were at their peaks. He also finished 2nd four times. Doyle also won 2 IPF World Titles. He was one of the best deadlifters of all time. ("Man could he deadlift. I saw him go though a deadlift workout one time at the Juniors and it blew me away.

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

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 n 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.

Rickey Crain) He was a National Champion in the discus and shotput. The Mountain Man had a long career. ("He had as long a career as any Super and was consistently near the top." Jon Smoker) Doyle was another one of the lifters who let his platform performance speak for him. He was dedicated to Powerlifting. Dovle died in 1999 at Age 56. He lived most of his life in



6. Paul Wrenn Paul had one of the longest careers of all the Supers. He started in the late 60's and is still doing Masters competitions today. Paul has lifted in the USPF, ADFPA and AAU. When I first saw Paul he was around 265 lbs., he eventually weighed over 330. He was one of the most underrated Supers. Paul's 1981 Total of 2342 was the highest done in a USPF Senior Nationals. He was a World Champion and a World Record Holder. He squatted close to 1000 with first generation squat equipment. When Paul squatted there was no question of depth. ("Yes 330+ athletes can squat well below parallel." Kevin Meskew) Paul's squat and deadlift were as good as anyones'. He never could develop his bench to match his squat and deadlift. If he did he might have been rated #1.

Paul still trains and travels extensively, using his strength to spread the word as an evangelist. He is a great representative for the sport of

Salem, Oregon.

7. Garry Frank

Garry is another Super who has had a very long career. He had an outstanding athletic background before he went into Powerlifting. He was a National Level Track & Field Athlete. ("Strong and athletic." Kevin Meskew) Gary also played pro football. He is a huge man and can carry almost 400 lbs. and still stay athletic. ("The new prototype for a 21st century Super." Jon Smoker) He has had the all-time highest total on more than one occasion I trained with Gary in June, and he has plans to push the All-Time Total Record higher. On a good day a 2900 lb. total is possible. Gary is President of the APF and runs a number of meets with his Hardcore Gym, which is one of the finest home gyms in the country. His residence is in Baton Rouge, LA. 8. Brian Siders

Brian is the Top IPF Super Heavyweight. He holds the IPF total Record. The impressive part of Brian's lifts are they look so easy. He puts close to 1000 lbs. on his

back and steps back like it weight 135. ("What can I say, Brian exemplifies unbelievable strength." Steve Denison) Brian works as a Correctional Psychologist at a maximum security prison. He did his first contest in 1975 and has just continued to get better. ("I know him, and I have seen him compete. Brian is, no doubt, the strongest Natural Powerlifter on the planet Earth." Will Morris) Brian has competed everywhere, USAPL, USPF, WPO and RAW. He also does Strongman Contests. It is hard to determine what his potential is. ("Before he is done, he will lift weights drug free that will not be equaled for years to come; I have never witnessed that much raw strength." Will Morris) As the West Virginia native continues on to lift, win titles and set records his all-time rating will only go up. It will be very interesting to see where he ranks 5 years from now.

Jim Williams

The 'Big Black Bear' from

Scranton, PA was a great lifter and

a great fan of powerlifting. He was

huge ("Iwas a young lad of 19 sitting at the Zembo Mosque, site of the 1972 Worlds, which was filled with

monsters. When I first laid eyes on

Jim I had never seen anyone that

big." Rickey Crain) He was best

known for his bench press. ("In my

humble view, Jim was the greatest Big Bencher ever." Joe Pyra), but

Jim was a powerlifter. He talked

Powerlifting, not bench pressing,

and he was a fierce competitor.

("he was the fiercest looking lifter

ever." Joe Pyra) In addition to his

unbelievable Bench Press, Jim had

set American Records in the Squat

and Total. Jim had some very

unique training methods. It was not

unusual for him to bench 5 times in

aweek. Jim lifted, promoted meets,

coached lifters and wrote training

articles. Jim benched 675 at the 72

Worlds, his training partner, John

Kuc, was ranked second with 600.

His benches were super strict, feet

flat on the bench, no arch. ("This is

being written as I look at a photo of

Jim benching. (John Kuc spotting)

with the small of his back so tight on



ful career. He started in the ADFPA, switched to the USPF, then the USAPL. Brad has won 2 IPF Open World Titles at Super Heavyweight, not many Supers have done that. He is a huge man. You have to see him to realize how big he is. Brad has good blood lines. His father was an all-pro offensive lineman for Vince Lombardi's Green Bay Packers. His brothers are Powerlifting and Strongman Competitors. They are all very large people. You have to be huge to use a double overhand grip in the deadlift and pull over 850 lbs. He is still competing and setting IPF World Records in the Masters Division. Brad is a great representative for the sport of Powerlifting and one of the top Supers of all time. At Brad's current pace he could easily lift for another 5 or 10 years.. We may even see a

900 lb. deadlift. Other Super Heavyweights who received support were Terry Todd, Pat Casey, Hugh Cassidy, Don Cundy, Donnie Thompson, Mike

Hall, Anthony Clark. This concludes our series. Remember, this was not just one man's opinion, but a panel that had over 550 years of Powerlifting experience. Hopefully you enjoyed reading it. I am sure everyone has their own opinion. It would be very interesting to see this done again in about 5 years and compare the results. (Bob Gaynor)

CORRECTION ... the text for Doug Furnas on last month's TOP TEN Isting for the 275s was missing. He should have been entered as No. 4 on the list. "Doug was one of those lifters you had to see to believe. He handled heavy weights as easily as anyone. He would walk out with 900 lbs. and he looked like he had 135 on his back. He was the 1986 WPC World Champion with lifts of 985 600 815. This was done in first generation lifting gear. Doug was only on the Powerlifting scene for a short time, but made an impression for his size. ("Thighs were bigger than my body." Kevin Meskew) and his strength. He lifted in the big meets, Nationals, Worlds, and Hawaii Invitational. Doug was very athletic and had a strong sports background. He left Powerlifting for pro wrestling. His career was short, but those who saw him lift will never forget."

Showroom "Demo" Louie Simmons Ultrapro Reverse Hyper (retails for over \$2000 new). Asking \$1200. Must Sell. Outlaw Strength, 104 Loop Rd., Biglerville, PA 17307, 717-677-7570 or 330-501-5876, ask for Mike White. the bench that a cockroach couldn't

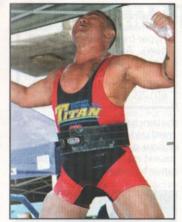
crawl under him." Joe Pyra) That

is how good Jim was. Big Jim

passed away in 2007, but he will

never be forgotten.

Brad has had a long and success-



Derek Matsumoto from Hono-

lulu. (courtesy of Joe Wheatley) USPF Muscle Beach 13-14 SEP 08 - Venice Beach, CA WOMEN E. Welch . Collard Master (60-69) 242 lbs. D. Smith III 402 L. Richardson 165 lbs. M. Kumm DEADLIFT 198+ lbs. WOMEN J. Loveall Submaster L. Richardson 386 165 lbs. 198+ lbs. . Loveall Master (40-49) 165 lbs. M. Kumm Master (40-49) M. Kumm 198 lbs. 165 lbs M. Kumm T. Marquez MEN MEN Junior (13-15) lunior (20-23) 198 lbs V. White 325 Junior (16-17) 165 lbs. 7. Miller 275 lbs. C. Collins R. Madera Jr. 452 Open 148 lbs. 181 lbs Mansourian 369 C. McKelley 468 181 lbs 220 lbs I. Smalley E. Koo 198 lbs. . Grau 650 M. White 551 B. Littlefield 441 308 lbs E. Welch D. Rudd Submaster (35-39) D. Hiatt 242 lbs. I. Grau M. White 275 lbs. Master (40-49) S. Hoekstra 308 lbs D Robideau 502 220 lbs. P. Collard R. Harris Master (40-49) E. Welch 656 198 lbs. D. Robideau Master (60-69) 220 lbs. 220 lbs H. Myers R. Diaz Master (70-79) 242 lbs.



E. Carpenter 154 116 204 474

R. Hill

DL TOT

Alan Best of San Luis Obispo, CA tried a 1003 lb. squat at the meet 148 lbs.



SEPTEMBER 13TH - 14TH, 2008. VENICE BEACH

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C. Westin

181 lbs.

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198 lbs.				
V. Calia	551	419	656	1626
B. Littlefield	524	441	463	1427
J. Hernandez	573	331	518	1422
D. Robideau	457	369	502	1328
V. Sedach	496	265	457	1218
220 lbs.				
D. Gittens	529	480	573	1582
J. Campbell	314	265	452	1031
242 lbs.				
B. Marum	645	480	606	1731
M. Tronske	623	485	601	1709
J. Kelske	551	386	661	1598
E. Paez	518	364	_	882
275 lbs.				



John Buencamino was with the Marines from Camp Pendleton



Sabra Callahan came all the way from Las Vegas to compete at fabulous Muscle Beach Venice.

R. Speno 733 535 634 1901

Alan Best 308 lbs.	683	375	672	1731	
E. Welch 308+ lbs.	502	441	656	1598	
	904	661	705	2271	
Submaster (3 181 lbs.		001	703	22/1	
L. Sparango 220 lbs.	485	336	480	1301	
K. Aubel 242 lbs.	463	375	480	1317	
J. Fischbach 275 lbs.	502	364	535	1400	
R. Speno	733	535	634	1901	
Master (40-49					
V. Calia	551	419	656	1626	
J. Gradney	551	380	524	1455	
D. Robideau 220 lbs.	457	369	502	1328	
R. Schwartz	573	336	502	1411	
R. Harris 242 lbs.	468	11 -	Circulation of the Control of the Co	468	
M. Tronske 275 lbs.	623	485	601	1709	
R. Herrick 308 lbs.	402	276	502	1179	
E. Welch	502	441	656	1598	
B. lannucci	502	331	513	1345	
Master (50-59	9)				
A. Fu 198 lbs.	424	364	502	1290	
E. Lewis	502	270	474	1246	
K. Croxdale		325	480	1213	
L. Vallot	276	226	320	821	
Master (60-69	9)		Lunery		
			-		

D. Martin 485 314 480 1279 Powerlifting Best Lifters: Open Men-Lance Karabel, Junior Men-O'Neil Roussell, Mas-ter Men-Dan Martin, Women-Nicolai Stern. Bench Press Best lifters: Open Men-James Burdette, Master Men-Daniel Smith III, Women-Michelle Kumm. Deadlift Best lifters: Open Men-Ed Koo, Master Men-Roger Hill. Best Team: U.S. Marine Corps, Camp Pendleton. Meet Promoter: Joe Wheatley. Meet Director: Steve Denison, International. Announcer: Chuck LaMantia, National. Score Cards: Kellie LaMantia, State. Referees: Jim Merlino-National, Scott Layman, National, Kevin Meskew, National, Michael Brown, New State Referee, Dominic Licavoli, New State Referee, Jose Hernandez, New State Referee, Darren Matsumoto, New State Referee, Leonetta Richardson, New State Referee. Thanks to our Spotters and Loaders: Phoenix House volunteers. Thank you to Joe Wheatley Production sponsors: Ken Anderson Powerlifting-Title sponsor, Titan Support Systems-Title sponsor, Powerlifting USA magazine-Presenting sponsor, Headblade,

(article continued on page 92)



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J. Skye

WOMEN Junior (20-23)

Powerlifting SQ

HOW ABOUT GIVING BACK?

Q: Anthony, how about sharing the love a little? Seriously you could do your part a little more. I read your articles all the time and the information present in them is really good. My problem is with your XP3 Kit. It is expensive, but I know it's your right to charge what you want. You always say you are looking out for the Powerlifting community so why don't you go that extra step? I am an elite lifter and National champion. I work my ass off in the gym, train like a machine, and put everything into my workouts. I'd like to do your XP3 System, but I can't afford it. I am sure there are many lifters out there who are world class but don't have the money to work with you. You seem like a good guy, but I just hope you

are not only about money? Name withheld A: The reality is that anyone who offers a service whether they are a personal trainer, strength coach, nutritionist or even a shoemaker, needs to make a living. I wasn't born with a golden spoon in my mouth, so I have had to work for everything I have and that is the case with the majority of people. If you want to eat you got to work. I know that my XP3 Nutrition System may be a little expensive for some people. I can fully understand that you are an Elite level powerlifter and you pay your dues in the gum and on the platform I respect anyone that goes to work all day and then hits the gym 3-4 days per week to bust your ass for another couple hours. I understand what it takes in terms of dedication to stick with this sport. It's not easy to do so with all of your other daily chores, work, kids, wife, and everything else. I want you to know that I respect all lifters who go to the gym and give it their all no matter if they are a World Champion or if they place dead last in all their competitions but have the love of the

sport in their heart.

You did comment about how I care about the powerlifting community. I feel that all powerlifters, whether drug free or chemically assisted, raw or into triple ply denim bench shirts, are all one community. If you look at bodybuilding, football, or baseball we are much smaller. Because so many people know one another in this sport we are closer knit than other sports especially among the Elite lifters. When you go to a contest you see those familiar faces from the magazine and you feel part of a brotherhood. When you are at a contest and lifters who don't even know you help you out in the warm up room getting on your bench shirt, that is brotherhood. How about those lifters you are competing against, on the sidelines. cheering you on? What other sport has such camaraderie? This happens even at World Championships. Powerlifters are much different than people of other sports and this is one reason why I am proud to be involved. do sincerely care about the Powerlifting community. This is the main reason why I started this column.

I don't know if you remember when I first started writing for PL USA close to 7 years ago, I heard a ton of

NUTRITION

Power Nutrition Q&A

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

article after article, the lifters started coming around to my ideas. After seeing positive results with numerous World and National Champions in this sport including Garry Frank, Phil Harrington, Joe Ceklovsy, and numerous others, the respect started showing. If I was good enough to help improve their performance through my nutritional methods, then I was good enough to help the guy totalling 1400 who originally doubted my abilities. I have had to prove myself to be accepted by lifters. I am happy I kept plugging along because of all the friends that I have made. Plus, being involved in so many exciting times with these World Class lifters has really made it fun. The reason why I do this column as well as offer my nutritional services is that I want to make a difference in the lives of lifters I work with other professional athletes as well. Not to mention all of the regular 'Joe Executive' clients who I get that want to shape up for their 50th birthday. Let's not forget the rich housewives I deal with that decided against liposuction and sought out my expertise to drop 50 pounds of fat in the next 6 months. I work with football players, bodybuilders, strongmen, weightlifters, soccer players, track athletes, fitness models (which I really enjoy), and other athletes. I don't just have my hands involved with Powerlifters, but I am involved the most sincerely with members of this sport. That's because I used to compete and am a lifter at heart so I can relate to Powerlifters much more than I can with a competitive soccer player. That's also why I know the habits of Powerlifters better than your run of the mill nutritionist. I've been in the power trenches for the last 18

negative talk about my column. But,

years so I know what the deal is. The last thing that I wanted to address from your e-mail was that you hoped I wasn't all about money. That is the furthest thing from the truth, especially in dealing with Powerlifters. The cost of my program may be out of reach for some lifters, but I always give a discount to students because I know they are on a tight budget. Teams that use my services also get a deal. For commercial gyms that outsource my services I give them a major discount so that they can profit by offering my services. I even break up the payments for lifters who can't drop all the coin at once. To say I am all about the cash is really out of line. To get the same service that's offered in the XP3 System from another nutritionist who is even less qualified than me would be several hundred dollars more. I know the rates of others in my field and I can say without



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

a doubt that I am very competitive.
You mentioned that I am all about
the money. You doubted my sincerity

towards the Powerlifting community and made me look like a guy trying to leach off lifters. So, I am going to do something you wouldn't expect, but in reality these are my true colours. I am going to offer 10 of the Elite in our sport to come on board with me and I am going to take them under my wing free of charge. What I mean by Elite lifter is the following. You have won a National or World Championships in your federation of choice. Or you hold National or World Records in a federation. Lastly, any lifter who has totaled Elite in their weight class is included. All of these standards I mentioned above will be accepted for this contest. I am not just going to give these 10 chosen athletes from our sport one of my 12 week programs like I offer on my website. For the 10 that will be chosen I will take them as one of my sponsored athletes. This means they can use my services for as long as they like. So, if one of the athletes that come on board needs my services for his next show, consider it done. Oh wait, he has another show coming up 6 months later, not a problem, I am there to help again. Oh, he needs some assistance in the offseason too, not a problem. I will give them all that I offer in my XP3 system. That includes the Nutrition and Supplement analysis; the blood work review; the customized nutrition plan; the phone consults, and it's all free! On top of this I will also take on two lifters who are not Elite level and offer them the same services that I offer to these top lifters. So, I will accept 12 new lifters to my roster to take their performance and health to the next level. Imagine getting all this without paving me a dime!

Here is some of what lifters that are chosen for Team XP3 will receive.

Nutritional Analysis ... This analysis will take an in depth look at what

nutrition mistakes you are making, your background, training program, health and medical conditions, nutrition history, physiology of your current nutrition situation, efficiency rating and nutritional prescription. This will include a comprehensive review of your bloodwork and how it will play a role in the construction of your plan. This is a major difference that differentiates a customized nutrition plan and a cookie cutter type of plan that is thrown at everyone no matter what your personal needs.

Natural Supplementation
Analysis ... This will take a look into
your current supplementation
program, and supplement history
so that your program can be
designed to best suit your needs.
This is important in the design of
your supplementation plan to make
sure that it works synergistically
with your nutrition plan.

Customized Nutritional Program ... This will be based on your background info and will be geared towards helping you accomplish your performance and health goals. There will be several phases, and after the first phase is completed a re-analysis is done. From these observations and your results from the previous phase a new program is designed. This will optimize your results like never before. The progress of your first phase will be used to develop your next phase.

Contest Day Nutrition Plan ...
This will consist of a customized nutrition and supplementation plan for the biggest day of the year-Contest Day. It will include what to eat before, during, and after the competition. It will include what supplements to take to maximize your performance. This is one of the most important parts of the program since contest day is the day of reckoning and everything has to be dead on.

Contest Cutting Weight Protocols Cutting weight for your contest day can be one of the most frustrating times of your life. If you left it to the last minute to try and get into your proper weight class it can cause a major decrement in your strength. Just going in the sauna, spitting in a cup, or using diuretics can prove not only to be a disaster for your performance, but it is also a health hazard. With the Nutrition XP3 System you will learn different ways to help you cut weight and get into your desired weight class without having to resort to dangerous tactics that will leave you dehudrated and cramped up on the platform. No longer will this be a mystery and with the Nutrition XP3 Program you will be well ahead of the game. This set of protocols alone could save you from disaster come contest day and we all know how important this really is.

Contest Rehydrating Protocols
... Now that you have made weight
and have qualified for your particular
class it is now the time to put the
weight back on plus more. By
optimizing your Rehydrating
Program you will notice a huge

difference in your strength and power when it's time to step on the platform. Don't go up for your first squat feeling flat before you even unrack the weight. With the Nutrition XP3 Rehydrating Protocols you will be fuller, stronger, and more energetic when you step up to do battle. No longer will you have to wonder what you should eat and drink to regain valuable weight. This will make sure that you are primed to set that PR you came to conquer.

Post Workout Nutrition Plan .. Post workout nutrition is a major factor in optimizing your results. If you are overlooking this variable in your nutrition program then you are leaving pounds in the gym. It will play a major role in increased strength, recovery from training, preventing catabolism, inducing protein synthesis, creating an anabolic environment and much more. If you have just finished your workout and don't have a game plan to maximize your post training hormonal environment then you have just thrown the results of that workout right out the window. Post Workout Nutrition is a key variable in your success so you should make sure that you take advantage of this critical time period.

Post Workout "Secret" Formula. This formula is the "secret" that has been written about in Powerlifting USA magazine over and over. It is what has fueled power beasts like Garry Frank, Phil Harrington, Steve Goggins, John Stafford, Matt Lamarque and other Nutrition XP3 Elite athletes. This special formula will be given to you so that you can optimize your post workout hormonal cascade and make sure that you get the most out of the blood, sweat, and tears you just shed in the gum. This secret formula will help you build more muscle, drop fat, increase protein synthesis and help you recover from your training by up to an extra day in advance. This extensive formula was only available for Anthony's Elite Champions, but now you can see the difference it will make in as little as 7

Holistic Health Protocols ... Are you plagued by high cholesterol? Are your triglyceride levels out of control? Do you suffer from Type II Diabetes? Do you suffer from elevated liver enzymes because of your "pharmaceutical enhancement" program? If you have any of these problems orother ailments then you can benefit from the Holistic Health Protocols that will be designed according to the conditions you suffer from. You can help control and reverse many ailments with specific nutrition and supplement protocols. Many lifters suffer from a slew of different conditions due to their horrible nutrition and lifestyle choices. The Nutrition XP3 System can help manage some of the problems you suffer from. You are only as strong as your weakest link and if your health is a weak link then it will take you down when you least expect it. The Nutrition XP3 System is not only concerned about getting you in the best shape of your life but also to make sure that you

are the healthiest as well.
Insulin Sensitivity Analysis ... This

will be a set of protocols to follow after the nutrition and supplementation analysis to customize the right macronutrient ratios for your nutrition plan so that you will get maximum results. This is another instrumental part of your plan as this will allow me to understand your personal physiology make up and how efficient your hormonal balance is.

Phone Consultations ... Here you will be able to consult with me one on one to go over your plan, ask questions and to provide the feedback necessary to get the results you deserve.

Email Support ...Got a quick question about something? Send over an email and get a personalized answer from me within 48 hours. This way you won't have to use up your phone consultation time for just a few quick questions that may have arisen along your journey to a bigger total.

Now, you being a cynic, I am sure you must think there is some type of catch. Yeah, there must be some type of conspiracy theory for the offer that I put forth to the powerlifting community. You probably bet the catch involves money of some sort right? You are right, my friend, there is a catch and it does involve money. As you all probably know one of the top coaches of our sport, Rick Hussey, was diagnosed with cancer last year. He underwent surgery and then chemotherapy as part of his much needed treatment. Rick was the first member to be inducted in the Nebraska Powerlifting Hall of Fame and coach of the World's Strongest Woman Becca Swanson. He is also the owner of Big Iron Gym and the coach of numerous World record holders and World champions. Rick has done a lot for this sport. He is the man behind the bang of the performances of Shawn Frankl, Jim Grandick, Richie Briggs, Brad Hein, Nick Hatch and

Brad Heck among many other world class lifters. Rick has spent the last 20 years of his life giving back to the sport. All of his lifters can attest to the fact that without Rick in their corner they would have never reached the level they have attained in the sport. Beyond a doubt, Rick has done a lot for this sport and we as a community should stand behind those who give everything to us and ask little in return. For those of you who would like to submit your application to me so that you have the opportunity to be part of Team XP3 all I ask for is that you make a generous donation on behalf of Rick Hussey to help pay for his continuing medical treatment. Rick doesn't have medical insurance and in his time of need we should all be there for him. All donations can be sent directly to Rick at Big Iron Gym courtesy of the Nutrition XP3 Contest. What I need from vou ...

Ok, for those of you looking to become part of this contest, this is what I will need from you. I will need you to send me an e-mail so that you can receive the application form. I will have you fill out all the information required and then sent back to me before the deadline. When e-mailing me please put in the header "Nutrition XP3 Rick Hussey" so that I know what your intention is. I get tons of email daily and this will make it easier for me to sort things out. Oh yeah, don't forget - for you to be eligible as I have requested before - all contestants must make a donation to our brother in iron Rick Hussey. You can make your donation directly to Rick through PayPal at helphealrick@gmail.com. For those of you looking to send a check or money order please send it directly to:

Big Iron Gym C/O Rick Hussey 5514 North 103rd St Omaha, NE 68134

So, once I get your application and confirmation of your donation, you will be entered in the contest. Once all applications are in then the winners will be chosen. This is a huge opportunity for you to get my services free of charge and all you have to do is help those who have done so much for our sport. You see, if you give a little, I will give a lot in terms of my time and work. This will benefit not only you in your training but also you will give back to a legendary coach in our sport.

CONCLUSION

So, as you can see, I am not interested in making anything out of this. I am looking to help you the lifter who may be interested in working with me one on one. On top of this all donations will be going for a good cause. This is the least we can do for someone that has dedicated his life to giving to our sport. I am happy to be part of this and really want the lifters to get involved. Rick, if you are reading this, all I can say is that I wish you the best and I apologize for not doing this earlier. Now, the deadline for this is going to be December 25th, 2008 What this means is that you better get off your butt and get your application and donation in. This is giving the Elite and every day Joe Schmo lifter an opportunity that doesn't come around often. So here you go"Mr Anonymous Email". This is your chance to put your money where your mouth is and have the opportunity to work with me without having to dish out for it. For the rest of you, al I can say is get involved and help a good cause. Now is the time to get your nutrition dialled in by a lifter who cares about lifters!

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

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AGE: SEX: E-MAIL	ADDRESS:	
REGISTRATION FEE \$25 - ADULTS \$10 - HIGH SCHOOL	MAKE CHECK PAYABLE 7 139 MARLAS WAY, CAMI NOTE: Your 100% RAW Mem One Year From The Date of	DEN, NC 27921 bership Will Expire
LIFTERS SIGNATURE:	PARENTS SIGNATURE IF UNDER	18 YRS, OLD
DATE OF APPLICATION: _	(This Will Be You	ur Renewal Date)
drug testing procedures during or at to accept the results of such testing. I will not sue the 100% RAW Powe or while traveling to or from a comp	o submit or give permission for my son/o fter a competition by Officials of 100% R and will not challenge the results in any rilfting Federation for injuries that may o setition. I do realize that Powerlifting is a, I have chosen to compete in Powerlifti	A.W. I hereby also agree way. I further agree that occur during competition a dangerous sport and by

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MHP Puts Up \$10,000 in Cash Prize Money for Kings of the Bench III and Clash of the Titans II - MHP

(www.MaxPerformance.com) has again teamed up with Hardcore Powerlifting, LLC and now Metro Flex Gym Productions to bring you MHP's Kings of the Bench III and Clash of the Titans II at the Ronnie Coleman Classic. This tradeshow will take place on April 18th, 2009 at The Mesquite Convention Center just outside of Dallas, Texas. The Clash of the Titans II will offer full powerlifting while The Kings of the Bench III will again test some of the strongest benchers in the world. There will be four weight divisions and the event will be a super open (no age or gender specific classes.) The winner of each division in each competition will be awarded \$1,000 cash plus the overall biggest bench and total of the show will win a bonus \$1,000 (not to be determined by formula.) This contest will be in the classic format and though wrist/knee wraps, belts and chalk will be allowed on the platform, benchpress shirts and power lifting suits will not. The entire professional production will be available for viewing on the internet in streaming video within a couple of weeks of the live contest. Powerlifters and powerlifting fans all over the world will get the chance to view these talented weightlifters do battle. Anyone who attends the expo itself will get the opportunity to witness these strength superstars live and in person on the MHP powerlifting stage in the main tradeshow hall. This will be the fourth professional promotion put on by Hardcore Powerlifting.com and already the event looks to be a stellar showdown of some of the world's top iron athletes. Past professional competitors have included: Brian Siders, Nick Winters, Jeremy Hoornstra, Matt Kroczaleski, Joe Mazza, Joe Luther, Rav Hickman, Al Davis, James Searcy, Geoff Butia, Trey Scott, Adam Zehr, Dave Marchant, Gunny Green, Brad Tripp, Brandon Cass, Germany's Holger Kuttroff, Levi Van Dyke, Chip Edalgo, Chase Martin, Russell Kitani, Ben Graves, Dustin Gibbins, Lynne Boshoven, Jeremy Brinkley, Anthony Cooper, Jon Grove and Rock Lewis. To compete in either The Clash of the Titans II and/ or The Kings of the Bench III, please contact Sean Katterle at www.HardcorePowerlifting.com, 1 . 5 0 3 . 2 2 1 . 2 2 3 8 , SeanZilla@HardcorePowerlifting.com, 1957 West Burnside # 1655, Portland, OR 97209.



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Last month we went topless on Venice Beach, visited troglodyte Mike Barcelone from Valhalla Gum, and learned an important new way to get strong while in an office setting. This month, we planned to visit either of two overseas gyms but I didn't get good photos yet. So I have decided instead to tell you the true story about a nice fat girl that I met. Nope, I'm not kidding.

I met her when she was lying very still on the couch in the living room of her parent's modest home. She was a very pretty Hispanic girl, although her skin was a bit grayer than I prefer. Her mother was sobbing hysterically, and her dad was trying to do CPR - but he didn't know how to do CPR. She was 27 years old, and she was very pretty, and she had been dead about an

We did all we could, but she never regained a pulse. We'll call her 'Angel' today, because that is as close to her real name as I better get. Later Hearned her story:

Angel married at 19, and her 21 year old husband wanted a big Mexican family. They tried and tried to have children, but she miscarried every time. She was pretty heavy at the time, so they decided that was the reason. She couldn't successfully deliver a baby - because she was too fat. Angel tried and tried to diet, but like most people,

Hardcore Trainwreck #78 Angel (she just needed a good gym) as told to Powerlifiting USA by Rick Brewer

she failed to keep the weight off. She reviewed her medical options, and got a lap-band put on her stom-

It worked like a charm! Angel lost a lot of weight, and soon became pregnant again. This time, sure enough, she successfully delivered a beautiful baby girl! But she began having abdominal pains, and she went back to the hospital twice. They gave her some pain pills, with a little pep-talk about delivery pains, and sent her home. Twice.

Angel finally went to a different hospital, and when they X-rayed her they determined that the lapbandhadshifted. It had cut off blood flow to most of her stomach, and a large portion of her stomach and colon were necrotic. She was in septic shock. They operated to remove much of her stomach & colon, and disconnected her esophagus - so that she had to be fed through a feeding tube in her chest. There were further complications, and she remained in the hospital for over 2 years.
While she was in the hospital

Angel's husbandlefther, and moved in with her best friend. He ignored Angel's daughter, and started a big Mexican family with her former friend. Angellost her health, but her mom raised the cute little granddaughter. Unfortunately, when she finally went home from the hospital Angel's daughter was scared of her. She called the grandmother

Angel grew depressed, and tried to commit suicide. While back in the hospital, her former best friend was also in the hospital for a heroin overdose. Her ex-husband was able to visit both of them at the same

Several more years went by, and there were 3 more surgeries to restore Angel's GI system. Eventually, Angel grew healthier. Her daughter learned that the sick girl was her real mother. Angel finally even got her esophagus reattached so that she could chew and eat. But there were further complications, and she died at 27. Her driver's license showed the face of a pretty (but chubby) Mexican girl, and the

couch held a pretty (but dead) thin

We all want to change the way we look. Weightlifting is great at sculpting a leaner or better body. How could you help a big girl in need of a friend? I always wanna be leaner and stronger, or at least stronger, and I'll never quit trying. I'm not opposed to liposuction or lap-bands, and would consider either as viable options with talented medical personnel.

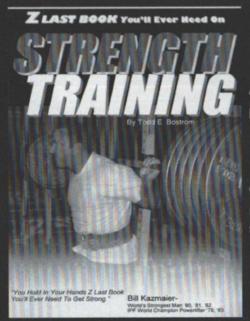
I remember when Mike Mentzer grew huge and fat, right before he died. He looked terrible, and I began to question all of his heavyduty training theories. I liked the ideas, but if they produced an unhealthy fat person-could they really be good? At the very least, it was clear that a greater work volume was needed to keep 'in shape.

Are diets and other methods of weight-loss stupid? Most definitely not. Is it true that heavier people have more health problems? YES Is it true that big people may hang over the edge of your chair in a movie theater or on an airplane? Yep, sometimes. I will let vou decide what the point of this story is; I just wanted you to meet Angel. It's hard to get a nice fat girl out of your mind.

Next month, it's back to the gym.

Rick@houseofpain.com

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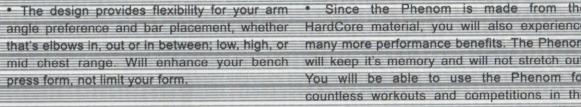


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- by the Stretchy-Back™ provide the effect comfort

 The Round-Sleeve[™] design is very
 SOLID SEAM[™] technology. The user-friendly because it accommodates construction and stitching on The Rage in superior. The Rage seams lay flat which eliminates the digging into your skin that regular commercial seams do. Regular commercial seams are intended for fast- sewing efficiency to save on labor cost and for loose-fitting, mass-produced T-shirts, not for Bench Shirts, Inzer Advance Designs, the originator of the bench shirt Stretchy-Back™ makes The Rage more has always been the forerunner of bench effective and easier to get into. It allows shirt technology and construction. The most the lifter to custom-fit on the spot by important thing the Solid Seam™ does is allowing the neck to be lowered down the eliminate the erratic bar wavering that body and the sleeves to be lowered down another's shirts cause. Instead of the the arms. The fitting adjustments allowed quarter-inch of open play between sleeve and chest-plate the pinched commercia seams create, the Solid Seam™ locks al of an Open-Back but with a back that is parts of The Rage together making it so completely enclosed. The Stretchy-Back solid it might as well be welded together. fabric also breathes easier, creating The differences are sometimes subtle but when all these factors are added together it makes a big difference. These reasons alone would make The Rage the bes Round-Sleeve™ bench shirt in the world, but there's much more The Rage offers for big benching.

TNZER

The Phenom is an extreme top-end bench shirt that will provide you with phenomenal bench press performance, features and power. Guaranteed beyond any other. Made from the legendary HardCore material. The onl technology of this kind, the Phenom will provide you with incredible power of the chest through the mid and top range of motion and it will keep this power lift after lift, competition after competition.



- which will provide you with the most incredible balance of non-stretch and reboun rebound power available in the powerlifting combination which will provide you wit world. HardCore material is also up to 40% incredible power and momentum from start t heavier than the closest poly fabric on the lock out. market being used for powerlifing gear.
- You will be able to use the Phenom for countless workouts and competitions in the . Spreads the stress over a wider area of the future. It's a true investment in powerlifting
- · Made from the exclusive HardCore material · The material of the Phenom has the perfect



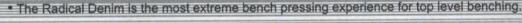
A step above the shirt that's all The Rage in powerlifting. The RageX is the sensational shirt that's helping powerlifters sweep the earth with massive bench presses. The RageX is a step above all round-sleeve bench shirts in clear Quality and Effectiveness. The RageX is the most amazing poly bench shirt in the history of the



- Extra Reinforced front shoulder seams add The RageX is the bench shirt for those who support and security for this radical design Thicker, Extra Reinforced neck
- 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.
- · RAGE X IS FOR EXPERIENCED BENCH and increase the longevity and comfort of the PRESSERS ONLY PLEASE! RageX goes into RageX bench shirt. Or choose Single Layer for new territory where unbelievable results from a single-layer competition restrictions. poly shirt happen. The RageX will continuously amaze you at how much you can bench press. . Guaranteed. Absolutely guaranteed you will Bench pressers report regularly how much fun bench press more than in any other round-sleeve the bench press has become for them because bench shirt of this amazing bench press shirt. The increased weight you will bench press will take practice to become accustomed to. Strength gains will result from handling the increased weight. Confidence will rise from one training session to the next.
- want an immediate step up to stratospheres of bench press power because it is a MORE · The combination of several new contours built AGGRESSIVE design than any other company sleeve angle and elementary things such as that.
 - RageX in DOUBLE LAYER. Go Double Layer

SEE MORE SELECTION AT INZERNET.COM

Extreme performance technology makes the Radical Denim the choice of most all th world record breakers who wear a denir shirt. The heaviest construction available for the maximum in benching prowess. The Radical Denim will provide you with the top end denim experience.



- Made from heavy quality denim that will withstand the pressure from the heaviest poundages
- Proven in countless world record breaking bench press performances.
- Choice of Partial Open Back, Closed Back, Complete Open Back, With or without Velcro.



- •The most sturdy bench shirt of all. Used by some of the world's best benchers with great success!
- •The Ultimate Denim has virtually no stretch to it and works best for lifters with a beefier upper body.

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The World Leader in Powerlifting Apparel



The World Leader in Powerlifting Apparel

Inzer Advance Designs Logo T-Shirts This quality T-shirt with two color logo is an excellent value. Choose from a variety of colors: purple, navy blue, royal blue, california blue, yellow haze, yellow, misty green, jade, kelly green, forest green, khaki, canvas heather, oxford, natural, white, stars and stripes, pink, orange, maroon, red, and black. (2X-3X add \$2.00 4X-5X add \$4.00) Pullover Crewneck Keep warm Supersweats Crewneck with embroidered two-color Inzer logo \$14.95

Jersey Knit Short 50% polyester/50% elastic waistband,

six-inch inseam.

two-color

\$12.95

Inzer logos

Suit Slippers Suit Slippers will help you get your suit up quicker and easier. Pull Suit Slippers on your leas then slide the suit on. After you have the legs of the suit up, pull the Suit Slippers out from underneath the suit.

VANCE DESIGN

Stickum Spray Jse this excell tool for a variety of perfomance tweaks in training and competition



\$19.95



Meshback Lifting Gloves workout gloves. Power-Surge

Gym Chalk

Essential for

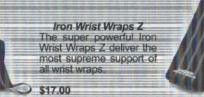
workouts and

competitions.

magnesium of

carbonate





Velcro



Camo T-shirts
Camo T-shirts are Quality summer weight Tank Top with two color logo Comes in either 50/50 poly/cotton or 100% cotton fabric depending on inventory. Available in white available in: red camo, green camo, blue camo, and yellow black, navy blue, royal blue, and



\$10.00

Warm Up Pants

This comfortable warm

up pant with front

leg-length, two-color Inzer logo on each

Embroidered with

two-color Inzer logo,

available in black

Elbow Sleeves XT high te

Elbow Sleeves XT have

multiple applications to

enhance the performance

competing and training for

pleasure

grev, and red

\$10.00

and

Power-Surge Red Line Wrist Wraps

Power-Surge, Double Red Line Competition

Convenient wrist-cuff

wrap-end. Full length Extra thick. Strong

support. Comfortable.

design.

\$12.50

pant leg

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Supersweats Pullover Hoodie with embroidered two color Inzer logo chases away the

\$19.50

Gym Bag This large del embroidered gyn duffel is easy to look at! Inzer logos and "Strongest Sport, Powerlifting" design compartment roomy pockets on each end. Heavy nylon. Great value. X 13" X 12'



Fitting Gloves Save your fingers when handling and fitting gear on workout partners or yourself! The Atlas Fitting Gloves also work great in strongman events!



Knee Sleeves XT The high tech knee support advantage for ongman competitors and other athletes



Power-Surge Red Line Knee Wraps Power-Surge Double Red Line Competition Knee Wraps. Extra thick Strong support. Easy to wrap to full tightness

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Iron Wraps Z The most powerfu most popular, most effective knee wrap in the world!



atented Lever for the most support possible

\$70.00

Forever Lever Belt 13MM The 13mm thick Lever Belt is so quick and easy to use. Tighten your belt with a push of the

Forever Belts™

Forever Buckle Belt 10MM
Forever Belt quality in the 10mm choice Forever Lever Belt 10MM

All the manufacturing quality and Lever Belt action in a pliable 10mm thickness. \$60,00

The incredible propulsion of MAX

DL will give you the explosive starts

and super strong lockouts you need

The Pillar

can lift through several key designs built

in. Feel the super support and power on your feet and in your lifting with this

Heavy Duty Erector Shirt

HD Erector provides firmness with the right amount of rebound to help you achieve explosive deadlifts and stable, upright squats. When used properly it's like lifting with an extra erector muscle

The Pillar will increase the poundage yo

outstanding power shoe.

deadlifting.

\$145.00



buckle. \$70.00

Lifting Singlet design lifting pleasure to wear as m

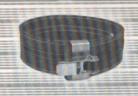
sports several finishing touches that make this singlet a required attire over your bench shirt or for workouts.

fantastic support and excellent value. Now updated for even more power.

Forever Buckle Belt 13MM
The firmest, best belt in the world with unmatched buckle strength. Available in one or

two prong zinc plated steel, seamless roller

Available in one or two prong precision buckle.



A big step forward in Powerlifting Belts! For the first time ever a powerlifting belt provides you with the power to fit yourself differently each set, precisely how you need it.



Power Belt Quality Economy

Normally sold at much higher prices by others, this quality power belt will provide years of great use at an unbeatable price. \$39.95



Champion Suit has proven itself in countless competitions and world records over time. Enjoy the incredible support of Champion suit at an unbeatable price and value.



Based on the original, legendary design. Made of unique material found in no other shirt. Many experienced athletes still prefer this bench shirt Unbeatable value and price.



High Performance HD Blast
Steps above in Radical[™] technology, the HPHD will enter you into the world of the more extreme designs. Made from quality, HD [™] polyester material.

\$77.00

Z-Suit



Heavy Duty Groove Briefs
Made from the Heavy Duty material to give
you heavy support in your quest for bigger lifts. \$26.00

\$55.00

AWPC World Championships 1-3 AUG 08 - Chicago, IL

1-3 AU	G 08	- Chic	ago, Il	L
BENCH		L. Spo		408!
FEMALE			harski	248
148 lbs. Master I		Master	mmond	42518
J. Taber	154!*	Teen I		4331
Submaster			Closkey	485
P. Cartee	121	Open		
198 lbs.		M. Mi		761!*
Open		J. John		551
M. Berry	132!	242 lb		
SHW Master III		Master		127
S. Thoms	380!*	M. Ta	linski	12/
MALE	300.	Master		
132 lbs.		K. Tav		364
Master VII		Master		
I. Plagov	176		patrick	485!*
165 lbs.		Master		100
Open Grishko-RUS		B. Bian Open	nco	160
Submaster			e-HUN	397
Lapynin-RUS	375	B. Hof	fman	_
181 lbs.		Police		
Master I		K. Tav		364
M. Bingham	452	Subma		
Master IV Milton-CAN	287	B. Hof 275 lb		-
Master X	20/	Master		
A. Virta	187!*	D. Mu		562
Open		Master	IV	
Nechaev-RUS	535	C. Bar	nett	408!
Police/Fire	450	Open		
M. Bingham 198 lbs.	452	D. Lev	h-HUN	650
Junior		E. Hul		606
K. Platt	430	D. Mu		562!
S. Borrego	402	Subma		
Master I			manski	628!
E. Taber	502!	308 lb		
Master V J. Hussey	380	Master C. Co		452!
R. Cuny	265	Teen I		432.
Master VI Raw		A. Bur		441!*
Anczerewicz	254*	Teen 1	11	
Open		R. Sing	gh	518
T. Hensley		SHW		
Fayzullin-RUS 220 lbs.	463	Open R. Vic		854!*
Master VII B. Bassman	320!*		ov-RUS	
Master VII B. Bassman Master VI		Subma C. Hai	ov-RUS ster rwood	584
Master VII B. Bassman Master VI Powerlifting	320!* \$Q	Polyak Subma C. Hai	ov-RUS ster rwood	
Master VII B. Bassman Master VI Powerlifting FEMALE		Subma C. Hai	ov-RUS ster rwood	584
Master VII B. Bassman Master VI Powerlifting FEMALE 105 lbs.		Subma C. Hai	ov-RUS ster rwood	584
Master VII B. Bassman Master VI Powerlifting FEMALE 105 lbs. Teen I		Subma C. Hai	ov-RUS ster rwood DL	584
Master VII B. Bassman Master VI Powerlifting FEMALE 105 lbs. Teen I J. Singel 123 lbs.	\$Q	Polyak Subma C. Hai BP	ov-RUS ster rwood DL	5584 — TOT
Master VII B. Bassman Master VI Powerlifting FEMALE 105 lbs. Teen I J. Singel 123 lbs. Master IV	SQ 138!	Polyak Subma C. Har BP	ov-RUS ster rwood DL 226!	5584 — TOT 474!
Master VII B. Bassman Master VI Powerlifting FEMALE 105 lbs. Teen I J. Singel 123 lbs. Master IV S. McCallion	\$Q	Polyak Subma C. Hai BP	ov-RUS ster rwood DL	5584 — TOT
Master VII B. Bassman Master VI Powerlifting FEMALE 105 lbs. Teen I J. Singel 123 lbs. Master IV S. McCallion Open	SQ 138! 259!*	Polyak Subma C. Har BP	ov-RUS ster rwood DL 226! 237!*	5584
Master VII B. Bassman Master VI Powerlifting FEMALE 105 lbs. Teen I J. Singel 123 lbs. Master IV S. McCallion Open M. Kirkland	SQ 138! 259!*	Polyak Subma C. Har BP	ov-RUS ster rwood DL 226! 237!*	5584 — TOT 474!
Master VII B. Bassman Master VI Powerlifting FEMALE 105 lbs. Teen I J. Singel 123 lbs. Master IV S. McCallion Open M. Kirkland 148 lbs.	SQ 138! 259!*	Polyak Subma C. Har BP	ov-RUS ster rwood DL 226! 237!*	5584
Master VII B. Bassman Master VI Powerlifting FEMALE 105 lbs. Teen I J. Singel 123 lbs. Master IV S. McCallion Open M. Kirkland 148 lbs. Open R. Fishman	SQ 138! 259!* 485!*	Polyak Subma C. Hai BP 110!* 99 254!*	226! 237!* 408!*	5584
Master VII B. Bassman Master VI Powerlifting FEMALE 105 lbs. Teen I J. Singel 123 lbs. Master IV S. McCallion Open M. Kirkland 148 lbs. Open VanRooy-CAN	SQ 138! 259!* 485!*	Polyak Subma C. Hai BP 110!* 99 254!*	226! 237!* 408!*	5584 — TOT 474! 595!* 1146!
Master VII B. Bassman Master VI Powerlifting FEMALE 105 lbs. Teen I J. Singel 123 lbs. Master IV S. McCallion Open M. Kirkland 148 lbs. Open R. Fishman VanRooy-CAN Teen III	SQ 138! 259!* 485!* 342 292!	Polyak Subma C. Hai BP 110!* 99 254!* 209 154!	226! 237!* 408!*	5584
Master VII B. Bassman Master VI Powerlifting FEMALE 105 lbs. Teen I J. Singel 123 lbs. Master IV S. McCallion Open M. Kirkland 148 lbs. Open R. Fishman VanRooy-CAN Teen III R. Mayer	138! 259!* 485!* 342 292!	Polyak Subma C. Hai BP 110!* 99 254!* 209 154!	226! 237!* 408!*	5584
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Master VII B. Bassman Master VI Powerlifting FEMALE 105 lbs. Teen I J. Singel 123 lbs. Master IV S. McCallion Open M. Kirkland 148 lbs. Open R. Fishman VanRooy-CAN Teen III R. Mayer	138! 259!* 485!* 342 292!	Polyak Subma C. Hai BP 110!* 99 254!* 209 154!	226! 237!* 408!* 303 298 336!*	5584
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Master VII B. Bassman Master VI Powerlifting FEMALE 105 lbs. Teen I J. Singel 123 lbs. Master IV S. McCallion Open M. Kirkland 148 lbs. Open R. Fishman VanRooy-CAN Teen III R. Mayer 165 lbs. Teen III S. Gilbert 181 lbs. Open S. Mendelson S. Detman 198 lbs. Open J. Gimmell SHW Master III Raw M. Tawzer MALE 123 lbs. Teen I A. Forezzi R. Hubbs 132 lbs. Master VII	\$Q 138! ** 259!* 485!* 342 292! 402!* 413 502!* 424 325 7 176*	Polyak Subma C. Hai BP 110!* 99 254!* 209 154! 209 270 287!* 226 171 116*	226! 226! 237!* 408!* 303 298 336!* 380 369 320 292!*	TOT 474! 595!* 1146! 854 744! 1064 1157! 1020 816 584*
Master VII B. Bassman Master VI Powerlifting FEMALE 105 lbs. Teen I J. Singel 123 lbs. Master IV S. McCallion Open M. Kirkland 148 lbs. Open R. Fishman VanRooy-CAN Teen III R. Mayer 165 lbs. Teen III S. Gilbert 181 lbs. Open S. Detman 198 lbs. Open J. Gimmell SHW Master III Raw M. Tawzer MALE 123 lbs. Teen I A. Forezzi R. Hubbs 132 lbs. Master VII S. Smith 148 lbs. Master I C. Morse	\$Q 138! ** 259!* 485!* 342 292! 402!* 413 502!* 424 325 7 176*	Polyak Subma C. Hai BP 110!* 99 254!* 209 154! 209 270 287!* 226 171 116*	226! 226! 237!* 408!* 303 298 336!* 380 369 320 292!*	TOT 474! 595!* 1146! 854 744! 1064 1157! 1020 816 584*
Master VII B. Bassman Master VI Powerlifting FEMALE 105 lbs. Teen I J. Singel 123 lbs. Master IV S. McCallion Open M. Kirkland 148 lbs. Open R. Fishman VanRooy-CAN Teen III R. Mayer 165 lbs. Teen III S. Gilbert 181 lbs. Open S. Mendelson S. Detman 198 lbs. Open J. Gimmell SHW Master III Raw M. Tawzer MALE 123 lbs. Teen I A. Forezzi R. Hubbs 132 lbs. Master VII S. Smith 148 lbs. Master II C. Morse Master III	\$Q 138! ** 259!* 485!* 485!* 402!* 413 502!* 424 325 7176*	Polyak Subma C. Hai BP 110!* 99 254!* 209 154! 209 270 287!* 216 171 116*	226! 237!* 408!* 303 298 336!* 380 369 369 320 292!* 265 270	TOT 474! 595!* 11146! 854 7744! 948!* 11064 1157! 11020 816 584*
Master VII B. Bassman Master VI Powerlifting FEMALE 105 lbs. Teen I J. Singel 123 lbs. Master IV S. McCallion Open M. Kirkland 148 lbs. Open R. Fishman VanRooy-CAN Teen III R. Mayer 165 lbs. Teen III S. Gilbert 181 lbs. Open S. Mendelson S. Delman 198 lbs. Open J. Gimmell SHW Master III Raw M. Tawzer MALE 123 lbs. Master VII S. Smith 148 lbs. Master VII S. Smith 148 lbs. Master II C. Morse Master III V. Scelfo	SQ 138! 259!* 485!* 342 292! 402!* 413 502!* 424 325 7176* 248 220 138 — 562	Polyak Subma C. Hai BP 110!* 99 254!* 209 154! 209 270 287!* 216* 171 116* 143 121 171 — 331!*	226! 237!* 408!* 303 298 336!* 380 369 320 292!* 265 270 — 413	5 584 TOT 474! 595!* 1146! 854 744! 1064 1157! 1020 816 584* 656 679
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Master VII B. Bassman Master VI Powerlifting FEMALE 105 lbs. Teen I J. Singel 123 lbs. Master IV S. McCallion Open M. Kirkland 148 lbs. Open R. Fishman VanRooy-CAN Teen III R. Mayer 165 lbs. Teen III S. Gilbert 181 lbs. Open S. Mendelson S. Detman 198 lbs. Open J. Gimmell SHW Master III Raw M. Tawzer MALE 123 lbs. Teen I A. Forezzi R. Hubbs 132 lbs. Master VII S. Smith 148 lbs. Master II C. Morse Master III V. Scelfo G. Sagor Master V M. Wider	\$Q 138! ** 485!* 485!* 485!* 402!* 413 502!* 424 325 7176* 138	Polyak Subma C. Hai BP 110!* 99 254!* 209 154! 209 270 287!* 226 171 116* 143 121 171 — 331!* 182	226! 237!* 408!* 303 298 336!* 380 369 369 320 292!* 265 270 — 413 375 424	TOT 474! 595!* 11146! 854 7744! 948!* 11064 1157! 11020 816 584* 656 606 579 1306 1009



Korean Power ... WPC President Mike Sweeney, flanked by WPC Korea President Young Soo Lee (left) and Korean lifter Jae Deok Kim, at the AWPC World Championships. (photo courtesy Mike Sweeney)

Junior					Submaster				
S. Mattison	573	375	424	1372	R. Clark	645	463	601	1709
R. Michie	457	248	463	1168	Master I				
Open					VanAlstyne	705	529!*	551	1786
J. DiGirolamo	639	391	557	1587	Master III				
E. Stone	678	380	507	1565	V. Donofrio	_	_	_	_
Submaster					Master IV				
Lapynin-RUS	463	419	507!	1389!	M. Milton	_	-	_	_
Master VII					Master VI				
R. Flores	452	215	441	1108	P. Wilder	364!*	55!*	408!*	827!*
181 lbs.					Master VII				
Junior					J. Ellis	430!*	215	446!*	1091!
C. Yuhas	529	270	496	1295	220 lbs.				
Open					lunior				
D. Cagnolatti	678	529	573	1780	Z. Zenzen	634	435	568	1637
V. Lysobey	678	463	562	1703	Open				
B. Hibbing	573	276	474	1323	M. Szudarek	849!*	424	601	1874
VanRooyen	314	276	364	953	S. Wagner	750	452	551	1753
Submaster					Police/Fire				
V. Lysobey	678	463	562	1703	D. Zenzen	661	380	518	1560
E. Domanski	623	342	568	1532	Master 1				
B. Hibbing	551	_	_	551	J. Rebera	766!*	540!*	573	1879!
Master I					H. South	617	314	579	1510
M. Trulock	562	320	562	1444	Master II				
D. Naughton	441	502!*	474	1416	B. McCord	568	413	540	1521
Master II					B. Garnett	551	402	424	1378
Y. Soo Lee	595	364	507	1466	Master IV				
Master III					D. Zenzen	661	380!*	518!*	1560
R. Ruettiger	_	-	_	_	Teen II				
Teen II					A. McCloskey	705	463!*	656!*	1824
J. DiMaggio	413	220	413	1047	Teen III				
M. Larsen	364	182	314	860	R. Deschenes	705	402	606	1714
198 lbs.					T. Luna	656	402	507	1565
Junior					242 lbs.		-		
W. Benson	468	347	474	1290	lunior				
Open					T. Jacobs	728	518	606	1852
R. Paras	761	_	_	761	Open				11274
Police/Fire					J. Atef	860	579	606	2045
P. Wilder	364	55	408	- 827	J. Dibble	739!	546	579	1863!



Bradenton Power: (I-r) Vince Lysobey, Mike Allocco, and Bruce Garnett; all did well at the AWPC Worlds. Vince won Best Lifter in the Submasters, Mike Allocco won best lifter in the Men's Open, and Bruce won 2nd in the 220 class. They all train together in Bradenton, Florida, along with the AWPC Best Women Lifter Margaret Kirkland.

J. Dibble	739	546	579	1863
Master IV M. Shealy 275 lbs.	518!	353!	342	1213
Junior G. Page	750!	452	617	1819!
G. Page J. Yakiwchuk Open		-	-	-
M. Allocco	904	689!*		2304
J. Deok Kim Master II	750	452	557	1758
K. Suutari 308 lbs.	661	502	661	1824
Junior B. Vaziri Open	-	_	-	-
C. Ewald Teen III	755	623	650	2028
N. Fonck SHW	755!*	502	573	1830!
R. Polyakov S. Edmiston	805 733	573	606	1984 733
Master II S. Brodsky	601	309	551	1461
S. Edmiston !=World Rec	733	-Amer	- R	733
Best Lifter Be	nch Fer	nale O	pen: Mi	chonne
Berry. Best 1	ifter B	ench F	emale !	Master:
Sidney Thom Master: Louis	Sposal	o. Bes	Lifter	Bench
Male Teen: A	nthony !	McClosl	ey. Bes	t Lifter
Female Power	rlifter A	Aaster:	Mary 1	awzer.
Best Lifter Fe Gilbert. Best	male Po	werlifte	r Teen:	Shany
Open: Margar	et Kirk	and. Be	e Powe	erlitter er Male
Powerlifter M	aster: R	ich Flo	res. Bes	t Lifter
Male Power Lysobey. Best	Lifter !	Male P	owerlift	er lun-
ior: Tom Jacob	s. Best	lifter M	ale Pow	verlifter
! Open: Mike World Power	Allocco lifting (ongress	2008 A (AWP	mateur () was
successfully	held in	early	August	in the
successfully very high-end called Oak Br	ook. The	host h	otel and	d venue
was the Doub	le Tree	Hotel,	and eve	erything
was within w from any airp	alking d	listance		
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to single out all of the lifters and lifts! Here is the list of World Records set and complete results. Thank you all! Good Luck and Good Lifting from the WPC/AWPC next season! (Mike Sweeney WPC/AWPC)

Maple Street YMCA Open 14 JUN 08 - Omaha, NE NCH 220 lbs.

195

S. Wead Master 1

198 lbs.

S. Hill R. Cardona

WOMEN 181 lbs.

H. Bloom

MEN

Open 132 lbs. 315

305

V. Tran	380	181 I		
198 lbs.		V. Br		280
M. Cole	410	DEAL	DLIFT	
275 lbs.		Novi	ce	
G. Moore	530	275		
SHW		T. W	ilde	300
T. Jensen	425	Maste		
Novice		181		
198 lbs.			niganos	430
T. John	305	181		
		J. Di		525
Powerlifting	SQ	BP	DL	TOT
Teen				
114 lbs.				
R. Wagner	115	95	170	380
132 lbs.				telle III
B. Nauman	260	175	275	710
181 lbs.				
N. Myers	205	175	260	640
275 lbs.				
J. Bittman	350	205	375	930
Open				
242 lbs.	430	275	450	****
C. Brown	430	2/5	450	1133
Master II 165 lbs.				
	270	160	350	790
C. Brown 220 lbs.	2/0	160	330	700
	220	275	475	1000
Outstanding F				
Outstanding	Ranch	Lifter	. Viot	Tran &
Haley Bloom				
Johnny Diablo	(Resu	te com	tesy loh	n lones)
Joinny Diabio	· (nesu	its cour	ecsy jon	ii joiles)



Nate Myers, age 15, pulls 275 at the Maple Street YMCA Open.

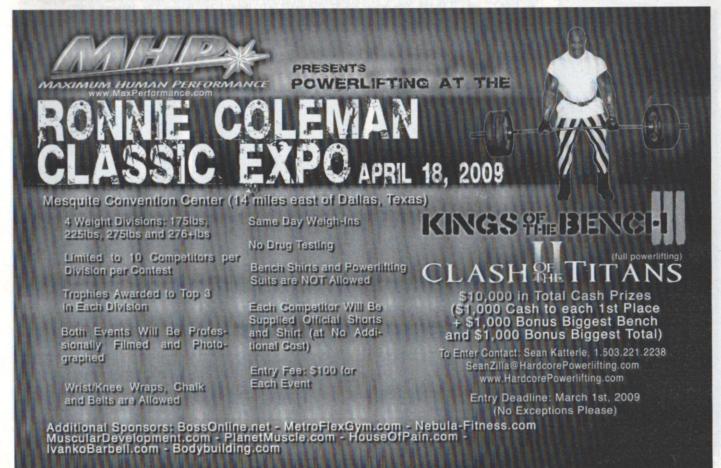
UPA I				
BENCH	00	G. Cro		
165 lbs.		I. Wal		1200
	455	242 lb		
B. Fattery		B. Kel		750
198 lbs.		308 lb		
B. Williams	_	J. Smit	th	_
220 lbs.		UNL		
		Q. But	tler	405
PL Open	SQ	BP	DL	TOT
181 lbs.	50			
R. Bagley	625	365	530	1520
220 lbs.				
W. Flattery	570			1420
P. Lawson	600	225	550	1375
. Gylfason	725	_	-	725
242 lbs.				
C. Smith	600	375	475	1450
275 lbs.				
D. Lemmel				
T. Jacobi	775	425	600	1800
Meet Directo	r: Bret	t Rapp.	(Kate	Taillon)

USAPL Badger Open 21 JUN 08 - Nemah, WI

1000	BENCH		130 1		
100	FEMALE		B. Ha	nselma	n 562
23	105 lbs.		220 1		
	S. Binash	132		dowicz	419
1000	115 lbs.			rdoza	1
1964	M. Williams	182	275+		
E 1997	148 lbs.	102	J. Ray		590
	I. Hrabak	154		annebo	518
8.9	MALE	134	T. Be		507
3.0	165 lbs.		A. Pi		307
		276	A. PI	CK	
	B. Mikulecky		BP	DL	TOT
報告:	Powerlifting	SQ	Br	DL	101
36	FEMALE				
689	105 lbs.				
100	Teen	207	100	254	670
ted 8	S. Binash	287	132	254	672
199	115 lbs.				
100	Teen Open			000	000
100	M. Williams	353	182	303	838
5 at	Teen				
	C. Lauer	287	121	270	678
en.	B. Backers	265	160	265	689
	132 lbs.				
	Teen				535
	K. Miller	243	94	259	595
	Master				
505	J. Mac	314	154	292	761
_	148 lbs.				
	Teen Open				
750	J. Hrabak	270	154	276	700
	Open				
_	A. Hitchcock	430	243	452	1124
	A. Bordeaux	353	171	430	953
105	Teen				
OT	A. Moe	369	171	375	915
	181 lbs.				
520	Teen				
	K. Bluell	353	154	386	893
420	Open Master				
375	K. Klass	160	105	243	507
25	MALE				
	123 lbs.				
450	Teen				
	T. Hovland	171	105	204	480
000	148 lbs.	13.43	10.150	100	
800	Teen				
illon)	J. Miller	_	176	364	540

Brand New Williams Strength (Elite Fitness Systems) Professional 45 degree back raise with 2 sets of band pegs. Asking \$600. Outlaw Strength, 104 Loop Rd., Biglerville, PA 17307, 717-677-7570 or 330-501-5876, ask for Mike White.

Open				
Schwalbach	502	303	535	1339
165 lbs.				
Teen				
D. Schnese	413	-	-	413
Open				
S. Mikulecky		342	557	1389
F. Jones	424	353	402	1179
181 lbs.				
Teen				
L. Triggs	441	248	466	1155
Open				
Z. Hofstetter	507	276	364	1146
198 lbs.				
Master				
T. Conklin	579	292	595	1466
J. Monahos	513	353	502	1367
Open	-			
D. Fuller	457	314	513	1284
T. Timmons	408	342	507	1257
Manchester	375	276	408	1058
220 lbs.				
Teen				
M. Fuller	540	369	502	1411
C. Jones	601	331	502	1433
Master				****
R. Vivier	457	314	502	1273
Caltagerone	518	309	540	1367
Open		221	-02	4422
C. Jones	601	331	502	1433
A. Chromy	507	303	557	1367
B. Kenney	402	303	518	1224
D. Clarke 275 lbs.	408	276	408	1091
Open				
K. Brashears	551	402	557	1510
C. Gould	331	402	507	909
(Thank you to	the I			





Brian Schwab an incredible 1930



Tony Conyers - a legend at Itwt.



Dom Sardo - Ivy League Coach



Ausby Alexander - 1st over 1700 Larry Luckett at the '88 Y Natls.

ALL TIME HISTORICAL TOP 50 AMERICAN MEN'S

Total
1. 1930.0
2. 1785.7
3. 1769.2
4. 1769.2
4. 1769.2
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7. 1703.1 (725.7) 10.75X Bob Bridges/64 11/11/84 (605.0+330.0+65.0+160.00 lb.) (Carbondale, Illimois) (NSM) (725.0) *10.75X Bob Bridges/64 11/11/84 (605.0+330.0+665.0+1600.0 lb.) (Carbondale, Illimois) (NSM) (725.0) *10.74X Jim McCarty, Jr./60 4/25/82 (275.0+157.5+292.5=725.0 kg. @ 67.5 kg.) (West Lafayette, IN) (USPF) (722.5) *10.75X Bob Wahl/60 7/23/83 (300.0+137.5+285.0=722.5 kg. @ 67.2 kg.) (Austin, Texas) (USPF) (725.0) *10.75X Jim Finch 7/23/83 (280.0+157.5+285.0=722.5 kg. @ 67.3 kg.) (Austin, Texas) (USPF) (720.0) 10.67X Dominic Sardo/59 7/28/90 (287.5+182.5+250.0=720.0 kg.) (Pittsburgh, Pennsylvania) (APF/WPC) (717.5) *10.67X Ed Morishima/62 4/5/83 (272.5+182.5+262.5=717.5 kg. @ 67.25 kg.) (Honolulu, Hawaii) (USPF) (704.4) 10.58X Todd Suttles 12/4/94 (600.0+375.0+600.0=1575.0 lb.) (Atlanta, Georgia) (WNPF) (707.5) 10.48X Scott Siegel/66 11/7/97 (272.5+165.0+270.0=707.5 kg.) (Blackpoole, England) (WPC) (705.3) 10.45X Greg Page/63 11/11/01 (600.0+325.0+630.0=1555.0 lb.) (Bedford Heights, Ohio) (USAPL) (700.0) *10.43X Jay Rosciglione/56 7/10/82 (270.0+157.5+272.5=700.0 kg. @ 66.1 kg.) (Charlottesville, VA) (USPF) (700.0) *10.33X Vincent Niedoliwka/85 3/2/08 (262.5+172.5+265.0=700.0 kg. @ 67.3 kg.) (Dayton, Ohio) (USPF) (700.0) *10.33X David Contreras 12/3/88 (265.0+182.5+250.0=697.5 kg.) (Long Beach, California) (USPF) (697.5) 10.33X Miguel Taoy 2/15/89 (272.5+170.0+255.0=697.5 kg.) (Long Beach, California) (USPF) (697.5) *10.53X Jaya Abey/64 3/15/03 (282.5+162.5+252.5=697.5 kg.) (Omaha, Nebraska) (APF) (697.5) 10.33X Daya Benemerito/69 7/15/95 (255.0+167.5+272.5=697.5 kg.) (Wilkes-Barre, PA) (ADFPA/WDFPF) (695.0) 10.33X Jawa Benemerito/69 7/15/95 (255.0+167.5+272.5=695.0 kg.) (Wilkes-Barre, PA) (ADFPA/WDFPF) (695.0) 10.33X Jawa Benemerito/69 7/15/95 (255.0+167.5+272.5=695.0 kg.) (Wilkes-Barre, PA) (ADFPA/WDFPF) 17. 1598.4 18. 1592.8 19. 1592.8 21, 1581.8 22. 1575.0 23, 1559,8 25. 1555.0 26. 1543.2 27. 1543.2 28. 1543.2 29, 1537,7 30. 1537.7 31. 1537.7 1537.7 32. 1537.7 (697.5) 10.33X Doug Abbey/64 3/15/03 (282.5+162.5+252.5=697.5 kg.) (Omaha, Nebraska) (APF)
33. 1535.0 (696.3) 10.32X Claude Handsor 4/28/84 (575.0+380.0+580.0=1535.0 lb.) (Albion, Michigan) (USPF)
34. 1532.2 (695.0) 10.30X James Benemerito/69 7/15/95 (255.0+167.5+272.5=695.0 kg.) (Wilkes-Barre, PA) (ADFPA/WDFPF)
35. 1526.7 (692.5) 10.26X Clyde Wright/54 1/10/81 (275.0+152.5+265.0=692.5 kg.) (Columbus, Ohio) (USPF)
36. 1526.7 (692.5) 10.26X Vince Farri 8/15/87 (260.0+172.5+260.0=692.5 kg.) (Irving, Texas) (USPF)
37. 1526.7 (692.5) 10.26X Ray Benemerito/67 2/25/89 (260.0+172.5+260.0=692.5 kg.) (Tempe, Arizona) (ADFPA/WDFPF)
38. 1526.7 (692.5) 10.26X David Lewis 7/22/89 (277.5+170.0+245.0=692.5 kg.) (Columbus, Ohio) (APF/WPC)
39. 1521.2 (690.0) 10.22X Rick Gaugler/54 8/20/77 (245.0+170.0+275.0=690.0 kg.) (Santa Monica, California) (AAU)
40. 1521.2 (690.0) 10.22X Scott Layman/71 10/5/02 (272.5+172.5+245.0=690.0 kg.) (Bakersfield, California) (USPF)
41. 1521.2 (690.0) 10.22X Scott Layman/71 10/5/02 (272.5+172.5+245.0=690.0 kg.) (Bakersfield, California) (USPF)
42. 1517.9 (688.5) *10.34X August Clark/62 2/28/03 (257.5+211.0+220.0=688.5 kg. @ 66.6 kg.) (Columbus, Ohio) (WPO)
43. 1515.7 (687.5) 10.19X Phillip Manicchia 12/10/88 (255.0+187.5+250.0=687.5 kg.) (Irving, Texas) (USPF)
44. 1510.2 (685.0) 10.15X Clyde Wright/54 4/19/80 (255.0+155.0+275.0=685.0 kg.) (Auburn, Alabama) (USPF/IPF)
45. 1510.2 (685.5) 10.11X Mark Sagala 12/7/97 (242.5+157.5+282.5=682.5 kg.) (Kansas City, Missouri) (USPF)
47. 1504.7 (682.5) 10.11X Mark Sagala 12/7/97 (242.5+157.5+282.5=682.5 kg.) (Denver, Colorado) (USAPL)
48. 1504.7 (682.5) 10.11X Darren Taylor/76 2/25/06 (272.5+150.0+260.0=682.5 kg.) (Annapolis, Maryland) (USAPL)
50. 1500.0 (680.4) 10.08X Michael Facteau 12/16/79 (550.0+320.0+630.0=1500.0 lb.) (Fort Lauderdale, Florida) (USPF)
(*) indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient. Listing compiled by Michael Soong (1233 King George Boulevard #70; Savannah, Georgia 31419; PH 9 33. 1535.0





Bob Wahl was a frequent competitor at Garry Benford's YMCA Nationals and he represented the USA at the IPF Worlds also.



Jay Rosciglione was way ripped at the 1982 Seniors in Dayton, OH and he went on to medal the IPF Worlds in Munich, Germany.

ALL TIME HISTORICAL TOP 50 AMERICAN WOMEN'S 123 Pound (56 Kilogram) Weight Division -- TOTAL Total X-Bwt Female American Athlete/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation 1. 1185.0 (537.5) *10.00X Margaret Kirkland/63 2/23/08 (480.0+255.0+450.0=1185.0 lb. @ 118.5 lb.) (Orlando, Florida) (APF)

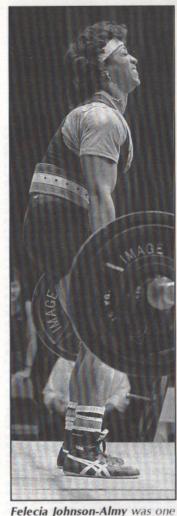


mark in this and several other weight classes, however, on our Women's TOP 20, her lifts at 148 mistakenly ended up being credited at 132. Her actual lifts in the 132s for 2007 were 540 SQ, 340 won a USPF Nationals in 1987. BP, 468 DL, and a1333lb, total.

Sheila Ward was a prodigy who



Margaret Kirkland DDS was the coverperson on the October 2007 issue of POWERLIFTING USA and was profiled in our March 2008 edition as well. She led the TOP 100 for the nation (men and women!) on our rankings for the 114 lb. wt. class Vicki Steenrod PLUSA coverlady



of the top ranked lifters in the USPF and APF for many years.



WABDL National Push Pull 7 IUN 08 - Phoenix A7 BENCH Master (68-74) 303 Law/Fire Open D. Martin 4th-314* D. Judd 132 R. Peterson Master (40-46) Master (80-84) 148 lbs. 165 lbs. Watts 238 Master (47-53) 4th-148* 114 lbs. 220 lbs. Pontious Morris 82 M. Desrosiers-573* 132 lbs. L. DeAlva Gillam 551* 148 lbs. 259 lbs. M. Goodman 110 165 lbs. S. Heokstra 650 M. Stanford 551 P. Michaels 192 275 lbs. . Pritchett 199+ lbs. M. Huston 220 P. Holloway 600 Master (61-67) 114 lbs Mickelson J. Templer 165 lbs. 309+ lbs. S. Jordan 727 Submaster (33-39) G. Clawson 198 lbs 114 lbs. D. Harris Pontious 220 lbs M. Desrosiers 319 I. Watts 238* 309+ lbs. S. Jordan 154 G. Clawson Teen (12-13) R. Peterson M. Weitz Teen (12-13) Childs 55 D. Judd Judd P. Haymore 66 K. Haymore 88 123 lbs. M. Judd 82* 104 C. Judd een 916-17) C. McFarland 110* 114 lbs. Teen (14-15) 181 lbs. 114 lbs. B. Judd 99* T hudd 99*

Rich Cirigliano pulleda WABDL World Masters Record 619 in the deadlift at 165# in Phoenix.

	TOT IDS.		the deadli	itt at 7	65# In Phoe	miv
292*	M. Knowlton 308 lbs.	236*	the deadh	n at i	03# 11111106	THA.
	C. Kelley	275	D. Martin	485	M. Weitz	159
	Teen 916-17)		4th-501*		D. Judd	132
-	148 lbs.		D. Judd	369*	105 lbs.	
314	J. Pareja	242	Open		K. Haymore	203*
	4th-248*		1651 bs.		123 lbs.	
380	181 lbs.		R. Cirigliano	619	M. Judd	214
319	K. Harris	220*	181 lbs.		4th-225*	
286	242 lbs.		A. Pina	551	165 lbs.	
AL PROPERTY	M. Brown	220*	19 lbs.		Q. Grill	270*
451*	259 lbs.		J. Wilsey	623*	181 lbs.	
()	B. Crissman	341*	220 lbs.		C. McFarland	203
	Teen (18-19)		M. Desrosier	s462	Teen (14-15)	
402	132 lbs.		275 lbs.		114 lbs.	
	E. Sanchez	192*	P. Holloway	733	T. Judd	203*
562*	148 lbs.		J. Pritchett	716	181 lbs.	
6)	D. Allen	248	308 lbs.		M. Knowlton	43*
	181 1bs.		J. Mickelson	534	Teen (16-17)	
-	D. Wilson	236	309+ lbs.		181 lbs.	
	220 lbs.		M. Grill	677	K. Harris	462*
402	M. Ommen	479*	Submaster (3:	3-39)	242 lbs.	
	308 lbs.		181 lbs.		M. Brown	341*
	T. Hall	_	A. Pina	551*	259 lbs.	
600	DEADLIFT		198 lbs.		B. Crissman	485
3)	WOMEN		D. Harris	407	4th-501!*	
	Law/Fire Ope	en	4th-451*		Teen 918-19)	Al
-	1998 lbs.		220 lbs.		148 lbs.	
	R. Peterson	281*	M. Desrosier			319
315*	MEN		Teen (12-13)		181 lbs.	
	Class I		97 lbs.		D. Wilson	369
380	198 lbs.		C. Childs	165		
	P. Shakarian				Vorld Records.	
451	Master (40-46	6)			two very imp	
	242 lbs.				aster 47-53/165	
	D. Hamblin	512			world record 61	
551*	275 lbs.		age 51! Alan	Cayer o	of Maine had tal	cen his

world record with a 618.3 and it was a

matter of time before Richard got it back.

In teenage 16-17/259 Blake Crissman set

a world record 501.5 with room to spare.

Jeanne Watts pulled a huge California state record 424.2, weighing only 143. She's only 14 lbs. from the world record.

Other notable state records in the deadlift

were 501.5 at age 70 by Dan Martin, which was a Nevada state record at 181. Jared

Wilsey set a Tennessee state record of

623.8 in open 198. Dawayne Harris set an

Arizona record 451.7 in submaster 198.

Robyn Peterson set a women's law/fire open record at 198 in Arizona with 281. Donald Judd, who coached the team cham-

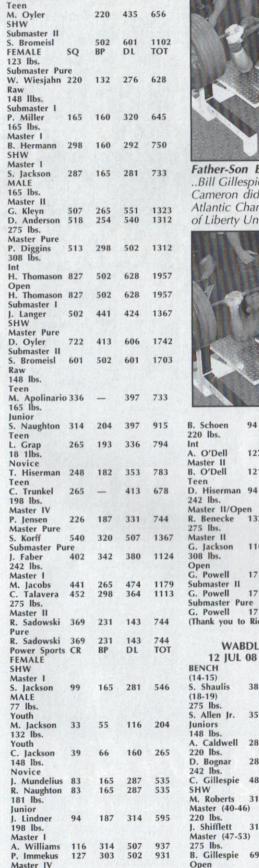
pions out of St. David, Arizona, set an and Daniel Reeves and his girlfriend helped Arizona record in 68-74/181 with 369.2. at the scorers table. Make plans for Phoe-Pamela Michaels-Olson set a Washington nix next year, great city, great hotel. record 363.7 at 47-53/165 and she is a Lawrence DeAlva and Scott Jordan were Arizona record 259 in teen 16-17/181 Also, Gayle Clawson, in her first meet Also, Gayle Clawson, in her first meet, pulled an Arizona state record 303 in 61-67/165. More on Jeanne Watts. She is 41 years old and the mother of three children. She is married to a police officer and so subsequently she has to train at differen times throughout the year. She is one of the most intensive deadlifters I have ever seen. On top of the deadlift, she benched 238.9 and just missed 247. Moving onto the Paul Gillott with 300.8 in master 54-60/148 and Robert O. Smith, who pushed 556.5 in master 61-67/308 at age 65! Scott Hoekstra benched 650.2 in open 259, weighing only 256.8. A fire alarm was accidently set off just before Lawrence DeAlva tried a state record bench of 573, weighing only 214.8, and he still made it while the alarm was going off, amazing concentration. I trained at his garage gym in Glendale, it has everything that is hardcore, 105 degrees, no air conditioning at 7PM. More on benching, Robert Harris set a Nevada record 468.2 in 47-53/220 and Dan Martin at a Nevada record 414 in 68.74/181 set a Nevada record 314 in 68-74/181 Scott Wesley Jordan weighed in at 357.4 and benched an Arizona record 727.5. he was close with 755. Teenage record benches were set by Katie Sons in 1994/16 17 age group with 292. Katie is from Texas Matthew Ommen set an Arizona record 479.5 in teen 18-19/220 and Jonathan Pareia set an Arizona record 248 in 16-17/ The Sheraton Crescent Hotel has a great ballroom, world class restaurant great ballroom, world class restaurant, good sports lounge and great rooms with a \$89 room rate. The grounds are full of shade trees and palm trees. If you're coming from Flagstaff, you get off at Dunlap Ave. on I-17, a good six miles from downtown Phoenix. If you're coming from LA, take I-10 to I-17 and go north six miles and get off at Dunlap. The hotel is right next to I-17. If you're coming from Vegas, take Arizona 93 off I-40, coming from Kingman and cut across north of Phoenix to state 74 to I-17 and then it's six or seven miles to Dunlap. I love that hotel, you will too. I want to thank Mike Lambert from Powerlifting USA who covered the event. There were 82 lifters, the biggest meet ever in Arizona. Dave Edmondson was the head judge. I want to thank Jerry and Suzio Pritchett for helping with warm-up weights kilo set, and benches. Suzie provided staff lunches. Patrick Holloway got sponsors and made arrangements with the hotel



Scott Hoekstra benched 650 @ 249 at the WABDI. National Push-Pull

cancer survivor. She is very inspiring and drug tested and they both passed. Aegis trains as hard or harder with the cancer Labs in Nashville, Tennessee does all than before. Brianna Maree Judd set an WABDL drug tests. (from Gus Rethwisch)

•					
	NASA				
1	19 JUL (- 80	Shebo	ygan,	WI
9	BENCH		165 II		
)	FEMALE			r Pure	
t	Raw		D. Ru	SSO	298
	165 lbs.		198 II		
í	Master I		Maste	r III	
1	B. Hermann	160	R. Co	rey	280
	MALE			aster P	
	165 lbs.		J. Fab		342
•	Master II	244	242 II		
•	Constantineau Teen	1314	Maste		252
1	B. Aldag	276	R. Be		353
-	181 lbs.	270	Open	necke	353
	lunior		PS BE	NCH	333
	B. Giernet	358	220 II		
	Teen		Maste		
1	B. Giernet	358		llingha	m 331
	275 lbs.		PS CL	JRL	
	Master II		88 lbs		
	B. Brodt	358	Youth		
1	G. Carlson	-		u-Seye	33
1	Master Pure		181 II	bs.	
;	G. Carlson	TO PE	Teen		
	308 lbs.		K. Gr		94
1	H. Thomason	502	220 II		
	Master I	302	Maste		110
	B. Buckley	380		llingha r Pure	
	Master II	300	R Ed	er	138
1	G. Kachar	347	275 H	hs	130
1	Master Pure		Maste	bs. r II	
1	B. Buckley	380	G. Ca	rlson	132
	SHW			EADLIF	
1	Submaster II		181 II	bs.	
f	S. Bromeisl	502	Teen		
f	Raw		K. Gr	ар	347
t	Push Pull		BP	.Dr	TOT
1	FEMALE				
1	165 lbs. Master I				
t	B. Hermann		160	292	452
	MALE		100	292	432
	93 lbs.				
i	Youth				
1	K. Krizan		44	88	132
1	165 lbs.		100		
1	Master II				
	G. Kleyn		265	551	816
t	D. Constantin	eau	314	485	799
	181 lbs.				
	Master II				1000
ŕ	D. Felton		265	529	794
	198 lbs.				
5	Master III		281	143	424
i	R. Corey 308 lbs.		201	143	424
•	JUO IDS.				



P. Jensen

Teen

. Immekus

105 187 331 623

127 303 502 931

High School

H. Thomason

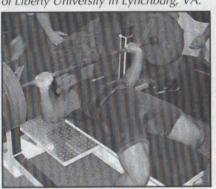
M. Oyler

220 435 656

502 628 1130



Father-Son Bench Press Combination .Bill Gillespie benched 694 and his son Cameron did 485 at the WABDL Mid-Atlantic Championships on the campus of Liberty University in Lynchburg, VA.



254 402 750

204 314 612

127 265 397 788

121 281 419 821

132 353 402 887

A. O'Dell

Master II

B. O'Dell

Master II/Open

Master II				
G. Jackson	110	204	364	678
808 lbs.				
Open				
G. Powell	171	430	540	1141
Submaster II				
G. Powell Submaster Pu	171	430	540	1141
Submaster Pu	ire			
G. Powell	171	430	540	1141
Thank you to	Rich	Peters	for the	results)
WAR	DI N	tid A	tlantic	
12 JUL				
BENCH	00 - 1	A M	amola	
14 15)		108	lhe	
S. Shaulis	2951	D C	och	4071
(18-19) 275 lbs. 6. Allen Jr.		CC	illeenie	4851
Allon Ir	3521	275	lhe	403.
luniors	334.	R C	illespie	
140 lbc		200	lac.	
A. Caldwell				
220 lbs.	200.	DEAL	DLIFT	
220 lbs. D. Bognar 242 lbs.	286!	(14-1	5)	
242 lbs	200.	242	lbs.	
C. Gillespie	485!	T. SI	aughte	501!
SHW		(18-1	9)	
M Pohorte	2101	275	lhe	
Master (40-4) 220 lbs. J. Shifflett Master (47-5) 275 lbs. B. Gillespie	6)	S. Al	len Jr.	639!
220 lbs.		lunio	or	
I. Shifflett	314!	148	lbs.	
Master (47-5	3)	A. C	aldwell	363!
275 lbs.		220	lbs.	
B. Gillespie	694!	D. B	ognar	446!
Open		SHW	1	
148 lbs.				562!
A. Caldwell		Oner	1	
181 lbs.		148	lbs.	
R. Maggi	385!	A. C	aldwell	363!

first WABDL meet held in the state of Virginia. Liberty University in Lynchburg, VA was the host of the meet and the venue was the new Williams Football Operations Center. The meet would be held in the largest weight room in America, designed solely for training football. With almost 16,000 squre feet, with 24 modular units complete with custom bars so that their Strength Coach Ryan Horn to lift a

!=State records. This was the

Roberts pulled 250 kilos and hadn't planned son lifting in the meet and wasn't as strong as he had been still hit big numbers. Shawn Allen Jr., also from Virginia Common-

5/8" Galvanized Powerlifting Chain Sets \$90 plus \$30 shipping/handling Includes 1/4" starter chains and 4 snan clips. (we accept Visa, MC, Amex) Outlaw Strength, 104 Loop Rd., Biglerville, PA 17307, 717-677-7570 or 330-501-5876. ask for Mike White.

wealth University, had come down with

every lifter could have their own warm-up area. The Liberty University Football weight room has over 100 weight room, with many of the guys setting weight room has over 100 weight room, with many of the guys setting no shortage of weights, and their own record that they had just set. DJ we were looking forward to Bognar 130 kilos, Sam Shaulis was hoping seeing someone lift as many for the teenage world record benched 175 of the plates as possible. The kilos but missed 183.5 kilos to set the world weight room was outfitted by record. Hopefully he will have the chance Sorinex Equipment Company, to travel to Las Vegas and set the record out of South Carolina. There there. I truly believe that with a little work is nothing second class about with the bench shirt, Sam is capable of this venue. With over 1600 easily breaking the record. Our USAPL pounds of calibrated compe-tition plates from Ivanko, a and lifted a raw 142.5 kilos. John has and lifted a raw 142.5 kilos. John has custom bench press with a slways been a big supporter of Liberty athletics and it was a true honor to have deadlift bars the venue was ready for some world class lifting. Being the host of the first WABDL meet in Virginia we wanted to set the bar high with how well the lifter were treated. Every lifter received a free meet shirt a framed 8. a free meet shirt, a framed 8 weight class and lifted 160 kilos to set the x 10 action shot of them lifting and of course a trophy.

One of our major sponsors, with Bill Gillespie and has made some Smoothie King, set up shop in the weight room so great progress. He has a bright future in the weight room so great the bench press lifting in the 148# class tasting smoothies were avail-with a state record of 155 kilo. Robert tasting smoothies were available to everyone in attendance. Also Ken Anderson, from Titan Support Systems, donated a bench shirt that was given to the winner of a drawing at the end of the competition. Hopefully every lifter felt ike the money spent on their entry fees was money well spent. At 9 AM all of the contestants had arrived and we started with the rules briefing Bill Gillesnie made that S kilos on his fourth attempt. I think with the rules briefing. Bill Gillespie made 182.5 kilos on his fourth attempt. I think a few announcements then handed the Rob will blow that out of the water if he is a few announcements then handed the Ribor via the Manny Rojas, who then introduced World Judge Phil Arroyo, who had traveled from Seattle Washington to help us out. Phil was our thead judge and he went on to talk about the rules and how everyone was going to be judged. This being the first WABDL meet record in Virginia, it was important to explain the differences between WABDL and other federations. When Phil was done the floor was given back to Manny who immeother federations. When Phil was done the floor was given back to Manny who immediately gave the go ahead for warm-ups. Warm-ups took about 20 minutes and then the meet began. With the music playing, the atmosphere was set to help every lifter bring out their best. It was very exciting and overwhelming to just see how many people showed up to support the lifters. With a great fan base packed into the weight room we were ready for some were all hoping to see him hit the big 600 weight room we were ready for some were all hoping to see him hit the big 600 action. As lifters did their bench press or because we all know he is capable of doing action. As litters did their bench press or their deadlifts, fans yelled with support it. Finally, our bench press best lifter was and excitement to watch these powerlifters. Cameron Gillespie who broke the state try to overcome adversity and lift weights, many that were two or three times their lift not only set the state record but also many that were two or three times their own bodyweight. In the Deadlift, many broke the World Record him and his father state records were broken and a world record came close, but it was just out of grasp for a 14 year old teenager named the proof of the metal to the proof of the meet qualifying for the metal to the proof of the meet qualifying for the metal to the proof of the meet qualifying for the metal to the proof of the meet qualifying for the metal to the proof of the meet qualifying for the metal to the proof of the meet qualifying for the metal to the proof of the meet qualifying for the metal to the proof of the meet qualifying for the metal to the proof of the meet qualifying for the metal to the proof of the meet qualifying for the metal to the proof of the meet qualifying for the metal to the proof of the meet qualifying for the metal to the proof of the meet qualifying for the metal to the proof of the meet qualifying for the metal to the proof of the meet qualifying for the meet qua in mind, and that was to set the teenage world record. He came just inches away from pulling 242.5 kilos as a world record in the deadlift in this his first meet. Teron has a bright future in lifting. Slaughter was credited with a 227.5 kilo state record. State records in the deadlift were also set by Alex Caldwell with a 185 kilo pull, and DJ Bognar from Virginia Commonwealth University got a 202.5 kilo pull. Big Matt Roberts pulled 250 kilos and hadn't planned of the meet without our world in the meet and wasn't as strong Titan Support Systems, Wingate hotels,

199+ lbs.

K. Sons MEN

Class 1

165 lbs

198 lbs.

220 lbs.

D. Calvo

D. Reeves

Noblit

D. Hamblin

4th-435*

Master (47-53)

P. Holloway 600

220 lbs

242 lbs.

165 lbs.

181 lbs.

198 lbs.

220 lbs.

259 lbs.

308 lbs J. Mickelson 501

P. Gillott

2598 lbs

308 lbs.

275 lbs.

308 lbs.

R. Harris

M. Laurel

D. Brekke

Johnson

4th-468

Master (54-60)

4th-300!*

Fahrenbruch

D. Knapp 4 Master (61-67)

M. Stanford

Johnson

Heyman

lunior (20-25)

Master (40-46)

M. Laurel — A. Amirchien 314

P. Shakarian 286

Scheiffele 451*

413

181 lbs.

P. Holloway 733

R. Cirigliano 619!

1. Mickelson 534

Master (61-67)

Master (68-74)

486*

Master (47-53)

165 lbs.

181 lbs

220 lbs

D. Keith

181 lbs.

181 lbs.

D. Brekke

Marty Gallagher Writes an Internationally Acclaimed Book

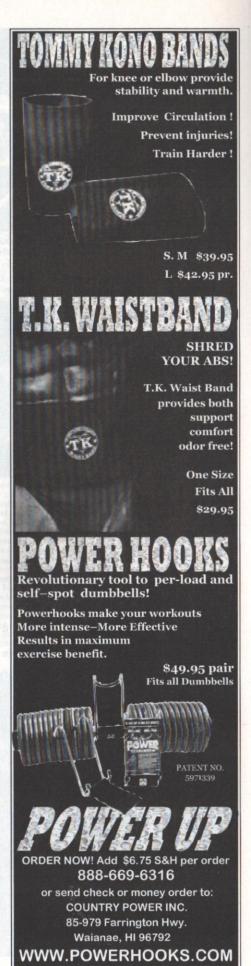
(by Chuck Miller) Powerlifting "super scribe" Marty Gallagher has written a massive, 496page book entitled, The Purposeful Primitive, that is generating rave reviews and uniform praise. The critical acclaim for this book comes from elite experts worldwide, and Gallagher has kicked off a nationwide radio campaign designed to create a "breakout" fitness book. Gallagher's radio and TV agent, industry giant Donna Gould, has booked best-selling authors for TV and radio for 35 years and was uncharacteristically enthused about The Purposeful Primitive. "Health and fitness, diet, and lifestyle books are usually pretty boring and formulaic. This book is completely different: informative, exciting, and incredibly wellwritten. This book could become a best seller." Among fitness industry leaders, the pre-publication praise set off an industry buzz. "If there has ever been a betterwritten, more informative book about transforming the human body - I've never seen it," Dr. James Wright said. Dr. Wright, former health and science editor for Muscle & Fitness and Flex magazines for a decade, was also the director for the US Army Fitness School. Normally dismissive of the "predictable nature" of books on the subject of heath and fitness, Wright couldn't say enough about The Purposeful Primitive. "Mind-blowing in scope, content, detail and comprehensiveness," he concluded.

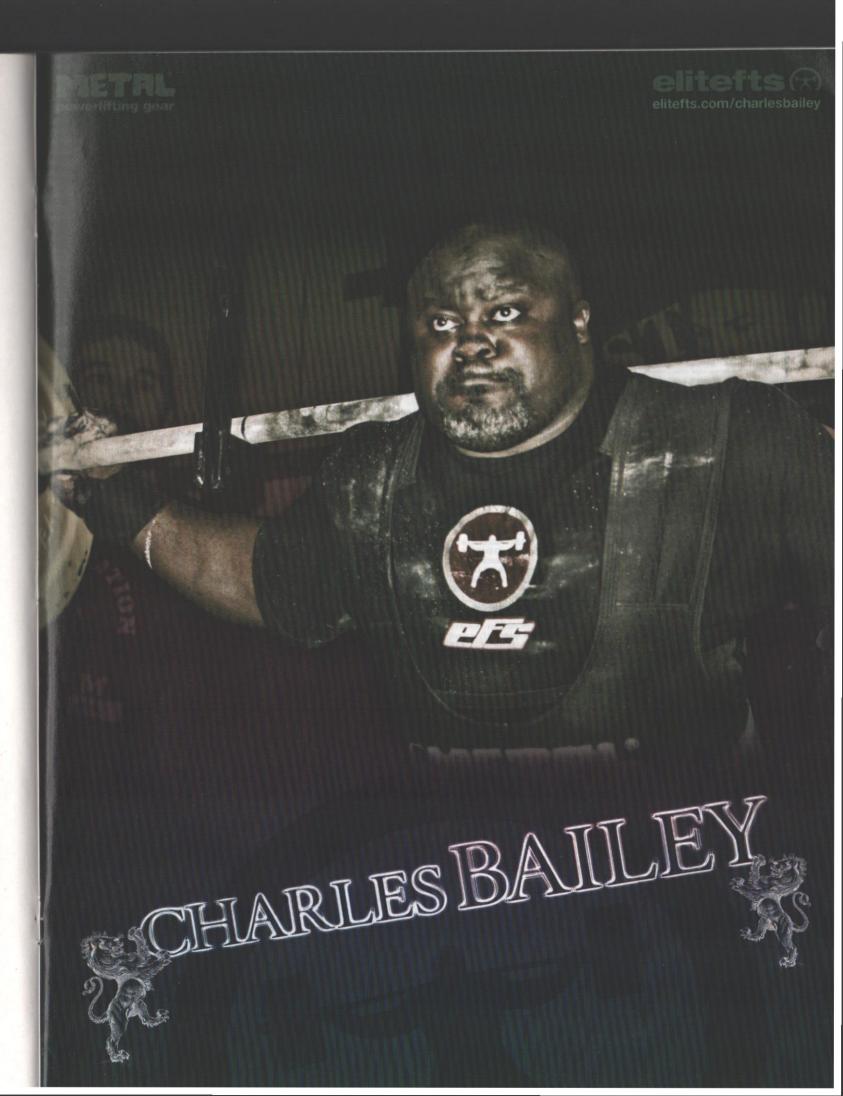
Gallagher profiles fifteen men, his "mentors" from four different "disciplines," and describes their individual "modes and methods." He makes the methods of the masters user-friendly and instructs the reader how to utilize and incorporate these innovative approaches to promote the reader's goals. Gallagher, a longtime writer for Power lifting USA, has amazing mainstream writing credentials: he was the health and fitness columnist for the WashingtonPost.com and wrote 235 weekly and biweekly columns for the Post. He created a legion of fitness fans during his tenure at the Post. His barebones approach was a breath of commercial-free fresh air, and his work with regular people interested in effective fitness methods formed the nexus for The Purposeful Primitive. As he notes in one of the books introductory essays... "In this day and age, the information age, we are awash in a sea of health and fitness contradictions ... human nature wants desperately to believe that a mode or method, a pill or potion exists that will magically shortcut the sweat, toil, tears, and teeth-grinding effort it takes to trigger a true transformation. Human nature wants desperately to believe that a magical system exists - but you just haven't found it yet. So you buy and buy and you try and try, yet still you stay the same. The good news is certain modes and methods exist that can and will transform the human body. Certain disciplines done diligently will radically reduce bodyfat and create new muscle tissue. My task is to share with you the battle-tested modes and methods of the true Masters."

This gigantic book is actually four books

in one: resistance training, cardiovascular training, nutrition, and psychology. The resistance training section contains profiles of ten giants familiar to longtime readers of PL USA: Paul Anderson, Bill Pearl, Bob Bednarski, Hugh Cassidy, Mark Chaillet, Doug Furnas, Ed Coan, Dorian Yates, Ken Fantano, and Kirk Karwoski. The training approach of each man is laid out along with background and what makes each man's approach unique. Gallagher presents a synopsis and offers up related essays on the topic. He uses this same approach in each of the four sections of the book. He spotlights cardio master Len Schwartz, inventor of HeavyHands. Brain-Train experts Jiddu Krishnamurti and Aladar Kogler are profiled. Nutritional innovators John Parrillo and Ori Hofmekler are chronicled. The Purposeful Primitive draws its title from what Gallagher calls "a discernible connection between each man." He notes that "I was struck by the fact that on an elemental level, each man's approach was deceptively simple - each man's approach could be labeled purposefully primitive." He insists every effective system designed to transform the human body needs four elements: resistance training, cardiovascular training, nutrition, and 'brain-train.' He also asserts that when we say "fitness" we really mean physical transformation, and anyone serious about "favorably reconfiguring" the human body needs all four elements. "Trying to modify the human body - the soft machine - without including all four elements, is a system doomed to fail.'

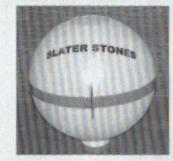
The critical response to The Purposeful Primitive has been off the charts: Dorian Yates: "An Absolute classic - I could not put it down!"; Dr. Judd Biasiotto: "Gallagher is the best writer in the world of fitness and strength."; Dr. Randall Strossen: "There are two classes of writers: Marty Gallagher; all the others."; Rickey Dale Crain: "The passion and ability of Hemingway all wrapped up in one book."; Dr. Bob Ward: "Add the Purposeful Primitive to your training library yesterday!"; Hugh Cassidy: "Basic truths underlying paths distilled down to certainty."; Clarence Bass: "A brilliant writer...awesome photos...a truly fascinating read."; Dan John: 'Oh this book is a Joy! It is fun and funny."; Dr. James Wright: "Gallagher is a genius the best interviewer and storyteller going!"; Ken Jay, Danish Olympic Coach: "Absolutely magnificent! Impossible to put down!"; Charles Staley: "The most significant strength training book I've read in ten years."; Mike Burgener: "I could not put it down! A must read!"; Dr. Jeff Everson: "What happens when passion is mixed with experience and talent."; Dr. Paul Ward: Readers will sink their teeth into true substance."; Dan Wohleber: "Wow! My old friend Marty knocked this one out of the park!"; Pavel Tsatsouline: "Gallagher has produced an absolute classic!" And this is just a partial list. The \$39.95 book is available through Dragondoor Publications at www.purposefulprimitive.com.





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		309	314	953
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Master (50-54)

Open/(40-45) J. Tripp

J. Tripp Teen (16-17)

Cunningham

Master (55-59)

M. Davis

FEMALE

165 lbs.

Open

MALE

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198 lbs.

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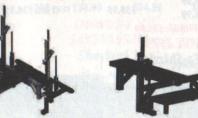
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friends and family, and our wonderful community for joining us in our 21st BiAnnual Snake River Championship. We started this event in 1997 with the help of Gary and Tom Jones, previous CEOs of the YMCA. As far as we know, this is also the only event held where children are included and are allowed to participate, creating an amazing family atmosphere. In fact, Adam Kornke, a former Idaho Falls

YMCA member and currently a Physician's is also here supporting us today. We'd training and sports psychology. So please "Best Adapt Currently a Physician's in this event, along the main sponsorship in this event, along APF and AAPF Raw Division, to be held body weight. Newcomer Jesse Heiner (ID) took "Best Teen Deadlift " with a 441 lib. pull. Russ Bennett (UT) part of the competition being held in Idaho. We have also been able to add more equipment this bench and the Mono-Lift for us. We will year into the power lifting room, because of the help of the community. The athletic training center at World Gym is a place where athletes can work on strength the main sponsorship in this event, along the main sponsorship in this event along the plates for us along the plates for us again this with a 441 lb. pull. Russ Bennett (ID) took "Best Teen Deadlift" with a 441 lb. pull. Russ Bennett

creating an amazing family atmosphere. In fact, Adam Kornke, a former ladaho Falis, and a managar family atmosphere. In fact, Adam Kornke, a former ladaho Falis, and the form the Outback Steak House here athleted to give sumo a go, the falight of the community. The athletic to give many a go, and the form the Outback Steak House here athleted to give sumo a go, watch for Russ in the future! Nick Lenhart was a formed that falight the falight of the fali

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Teen (14-15)

E. Garcia

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165 lbs.

Teen (18-19)

Equipped 181 lbs.

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220 lbs.

Open 198 lbs.

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T. Wilson

S. Thomas

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181 lbs. Master (50-58)

198 lbs. D. Boynes DEADLIFT

Open Raw 242 lbs.

K. Shearer

242 lbs. B. Hill

Master (55-59)

Sunday Lifting WOMEN

A. McCloskey 230

Teen (14-15) 181 lbs.

Teen (16-17)

Last Name

Telephone

Registration Fee:

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Master (40-44) 275 lbs.

Master (45-49)

J. Murphy 46 Master (50-54)

B. Katinowsky 355

Master (55-59)

D. Ritchner

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Open AM									
275 lbs.	DEADLIFT				WOMEN				
M. Menne 470	Youth				Teen (14-15)				
A. Zulick 475	B. Daubert 190				181 lbs.				
L. Short 620	Iron Woman	BP	DL	TOT	A. Mccloskey	525	230	450	1205
Open Pro	AM				Teen Raw (14-				
308 lbs.	123 lbs.				132 lbs.				
J. Hoose 480	S. Lewis	140	245	385	I. Lobb	175	135	265	575
Open AM	Iron Man				148 lbs.				
SHW	Open AM				E. Ruth	135	110	210	455
J. Linthicum —	220 lbs.					165	135	250	550
Submaster AM	B. Hartlaub	425	425	850	Teen Raw (18-				000
242 lbs.	Open Pro				165 lbs.				
E. Winter 575	308 lbs.				I. Robinson	300	220	420	940
Master (40-44) AM	S. Lewis	565	625	1190	220 lbs.				
181 lbs.	Powerlifting SQ	BP	DL	TOT	K. Howland	405	320	500	1225
I. Monk 465	WOMEN		4400		lunior AM		020	500	1220
Master (40-44) Pro					198 lbs.				
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S. Hartlaub —	A. Neidlinger 260	135	315	710	Iunior AM Raw		3,0	500	1420
Master (40-44) Pro					242 lbs.				
242 lbs.	198 lbs.				D. Ochnich	485	400	600	1485
G. Murray —	F. Reed 225	130	250	605	Open AM		100	000	
Master (40-44) AM					165 lbs.				
308 lbs.	Teen Raw (18-19)				B. Crowe	705	500	570	1775
S. Roesch 560	305 lbs.				181 lbs.				
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R. Robinson 600	275 lbs.					690	455	600	1745
Master (45-49) AM	R. Baldwin 415	315	455	1185	Open AM	333.8			
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L. Short 620	I. Martino 700	500	565	1765		925	810	720	2455
Master (55-59) AM						660	505	625	1790
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Country

Age

Date of Birth

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5	J. Gilly	280	255	320	855
0	Master (45-49	9) AM			
	M. Locondro	625	365	480	1470
0	Master (45-49 220 lbs.	9) AM	Raw		
25	R. King	440	265	500	1205
	Master (50-54 165 lbs.				
20	G. Ruth	405	245	385	1035
	*=IPA World	Record	ls. (Ger	ne Rycl	hlak, Jr.
OF					

BENCH		Raw			
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MALE		Raw			
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Open			chenko	298	
B. Gamble	276	242 I		CALL OF THE	
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Open		M. H		364	
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Raw			'Conne		
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				Military	
Junior (20-23)			'Conne	1 353	
N. Israel	441	275 II			
Collegiate		Open			
N. Israel	441	R. Sh		419	
Master (50+)			r (60+)		
S. Eisman	314	S. Re		424	
Master (60+)		275+	lbs.		
	325		307		
Police/Fire/M		y B. Mc	ore	546	
S. Eisman	314				
Powerlifting	SQ	BP	DL	TOT	
FEMALE					
105 lbs.					
Open					
A. Shumaker	204	171	254	628	
123 lbs.					
HS Varsity					
L. Kutner	259	165	276	700	
Teen (18-19)		.00		, 00	
L. Kutner	259	165	276	700	
165 lbs.	233	103	270	700	
Teen (16-17)					
S. Mayo	220	143	265	628	
181 lbs.	220	143	203	020	
Open/Raw	226	99	270		
C. Phillips	226	99	270	595	
Master (50+)	221	00	070		
C. Phillips	226	99	270	595	
198+ lbs.					
Open	200	000			
T. Smith	358	209	353	920	
MALE					

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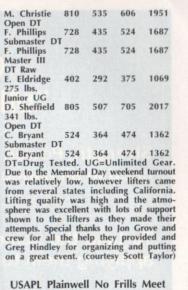
3884 Larchmere Drive Grove City. Oh 43123 Phone (614) 801-2060

Open					B. Moore
M. Rachman	209	220	254	683	M. Dibiase
181 lbs.					Collegiate
Master (60+)					D. Hollis
T. Nicolini	331	204	309	843	(Thank you to
198 lbs.					
Open					
T. Taylor	375	430	573	1378	
Teen (16-18)					
N. Israel	551	441	513	1505	
Collegiate					
N. Israel	551	441	513	1505	
P. Lietz	-	314	529	843	
Master (40+)					
D. Harney	463	298	507	1268	
Master (60+)/	Raw				
C. Hodupp	276	171	325	772	
220 lbs.					
Raw					
B. Beekley	485	243	540	1268	
Khanchenko	364	298	397	1058	
242 lbs.					
Collegiate					
K. Michel	287	254	430	970	
Master (40+)					
R. Hoover	468	276	452	1196	
Master (60+)					
J. Marslio	220	276	353	849	- 0.
J. Czerepak	209	209	287	705	Str
Raw					
J. Jacobs	601	435	623	1659	
N. Gaide	369	276	424	1069	THE PERSON
275 lbs.					
Open					
R. Shell	601	419	502	1521	
Raw					
T. Burns	529	325	513	1367	
275+ lbs.					
HS Varsity/Te	een (1	6-17)			
M. Dibiase	557	303	518	1378	
Open					
B. Moore	744	546	772	2061	
M. Dibiase	557	303	546	1405	
Master (40+)					
B. Moore	744	546	772	2061	
Raw					



Matt Christie squatting at the APA Southeast Regional (photo graph courtesy of Scott Taylor

APA Southeast Regional 24 MAY 08 Douglasville, GA DEADLIFT BENCH 148 lbs. Open DT Raw Master I DT Raw Patton-Gooch 292 McCarragher 50 Master II DT T. Robinson Push Pull MALE 220 lbs. Master II DT T. Robinson 353 325 678 Open DT Raw L. Buckelew Powerlifting SQ BP DL TO 557 303 546 1405 MALE D. Hollis 502 408 502 1411 Open (Thank you to the USAPL for these results) DT UG



26 APR				1
Powerlifting FEMALE 105 lbs. Open	SQ	BP	DL	тот
M. Sherman 123 lbs. Open	205	110	315	757
J. Strouse MALE 148 lbs. Ope	225		-	
D. Graves 165 lbs. Teen II	400	280	375	1055
	375 330		400 365	
198 lbs. Master I R. Rynbrandt 220 lbs.	420	145	565	980
Open M. Otero	600	415	615	1630
Master I T. DiCicco 242 lbs.	135	100	710*	945
Open M. Peramaki *=State Reco (Thanks to U	rds. !=	Out o	f State	Lifters.

APPLICATION FOR REGISTRATION World Powerlifting Alliance American Powerlifting Association



First Name	Last Name M	iddle Initial Today's Date
Street Address	City	State Zip Code
Telephone Number	E-Mail address	Date of Birth
Sex Social S	ecurity Number Signature	(Parent if under 18 years old)

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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.

25 OCT, NASA Wisconsin State (Hudson, WI) NASA, Box 735, Noble, OK 73068, SQBPDL@aol.com, 405-527-8513

25 OCT, 100% Raw 1st Iowa BP/PP/DL/SC State(Council Bluffs, IA) Ed Horwitz, 402-321-4040, 402-553-7359, ironrhino@mac.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, www.strengthalliance.com

25 OCT, 6th annual Big Dog Classic (BP, DL, Ironman) John Blackstone, 120 W. Main St., W. Lafayette, OH 43845, 740-502-4964

25 OCT, APA Carolina's Cup (PL, PP, BP, DL, SC, Overhead Press, Strengh Sports - Georgetown, SC) Scott Taylor, 5738 Dayton St., Zephyrhills, FL33542, 941-626-4727 25 OCT, APF Halloween Monster Bench Bash (Eagle Nest, NM) Anita Ramsey/Churtis Schultz, 505-377-3000

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

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, Noble, OK 73068, SOBPDL@aol.com

25 OCT (New Date), USAPLFlorida Collegiate State BP& Pl(Miami) Robert Keller, Box 281571, Davie, FL 33329, 954-790-2249, rhk@verizon.net,

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

COMING EVENTS

e 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 Living Dead DL: Greed (\$) Alex Campbell, 615 Swimming Pool Rd., Hampton, TN 37658, 423-725-2415, alexcampbell777@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,

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 ,

26 OCT, The Pennsylvania Power Press (Raw, touch and go - sculptured trophies, Edinboro, PA) Dan Swope, 814-460-1057

wnpflifetime@aol.com

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

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 Mississippi, Bill Carpenter, UPA Vice President, (563) 599-1390, BCarpenter@UniterPowerliftingAssociation.com, Entry form at www.upa-iowa.com.

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

1 NOV, 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, 845-9 2 0 - 0 5 0 1, www.premierfitnessny.com

1 NOV, USPF Regional PL/Hall of Fame Strength and Speed Seminar (Grande Point Ballroom Center, Parkersburg, WV) Matt McCase, 900 Lakeview Dr., Parkersburg, WV 26104, 304-376-7538, mccase@yahoo.com

1 NOV, APF Texas Cup (Plano, TX) Gary Pendergrass, 800-378-6460,

1 NOV, Raw BP to benefit Special Olympics of Johnston County, Harrison Gym, W. Noble St., Selma, NC 27576, Don Hall, 919-894-2213 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, usankachair@aol.com

1,2 NOV, 100% RAW Worlds (Hagerstown, MD) Paul Bossi, 139 Marla's Way, Camden, NC 27921, 2 5 2 - 3 3 9 - 5 0 2 5, r a w l i f t i n g @ a o l . c o m, www.rawpowerlifting.com

2 NOV, WNPF All American Cham-

APF/AAPF/WPO Schedule

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 DEC, AAPF River Valley Club

6,7 DEC, APF/AAPF Southern States

13 DEC, APF South Carolina

17 JAN, APF/AAPF Battle on the Bay

14 FEB, APF Arizona Open State

14 MAR, APF/AAPF Spring Challenge 15 MAR, AAPF Raw Bench Press

MAR, APF/AAPF Illinois State

4 APR, APF Cassstrength Missouri Open

4-5 APR, AAPF Nationals

APR, APF High School Nationals

MAY, APF Master/Teen/Jr. Nationals

22 AUG, APF/AAPF Summer Challenge

Dates subject to change Call 866-389-4744 for info. (worldpowerlifting.org) (worldpowerliftingcongress)

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pionships & WNPF Lifetime World Cup Championships (Philadelphia, PA) Troy Ford, 678-817-4743, wnpf@aol.com

2 NOV, SLP Wisconsin Open BP/ DL (Baraboo, WI) Dr. Darrell Latch, 217-253-5429 sonlightgym@verizon.com,

2 NOV, APL New England Open BP/ DL (equipped, raw) Dave Follansbee & IFBB Pro Maggie Blanchard, 865 Second St., Manchester, NH 03102, 03-626-5489 NHBodybuilding@yahoo.com,

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

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

www.sonlightpower.com 8 NOV, USAPL 20th annual Hudson Natural Open, Shawn Cain, 1040 192nd Ave., New Richmond, WI 54017, 715-246-3560

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,

8 NOV, NASA W. Virginia Regional (Ravenswood, WV) Greg Van Hoose 8 NOV, Carl Seeker's War for the ord Push Pull (Warren, PA) Carl (814) 723-3442 seeker4@verizon.net.

8 NOV, USPF Kentucky Muscle BP & DL (Louisville Kentucky Convention Center) Matt McCase, 900 Lakeview Dr., Parkersburg, WV 26104, 304-376-7538, mccase@vahoo.com

NASA Powerlifting & Power Sports

November

8th-West Virginia Regional (Ravenswood, WV)

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

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

15th - Colorado Regional (Loveland, CO) 15th - Great Lakes Regional (Niles, IL)

22nd - North Carolina Regional (Hickory, NC)

22nd - Kansas Regional (Salina, KS)

29th - Houston Open (Alvin, TX?)

December

6th - Missouri Regional

6th - New Mexico Push-Pull (Rio Rancho, NM)

13th - West Texas Regional

20th - Illinois Christmas Regional

January

10th - Gilmer Open (Gilmer, TX)

17th - Chippewa Classic (Chippewa, WI

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

7th - Arizona State (Mesa, AZ)

14th - Missouri State (Joplin, MO)

28th - Indiana State

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)

April

4th - Power Sports Nationals (OKC, OK)

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

25th - Wisconsin Regional

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 - 32nd Oklahoma Grand (OKC, OK)

24th - Unequipped Nationals (OKC, OK)

31st - Wisconsin State

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

8 NOV, Pride Powerlifting's Strength Wars (raw, equipped, BP, DL, full power, monolift, no card fees - Kennewick, 868-2192, www.PridePowerlifting.com.

8 NOV, USAPL Kansas State (Hoisington, KS) Wayne D. Herl, 3503 Chaumont, Hays, KS 67601, 785-

8 NOV, USAPL NC State PL & BP (Bunn, NC) Bill Schmidt, 407 Howard Tant Rd., Zebulon, NC 27597, 919-

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, Noble, OK 73068, SOBPDI.@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 Wood, after 7pm 804-559-4624, Jill Meads, after 7pm 804-7 3 0 - 8 8 1 0

vapowerlifting@aol.com 9 NOV, UPA Battle of the Bench Press II (Circleville, OH) Jon Elick (740) 412-1177, antman517@aol.com. 9 NOV, SLP Indiana State BP/DL (Beech Grove, IN) Dr. Darrell Latch, 2 1 7 - 2 5 3 - 5 4 2 9 sonlightgym@verizon.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 503-901-1622

13-16 NOV, WPF World PL, BP, (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, 605-393-2151 15 NOV, USAPL Ohio PL & BP Championships (Bedford Hts., OH) Ed King, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464, gymohio.com

15 NOV, Kansas City Fall Classic Meet (Drug Free - OP Assembly of God Gymnasium, Overland Park, KS) Jim Duree, 5619 Pawnee Ave., Kansas City, KS 66106, 913-626-1142, iduree7086@aol.com

15 NOV, NASA Great Lakes Regional (Niles, IL) NASA, Box 735, OK SQBPDL@aol.com, 405-527-8513 15 NOV, IBP NC State Bench Press Henderson, NC) KEith PAyne, keith@ironboypowerlifting.net

15 NOV, USAPL Longhorn Open. Kim Beckwith, 8216 Burleson Rd. Austin, TX 78744, 512-560-2522 15 NOV, USAPL Anchorage Fall Classic, Ron Burnett, 13400 Lamb Dr., Anchorage, AK 99516, 907

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

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

15 NOV, Allentown YMCA BP & DL (Allentown, PA) Bonnie Bener, (610)

15 NOV, Grand Slam BP (raw, assisted - Dunn Tire Park, Buffalo, NY) Mark Be cht (716) 549-3952.

15 NOV, N. Virginia Raw PL/BP John James 703-475-9885 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. OK SQBPDL@aol.com

20-23 NOV, WPC/WPO Worlds (Palm Beach Gardens Marriott, Palm Beach, FL) Kieran Kidder & 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)

www.purepowerlifting.com/ 2008 All American BP/ www.mannofsteel.com

22 NOV, Omaha Open (full, BP, DL PP - A.V. Sorensen Recreation Center, Omaha, NE) Keith Machulda, 402-

UPCOMING SLP COMPETITIONS

2 NOV, SLP Wisconsin Open BP/DL (Baraboo, WI) 8 NOV, SLP Ohio State BP/DL (Hamilton, OH) 9 NOV, SLP Indiana State BP/DL (Beech Grove, IN) 15 NOV, SLP Kentucky St. BP/DL (Louisville, KY)

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

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

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 765-744-6528, Goodhew, i.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 N. Carolina Regional (SE States, Hickory, NC) NASA, Box Noble, OK 73068, SOBPDL@aol.com, 405-527-8513 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, SOBPDL@aol.com

22-23 NOV. 100% Raw World Bench Press Championship (Norfolk, VA) Paul Bossi, 252-339-

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

22-23 NOV - WNPF Lifetime 1st All-Raw World Cup Powerlifting, BP, DL & PC (Atlanta, GA or Orlando, FL) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com 22-23 NOV - WNPF 17th WNPF

World PL BP, DL & PC Championships (Atlanta, GA) Troy 678-817-4743, wnpf@aol.com

22-23 NOV, WDFPF World Championships (Evansville, IN) Mike 812-204-3755, stagg@insightbb.com and Derek 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, 5738 Dayton St., Zephyrhills, FL 33542, 941-626-

5-6 DEC, 100% Raw Masters Nationals (Lebanon, NH) Bret Kernoff, 802-865-2747, bret@vermontpowerlifting.com 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-

5 0 5 - 1 1 9 4 , tshontis@brevard.k12.fl.us

6 DEC, USAPL Fife Power Company Holiday Classic, Steve Slavens, 561620th St. E., Tacoma, WA 98424, 253-435-0023

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, Noble, OK 73068, SQBPDL@aol.com

6DEC, AAPFRiver Valley Club Championships (Lebanon, NH) Bret Kernoff,

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

6 DEC, USAPL Virginia State (PL/ BP/DL/Ironman, raw, assisted Standardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 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 817-4743, 30214. 678 Wnnflifetime@aol.com

6 DEC, IPA 3rd Annual Christmas Carnage (Full, BP-Leesport, PA) Gene Rychlak, Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823

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 or Kids BP/DL (Memphis, TN) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 2 1 7 - 2 5 3 - 5 4 2 9 sonlightgym@verizon.net, www.sonlightpower.com

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

6 DEC, 8th Annual Pocket Samson's Christmas BP/DL(all divisions/weight classes for men and women, preregistration 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.seguinfitness.com

6 DEC, Pride RAW BP & DL (Coeur d'Alene, ID) (509) 868-2192,

6 DEC, NASA New Mexico Push-it, Pull-it, Lift-it (Rio Rancho, NM) NASA Box 735, Noble, OK 73068, SQBPDL@aol.com, 405-527-8513 6 DEC, 3rd Children's Christmas Classic Touch N' Go BP (Breakaway RecPlex, Celina, OH) Mike Wolfe after 4pm weekdays, (419) 584-2393. bigbadwolfe900@yahoo.com.

6-7 DEC. AAPF/APF Southern 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, 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

9 3 9 0 4 7) www.wpfpowerlifting.com 12-14 DEC, USAPL American Open (St. Louis, MO) Harold Gaines, 2 Tristan Terrace, St. Charles, MO 63303, 314-805-2044

13 DEC, APF South Carolina (Columbia, SC) Will Millman, 843-886-

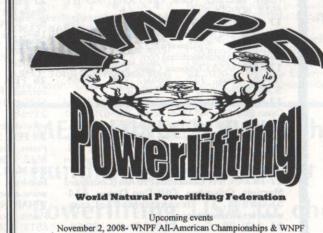
13 DEC, Paxton Strongman Four (Paxton, MA) Nathan Fitzgerald (508) 791-3291, paxtonpowergym@

charter.net, paxtonpowergym.com
13 DEC (NEW DATE), USPF NorCal Open PL, BP, DL (Sacramento, CA) Steve Denison, 661-333-9800, pwrlftrs@msn.com, www.powerliftingCA.com

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, 100% Raw Christmas Classic BP/CR (Standardsville, VA) John Shifflett, 434-985-3932

13 DEC, WNPF Winter Classic & WNPF Lifetime BP, DL, PC Na-



LIFETIME World Cup Championships-Philadelphia, PA November 22/23- WNPF WORLD CHAMPIONSHIPS & WNPF

LIFETIME International Cup- Atlanta, GA December 6- WNPF Bordentown Open, Sarge McCray Bench, Deadlift & Powercurl

December 7- WNPF Delaware State Championships- Seaford or Rehobeth, DE December 13- WNPF Winter Classic & WNPF LIFETIME Bench

Press, Deadlift & Powercurl Nationals- Kissimmee, FL Contact information: Troy Ford, 678 817-4743 or wnpf@aol.com Website- www.members.aol.com/wnpf

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Thanks to our event sponsors



York Barbell 3300 Board Rd., York, PA 17406 tionals (Kissimmee, FL) Troy Ford, 678-817-4743, wnpf@aol.com

13 DEC, USA Power Open BP & DL, Dave West, B&R Family Fitness Club (PA) 215-355-2700 x130 13 DEC, 21st Elkhart BP Classic (Elkhart, IN) Jon Smoker, jjrcsmoker@hotmail.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, SOBPDL@aol.com

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

27 DEC, 3rd annual Gene Rychlak Jr. Bench Press Classic (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, 217-253-5429, sonlightgym@verizon.net,

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

DEC, UŠAPL Florida Senior State Games BP & DL (Age 50+ - Ft. Myers/Cape Coral, FL) Robert Keller, Box 281571, Davie, FL 33329, 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 10 JAN, ADAU Raw Power Steel City Challenge (BP, DL - Community College of Allegheny County, Boyce Campus Gymnasium, Monroeville, PA) 412-335-7569, www.adaurawpower.com,

monsters_unlimited@msn.com

10 JAN, NASA Gilmer Open (Gilmer, TX) Rich
Peters, Box 735, Noble, OK 73068, 405-5278513. SQBPDL@aol.com

17 JAN (NEW DATE), USAPL Louisiana State (Lafayette, LA) Meet Director, Travis Werner, 337-349-2006, traviswerner123@yahoo.com, www.ragincajunpowerlifting.com

17 JAN, NASA Chippewa Classic (Chippewa, Wl) NASA, Box 735, Noble, OK 73068, SOBPDL@aol.com, 405-527-8513

17 JAN, APF/AAPF Battle On The Bay Old School Open (Bay City, MI) Vince Scelfo, 989-672-0830 17 JAN, 100% Raw Virginia State Single (BP, DL, SC - Stanardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, v a l i f t i n g @ a o l . c o m www.virginiapowerlifting.blogspot.com.

17-18 JAN, IPA Columbus Pro Am (Courtyard Marriott, Columbus, OH) Dan Dague, 614-554-8824, lexenxtreme@aol.com, www.lexenxtreme.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, art. 1442, tograzzini @chumca org.

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, Capital District BP & DL, Bethlehem Area

YMCA, 900 Delaware Ave., Delmar, NY 12054, Tom Corazzini, 518-439-4394 ext 1442, tcorazzini2@nycap.rr.com

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

25 JAN, IPA Jersey Power Classic (all divisions) Henri Skiba, 732-598-9369, astroboy252@mac.com

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

UnitedPowerliftingAssociation.com.

31 JAN, 3rd ADFPF PL/Single Lift Championships (Church of the Gentle Shepherd, Six Lakes, MI) John Jachim, JM-Gedney@wiu.edu

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

www.purepowerlifting.com

1 FEB (REVISED DATE), USAPL Raw Collegiate
(Scranton, PA) Steve Mann,

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,

SQBPDL@aol.com
7 FEB, SSA CandyAzz Classic (full power, Ironman, single lift - Iron Asylum Gym, Tribes Hill, NY) Sandi McCaslin (518) 829-7990,

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

14 FEB, APF 2nd Arizona Open State (Peoria, AZ) J.R. Bolger, 623-236-8265

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

21 FEB, Red Brick Bench Press VI (Red Brick School, Lewiston, NY) Dennis Brochey, 302 N. 5th St., Lewiston, NY 14082, (716) 200-3533, cdbrochey@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.

1464, Jim, paworkout@aim.com.

28 FEB, NASA Indiana State, NASA, Box 735, Noble, OK 73068, SQBPDL@aol.com, 405-527-

28 FEB, USAPL Virginia Open (PL/BP/DL/ Ironman, Raw, Assisted - Standardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com,

www.virginiapowerlifting.blogspot.com

28 FEB, NASA E. Texas State (Tyler, TX) Rich
Peters, Box 735, Noble, OK 73068, 405-5278513. SOBPDL@aol.com

5-8 MAR, Arnold Sports Festival PL/BP (Columbus, OH), 614-431-2600, www.arnoldsportsfestival.com

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

14 MAR, ADFPF Single Event Nationals (SAL,

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Grand Rapids, MI) Richard Van Eck & John Jachim, JM-Gedney@wiu.edu

14 MAR, 100% Raw Ironman Nationals & United State Open (BP, DL, SC - Zion Crossroads, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virginiapowerlifting.blogspot.com, 14 MAR, NASA Tennessee State (Pickwick Park, TN) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

14 MAR, APF/AAPF Spring Power Challenge Northwest (Oregon City, OR) Chris Duffin, 503-780-8890 15 MAR, AAPF Raw BP (Haverhill, MA) Bret Kernoff, brett@vermontpowerlifting.com

28-29 MAR, 26th NASA High School Nationals (OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SOBPDL@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 PL, Eric Cordeiro, eccbeast@yahoo.com MAR, APF-AAPF Illinois State (Willowbrook, IL) Eric Stone, 630-7 9 4 - 0 5 9 4 ,

thestone@chicagopowerlifting.com 4 APR, APF Cassstrength Missouri State Open (Blue Springs, MO) Brandon Cass, 816-690-6769, cassstrength@cs.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, 770-713-3 0 8 0 , www.americanpowerliftingcommittee.com

4-5 APR, AAPF National Championships (Idaho Falls, ID) Mike & Linda Hlggins, 208-521-3434, snakeriver@yahoo.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) 829-7990, www.ironasylumgym.com.
18 APR, MHP Kings of the Bench III & MHP Clash of the Titans II Powerlifting (\$10,000 total cash prize money, four weight divisions, wraps,

chalk, belt only - Ronnie Coleman Classic Expo, Mesquite Convention Center, Dallas, TX) Sean Katterle, (503) 2 2 1 - 2 2 3 8 , SeanZilla@HardcorePowerlifting.com, www.HardcorePowerlifting.com, www.MaxPerformance.com, www.MaxPerformance.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 APR, ADFPF Chicagoland PL/ Single Event (B&W Gym) Clint Phillips, Bill Lotter, JM-Gedney@wiu.edu 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, powerhouse562@comcast.net, Joe Goodhew, 765-744-6528, i.goodhew@comcast.net

18-19 APR, IPA Power Palooza 11 (Full, BP, DL - Leesport, PA) Gene RychlakJr., 1432nd Ave., Royersford, PA 19468, 610-948-7823

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.upa-iowa.com. 25 APR, NASA Wisconsin Regional, NASA, Box 735, Noble, OK 73068, SQBPDL@aol.com, 405-527-8513 25 APR, NASA Arizona State HSBP/ PL (Mesa, AZ) Walt Sword

APR, APF High School Nationals, (Baton Rouge, LA) Garry Frank, 2 2 5 - 2 4 1 - 8 1 5 4 , bulldogbr@bellsouth.net

2 MAY, NASA Western States Nationals (Mesa, AZ) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com 9 MAY, 100% Raw National Masters/North American Open

Powerlifting (Zion Crossroads, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting @aol.com, www.virginiapowerlifting.blogspot.com, 16 MAY, NASA Bench Press Nationals (Denver, CO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com 16 MAY, USAPL New England States Open PL, Greg Kostas, 781-447-6714

MAY, APF Master, Teen, Jr. Nationals (Baton Rouge, LA) 225-2 4 1 - 8 1 5 4, bulldogbr@bellsouth.net 5-7 JUN, WDFPF World Single Event (Bradford, England)JM-Gedney@win.edu

5-7 JUN, RAW United National Championships, Spero Tshontikidis, 4353 Collinwod Dr., Melbourne, FL 32901, 321-505-1194

20 JUN, USAPL Mid Atlantic Open (PL, BP, DL, Ironman, Raw, Assisted Standardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virginiapowerlifting.blogspot.com 18 JUL, SSA Nationals (full power, Ironman, single lift - Tribes Hill, NY) Sandi McCaslin (518) 829-7990, www.ironasylumgym.com. 24-25 JUL, Vermont State Open Raw BP (S. Burlington, VT) All American Fitness Center (802) 999-7845. 24-26 JUL, 100% Raw Nationals (Charlottesville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virginiapowerlifting.blogspot.com 1,2 AUG, NASA World Cup (OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513,

SQBPDL@aol.com
15 AUG, 2nd ADFPF Battle on the
Beach (BP, DL and/or Ironman, State
Park, Holland, MI) John Jachim, JMGedney@wiu.edu

22 AUG, APF-AAPF Summer Power Challenge Northwest (Oregon City, OR) Chris Duffin, 503-780-8890 22 AUG, 100% Raw Eastern USA Open (BP, DL, SC-Standardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting @aol.com, www.virginiapowerlifting.blogspot.com 11-13 SEP, Raw United Armed Forces Nationals & Raw United Florida State Championships, Spero Tshontikidis, 4353 Collinwod Dr., Melbourne, FL 32901, 321-505-

12-13 SEP, USAPL Bench Press Nationals, Gary Kanaga, 591 Central Dr., Broadview Hts., OH 44147, 440-717-9624

17 OCT, SSA Asylum Power (full power, Ironman, single lift - Iron Asylum Gym, Tribes Hill, NY) Sandi McCaslin (518) 829-7990, www.ironasylumgym.com.

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

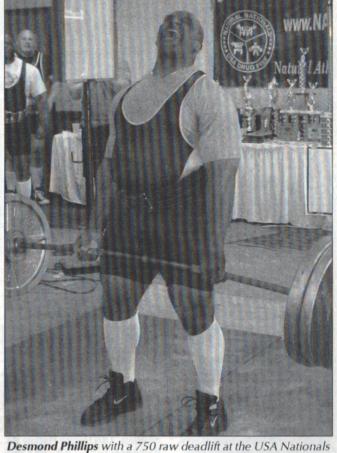
24 OCT, NASA 32nd Oklahoma Grand (OKC, OK) NASA, Box 735, Noble, OK 73068, SQBPDL@aol.com, 405-527-8513 31 OCT, NASA Wisconsin State, NASA, Box 735, Noble, OK 73068, SQBPDL@aol.com, 405-527-8513 14-16 NOV, WDFPF World Powerlifting (Foggia, Italy) JM-Gedney@wiu.edu

4-6 DEC, RAW United World Powerlifting Championships, Spero Tshontikidis, 4353 Collinwod Dr., Melbourne, FL 32901, 321-505-1194

5 DEC, USAPL Virginia State (BP. DL, PL, Ironman, Raw, Assisted Standardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA valifting@aol.com, www.virginiapowerlifting.blogspot.com 12 DEC, 100% Raw Christmas Classic (BP, SC - Standardsville, VA) John Shifflett, 186 Happy Hollow Rd. VA 22968 Ruckersville. valifting@aol.com 18-20 JUN 2010, USAPL Men's Open & Teen/Junior Nationals (California site, TBA) Lance Slaughter, 4437 S. Centinela Ave., Los Angeles, CA 90066, 310-

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		- Lancaster, (HC
BENCH		220 lbs.	
MALE		Pure	
181 lbs.		J. Robinson II	72
Teen		242 lbs.	
A. Pappas	303	Master III	
198 lbs.	000	J. Jones	_
Master I		275 lbs.	
B. Lemny	419	Master I	
Novice		I. Behari	463
W. Beckett	413	4th-476	
Submaster II		Master II	
J. Brooks	452	D. Wilson	413
I. Montebon	408	Master V	
220 lbs.		J. Behari	463
Open		4th-476	
J. Hall	557	Open	
Submaster 1		J. Behari	463
C. Poore	513	4th-476	
Submaster II		PS BENCH	
J. Hall	557	MALE	
242 lbs.		220 lbs.	
Master III	BENT C	Master III	-
J. Jones	386	T. Endicott	Pure
Master V		J. Hall	452
J. Jones	386	275 lbs.	
G. Gulley	364	Master I	462
Novice	424	J. Behari	463
F. Parker	424	4th-476 Master V	
275 lbs.		J. Behari	463
Master I J. Marzano		4th-476	403
Master IV	WY	PS CURL	
V. Banks	avioV.	FEMALE	
SHW	THE REAL PROPERTY.	181 lbs.	
Master II		Master I	
B. Lobins	584	D. Hall	66
Raw	504	MALE	00
148 lbs.		77 lbs.	
Master I		Youth	
R. Fox	292	S. Hou-Seye	33
4th-303		198 lbs.	
J. Bonura	254	Master I	
Master II		R. Hampton	99
L. Miller	309	Open	
Novice		R. Hampton	99
R. Fox	292	Submaster II	
4th-303		T. Scott	201
Open		220 lbs.	
R. Fox 4th-303	292	Master III	
4th-303		T. Endicott	149
Pure	Duppy	Submaster	
R. Fox	292	C. Poore	110
4th-303		275 lbs.	
J. Bonura	254	Open	222
165 lbs.	and to	T. Bachman	223



D. Green

551 408 661 1620

369 568 937

T. End	dicott	149	242 lbs.					J. Barker	435	331	562	1328
Subma	aster		Master I					Pure				
C. Po	ore	110	K. Bardos		353	579	931	D. Green	551	408	661	1620
275 H	os.		275 lbs.					242 lbs.				
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T. Bad	chman	223	E. Martin		336	562	898	J. Akdogan	480	298	529	1306
PS DI	EADLIF	Г	Powerlifting	SQ	BP	DL	TOT	Int				
FEMA	LE		FEMALE	-1-6				T. Brown	402	331	502	1235
181 II	os.		Raw					Power Sports	CR	BP	DL	TOT
Maste			114 lbs.					FEMALE				
D. Ha		132	Open					148 lbs.				
MALE		233	S. Gisselberg	231	116	243	590	Open				
77 lbs			MALE					C. Barker	55	110	353	518
Youth			165 lbs.					MALE		BIOD.		
	u-Seye	107	Master III					181 lbs.				
165 II			R. Dodson	270	176	331	777	Master II				
Subma			181 lbs.	110		0,38)		Helmondollar	127	289	386	801
I. Hai		474	Master III					Master III			500	
242 II		7/ 4	L. Donahue	314	248	342	904	L. Donahue	107	248	342	697
	School		198 lbs.					Teen				0.77
J. Ako		529	Open					I. Sanders	138	298	452	887
Maste		329	B. Rowe	650	402	584	1637	198 lbs.	130	230	432	007
K. Bai		579	Pure	050	402	304	1037	Master II				
BP BP	DL	TOT	B. Rowe	650	402	584	1637	J. Donnelly	132	298	430	860
Dr	DL	101	275 lbs.	030	402	304	1037	Submaster II	132	290	430	000
			Master II					T. Scott	201	325	452	978
			M. Lumumba	540	375	601	1516	242 lbs.	201	323	434	370
127	231	250	Raw	340	3/3	001	1310	Master III				
12/	231	358	148 lbs.					M. Brown	171	360	424	956
			lunior					B. Donovan	121	248	474	843
			C. Barker	254	110	353	716	275 lbs.	121	240	4/4	043
200			165 lbs.	234	110	333	/10	Master I				
209	441	650	Pure					D. Bloxton	143	325	579	1047
				276	154	386	816	R. Summers	149	336	380	865
			J. Lacey 181 lbs.	2/6	154	300	010	308 lbs.	149	336	300	003
289	386	675										
			Junior		309	531	4075	Master I	200	400	750	1420
375	540	915	V. Perryman	535	W 17 to 1807		1375	D. Phillips	209	480	750	1439
			1 Della	404	100000	L-540	1010	Master II	240	460		1000
			J. Barker	424	281	535	1240	K. Burgess	212	463	526	1200
298	430	728	Master V		2.40			This great me				
			T. Perkins	601	342	529	1472	different states				
325	502	827	198 lbs.					CO, OK, WV				
			Teen					lifters used thi				
413	513	926	S. Miller	419	342	463	1224					
			220 lbs.					the 2009 Pro				
408	474	882	Junior		No.			both in OKC,				
			B. Dedas	584	375	645	1604					
276	524	799	Master V			THE PARTY OF THE P		Hoose, Job &				
			J. Baltimore	529	331	705	1565	Perkins, Dann				
			Open					Frock, Bo Ca	sto, S	cott M	larcum	, Larry

nith, Terry Perkins, Mr. & Mrs. Dodson, JT Hall, Clint Poore, Gary Gulley, Siouxsie Gisselberg, Barry Donovan, Jerry Jones, Todd Bachman and all the great lifters and spectators. Bo Casto was the head judge and did an excellent job. Also, the spot-ters and loaders did a top-notch job too! Definitions of Equipment Allowed: #1 Powerlifting, Push Pull and Equipped BP: Single Ply Suits, BP Shirts and Wraps are Single Pry Suits, BY Shirts and Wraps are allowed. #2 Unequipped Powerlifting & Bench Press: Wrist Wraps, Knee Wraps and Belt allowed. No Supportive Suits and/or BP Shirts allowed. #3 Power Sports: No Supportive Equipment is allowed except a 4" wide lifting belt. Powerlifting Competition: A total of 5 entries from MD and OH competed in the Powerlifting event. Benjamine Rowe (MD) competed in the 198 class. He had the highest coefficient of a 9.3966 and totaled 1636.92 pounds. Bench Press Only Competition: A otal of 15 entries from KY, PA, OH, WI and IN competed in the Bench press only event. "Big Willie" J.T. Hall competed in the 242 class. He had the highest coefficient of a 2.9922 and bench press 556 pound. Powersports Individual Competi-tion: A total of 17 entries from OH, KY, WI, CO, PA and OK competed in the Powersports individual event. Kirk Bados (OH) competed in the 242 class. He had the highest coefficient of a 2.9859 and deadlifted 578 pounds. Todd Bachman (PA) competed in the 275 class. He had the highest coefficient of a 1.1443 and curled 222.66 pounds. Powersport Full Meet Competition: A total of 12 entries from OH, WV, KY, IN and CO competed in the Powersports full meet. Desmond Phillips (OH) competed in the 308 class. He had the highest coefficient of a 6.8108 and totaled 1438.50 pounds. Unequipped Bench Press Competition: A total of 21 entries from OH, MI, IN, KY, CO and WV competed in the Unequipped Bench press event. Joe Behari (OH) competed in the 275 class. He had the highest coefficient of a 2.2685 and bench press 462.97 pounds. Unequipped Powerlifting Com-petition: A total of 14 entries OH, KY, CA, petition: A total of 14 entries OH, KY, CA, KS, MI and WV competed in the un-equipped powerlifting event. Terry Perkins (OH) competed in the 181 class. He had the highest coefficient of a 8.7950 and totaled 1471.57 pounds. Jackie Balti-more (OH) deadlifted 705 in the 220 class. Push-Pull Competition: A total of 12 en-tries from OH, KY, CO and WV competed in the Push-pull event. Mike Blizzard (OH) competed in the 181 class. He had the highest coefficient of a 5.5118 and totaled 914.91 pounds. Several lifters were tested and passed their drug tests. The Ohio Regional Championship will be Sept 20 in the same location. You can check out videos from this and other NASA meets at http://www.youtube.com/ user/NASA4LIFE. (results from J.T. Hall)



Todd Bacman with a NASA World Record 222 curl. (courtesy Hall)

WABDL Florida State 19 APR 08 - Lakeland FI

FEMALE

(54-60)

114 lbs.

I Doran

132 lbs.

(16-17)

B. Rains

Open

I. Pasciuta

275 lbs

(47-53)

(68-74)

FEMALE

105 lbs.

135! (54-60)

125* 114 lbs.

M Retters

E. Hargrove 285* 120* DEADLIFT

I. Pasciuta

H. Zmyewski 420

n. Baltz	125*	Open	
ubmaster	125*	Open J. Doran	300*
M. Baltz	125	132 lbs.	300
MALE		Open /	
7 lbs.			275*
12-13)	75*	Submaster	2/3
C. Schrank	75*		275*
14 lbs.			2/3
12-13)		MALE	
D. Durham	80	97 lbs.	
23 lbs.		(12-13)	
12-13)		K. Schrank	170*
. Sundey	95	114 lbs.	
132 lbs.		(12-13)	Dug
16-17)		D. Durham	195
A. Dodgson	125*	123 lbs.	
47-53)		(12-13)	
A. Grier	270*		230*
148 lbs.		132 lbs.	
Open M. Davis		(14-15)	
M. Davis	340	B. Connor	245*
40-46)		(16-17)	
M. Guerro	300*		290*
165 lbs.	300	148 lbs.	
47-53)		(14-15)	
P	222#	D. Chinchor	295
68-74)	322*		233
68-74)		(18-19) T. Davis	315
B. Nussear	235		313
198 lbs.		(54-60)	205+
16-17)			285*
R. Dodds	275*	165 lbs.	
(18-19)		(16-17)	
5. Taer	300		450*
Open		(18-19)	
R. Kelly	460	T. Connor	415
Law/Fire Ope	n	Junior	
. Evans	330*	Chinchor Jr.	475
220 lbs.	330	(54-60)	
(16-17)			375
C. Bailey	225*	181 lbs.	
(18-19)	223	(18-19)	
	280	C. Lambert	405
A. Pacheco	200	Class I	403
lunior	250		545*
C. Johnson Law/Fire Ope	350		343
Law/Fire Ope	n	198 lbs.	
G. Schrank	375	(16-17)	4500
Law/Fire		R. Dodds	450*
Submaster		(18-19)	
G. Schrank	375*		530*
Submaster		Law/Fire Ope	n
S. Eastbuen	420	J. Evans	470*
(47-53)		220 lbs.	
R. Russ	275	(18-19)	
(61-67)		A. Pacheco	425
Haggenmiller	310*	Law/Fire Ope	n
A. Cooner	292	G. Schrank	495*
(68-74)		Law/Fire	
L. Sposanto	405!	Submaster	
242 lbs.		G. Schrank	495
lunior		(40-46)	
M. Walton	420*	D. Conner	270
Open	420	(47-53)	
	470*	R. Russ	405
D. Brown Chinchor Sr.	410	(61-67)	
		Haggenmiller	470*
Law/Fire (564 F. McBride	200*	S Provatt	405
	290-	242 lbs.	403
(40-46)	470+		
D. Brown T. Chinbar Sr	470*	(16-17)	4508
T. Chinbar Sr	.410	Blackwelder	450
(61-67)		Junior	-00
F. McBride	290		500
(68-74)		Submaster	200
J. Yung	385	F. Brothers	265
259 lbs.		259 lbs.	
(16 17)		(16-17)	24
J. Bergmark	275*	J. Bergmark Records. !=\	415
!*=Florida 9	tate	Records. !=\	Norld
Records. Best	Lifter	r Bench Press:	Ryan
Kelly. Best Li	fter D	eadlift: Rich La	ansky.
Team Trophy	: Har	grove-McBride	. The
WABDL Flori	da Sta	te Bench Pres	s and
Deadlift Cha	mpion	ate Bench Pres ships got undo ewriting the r	erway
with the wor	men r	ewriting the r	ecord
books, Brittan	v Rain	s set a world	record
in the 16-11 v	ear old	s set a world i 1 132 lb. class w	ith an



Hargrove McBride Team: top row left to right, MJ Betters, Tim Chinchor Sr., Chris Lambrite, Thomas Connor, Ed Hargrove, Dan Chinchor, Tim Chinchor Jr., and Mack McBride. Bottom row left to right Dave Connor, Brit Connor Torrez Davis, Ryan Kelly Chris Bailley. The Power Lifting team of retired Pittsburgh Steelers and Miami Hurricanes, strength coach Ed Hargrove and Deland Police Commander Frank "Mack" McBride, won in every division at the World Association of Bench Press and Dead Lift State Championship held at All American Gym of Lakeland on Saturday April 19th. Mack, speaking for the team, credits the excellent training methods of Ed Hargrove for the success of the team "Ed's programs make the difference". Team Captain Tim Chinchor Sr. agrees "Mack keeps us grounded and Ed is the scientist".

sive 120 lbs. to set a state record and win Dave Brown set another state record with the 114 lb. class. In the 132 lb. class, his 470 lb. bench in the 242 lb. class while Michelle Baltz set two state records with Tim Chinchor Sr. took 2nd with 410 lbs. a 125 lb. bench in the open and submaster 75 lbs. for a new state record in the master 54-60 division's 105 lb. class. The teens came in strong in the 12-13 division with Kyle Schrank setting a state record with a 4th attempt 15 lbs. to win the 91 lb. weight class. Dillion Durham won the 114's with an 80 lb. bench while Jacob to win the 123's. It was a record setting Dodgson ramming-up a state record 125 lbs. to win the 132's. Robby Dodds benched a state record 275 lbs. in the 198's, while Chris Bailey pushed up a state record 225 lbs. to win the 220 lb. class. Jon Bergmark Chris Bailey pushed up a state record 225 lbs. to win the 220 lb. class. John Bergmark in the 220 lb. class. John Bergmark in the 220 lb. class. John Bergmark in the 259 lb. class. In the 18-19 year old division, Scott Tarr benched an impressive 385 lb. bench to win the 242's with a state record with an incredible 470 lb. deadlift with a state record with a state record with an incredible 470 lb. class over competitor to win the 220's. Chad Johnson had an impressive 385 lb. bench to win the 221's bench to win the 220's chad Johnson had an impressive 385 lb. bench to win the 220's bench 280 lbs. to win the 220's. Chad Johnson had an impressive 385 lb. bench to win the 220's bench 280 lbs. to win the 220's chad Johnson had an impressive 385 lb. bench to win the 220's bench 280 lbs. to win the 220's bench 280 lbs. to win the 280 lbs. in the 275 lb. weight class. The deadlifts started out with the ladies mashing the record books again. In the open division, Jamie Doran pulled a very impressive 4th attempt 300 lbs. to set a new state record in the 114 lb. class. Wichelle Baltz set two more state records in the 282's with a state record whopping in the open and submaster divisions with an incredible 470 lb. deadlift to win the 220's bench 280 lbs. to win the 220's bench 290 lbs. class over competitors with 280 lbs. in the 290 lb. class over competitors with 280 lbs. in the 290 lb. class over competitors with 280 lbs. in the 290 lb. class over competitor with 280 lbs. to win the 220's lbs. A special thanks to all who pulled a respectable with 280 lbs. to set a labored to make this meet a huge success: and Ed Hargrove set a new state record with an incredible 470 lb. class over competitors with 280 lbs. to win the 220's lbs. A special thanks to all who pulled a respectable with 280 lbs. to win the 220's lbs. A special thanks to all who pulled a respectable with 280 lbs. to win the in the 242's with a state record whopping 420 lb. bench and Mark Betters in the 215's with a state record 310 lb. bench. The open division started with long time competitor Mark Davis pushing-up impressive over double body weight of 340 lbs. to win the 148 lb. class. Ryan Kelly rammed-up an incredible 460 lbs. to take the 198's and it earned him the Best Lifter in the Bench Press Award! Dave Brown hit 410 lbs. on his 4th attempt to set a state record and win the 242's over Tim Chinchor Sr. who placed 2nd with a very respectable 410 lbs. In the Law/Fire open division, Jason Evans set a new state record with a 330 lb. bench in the 198's and Gordon Schrank pushed-up 375 to win the 220s. Gordon Schrank also won the Law/Fire submaster division with his 315 b. bench which established a new state record while Francis McBride also set a state record with a 290 lb. bench in the 242 lb. class 56 plus age group Law/Fire division. Scott Eastburn was solo in the submaster division and won the 220 lb. class with a nice 420 lb. bench press. The master 40-46 division started with Mike incredible 135 lb. bench. In the open incredible 135 lb. bench. In the open Guerrs setting a new state record in the division, Jamie Doran benched an impres-

Sundey set yet another state record with a 230 lb. deadlift in the 123 lb. class. The 14-15 age group had Britt Connor deadlifting a state record 245 lbs. to win the 132's while Dan Chinchor pulled 295 lbs. to take 1st in the 148 lb. class. Records were on the minds of the 16-17 year old division as they rewrote the book. Andrew Dodgson stai1.cd the pack with a nice 290 lb. state record deadlift in the nice 290 lb. state record a whopping 132 lb. class. Kyle Peck pulled a whopping in the 165's. This 450 lb. state record in the 165's. number was popular because Robby Dodds and Will Blackwelder both dead lifted 450 lbs, to set state records in their respective weight classes as well. Jon Bergmark finished this record setting age group with a world record deadlift of 415 lbs. in the 259 lb. class. The 18-19 year old competitors started with Torrey Davis pulling 315 lbs. to win the 148's. Thomas pulling 315 lbs, to win the 146's. Infomas Connor deadlifted 415 lbs. in the 165 lb. class. A 415 lb. pull won the 198's for Chris Lambert. Scott Tarr had the second highest deadlift of the meet with an outstanding state record pull of 530 lbs. to win the 198 lb. class. Anthony Pacheco pulled 4251bs. in the 220 lb. class for a 1st place trophy. The two competitors in the junior division had some impressive lifts with Tim Chinchor Jr. dead lifting 475 lbs. in the 165's and Mike Walton pulling 500 lbs. to win the 242 lb. class. Alone a the top of his Class 1 division, Rich Lansky pulled his way to top of the entire compe-tition with an incredible state record pull of 545 lb5. to win the 181's and also earn the title of the Best Deadlifter of the contest! In the Law/Fire open division Jason Evans dead lifted a nice state record 4th attempt 470 lbs. to win the 198's Gordon Schrank also set a state record Michelle Baltz set two state records with 1 m Chinchor Sr. took 2nd with 410 lbs. Gordon Schrank also set a state record in 125 lb. bench in the open and submaster Andre Grier set the pace in the master 41-with a 495 lb. pull in the 220 lb. class. State record in the master 53 age group 132 lb. class with an Gordon's 495 lb. deadlift also gave him impressive state record bench of 210 lbs. 151 place in the Law/Fire submaster Frank Burke also set a state record with division. Frank Brothers won the submaster 322.5lbs. in the 165 lb. class. Reggie Russ division with a 265 lb. deadlift in the 242 livision with a 265 lb. deadlift in the 242 livision with a 265 lb. deadlift in the 242 livision with a 265 lb. deadlift in the 242 livision with a 265 lb. deadlift in the 242 livision with a 265 lb. deadlift in the 242 livision with a 265 lb. deadlift in the 242 livision with a 265 lb. deadlift in the 242 livision with a 265 lb. deadlift in the 242 livision with a 265 lb. deadlift in the 242 livision with a 265 lb. deadlift in the 242 livision with a 265 lb. deadlift also gave him the 242 livision with a 265 lb. deadlift also gave him the 242 livision with a 265 lb. deadlift also gave him the 242 livision with a 265 lb. deadlift also gave him the 242 livision with a 265 lb. deadlift also gave him the 242 livision with a 265 lb. deadlift also gave him the 242 livision with a 265 lb. deadlift also gave him the 242 livision with a 265 lb. deadlift also gave him the 260 livision with a 265 lb. deadlift also gave him the 260 livision with a 265 lb. deadlift also gave him the 260 lb. class. came in strong in the 12-13 division with 322.5lbs. in the 165 lb. class. Reggie Russ Kyle Schrank setting a state record with a young 275 lbs. to take the 220's and a 4th attempt 15 lbs. to win the 91 lb. yoe Zmyewski won the 275'5 with 420 lbs. weight class. Dillion Durham won the 16-167 age division, Tom 114's with an 80 lb. bench while Jacob Sundey had an off day with a 95 lb. bench to win the 220's over Al Cooner who to win the 123's. It was a record setting day for the 16-11 year olds, with Andrew McBride took 1st in the 242's with 290 lbs. 1st with 292.5 lbs. Francis Casanova set a state record with a nice day for the 16-11 year olds, with Andrew McBride took 1st in the 242's with 290 lbs. 285 lb. deadlift in the 148 lb. class, while Moving up to the 68-74 age division, Bob
Nussear benched a nice 235 lbs. to win the
165 lb. class. Louis Sposato benched an
incredible 405 lbs. for a new world record
Haggenmiller establishing a new state in the open and submaster divisions with a nice deadlift of 275 lbs. in the 132 lb. class. Irene Pasciuta pulled an incredible world record 207.5 lbs. in the 105 lb. class 54-60 age group. The 12-13 year olds "Buzzsaw" Rethwisch. (from Ken Snell)

started with Kyle Schrank setting a state record with a 170 lb. deadlift in the 97 lb.

weight class. Dillion Durham pulled a

nice 195 lbs. to win the 114's and Jacob

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

J. Chapman 181 lbs.

High School

A. Pappas

A. Pappas

A. Pappas 198 lbs.

A. Werner Feen S. Miller

Push Pull

FEMALE

114 lbs.

148 lbs.

L. Lowery

High Schoo

Z. Trembly 181 lbs.

Master II

198 lbs.

Master II

J. Donnelly

Master V W. Wolaver

Novice W. Beckett

. Montebon

Z. Wolaver

220 lbs.

B. Helmondollar

Submaster Pure M. Blizzard

Submaster Pure

Master II Helmondollar 289

353

342

SSA CandyAzz Classic 16 FEB 8 - Tribes Hill, NY

225

WOMEN

198+ lbs

R. Cook

N. Bauman

A. Szeps DEADLIFT

185

MEN		Unlin	nited	
148 lbs.		MEN		
feen (13-15)		198	bs.	
. Johnson	230	Subm		
181 lbs.			enderso	
Open R. Hillyard	420	Maste	ers (40-	44)
198 lbs.	420	308	elardi	43
Open .		Maste	ers (55-	59)
M. Wolfley	725	F. Ac	ller DLIFT	30
M. Wolfley S. Kuhns	520	DEAL	DLIFT	
. Matta	510	Singl	e-Plv	
220 lbs.		MEN		
Open		275	bs.	
Open S. Sceppe	750	Junio		
242 lbs.		R. H.	ayward	47
Open S. Nilsen		Stand	lard	
. Nilsen	1	MEN	A Date .	
275 lbs.		275	bs.	
Open	est W	Junio	r Jankson	
M. Coulter St	MIL Y	D. Se	errano	500
308 lbs.		SQU	AT	300
Masters (55-5	9)	Stand		
Adler	320	MEN	ar u	
Masters (55-5 F. Adler Standard	020	SHW		
MEN				
181 lbs.		N. S	accone	800
ronman		BP	accone DL	TOT
Unlimited				
MEN				
220 lbs.				
Open			il sur Zer	
S. Rowe		645	650	129
242 lbs.	0)			
Masters (45-4 B. Schemel	9)	400	480	880
275 lbs.		400	400	000
Open .				
. Farina		635	505	114
Submaster				100
G. Breault		425	525	950
308 lbs.				
Open				
M. Rhodes P. Charland		560	755	131
P. Charland	aris I	580	500	108
Masters (55-5	9)	-	THE DUTY	
F. Adler SHW	- tue	320	305	625
		1		
Open	an an	860	585	144
S. Lattimer Single-Ply		000	303	144
MEN				
242 lbs.				
Open				
B. Pavlus		430	550	980
Standard				
MEN				
275 lbs.				
Teen (13-15)				
. Kresa		180	325	505
unior				
P. Kenutsen		1000	100	T
SHW	had			
Masters (50-5	4)	260	250	640
F. Kresa Powerlifting	SO	BP BP	350 DL	610 TOT
Unlimited	30	DP	DL	101
WOMEN				
148 lbs.				

Entire warehouse full of powerlifting, olympic lifting, strongman, bodybuilding and fitness equipment for sale in PA. New and used, at large discounts. Outlaw Strength, 104 Loop Rd. Biglerville, PA 17307, 717-677-7570 or 330-501-5876, ask for Mike White

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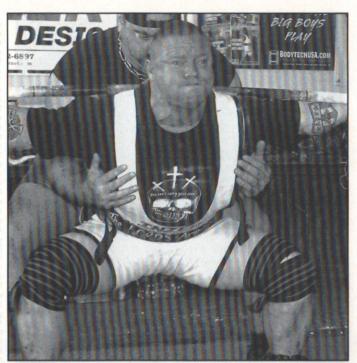
R. West

T. Jones MEN

M. Crowley

Teen (13-15)

Masters (45-49)



Chris Taylor looked lean at 242 but totaled 2250. (courtesy Sandi M.,

TOUR NAME OF					
M. Coulter Jr Masters (40-4		205	450	1030	
W. Fosmire 198 lbs.	500	275	460	1235	
Onen					
J. Matta	560	510	500	1570	
Masters (40-4	4)		300	13/0	
G. Velardi	550		177 LBs		
Open J. Enes S. Rowe	745	440	(70	4005	
J. Enes	/15	440	6/0	1025	
S. Kowe	-	0	ETE P		
Submaster M. Ferlito	-	(Total	-	12	
242 lbs.					
Open	075	705		2250	
Open C. Taylor	875	725	650	2250	
A. Famiano	630	505	303	1/00	
Masters (45-4	9)				
B. Schemel 275 lbs. Submaster					
Submaster		1		5.53110	
Submaster D. Drislane	600	525	600	1725	
stix ins					
Open					
M. Rhodes	-	-	-	· ·	
Open M. Rhodes R. Fishbein P. Charland SHW Open N. Saccone	-	-	-	A DOME	
P. Charland	-	-	-	-	
SHW				The same of	
Open					
N. Saccone Single-Ply	800	-	_	_	
Single-Ply					
MEN					
MEN 181 lbs.				97	
Teen (16-17)				*	
Teen (16-17) L. Brown Submaster	315	255	460	1030	
Submaster	313	233	400	1030	
J. Bronk	540	265	580	1385	
198 lbs.	340	203	300	1303	
Junior					
G. Jablonski	460	265	500	1225	
Masters (50-5		203	300	1223	
		220	450	1220	
M. Azarian	450	320	450	1220	
308 lbs.					
Teen (18-19)	600	245	475	1420	
Holingsworth	600	345	4/5	1420	
Standard					
MEN 198 lbs.					
Open	222				
J. Colenzo	415	235	525	1175	
220 lbs.					
Open					
D. Crispino	635	375	600	1610	
242 lbs.					
Open					
B. Bliss	390	275	510	1175	
275 lbs.					
Open					
J. Held	355	340	430	1125	
				307.57	

bent out of shape over the name CandyAzz, take a look at the results sheet. Top performances included Rheta West, Chris Taylor, Al Famiano, Dave Drislane, Scott Open James Matta, went 560, 510, and 460 Rowe, Matt Rhodes, Shawn Lattimer, Rob totaling 1570. Master 40-44, Gary Velardi, Fishbein, Jim Farina, Mike Wolfley, and Scott Sceppe. Not every competitor fin-bombed in the bench. Tough break! 220 Scott Sceppe. Not every competitor fin-ished the meet, but we're still going to showcase top performances. The Syndi-cated Strength Alliance (SSA) is a new strong! 220 Scott Rowe, who has vast more federation, with a growing following of experience, tried squatting some huge lifters that just want to lift. Headed by Zane weight, I believe over 860, couldn't make and Sandi McCaslin, a family with a lot of heart and experience, their goal is simple, keep it fun, keep it consistent, and keep it gutsy competitor. 220 Submaster, Mike assessable. In order to do this, the SSA Ferlito had one of those days, just couldn't offers several divisions, including Unlimited, Standard and Single. Lifters can opt for Full Power, Ironman (bench & deadlift) In the 242's we watched quality lifting from or any single lift. Of course, it's a little challenging, but most meets are. One total, which is always nice, especially meet, multiple divisions, the SSA is all after dropping weight. A 2250 total, which about bringing family and friends together through the sport of powerlifting. There deallift. Fantastic numbers, super fantasare no sanction fees for meet promoters, tic powerlifter. Second place went to Al there are no fees for judges tests and the sancial membership is original with a nice 1700 total. Al squatted annual membership is minimal, with a heavy discount for teens and under. The SSA also offers a youth division, giving the pre-teens a place to showcase their talents as well. The topping of the SSA cake is John Bott, a great guy, great lifter, and one of the best judges in powerlifting today. Now that the WPO no longer exists, we have a workly of powerlifters that card age their surplus of powerlifters that can't get their squats passed in other federations. Guys like John Bott keep it real, even when it's a close friend on the platform. We got to Tribes Hill late Friday night, and headed directly over to the McCaslin's new home directly over to the McCaslin's new home for dinner! That's right, Sandi prepared dinner for lifters who had driven up Friday night, talk about being at the right place, at the right time! One of my favorites, Sandi prepared Linguine, and White Clam Sauce, I had two helpings. John Bernor brought his team, along with Christian Taylor, and SHW Tony Barbaccio was a big help back spotting all day, and judging. We like Tony; we think he's more than big enough to do pro strongman competitions, if only to do pro strongman competitions, if only he had the time to train for the events. Standing next to Tony was the amazing Joe Ceklovsky, who recently made the cover of PLUSA for bench pressing 600 lbs. at 148 bodyweight that's just insane! It puts a smile on my face when I see Tony and Joe standing side by side, enough said. The McCaslin family recently converted the back of their facility into a beautiful,

Venue: Iron Asylum Gym. Before you get

spacious home for the entire family. I can't say enough about how cordial they are to everyone at the meet, opening their home to everyone. We watched some young lifters in the Standard and Single Ply Division full power who are well on their way to becoming solid competitors. A stand out was 220 Open Dominick Crispino. Look at these numbers, 635 squat, 375 bench, and 600 deadlift for a 1610 total, awesome job! However, for this report I'll focus on the Unlimited Division Full Power, and a few outstanding performances in the bench and Ironman Division. The unlimited consisted of eighteen competitors. In the women's division, 148 Rheta West was back from a successful 2007 season. She squatted 430, benched 265, and deadlifted 375. She totaled 1070 pounds, 70 pounds more than at the IPA Nationals in December of 2007. Rheta has developed a consis-tency and confidence that seems to take over when she needs it the most, on the over when she needs it the most, on the platform. There was one other woman competing, looked like a typical mom, except for the metal gear squat suite, 198, masters 45-49, Tina Jones. Tina totaled 845 pounds. There were Four 181 Men competing in various subdivisions. First off were the open division, first place Mike Crowley totaled 1275. Mike went 490, 345, and 440. We thought he had good speed on his squats coming off the bottom, nice work on his second attempt. Second place was Andrew Jones who totaled 1210. 181 Teen 13-15, 205 bench, and 450 deadlift. Marcus to taled 1030 pounds. 181 Masters 40-44, Wayne Fosmire went 1235, and our firs 500 squat of the day. Wayne compressed so tightly in the hole during squats, we thought back spotter Tony Barbaccio was going to fall on top and crush Wayne I'd like to see that! Two competitors in the 198,



lason Colenzo, a raw competitor, has made many appearances on the Asylum platform. This time was no disappointment with an 1175 total at the Tribes Hill event

Dave Drislane. His numbers were 600, 525, and 600, for a 1725 total. Dave is a local lifter in my area, and we plan to train in the future. He had difficulty getting his squat depth, a canvas issue most likely. Dave had tremendous speed on the way up, that's one strong dude! 308 Matt Rhodes, drove up with Vinnie Dizenzo, Rob McCray and friends, but failed to make depth in the squat. He was attempting near or over 900 pounds. Fortunately, we got to watch him bench and deadlift. Matt benched 560, and bench and deadlift. Matt benched 560, and pulled a beautiful 755. We like Matt, and his 1315 total is a good total. He is probably good for 2200 plus! Paul Charland was next, also a 308, but like Matt, no luck in the squats. I believe this was Paul's first or second meet. We thought his squat was close, check out the video clips. Paul also did the Iron Man, benched 580, and pulled 500. He's got the tool, and size, we should see a vast improvement later this year! Another solid lifter moving up in the ranks is 308 Rob Fishbein. Rob had trouble in both the squat and bench, he may have opened to big. However, in other reports I've mentioned that pushing the limit and raising a family is a challenge. This sport demands so much attention, time away from family and friends. Your lifting buddies are your friends, your family. Unless the family is supportive, it's close to impossible to survive in competitive powerlifting. SHW Nick Saccone is a big man. Nick didn't get his opening squat, kind of twisted his hips on the way down, but his second attempt with 800 plus went down deep, solid straight back, and up he came, powerful. During the bench, Nick BENCH bombed out, disappointing. With his size, Nick has a short stroke, perfect for benching. It looks like more work is needed in J. McDermott 330 the power rack doing lockouts. Nick has Master III the size and strength to become a top L. Lichtle competitor. We are looking forward to 181 lbs. seeing him break through new territory. Open Raw SHW "Bench Phenom", Shawn Lattimer J. Hill competed in the Iron Man division. He had a great day of benching. Shawn made all three attempt, the last being 860 pounds. S. Lynch He celebrated early, in fact during the Teen (18-19) deadlift event, and still pulled 585 pounds. B. Bouthot It looked easy! Shawn is another huge man, 220 lbs. tall, powerful legs, potentially capable of Submaster competing in strongman competitions if D. Daubert only he had the time to train events! So much talent, it's tough that other countries T. Avery sponsor their athletes so that they can just 242 lbs. train, and bring honor to their home Master III country. Not so for the USA powerlifting L. Sposato community, most have to pay for their own Master IV transportation, and accommodations. I J. Young can only image what level of power the 275 lbs. USA would become if top competitors Master II trained because it was their job? Maybe D. Poucher trained because it was their job? Maybe D. Poucher 440 others disagree, but it still is an interesting 308 lbs. proposition for the right candidates. I want Junior to mention two of the bench only division Q. Gomez — lifters; outstanding performance from 198 Master II Raw Mike Wolfley, and 220 Scott Sceppe. Mike T. O'Donnell 320 Wolfley benched 725, amazing. And Scott CURL Sceppe benched 750! Scott is really put 165 lbs. together; we may see him bench 800 in the Push Pull near future. I hope we get it on video! Hats
off to all the competitors for supporting the
SSA, and future SSA events. Thanks again
to the McCaslin clan for their never ending
148 lbs. support of the sport that we all love. Thanks to 308 Master 55-59 Franz Adler who to 308 Master 55-59 Franz Adler who competes and brings a talented team to all the 55A meets. You guys are Awesome! The McCaslin's would like to give a big shout out to Inzer Advance Designs for supplying lifters with the best gear on the planet and for supporting powerlifters and powerlifting in the manner which they do. Open UG For additional pics and videos of the 2008 SSA Candwazz Classic. please visit 220 lbs. SSA CandyAzz Classic, please visit 220 lbs. www.ironasylumgym.com and also Open Rav www.bodytechusa.com. Article by Sandi K. Divins

McCaslin/Scott DePanfilis. (S. McCaslin)

630 pounds, benched 505, and pulled 565.

242 Masters 45-49 Bill Schemel also had a tough day of lifting, and bombed in the

squat. Like a few other competitors who were here to lift, Bill lifted in the Iron Man

division, so that he could continue to bench and deadlift. His numbers were 400, and

480 for an 880 total. Bill is always a

positive force on the platform! Just one competitor in the 275 class, Submaster

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APA Central Florida 275 375 650 C. Ferraro 17 MAY 08 Zephyrhills, FL Teen C. Burke L. Lichtle 135 242 lbs. Master I UG Submaster Raw D. Stevens 145 D. Brown 450 580 198 lbs. 308 lbs. Master I Raw Master II Raw T. Ferguson 120 T. O'Donnell 242 lbs Powerlifting FEMALE SQ BP DL Master I Raw R. Suk 341 lbs. 135 Open Raw Open Raw A. Manske Rotsinger 280 175 350 805 Teen (18-19) Raw 132 lbs. DEADLIFT FEMALE Master 310 100 132 lbs MALE Master T Rishoff MALE 165 lbs Teen Raw 505 D. Phan 198 lbs. Open UG C. Clearwater 565

V. Paige Master II

D. Poucher Master II Raw

DL

330 400 730

250 450 700

285 415 700

425 600 1025

185 360 545

90

Submaster Ray

S. O'Grady

Ostromeck

200 290

605



Brian Schwab squatted 775 at 165 at the APA Central Florida.

148 lbs.	230	133	233	000
Teen Raw				
W. Serrano	350	270	355	950
lunior	17/1/00	CS 101 &	191 6	MIL THE
S. Wahnish		THE STREET	-	_
165 lbs.				
Open UG				
B. Schwab	775	565	610	1950
181 lbs.				
Teen				
R. Lynch	505	245	537	1287
Junior UG				
K. Chester	640	560	455	1655
Junior Raw				
K. Riddle	450	285	520	1245
Open UG	1750	103 60	THE PERSON NAMED IN	4.00
J. Land	630	540	450	1620
Master I	450	405	450	1225
R. Cowser	450	425	450	1325
198 lbs.				
Open UG	675	405	545	1625
G. Godwin	0/3	405	343	1025
Open UG T. Walyus				Birth St
Teen Raw	50000			(College
S. Tarr	430	315	550	1270
Master II UG	430	313	330	12/0
J. Lynch	525	315	565	1365
275 lbs.	323	313	303	1303
Master II				
D. Poucher	650	440	645	1735
308 lbs.	300			
Open				
S. Knowles	800	500	600	1940
Open		5211 160		
C. Walker	725	475	700	1900
Submaster				
S. Knowles	800	500	600	1940
341 lbs.				
Open UG				
T. Mahoney	805	430	640	1920
Master I UG				
T. Mahoney	805	430	640	1920
DT=Drug Tes				
Best Lifter Ful				
Best Lifter Ful				
Lifter Push-Pu				
1166 D. L D	II. CI		OIC	I D

Lifter Push-Pull: Shawn O'Grady, Best

ifter Bench Press: Don Daubert. Raw Best

Lifter Bench Press: Joe Hill, Best Lifter

Deadlift: Dwayne Poucher. Raw Best Lifter Deadlift: Doug Phan. (from Scott Taylor)

230 135 235 600

Youth (11-12)

AAPF Big	9 Sk	y State Game Billings, MT	es	Powerlifting With A Purpose
EMALE Open		181 lbs. S. Suda 220 lbs.	300	POW-MIA AND A STATE OF THE POWER OF THE POWE
48 lbs.		J. Nelson	540	200
. Shockley 65 lbs.	85	Warmsbecker 275 lbs.	570	
Binkie	120	J. Grosulak	420	
ALE		B. Monson	- 11	
aster		DEADLIFT		
05 lbs.)	240	FEMALE		
Gardener :	340	Open 148 lbs.		
Nelson 17 lbs.)	540	V. Shockley MALE	235	SAD
armsbecker.	570	Teen		JAK
en		(200 lbs.)	MI	
31 lbs.)	210		285	
Hanson 14 lbs.)	310	Junior (271 lbs.)		
Winterrowd:	270	J. Grosulak	600	
nior		165 lbs.	000	S CL
71 lbs.)		B. Binkie	265	F0 21
	420	Open 275 lbs.		以外的原理性的特殊的的。
32 lbs.		J. Grosulak	600	

Thomas, Spero, Ryan, and Steve celebrate Best Lifter Honors. (All the R.A.W. United contest photos are courtesy of Spero Tshontikidis)

(271 lbs.) Junior N. Pilgrim	220	130	270	620	RAW	Unit	ed Na	ationa		148 lbs. (12-13)				
Open	220	130	270	020	28-29 JUN					C. Baker	145	90	182	417
65 lbs.		Lines			Powerlifting	SQ	BP	DL	TOT	(14-15)				
. Binkie	200	120	265	585	WOMEN					J. Howard	240	225	350	815
law					88 lbs.					J. Douglas	165	100	245	510
)pen					(10-11)		1		24	G. West	155	100	225	480
65 lbs.			-100		S. Montgomer	ry	55	130	185	R. Audet	120	85	160	365
B. Binkie	200	120	265	585	(12-130					J. Wadzinski	_	170	280	450
MALE					K. Thompson	95	55	140	290	(16-17)				
Aasters					C. Kermer	90	57	135	282	G. Barnes	285	225	335	845
200 lbs.)					97 lbs.					D. Seiler	255	210	335	800
. Winterrowe	d500	300	475	1275	(12-13)					A. Miller	230	175	340	745
een					M. Douglas	100	65	165	330	D. McMillen	200	145	305	650
284 lbs.)					114 lbs.					(18-19)				
N. Hoang	585	300	530	1415	(14-15)					W. Vickery	_	255	395	650
192 lbs.)	505	500	550		A. Graham	45	82	205	332	(35-39)			333	050
B. Leikam	400	235	400	1035	74. Oraniani	4.5		L-212	332	S. O'Grady		315	405	720
214 lbs.)	400	233	400	1033	(50-54)		4(11-12	1-212		165 lbs.		313	403	720
	1400	270		1275			115							
. Winterrowo	490	270	515	1275	L. Watson	_	115	-	70000	(16-17)	250	205		4000
unior					123 lbs.					Tshontikidis	350	205	445	1000
271 lbs.)					(14-15)		00	100	400	A. Mesnard	295	270	415	980
. Grosulak	625	420	600	1645	B. Kissel	140	80	180	400	R. Victoria	285	175	-	-
Open					132 lbs.					(18-19)				75
220 lbs.	12				(12-13)					T. Lee	355	305	435	1095
M. Toliver	315	205	405	925	S. Shores	155	80	220	455	R. Fay	-	255	530	785
. Winterrowe	d490	270	515	1275	(35-39)					(35-39)				
275 lbs.					D. Graham	100	80	180	360	T. McCoy	-	310	375	685
. Grosulak	625	420	600	1645	(50-54)					(40-44)				
law					M. Quinn	100	115	200	415	T. O'Brien	385	265	345	995
Open					148 lbs.					M. Guerra	_	300	_	_
75 lbs.					(35-39)					(60-64)				
Grosulak	625	420	600	1645	M. Pritzl	250	175	325	750	A. Annunziato	295	235	425	955
					165 lbs.	230	173	323	730	181 lbs.	293	233	723	333
Results provid	ueu co	urtesy	Jim The	ompson)									5	
					(16-17)			105	200	(10-11)			440	220
G	eorgia	Gan	nes		Montgomery	120	75	185	380	T. Laskovich	105	75	140	320
25 12 185		JL 08			(18-19)					(14-15)			700	-
	19 1				J. Manuel	165	125	195	485	K. Straus	295	180	355	780
BENCH		198			(45-49)					(16-17)				
een		(50-5)	4)		Montgomery	-	130	305	435	J. Wadzinski	310	220	375	905
HW		R. O	rton	120	MEN					R. Smith	160	120	185	465
. Brown	205	220	lbs.		77 lbs.					(18-19)				
Masters		(65-6	9)		(10-11)					C. Maldonado	225	160	340	725
48 lbs.		K. Ro	wan	122	A. Gari	45	45	110	200	(35-39)				
50-54)		242	lbs.		88 lbs.				*	P. O'Grady	4	275	505	780
G. Bradley	102	(40-4	4)		(12-13)					(45-49)				
81 lbs.		T. Me		200	R. Taylor	_	50	110	160	Tshontikidis	400	255	485	1140
40-44)		308		200	105 lbs.					198 lbs.		200	103	
. McDonald	140	(55-5			(10-11)					(16-17)				
50-54)	140	J. No	-	150	Montgomery		75	175	250	A. Velez	200	145	275	620
	150). 140	nan	130			13	1/3	230		200	143	2/3	020
G. Glen	150	pp	DI	TOT	114 lbs.					(25-29)	400	225	FOF	1221
owerlifting	SQ	BP	DL	TOT	(12-13)			400	200	D. Lagges	405	325	505	1235
Il Lifters					P. Moran	140	65	160	365	D. Fullington	385	290	420	1095
een					(35-39)					(45-49)				
32 lbs.					T. Branam	-	170	165	335	R. Krebs	340	335	355	1030
B. Byrd	-012	-00	-	-1.2	123 lbs.					K. Steward	-	1-0	-	-
48 lbs.					(14-15)					S. Crossman	-	-	-	-
G. Lotson	60	100!	70	230	E. Samarrah	105	80	185	370	(65-69)				
42 lbs.					(16-17)					J. May	_	250	_	-
Prichett	139	925	137	367	F. Sclafani	225	165	245	635	(70-74)				
08 lbs.					(18-19)					I. Ruffalo	265	200	315	-
A. Clements	207	187	195	590	T. Mohammed	1290	185	385	860	220 lbs.	200	115000	010	TO THE REAL PROPERTY.
HY	207	107	193	390	J. Gonzalez	285	215	345	845	(16-17)				
. Brown	2274	205+	237*	600*		203	213	343	043		200	205	425	110
	237*	205*		680*	132 lbs.					T. Carden	380	295	425	1100
	ate Re				(16-17)	000		200		(20-24)		00-		
=Masters Sta			Warre	en. Plat-	A. Bocharski	200	145	290	635	S. Rawl	77	335	580	915
=Masters Sta lecords. Orga					100 00									
=Masters State Records. Orga orm Manage	ers: Je	remy	ford, I	Michael						B. Howard	225	N TT 50	365	_
=Masters State Records. Orga orm Manage Shepard. Jud	ers: Je Iges: I	remy Buddy	ford, I Duke,	Michael Curtis	T. Gerhauser	_	145	-	-	(35-39)		der ein		
=Masters Sta Records. Orga orm Manage	ers: Je Iges: I	remy Buddy	ford, I Duke,	Michael Curtis	T. Gerhauser	-	145	Sellip	Roans Broans		225 460	440	560	1460

kley	485	275	550	1310
mons	305	205	425	935
man s.		275	460	1170
y	350	285	390	1025
nor	480	440	600	1520
w Charles				
chioni s.		Intel or	515	nt - ingel
la Nade				1000
Linabia.				1365
				910
s.		430		in di delika na, riversa a. trokkun
el bs.	535	415	585	1535

A. DiBiase 565 300 545 1410 DAL=Disabled American Lifter: R. Smith, T. Gerhauser. BTL=Best Teenage Lifter: S. Shores. BTL/I: Y. Tshontikidis, BTL/R: T. Mohammed. BOL=Best Open Lifter: M. Pritzl, R. Ryder. BML=Best Master Lifter: M. S. Tshontikidis. BL P/P=Best Lifter Push/Pull: S. O'Grady. R=Raw. I=Ironman. Venue: West Shore Junior/Senior High School. We Serve an Awesome God! The inaugural R.A.W. United National Powerlifting Champions was an overwhelming success! Over ninety lifters registered to compete, and the meet ran very smoothly thanks to the efforts of the Power in the Blood contest staff and the members of Wildcat staff and the members of Wildcat Powerlifting. Before we discuss the lifting, please take a moment to pray for the brave men and women of our Armed Forces and their families. May God protect them, give them strength, and unite them with God-speed! Saturday's lifting showcased Tim Smith's newly formed "Volusia Raw Dawgs" as well as strong numbers from Brian Kissel and Steve Ryder of Power in the Blood, JD Gaynor of Stewart, Florida, and Danny Aguirre's newest prot g , Tyler Mohammed. Tim's team consisted of high school and collegiate lifters from throughout Volusia County. Led by 123 pounder Juan Gonzalez (Juan totaled 6.94 times his bodyweight!) and 148 pounder Greg Barnes (Greg to-taled 5.77 times his bodyweight!), the Raw Dawgs captured the Men's Overall title while shattering the record books. In addition, Tim and his wife Julie welcomed the newest member of their family Faith Elizabeth on June 6; congratulations! Brian posted the meet's largest total at 1535 pounds, and Steve took Ironman honors, totaling 6.88 times his bodyweight without a belt! JD was flawless on the platform, nailing lifts of 480, 440, and 600 in the 242s. Finally, Tyler totaled 7.02 times his bodyweight in his R.A.W. United debut, including a 385 pound deadlift (and a near

(50-54)

242 lb

A. Tull

(30-34)

J. Gayı (45-49)

I. Sevo (55-59)

L. Buc 275 lb

(16-17)T. Wal (40-44) T. Smit (45-49)

F. Gol J. Zmy 308 lbs (45-49)

R. Kiss 308 + 1

(16-17)



Caryn Tshontikidis, R.A.W. United official, and wife of Spero



World Champion Bill Beekley, finished were joined by Jan Montgomery, Caryn greatest country on the face of the earth!

Tshontikidis, Bill Beekley, and Paul May God richly bless you for your service with an awesome 1310 total in the 220s. Simmons. Danny Aguirre and Steve Ryder and sacrifice! And thanks to our Lord and wildcat Powerlifting posted the strongest teenage, Ironamn total lifting 6.28 to Wildcat Powerlifting posted the strongest Wolfgang Kermer, Yanni Tshontikidis, Cross of Calvary that sacrifice and self-teenage, Ironamn total lifting 6.28 times his bodyweight without a belt. Yanni and the Wildcats also took home the Mixed the Wildcats also took home the Mixed the Wildcats also took home the Mixed the Wildcat lifters Gabriel West, Carlos Among the World! (Thanks, and God Bless, teenage, Ironamn total lifting 6.28 times his bodyweight without a belt. Yanni and the Wildcats also took home the Mixed Overall title with a perfect score of 120 points. Although a pulled hamstring kept him from entering the full power division, teenage phenomenon Robbie Fay nailed a 530 pound deadlift in the 18-19, 165s, while Jacksonville, Florida's Tom Carden (competing in the 16-17, 220s) went eight for nine en route to his 1100 pound total. And Anthony DiBiase, lifting with Power in the Blood, showed great technique with lifts of 565, 300, and 545 in the 308+ class. Sunday's lifting included outstanding performances from brothers Shawn and Pat O'Grady in the push/pull division, Masters legend Al Annunziato, and eighth grader Kyle Straus. Shawn totaled nearly five times his bodyweight in the two lifts, going 315 and 405 in the 148s to take Best Lifter honors. Pat, who was scheduled to be out of town on business, was able to compete "last minute," and hit a 275 pound bench and 505 pound deadlift in the 181s. Al got off to a stressful start, missing his first two squats. Fortunately, he sunk a 295 pound effort on his third attempt and then went six for six en route to his 955 total in the 60-64, 165s. Kyle, who lifts for Wildcat Powerlifting and just completed the eighth grade, had a perfect day, going in for on copies of the May and June issues for each for a stressful start, missing his first two squats. Fortunately, he sunk a 295 pound effort on his third attempt and then went six for six en route to his 955 total in the 60-64, 165s. Kyle, who lifts for Wildcat Powerlifting and just completed the eighth grade, had a perfect day, going in for on copies of the May and June issues for each for a stressful start, missing ning first copies of the May and June issues for each for a stressful start, missing ning for open for the maces for each for the maces of the mace o 64, 165s. Kyle, who lifts for Wildcat Heart" to each litter; to Mike Lambert of Powerlifting and just completed the eighth Powerlifting USA Magazine for donating grade, had a perfect day, going nine for opies of the May and June issues for each nine with lifts of 245, 180, and 355. Sunday of our lifters; and to all the lifters for their also found the ladies on the platform. Support and encouragement. On behalf of Twelve year-olds Katrina Thompson and Colleen Kermer, both members of Wildcat Finally, thanks to the brave men and support of the Light States Armed Forces. Powerlifting, battled it out in the 88 pound class. Katrina's 95 pound squat and Colleen's 57 pound bench were both good for Ironman records; Katrina edged out Colleen in the end with a 290 pound total (Colleen totaled 282). Teenage World Champion Amanda Graham injured her knee while serving with the Sea Cadets two weeks prior to the meet and had to settle for a token, 45 pound squat. Amanda did, however, break both the bench and deadlift records (82, 212) to win the 114s. Wildcat lifter Brianna Kissel sqatted deep and strong, finishing with a 140 pound effort. Brianna went on to post a 80 pound bench and 180 pound deadlift in the 123s. Samantha Shores, who just turned thir-teen, broke records across the board in her move to the 132s, and captured Best Lifter honors in the teenage division. Finally, Marie Pritzl came off of a three-week annual training exercise and still managed to nail impressive lifts of 250, 175, and 325 to take the 148s and Best Lifter honors. Marie and her unit are preparing to deploy to Iraq, so please keep her in your prayers Finally, Sunday saw inspiring performances by Disabled Ameican Lifters Thomas Gerhauser and Ryan Smith. Thomas, who



123 lbs.				
Teen III				
C. Trour	450	225	440	1115
C. Wallace	325	195	375	895
Teen II				
B. Starling	345	165	325	835
Teen I				
M. DePryest	275	175	300	750
S. Oswalt	260	165	315	740
132 lbs.				
Teen III				
E. Renfrow	355	185	360	900
Teen II				
R. Allen	370	175	495	1040
F. Sullivan	300	150	385	835
D. Jackson	300	140	325	765
148 lbs.				
Teen III				
R. Savell	440	265	470	1175
Teen II				
A. Gray	350	170	355	875
Teen I				
H. Ladmer	350	205	365	920
Open Raw				
D. Navar	315	245	385	945
165 lbs.				
Teen III				
K. Douglas	600	300	550	1450
Teen II				
K. Watson	480	270	550	1300
J. Griffith	470	225	490	1185
P. Spencer	425	225	405	1055
Teen I				
Z. Goins	-	245	-	245
Raw Open				
J. Palliser	400	270	500	1170
181 lbs.				
Teen III				
J. Richardson		290	550	1395
J. Windahl	560	265	455	1280
J. Aden	460	300	440	1200
A. Shoto	445	225	465	1135
Teen II				
C. Green	485	280	560	1325
198 lbs.				
Teen III		THE PERSON		H. Hallo
J. Legget	405	295	575	1275

475 270 515 1260

	C. MeMullin		485		485
		_	403	_	405
	Open				
	Raw				4540
	J. Impastato	540	400	600	1540
	Junior		FERM	020	
	C. Bridges	450	355	575	1380
	242 lbs.				
	Teen II				
	D. Lumley	400	300	450	1150
	Teen III				
	R. Comans	570	405	515	1490
	I. Griffin	550	250	600	1400
	Teen III Raw				PENOT I
	M. Rehan	560	415	505	1480
	lunior	300	413	303	. 400
	R. Laughlin	640	455	625	1720
		040	433	023	1720
	Open			400	
	J. Griffin	-	1	455	455
	Open Raw				
	E. Frank	535	405	500	1440
	275 lbs.				
	Teen III				
	G. Harris	550	90	600	1440
٠	Teen II				
1	C. Nelson	650	365	585	1600
	J. Flanagan	420	265	425	1110
	SHW				
	Teen III				
i	M. Ingram	600	325	590	1515
j.	Teen II	100			redi de r
	D. Scott	535	310	505	1350
١	H. Cabral	525	290	475	1290
	lunior	343	230	4,5	1230
	T. Westbrook	715	440	570	1725
	Venue: Peak				
	venue: Peak	Fitne	ss. Co	ordina	tor: Jim
	Battenfield. T	his wa	as the	nrst n	ieet I've
	hosted solo, se	o the s	tart wa	is a litt	le shaky,
	but onlice we				
	Twenty high s	chool s	state ch	amps o	ame and
	we have beer	tryin	g to ge	et thing	s rolling
	in this state, a	nd yes	terday	was s l	nuge step
	in the right d	irection	n. With	51 lif	ters, this
	wa the large	est m	eet in	five y	years in
	Mississippi! I	m so	relived	it we	ent well,
	proud of the	membe	ers of /	MSPL C	lub, and
	thankful for	leff [ouglas	. John	Micka.
	Chris Parker	Frik S	tensaas	len A	Aegerdre.
	Wade Harne	r lav	Cours	sett t	he Peak
	Chris Parker, Wade Harpe Fitness Crew people who h	and	the c	ountle	se other
	neenle who h	, and	(neori	dod by	LICADIA
	people who i	reipea.	(provi	ded by	USAPL)
	NPA	Midw	est O	pen P	L

T. Marion 510 285 640 1435 R. Shumpert 565 290 535 1390

290 520 1175

600 315 450 1365

Open Raw D. Benac

Teen II

Open

P. Sutton

2 MAR 08 - Freeport, IL Powerlifting SQ BP DL TOT MALE

R. Hooper 198 lbs.	405	300	465	1130
M. Adams	500	360	525	1385
J. Bailey 220 lbs.	510	340	530	1380
Open Master	s			
Burlingame 242 lbs.	825	400	660	1885
Open				
R. Kraft				1775
The NPA Midsmall turn out up. Rich Hoo took the 181 bench, 465 diffs for going was a battle Adams taking squat, 360 b 1385. Close b 510 squat, 34 tot total 1386 attempt on de win. Duane B and masters w 660 deadlift 1900 is the g class with a b look easy, 6 Thanks to tall try to do som world. Have a of lifting and Our children athletes in the to Duane Bur	t, but sper, li class readlift, raw is 1 the sench, behind 0 beno, o. If Jo adlift hurlingavith an to tot to tot load. R ig 720 05 de that hething fund inutritineed to worke	some bifting in with a to total n his fit 198 c win. M 525 de was Jorch, and on had ne would me too 825 sq al 188 oon Krais squat, adlift elped. for the raiser, pon, jusihe he help J, powe	ig weiging his fit was a sali	hts went rst meet uat, 300 0. Great et. There th Mike d a 500 to total y with a deadlift his third took the 120 open 0 bench, t elusive the 242 ench that il 1770. ext time, en of the seminar mething-greatest (Thanks

women of the United States Armed Forces

D. Hanson

FEMALE

(271 lbs.)

Powerlifting SQ

DL TOT

310

Original York Barbell (made in the USA) used milled cast iron olympic lb. plates (1470 lbs.) asking \$.75/lb. (\$1100 for all) 12 ea. 2 1/2, 5, 10, 25, 35, 45 lb. plates.Outlaw Strength, 104 Loop Rd., Biglerville, PA 17307, 717-677-7570 or 330-501-5876, Mike White.

WABDL Northwest Regional

12 APR	08 -	Medford, OR	
BENCH		Master (61-67)	1330
WOMEN Master (40-46)	165 lbs. C. Tennant	225
165 lbs.		181 lbs.	
		K. Hieb	314
181 lbs. J. Taylor	2881	198 lbs. J. Beteta A. Franke	354*
Open	ITEST.	A. Franke	304
165 lbs.		4111-303	
S. Klocke 198 lbs.	292*	Master (68-74) 198 lbs.	
K. Sandoval	231*	D. Maloney	187
220 lbs.		0	
E. Jackson	209*	181 lbs. R. Harris 220 lbs.	105
Teen (12-13) 105 lbs.		R. Harris	485
A. Pecktol	71	Mr. Olsoll	-
4th-85!*		259 lbs. T. Chun	
Teen (18-19) 123 lbs.		I. Chun	644*
K. Phipps	143	308 lbs. D. Stevens	451
MEN		Special Olymp	
Class I		242 lbs.	226
148 lbs. B. Kunkel	325	N. Ceglia 4th-248* Submaster (33 220 ls.	230
165 lbs.	20025	Submaster (33	-39)
		220 ls.	-10+
181 bls.	303	S. Edmondson	518*
198 lbs.	303	259 lbs. T. Chun Teen (12-13) 97 lbs.	644*
D. Simpson	385	Teen (12-13)	
l. Eva	286	97 lbs. C. Grizzle	77
220 lbs.	239	123 lbs.	//
K. Heath	418	123 lbs. D. Sites	165!
D. Wilcox	396	148 lbs. A. Grizzle	1501
Sandlin	462	Teen (14-15)	159
T. Canaday	363	Teen (14-15) 165 lbs.	
lunior (20-25)		I. Ditty	181
181 lbs.	303	242 lbs. A. Lindsey	258
198 lb.s	303	Teen (18-19)	330
K. Herzik	374	Teen (18-19) 198 lbs.	
220 lbs. A. Georgeon 242 lbs.	260	D. Gilbertson	314
A. Georgeon	369	WOMEN	
C. Stimac	385	Master (40-46))
308 lbs.	473	165 lbs. S. Klocke	
J. Davasher	4/3	5. KIOCKE	352
Master (40-47)	181 lbs. J. Taylor	418!
D. Wilcox 259 lbs.	396	K. Sandoval Master (47-53)	237
D. Bodenstab	_	123 lbs.	il os
Law/Fire		D. Kutt	323
) 002	148 lbs.	
220 lbs.	297*	B. McGowan 165 lbs.	
J. Hollaway Law/Fire Ope	n	T. Holte	414
181 lbs.	0.00	4th-431!*	91
Master (40-46	259	4th-431!* Master (54-60 181 lbs. B. Heriford Open 148 lbs. A. Wass 165 lbs. T. Holte 4th-431#*) 884
165 lbs.	A 15	B. Heriford	374!
R. King	369	Open	
181 lbs.	410	148 lbs.	241
242 lbs.	410	165 lbs.	341
K. Doerfler	462	T. Holte	414
G. Phipps	418	4th-431#*	
Hostkoetter	523	Teen (12-13) 105 lbs. A. Pecktol	
Master (47-53)	A. Pecktol	203
181 lbs.	201	4th-214!* Teen (16-17)	
G. King	336	1een (16-17)	
G. Harris	407	148 lbs. A. Wass	342!
D. Macri	402	Teen (18-19)	90 for
242 lbs.	50416	Teen (18-19) 123 lbs. K. Phipps	250
Master (54-bt	1)	MEN	
123 lbs.	Mary Calley	Class I 148 lbs.	
L. Muth	177*	148 lbs.	100
308 lbs.		B. Kunkel	496
D Stevens	451	165 lbs.	435



Amos Grizzle had quite the hairstyle at the '07 WABDL Worlds.

style at the	9.071	WABDL WO	rias.
198 lbs. D. Simpson		242 lbs.	
D Simpson	451	B. Anderberg	562
259 lbs.	431	308 lbs.	302
M. Prickett		300 103.	E94
M. Frickett	630.	Master (61 67	304
Junior (20-25)		Master (61-67 165 lbs. C. Tennant	,
165 Ibs.		165 IDS.	262
A. Russell	508*	C. Tennant	363
198 lbs. K. Herzik	T. AFR	198 lbs. A. Franke	A GIVE
K. Herzik	496		
308 lbs.		220 lbs. R. Wass	D PONT
J. Davasher	600	R. Wass	479
Law/Fire		4th-501*	
Master (40-47)	Master (68-74)
259 lbs.		198 lbs.	
D. Bodenstab	573	D. Maloney	352*
Law/Fire Ope	n	Open	
181 lbs.		Open 242 lbs.	
D. McFarland	1507	I. Capllo	705
220 lbs	. 507	J. Capllo 308 lbs. J. Nickerson	
W Spyder	562*	308 lbs. J. Nickerson D. Stevens	683
Law/Fire	302	D Stovens	594
Cabracter.		Cassial Olym	304
Submaster 220 lbs.		Special Olym	pics
220 lbs. W. Snyder		220 lbs. E. Jackson	100
		E. Jackson	402
Master (40-46)	4th-424*	
165 lbs.		259 lbs.	WI Do
M. Petrucelli	508	H. Bonilla	380
P. Lawyer	413	4th-402*	
220 lbs.		Submaster (33	
K. Doerfler	584	220 lbs.	
308 lbs.		C. Jackson	556
Hostkoetter	600	Teen (12-13)	
Master (47-53	(1)	97 lbs.	
242 lbs. J. Capello	307	C. Grizzle	165
I. Canello	705	123 lbs.	A. Berry
Master (54-60	0)	123 lbs. D. Sites	2931*
123 lbs	,	148 lbs.	2331
1 Muth	3/181*	148 lbs. A. Grizzle	242
198 lbs.	340.	Teen (16-17)	444
C McEarland	E418	100 lbc	
220 lbs	341	198 lbs. M. Phipps	424
B. Collins	F67	242 lbs	424
B. Collins	36/	242 lbs.	410
1 14/11 5		A. Lindsey #=National Re	418
:=World Rec	ords.	=National Re	cords.

coached numerous teenagers in the ways 98 lbs. of strength and Jesus. Troy Chun put up a V. Maltos huge 644.7 bench at 255 for an Oregon 105 lbs. record. He also passed his second drug L. McGuill test, and Jeff Holloway who hadn't lifted 123 lbs. for about six years and came back to competition last year put up an Oregon record 297.5 in Law/Fire Master 220 at age 53. Jason Davasher had a good meet with 473.7 bench in Junior 308 and a 600.7 deadlift. Kent Hostkoetter pulled 600.7 in Master 4-46/308 and Jerry Capello who was injured still had the best pull of the day with 705. I want to thak Bill Anderberg who was the main sponsor and also pulled 562 in Master 54-60. His company is called Answer Page. Also, the photographer was Bill Porter. The ment direction were Sam Bill Porter. The meet directors were San Pecktol and Dan Guches. Dan is a 600 lb deadlifter at age 50 in the 165 class. San is a 680-700 deadlifter in his fifties. The Ramada Inn was the meet site hotel and the crowd, by the way, was over 400 for th deadlift. The most exciting deadlifting in WABDL takes pace in Medford with that big crowd. I also want to thank Christerhardt who conducted the drug testing and was the MC. He also tested Jim Nickerson who deadlifted 683 in open 308 weighing only 286. He also passed his test weiging only 286. He also passed his test as did Troy Chun. I can't say enough about Chris Erhardt who has helped me at meets in Bend, Oregon, and the Worlds every year since 1993. He was my work-out partner in Bend for many years also. I live in Bend for 17 years. The judges were San Pecktol, Ken Anderson, Dan Guches, Eri Thomas and Chris Erhardt also did som judging Gary and Elma Thomas did weigh ins and did the computer work. Rhond Guches did a smooth job of scorekeeping The most notable aspect of this meet is th large crowd for deadlifting and the plac rocks when the deadlifts state, which i very conductive for some great lifts, stand-ing room only of over 400 people in a place that hold 320 seats. (Thanks to Gur Rethwisch for the results and meet report

The state of		line direct	reports
USA		exas State	
17 MAY (08 - C	orpus Christi	, TX
ENCH		G. Kaiser	353
EMALE		220 lbs.	
48 lbs.		C. Martinez	100
. Saldana	165	242 lbs.	
IALE		T. Sweet	375
81 lbs.		275 lbs.	
Reed	435	F. Garcia	535
1. Settles	287	A. Gholson	430
98 lbs.		UNL	
Saldana	-	T. Wilson	485
owerlifting	SQ	BP DL	TOT
FMAIF		CONTRACTOR AND STREET	

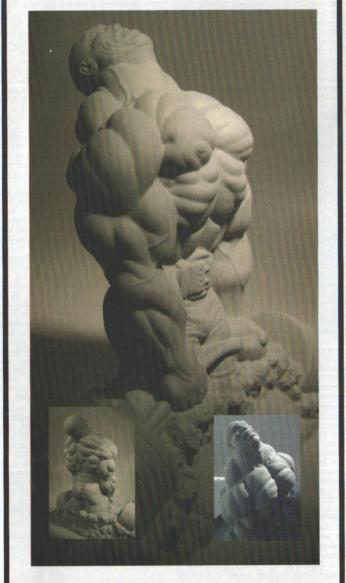


Kelli Sandoval is a successful competitor in the 40-46 group.

g	L. McGuill	226	88	270	584
d o	123 lbs. V. Salazar	237	121	276	634
n	Sassenhagen	193	143	281	617
et	B. Sanchez J. Park	226 198	94 105	270 220	590 524
7	132 lbs.	204	121	201	
n o	L. Smith 148 lbs.	204	121	281	606
y	S. King	419 248	198 143	380	998 700
2	C. Ysassi 165 lbs.	240	143	309	700
d	D. James 181 lbs.	408	226	502	1135
n	B. Jacobs	441	182	369	992
n	K. Cowan 198 lbs.	248	143	292	683
e	A. Ramos	325	182	325	832
e	J. Mireles P. Olvera	243 198	127 105	276 220	645 524
n	MALE				
is	123 lbs. R. Carrizales	265	160	320	744
g	132 lbs.		242	410	1000
8	N. Loznovsky 148 lbs.		243	419	1080
st	J. Tamayo M. Barrera		276 281	529 430	1262 1146
ts	B. Skelton	419	259	452	1130
y	M. Luera M. Ochoa	369 309	243 303	391 375	1003 987
d	G. Sexton			353	832
n	W. Willis 165 lbs.	- luba	etch.	-0110	-
e	S. Frasquillo			507	1416
ı- la	B. Warren T. Arbuckle	513	331 309	557 524	1400 1350
g.	I. Bell	474	254	568	1295
e	M. Cortez R. Hammonds		331	419 435	1250 1075
is	S. Villareal	248	220	336	805
d- e	R. Rodriguez J. Vasquez		193 535	281 419	672 953
IS	A. Menton	-01	-	-100	-
t)	181 lbs. L. Moreno	480	309	452	1240
	R. Elrod	419		353	1190
	C. Allen J. Espinoza	369	243 309	502 391	1168 1069
	R. Torres 198 lbs.	298	265	336	898
		502	353	573	1427
	S. Lewis A. Garza		331	502 502	
	J. Lucio	408	265	430	1102
	T. Wagner J. Saldana	551	298	628 551	
	W. Young	-	-		435
ler ler	220 lbs. J. Thompson	562	430	551	1543
	B. Ellis	535		507	
H	S. Lucio M. Brazile				1130
2	C. Martinez 242 lbs.	- ob	480	474	953
2	J. Lopez		369	513	
1	S. Carranza 275 lbs.	524	369	518	1411
iz.	A. Gholson		430	617	1698
	F. Garcia D. Waterman		535 424	507 601	1648
	UNL	F72	276	491	1339
	N. Mireles V. Cadena	435	325	502	1262
	Raw 148 lbs.				
	B. Hicks J. Norton	358	231	441	1031
	J. Norton 181 lbs.	325	226	408	959
	T. Peyronel	375		408	1003
	J. Drummond 220 lbs.	325	226	430	981
		457	331	502	1290
	242 lbs. D. Broseman			551	1367
		408 408	353	601 551	
	275 lbs.				
	B. Propst UNL	452	375	551	1378
	C. Krause		331		1185
	Best Lightweig Best Heavywe	ight Fe	male: 1	Daliann	lames.
	Best Teenage	Lifter:	lan Be	II. Best	Master
1	Lifter: Jimmie Andre Ghols	on. Be	st Rav	v Lifte	r: Don
1	Broseman. Me & Gary Pamp	et Dire	ectors:	Hector	Munoz
	a dary ramp	(60	an tesy	nom (JOHI L)

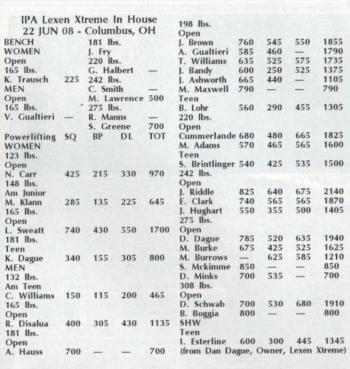
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		ige Competit		Master		220 lbs. G. Puleio	550
	. 08 -	Oil City, PA	annen	180 lbs. I. bell	245	261 lbs.	330
BENCH		Open		261 lbs.	243	Z. Sprohar	450
WOMEN		139 lbs.			205	284 lbs.	450
134 lbs.		S. Emanuele	230	Schwabenbau	305		120
C. Leech	105	N. ziegler	215	DEADLIFT		D. Cruea	630
149 lbs.		180 lbs.		MEN		S. Britton	630
L. Caskey	125	Scalamogna	300	Teen		300 lbs.	
165 lbs.		200 lbs.		146 lbs.		S. Pollin	500
S. Frisina	155	J. Raymer	375	A. Rembold	365	Submaster	
SHW		220 lbs.		SHW		180 lbs.	
Schrecengost	150	G. Puleio	430	D. Uber	465	C. Liebman	410
MEN		261 lbs.		Open		Masters	
Teens		Z. Sprohar	300	180 lbs.		261 lbs.	
146 lbs.		284 lbs.		Scalamogna	475	Schwabenbau	535
A. Rembold	225	D. Cruea	450	200 lbs.			
167 lbs.		300 lbs.		J. Raymer			
D. Lawson	225	S. Pollin	405	Venue: St. Jose	eph's	Social Hall. Thi	s ye
SHW		Submaster		all proceeds w	ere de	onated to the TJ	Wils
B. Shreffler	415	200 lbs.		family. The n	noney	raised over	1,10
D. Uber	250	K. Harbaugh	340	(Thanks to Ch	ris Sn	yder for these	resu





The Red Brick Bench Press Championship V banner made it to Iraq as shown above. Approximately 70 soliders, led by Lt. Col. Patrick Roemer, are pictured holding the banner in front of Sather Air Base in Baghdad, Iraq. The banner, which reads "USA Powerlifters Support Our USA Heroes" had a list of all sponsors and signatures of competitors from the last (Feb. 2008) Red Brick Bench Press Championships, held in Lewiston, New York. The Red Brick Bench Press Championship VI is to be held Feb. 21, 2009 at the Lewiston Red Brick School, Lewiston, NY and will again be in support of U.S. Troops and their Families. For information, contact Dennis Brochey, 205 N. 5th St., Lewiston, NY 14092, cdbrochey@roadrunner.com, 716-200-3533, or link them at http://niagarapowerliftingclub.com





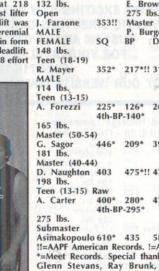
The APT Champions from the WABDL Rocky thank Alan from APT Pro Wrist Wraps for the received. (photographs courtesy Laura Cunningham

WABD	L Roc	ky Mountain	n LIT	J. Herstein 165 lbs. A. Stephens	485
14 JUN U	o - 5a	it Lake City,	01	165 lbs.	
BENCH		E. Reyes	363	A. Stephens	485
WOMEN		Master (54-60	0)		
Master (40-46)	148 lbs.	24.410	R. Bills	529
181 lbs.	100		314!*	Junior (20-25)	
J. Tripp				SHW	
4th-214		R. Marchant			606
Master (47-53)	242 lbs.		Master (40-46 242 lbs.	"
OL McCaus	165	D. Wolf			F20
	165	Master (61-6)	/)	K. BIIIS	529
4th-167*		165 108.		Master (54-60	")
Master (54-60	"	S. Lemire	242	G. Miller	250
114 lbs.	203*	275 lbs.	380*	242 lbs.	330
H. Miller	203*	M. Herrera	380*		F22
Open		M. Herrera	391*	D. Wolf	523
97 lbs.	110*	Master (68-74	+)	Master (61-67	,
Cunningham	110*	198 lbs.	264	165 lbs.	252
114 lbs.	2024	W. Prince	264		253
H. Miller	203*	Open		259 lbs.	
S. Tal	148	165 lbs.		!=World Reco	
132 lbs.		K. Lyons	314	Edgell was the	
L. Hofheins	203*	181 lbs.		awards. He di	
165 lbs.		D. Carr	446	ing and pass	ing (
T. Cowgar	115*	198 lbs.		Dennison and	Sco
181 lbs.		E. Reyes	363	tested and pa	
J. Tripp	192	220 lbs.		half block fron	
4th-214*		S. Mecham	523	airport. Plen	
UL		4th-529*		restaurant. In	the
D. Richards	314	275 lbs.		set a Wyomin	g rec
Submaster		T. Cowgar	523	Gary Miller s	
114 lbs.		308 lbs.		Master 54-60	
S. Tai	148*	J. Dennnison	606	Wyoming rece	ord !
132 lbs.		Submaster (3		242. In Maste	er 61
L. Hofheins	203*	198 lbs.		set a Utah red	
165 lbs.	1	T. Ponzio	303	259, Bud Da	vis,
T. Cowgar	115*	Teen (14-15)		impossible 628	
Teen (16-17)		165 lbs.		strongest back	
97 lbs.		J. MacKay	192*	world. He's 6'	2", so
Cunningham	110!*			way. Manny	Herr
MEN		148 lbs.		440.7 in Maste	er 61
Class I		R. Lund	242*	set a Utah re	
148 lbs.		Teen (18-19)		132, almost tr	
J. Herstein	264*			in her first me	
165 lbs.		J. Herstein	264*	Open women	
A. Stephens	303	DEADLIFT	-01	intensity. In To	
198 lbs.	300	WOMEN		set a world red	ord
	457		6)	Richard Peters	
4th-462*		101 Ib-	0)	record 501.5	
Junor (20-25)		J. Tripp	303*	impressive wi	
181 lbs.		Open	303	148 record of	
W. Anderson				140 record or	403.
4th-319*	303	S. Tai	275*		
SHW		132 lbs.	2/3		
T. Roessier	124	L. Hofheins	369*	医自然原理 第	
		165 lbs.	303	10000000000000000000000000000000000000	
Master (40-46	"		181*	医心理性致 建	
165 lbs.	211	T. Cowgar	101	一张 化拉里亚亚	
K. Lyons	314	181 lbs.	202#	一 图 是 原 图 图 图	181
181 lbs.	***		303*	THE RESERVE	
D. Carr	446	Submaster		1	
275 lbs.	F02	114 lbs.	0==+	1 6 6	
T. Cowgar	523	S. Tai	275*		
308 lbs.		132 lbs.	0.00	1	1
J. Dennison					SE 1892
		L. Hofheins	369*	一种是公主国 国	
Master (47-53		MEN Class I	369*	PittiBing	

7 Piece, Black on Black, Hammer Strength Circuit. Asking \$3500 as is. Asking \$4200 with refurbished pads. Will separate. Outlaw Strength, 104 Loop Rd., Biglerville, PA 17307, 717-677-7570 or 330-501-5876, ask for Mike White.

			M
RDI Pock	av Ma	ountain Reg	ional
DDL KOCK	y IVIC	Juntain Reg	Mai
vraps for t	ne n	nerchandise	tney
a Cunning	ham &	& Dawn Rich	nards)
48 lbs.			628
	485*	275 lbs.	18 T 18
65 lbs.		M. Herrera	440*
. Stephens	485	Open	
42 lbs.	F20	SHW	677
R. Bills	529	W. Mott	677
unior (20-25) HW		Teen (14-15) 165 lbs.	
	606	J. MacKay	347
Master (40-40		4th-352*	347
242 lbs.	"		
R. Bills	529	148 lbs.	
Master (54-60		R. Lund	413*
148 lbs.	*	259 lbs.	Special Con-
G. Miller	358*	G. Clark	473!*
242 lbs.	1	275 lbs.	
D. Wolf	523*		501
Master (61-6)	7)	4th-502*	
165 lbs.		Teen (18-19)	
5. Lemire	253*	148 lbs.	
259 lbs.		J. Herstein	485*
		State Records	
dgell was the	meet	director and ha excellent job of	ad great
wards. He di	d an e	xcellent job of	emcee-
ng and pass	ing ou	it the trophie	s. John
Jennison and	Scott	t the trophie Mecham wer The Hampton I	re drug
tested and pa	ssed.	he Hampton I	nn is a
half block from	n I-80,	near the Salt La parking and	ake City
airport. Plen	ty of	parking and	a nice
restaurant. In	the de	eadlift, Justin I	rerstein
Carry Millor	g reco	rd 485 in Class Nevada record	250 :-
dary Miller S	et a r	David Walf	330 III
Master 34-6	0/140.	David Wolfe 3.5 in Master	EA COL
		57/165, Stefan	
et a Utah re	cord 2	53 5 In Master	61-67/
59 Rud Da	vis a	53.5. In Master ge 65, hauled	in an
mpossible 62	R.2 stif	f legged! He's	got the
trongest back	of ar	ny master lifter	in the
vorld. He's 6'	2". so	he pulls the bar	r a long
vav. Manny	Herre	ra set a Utah	record
40.7 in Mast	er 61-6	7/275. Leslie F	ofheins
et a Utah re	cord 3	69.2 in Open	women
32, almost tr	iple bo	dy weight. Jod	y Tripp,
n her first me	et, set	a Utah record	303 in
pen women	181.	She has trem -17/259, Garre	endous
ntensity. In T	een 16	-17/259, Garre	tt Clark
et a world re	cord 50	020.6 with 25 t	o spare.
Richard Peters	on, in	16-17/275, set	a Utah
ecord 501.5	and Ju	stin Herstein w	as very
mpressive wi	th a V	Vyoming Teen	18-19/
48 record of	485. Ir	the bench pre	ss, Gary
			S. A. A.

54-60/198. Manny Herrera set a Utah record of 414. If he would have been record 391.2 in Master 61-67/275, Manny allowed more attempts he could have is Ted William's cousin and has collabopulled past the 550 mark. Another teen litters were awarded full size roman gladi-lepped up and delivered another world ecord bench press. The women proved hey were there to compete as most set PRs, roke various state records, and put on a how. When the dust settled Hedy Miller ion best litter by breaking the 200 barrier or the first time with a 203 press. Hedy is 4 and lifts in the 114 class! The men ahrump Nevada pushing a world record BENCH
14. Gary is a multi world record holding resser. Scott Mecham turned in a notable APF erformance with a 529 press at 218 odyweight. John Dennison won best lifter ith a 606 performance. The deadlift was show for the young and old. Perennial rowd favorite Bud Davis was back in form ith his grab and grind style of deadlift. ud won best male deadlift with a 628 effort



The Rocky Mountain Regional Team Champions: Ryan Lund, Tyler

Roessler, Carl Cuppingham, Carlt Classics, 1987

Roessler, Carl Cuppingham, 1987

Roessler, 1987

Roess Roessler, Geri Cunningham, Garett Clark, and Richard Petersen (l-r) Sciences for providing the meet results)

Miller set a world record 314 in Master 54- at 65 years old. Some young dogs put on a 60/148 and locked out 330.5, but was show with notable lifts by 19 year old Justin turned down for uneven extension. Gary Herstein of Wyoming pulling a 485 at 148. will be putting on a WABDL event August Believe it or not Justin had an off day as he 15, 2009, that promises to be a first class is usually able to go over 500! Sixteen year event. It will be in Pahrump, Nevada, about old Garret Clark bested the old world 1.5 hours northwest of Las Vegas. Randy record in his class by almost 100 lbs. He Marchant set a Utah record 336 in Master raised the new mark to 501.5 from the old rated on almost every book written about Richard Petersen showed true grit. This Ted Williams. David Wolfe set a Wyoming first time lifter hurt both hamstrings a week record 363.7 in Master 54-60/242. Geri before the meet while working on the farm. unningham set a world record 110 in teen Even though he wasn't at 100% he pulled 6-17/97. She was ably coached by her a 501.5 in fine style. In full health he would ther, Jon Cunningham, who has set two have easily bested the world record in his orld records in Master 40-46/181 bench ith over 500 lbs. Scott Mecham, after a ree year absence, set a Utah record 529 to open 220 and passed the drug test. John tennison, in Open 308, benched 606.2 for a pitholt stitude that is amazing to witness the school of the day. Time and the proposed set is the school of the day and the school of the day and the school of the day and the school of the s e highest bench of the day. Tim and ness. Leslie Hofheins continued her win reresa Cowgar, from Casper, Wyoming, et state records. Teresa benched 181.7 at a ppen women 165, and Tim benched 523.5 and Master 40-46/275. Also, after a three ear absence, Bill Mott deadlifted 677.7 at a 308 and he only cained for six weeks the fore of the truly. ed for six weeks. He's one of the truly came away with two new Wyoming state fted natural strength athletes. If he ever ets serious, 850 is his. I want to thank avid Edgell and his staff. Dave Marchant Clark, Ryan Lund, and Richard Petersen did a good job judging. The main sponsor carried away team honors and two indicas Jason Hansen and his revolutionary vidual world records. Before during and utrition company. (report provided coursey Gus Rethwisch) "For the second year a row the Hampton Inn and Suites at the a row the Hampton Inn and Suites at the table to the Hampton Inn and Suites at the atthetes and spectators. Without their help alt Lake City airport hosted the WABDL we would have all been a little more ocky Mountain Regional Powerlifting parched Jason Hansen of Body Evolution was on hand to provide the athletes what dozens of the western United States

I consider to be the greatest meal replacerongest athletes. These athletes showed ment supplement ever. A special thanks eir prowess by breaking three world goes to Alan of APT Prowristwraps who special thanks is deserved by KRT Perfortance of Roy Utah, HBFS of Sunset Utah, ig Dave's Training of Draper Utah, out some of his new 'lockout' and 'good lift' owerade Utah, APT Prowristwraps, and he Body Evolution for making the competion possible. The meet started with the omen's divisions and the teen men. Within trophies from Charles Venturella. The best le first several lifters Geri Cunningham lifters were awarded full size roman gladi-

APF/AAPF Cutting Invitational 28 JUN 08 - Albany, NY

AAPF

220 lbs

	220 11				
	Master (65-69)				
	E. Brown - 337				
	275 II				
353!!	Maste	r (45-	49)		
	P. Bu	rgess	285*		
SQ					
PEA					
		1	4 15		
352*	217*!!	313*	882*		
		Sec. on			
		Mary .			
225*	126*	260*	611*		
4th-BI	P-140*				
1)					
446*	209*	391*	1046*		
1)					
403	475*!!	470*	1348		
Raw					
400*	280*	475*	1153*		
4th-B	P-295*				
	SQ 352* 225* 4th-Bl 446* 403 Raw 400*	Maste E. Bro 275 II Maste P. Bu SQ BP 352* 217*!! 225* 126* 4th-BP-140* 446* 209* 403 475*!! Raw	Master (65- E. Brown 275 lbs. 353!! Master (45- P. Burgess BP DL 352* 217*!! 313* 225* 126* 260* 4th-BP-140* 209* 391* 403 475*!! 470* Raw 400* 280* 475*		

Asimakopoulo 610* 435 580* 1625* !!=AAPF American Records. !=APF Records. *=Meet Records. Special thanks to judges

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- 3. While holding the nylon strap tight begin ratcheting the belt and release your grasp of the nylon strap.
- 4. Ratchet/tighten belt as desired
- pull up and hold open the spring loaded ratchet safety lever. Next open (180°) the ratchet all the way until it can't open any more. At this point the nylon strap will be loose and you can open the belt by . Hand-crafted in the USA. Patent # 5,647,824 pushing out with your tummy or using your hands

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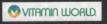
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Flora Trio, left to right, cheerleader Amy Poole, Jr. High footballer Zach Davis, and freshman basketball/softball player Harley Davis went a combined 27/29 attempts with 11 State and 7 NASA Unequipped American records at the Tri State meet, raising more than \$1000 for the cheerleading squad in the process. (photograph courtesy Smitty)

NASA 19 II	Tri-St			d
BENCH MALE	02 00	T. Bu		290*
181 lbs. Masters III J. Wood	410!	A. De 308 II Raw S	405*	
198 lbs. Intermediate		Pure/	se	415*
Push Pull MALE		BP	DL	тот
165 lbs. Teen				
Z. Davis Power Sports	CR	90* BP	205* DL	295* TOT
198 lbs. Masters III	Ch	.,		101
J. Racklin	100	170	285	555
Powerlifting FEMALE	SQ	BP	DL	тот
Raw 114 lbs.				
High School				
A. Poole	855*	65!*	145!*	295!*
MALE Raw				
181 lbs.				
High School			0001-	20714
H. Davis				
!=American Re	ecords.	==State	e Kecor	ds. The



tempt to boost her record total to 295 while his first two Bench Press efforts of pounds. Also lifting in the High School 155 and 170 pounds jumped off his chest Division was incoming FHS freshman before 190 stalled just before breaking harley Davis, who made her debut a year over the top. He came back with easy, ago in this same meet. Harley has had to train basically on her own with her lifting coach spending most of his summer at his other job. She did well on her own, setting the H&B Fitness crew was able to attend the other job. She did well on her own, setting the H&B fitness crew was able to attend the state and American records for squat, been hypers, deadlift and total, plus puting together her first 10-10 day when she number of entries this year with just eight of 200 pounds. Harley cautiously opened with a 95 pound squat, then increased it to including spotters and loaders, was at the local Pizza Hut by noon with plenty of stayed perfect with bench press efforts of pressure on himself, so he lifter raw and pressy left to attack the huffet has Desvite and American records in the state and American records in the meet, although they admitted moving the meet, up a week resulted in several liters not being able to attend. H&B's big guy, obeying the plant of 200 pounds. Harley cautiously opened to the platform after a work-related with a 95 pound squat, then increased it to injury took him out of action for nearly a stayed perfect with bench press efforts of pressure on himself, so he lifter raw and stayed perfect with sent pressure on himself, so he lifter raw and stayed perfect with sent pressure on himself, so he lifter raw and stayed perfect with sent pressure on himself, so he lifter raw and stayed perfect with sent pressure on himself, so he lifter raw and stayed perfect with sent pressure on himself, so he lifter raw and stayed perfect with sent pressure on himself, so he lifter here. energy left to attack the buffet bar. Despite 80, 85, and 90 pounds to give her a 195 the result was state records in the unarecord low number of lifters, the percentage of lifters setting records remained high. Perhaps the story of the day was the record setting effort by Flora High School cheerleader Amy Poole, who made the to finish the day with a 200-pound lift and getting it stuck twice. Anthony Decker most of her debut with four state and the safe an most of her debut with four state and three a 395-pound total. The two high school increased his 198 pound state record in the American records in the 114 pound, unequipped high school division. Amy, who just began lifting at the beginning of the summer, opened with a state record at the two high school increased his 198 pound state record in the Outstanding Lifter trophy by less than just began lifting at the beginning of the summer, opened with a state record at the outstanding Lifter trophy by less than just began lifting at the beginning of the summer, opened with a state record at the outstanding Lifter trophy by less than just began lifting at the beginning of the five-tenths of a point. Harley's younger year's effort. Twice he had trouble getting to skip squats. The result was so he had to settle for the one lift. His 430 meet and increased the weight to 85 he set State records in Bench Press, 90 would have also given him the American and the fore lessons to the first less than the set of t meet and increased the weight to 85 pounds before loosening her abs and leaning forward at 95 pounds for no lift. She cruised through the bench press with state and American record efforts of 50, 60, and 65 pounds. The 65 pound effort also represented a personal best. Amy capped off her day with three strong deadlifts of 125, 135 and 140 pounds. All state and American record to take the day by doing a Power Sports meet. Jon has his name scattered throughout the lifted well within his capabilities with the record book for several age and weight records. She onted to take a fourth and through the day and going a Cruising divisions and added it to another level on the strong the day and going a Power Sports meet. Jon has his name scattered throughout the record book for several age and weight divisions and added it to another level on the strong the day and going a Power Sports meet. Jon has his name scattered throughout the record book for several age and weight divisions and added it to another level on the strong the day and going a Power Sports meet. Jon has his name scattered throughout the record book for several age and weight divisions and added it to another level on the strong the day and going a Power Sports meet. Jon has his name scattered throughout the record book for several age and weight divisions and added it to another level on the strong the day and going a Power Sports meet. Jon has his name scattered throughout the day with life of 405 and 410 power life for the strong the day and going a Cruis were life for the day by doing a Power Sports meet. Jon has his name scattered throughout the day and going a Power Sports meet. Jon has his name scattered throughout the day and going a Power Sports meet. Jon has his name scattered throughout the day and going a Power Sports meet. Jon has his name scattered throughout the day and going a Power Sports meet. Jon has his name scattered throughout the day and going a Power Sports meet. Jon has his name scattered throughout the day and going a Power Sports

day with three strong deadlifts of 125, 135 and 140 pounds. All state and American and 140 pounds. All state and American state record holder for Masters 3 cruising and 140 pounds. She opted to take a fourth and hoisted a successful 145 pound final ateasy at weights of 75, 90, and 100 pounds, the masters III, 181 pound class. The meet went quickly without anybody being rushed. The first lift was made a 9 a.m. and the was eating pizza by 11:30 a.m. everybody was eating pizza by 11:30 a.m. A total of 49 attempts were taken with 39 of them successful and 37 lifts taken toward either State or American records Most importantly, the event generated more than \$1,000 for the Flora High School

Application for Registration in the Natural Athlete Strength Association

			A		1
First Name	Last Name			Date	
Mailing Address		9.0	_ City-		
State Zip		Phone	<u></u>	-	
Date of Birth					
I compete in i	Powerlifting	BP On	y	Power Sports	
High School \$	A STATE OF THE PARTY OF THE PAR	rcle Below	dult \$30.	00	
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meet returns to Saturday of Ju President Rich the annual C	to its ruly time Peter hristma	fund. Next yes egularly schedul e. Before then, s returns to Flo as meet on De ourtesy Lindell	ed last NASA ora for c. 20.
APF 1	st W	estern States	
26 10	JL 08	- Reno, NV	
BENCH	65 66	Master (50-5	4)
MEN		181 lbs.	
Teens		R. Arredondo	350
242 lbs.		Master (65-6	9)
D. Gooch	405	181 lbs.	
A. Lindsey	365	M. Minietta	330*
Master (45-49	9)	Open	
198 lbs.		198 lbs.	
F. Dena	390	I. Miller	480
242 lbs.		P. Dena	390
G. Phipps	465	220 lbs.	
SHW		J. Bachmeier	_
A. Ramsey	540	SHW	
		A. Ramsey	540
Powerlifting	SQ		TOT
WOMEN			



Powerlifting SQ

WOMEN

M. Phipps 220 lbs.

275 lbs.

B. Dunn

220 lbs

Open

MEN

Lifetime

Feeney#

Feeney!

181 lbs.

Smith

(50-59) SP

Junior U Cranage

Hicks!

Klazas

Hicks

(60-69) Raw

Hansberry 220 lbs

(40-49) SP

(17-19) Raw

Lifetime Raw

Cranage (50-59) Raw

Cranage 275 lbs (40-49) SP

Cantrell (50-59) Raw Schneph!

148 lbs. Lifetime

Feeney

Feeney!

BENCH Reps

Lifetime Raw

(13-16)

Sexton!

MEN

(20-23) Raw

McGuire

(9-10) Raw

Brown

132 lbs.

165 lbs.

Staab

Staab!

198 lbs. (60-69)

Criffith

(13-16)

Dantzler

Dantzler

165 lbs.

(60-69) Staab

Dennison 242 lbs.

Lifetime Raw Cooper# (17-19) Raw

POWERCURL

Open Raw Dantzler

(60-69) Raw

(60-69) Raw

Lifetime Raw

MEN

160*

160*

325*

320*

460

320*

500*

155*

275*

130

175*

275*

550

55

55*

S. Gettings

Masters (45-49) 181 lbs

S. Avanzino

385

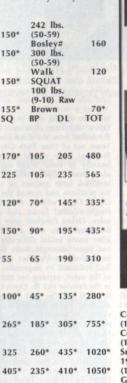
425 520 1465

181 lbs K. Packer MEN

Best Lifters at the WNPF Teenage Nationals and American Cup Championships in Philadelphia. (photograph courtesy Troy Ford

	550	525	625	1700	priotograp	DITCO	unesy	Hoy	roru
Masters (50-5	4)								
181 lbs.					0		242 1	ha	
L. Ivy	505	-	-		Open	1501			
275 lbs.				1600	Staab!	150*	(50-5		160
R. Cabo	630	465	525	1620	(60-69)	1500	Bosle		100
Master (55-59)				Staab!	150*	300		
181 lbs.		257		Her Harry	181 lbs.		(50-5		120
D. Cain	225	265	275	765	(50-59)		Walk		120
220 lbs.					Smith	150*	SQU		
D. Cameron	400	200	500	1100	220 lbs.		100		
242 lbs.				H. Line	(40-49)			Raw	-
T. Kezerian	425	370	425	1220	Sexton!	155*	Brow		70
Master (65-70)				Powerlifting	SQ	BP	DL	TOT
R. Erickson	500	290	460	1250	WOMEN				
Open					123 lbs.				
198 lbs.					(17-19) SP				
J. Bova	520	380	505	1405	Selph	170*	105	205	480
K. Herzik	455	390	485	1330	(20-23) U				
D. Dejean	505	300	475	1280	Perez#	225	105	235	565
220 lbs.					132 lbs.				
J. Young	315	365	365	1085	(11-12) SP				
K. Nieznanski	530	_	480	-	Sexton	120*	70*	145*	335*
R. Matulia		_	630	2-010	165 lbs.				
275 lbs.					(13-16) Raw				
D. English	550	525	625	1700	Little	150*	90*	195*	435*
*=National Re					SHW				
Western State					(40-49) Raw				
meet, held July					Martz	55	65	190	310
in Reno, Nev					MEN	Tracks to	IGORI VI		
The goal was					80 lbs.				
making sure th	IOV W	are cate	ered to	in every	(9-10)				
way possible.					Sexton	100*	45*	135*	280*
bi-annual mee					123 lbs.				
another in Jan					(17-19) SP				
another in jai	iuary.	(IIIIIII	Tamai	a Lopes)	Digese	265*	185*	305*	755*
					148 lbs.	203	103	303	, 33
WNPF Am	erica	n Cui	o/Sing	le Lift	(17-19) Raw				
30 MAR					Cover	325	260*	435*	1020
		DEA		, , ,	(17-19) SP	343	200	433	1020
BENCH					Brida	405*	235*	410*	1050
All Lifters						405	235	410	1030
100 lbs.					(20-23) Raw	205	205	330	820
(11-12) Raw					Greathouse	285	205	330	020
		Ryai		75	165 lbs.				
148 lbs.		132	Ibs.		(13-16) SP				





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Colas 17-19) SP	385*	250*	410*	1045*	220 lbs. Lifetime
olumbia# 17-19) Raw	410	250*	500*	1160	Greene# 525* 365 575* 1465 242 lbs.
mith 98 lbs.	295	210	380	885	(40-49) Raw Stoudt 425 345 440 1210
17-19) Raw					*=WNPF National Records. #=Best Lifter
Glotfelty	420	250	415	1085	!=WNPF Lifetime Organization Lifter
laldeman ifetime Raw	265	225	400	890	U=Unlimited Division. SP=Single Ply Division. Team Champs: Teenagers-Donava
lenze	385	280	465	1130	Power, Open-Penn State Power. (WNP)

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DATE OF BIRTH
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OUT ENTIRE APPLICATION AND MAIL WITH FEE TO
L OUT ENTIRE APPLICATION AND MAIL WITH FEE TO IPF, PO BOX 142347, FAYETTEVILLE, GA 30214

ADAU Raw Pittsburgh/Kumite 24 MAY 08 - Pittsburgh, PA Powerlifting SQ BP DL TOT FEMALE 123 lbs. Open Teen K. Irwin 176 82 237 496 132 lbs. Open Sub

Open Teen Open Master 48 lbs. Open J. Martucci 341 225 402 970 165 lbs. Open Contreras 330 242 462 1036 Open Teen L. Gloeckl 314 286 363 964 R. Hutchison 325 203 424 953 325 573 1383 319 473 R. Spaniel 402 1196 Open Junio

Bozich 374 297 512 1184 407 297). Chew 473 . Stopiro 374 314 418 D. Urban 380 259 435 Open Master C. North 220 lbs. 220 154 314 Open D. Dorn 479 292 MacDonald 407 297 562 Open Junior B. Moore 319 lbs. 352

Open Submaster

688

1267

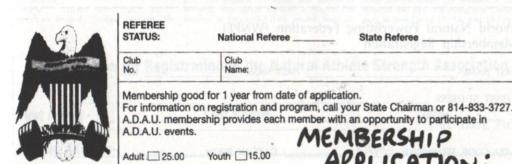
Buccilli 622 440 600 1664 Team Champions: 63rd Street Powerlifting

Blattenberger 440 402 507 1350

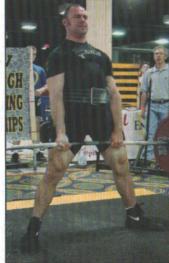


Steve Buccilli, the biggest man in the house, smoked a 440 lb. bench to take the Superheavyweight title at the ADAU Raw Pittsburgh Championships. (photographs were provided by Nickolas Vlasic)

mance in every competition over his many many years as a powerlifter. At 181 lbs. Don Teeter was a man on a mission. With unmatched intensity and a will of steel, he posted the second biggest squat of the meet at 485 lbs., the third biggest bench of the meet at 325 lbs., and a huge 573 lb, deadlif to finish with an unreal 1383 lb. total, winning not only the 181 lb. Men's Open 36 from Pittsburgh, PA. On Memorial Day weekend, the most important of all holidays, amidst a capacity crowd of thousands at the Kumite Classic Pittsburgh Fitness Expo held at the Expomart in Monroeville, PA, in conjunction with 15 other championship events ranging from bodybuilding to karate to strongman to figure competition to grappling to name a few, the 2008 ADAU Raw Pittsburgh Powerlifting Championships exploded onto the scene and solidly established raw, drug-tested powerlifting as a force to be Powerlifting Championships exploded onto the scene and solidly established raw, drug-tested powerlifting as a force to be reckoned with in the Pittsburgh strength community. The powerlifters came from across the Northeastern United States. Some young, some old, most from Southwestern Pennsylvania, many from as far away as Erie, New York, and Maryland, but the Female 165 lb. Open Class with a 358 lb. total. And margin. But when the smoke cleared, a big after some initial difficulty with her first 512 lb. deadlift helped Tony Bozich jump two squat attempts, Katie Boyer would not two positions to come out victorious with be denied, smoking her third squat at 225 a first place finish not only in the 198 lb. Junior of the meet, earning her not only first place but in the Female 165 lb. Open Class with a 639 198 lb. Men's Open Class finisher Derek lb. total but the Best Female Lifter award class at 407 lbs; and close behind as well. Paula Moore from PA finished class at 407 lbs; and close behind as well. So open Class lasso Stopiro who finished in third place brought their best to the platform and lifted with something to prove. And once the first with some very solid, confident lifting. At blasted up the biggest bench press in the lifters grunted and climbed under the bar 16 years old and hard as a rock, Devin class at 307 lbs; and close benind as well. Paula Moore from PA Thirshed class at 407 lbs; and close benind as well. Paula Moore from PA Thirshed class at 407 lbs; and close benind as well. Paula Moore from PA Thirshed class at 407 lbs; and close benind as well. Paula Moore from PA Thirshed class at 407 lbs; and close benind as well. Paula Moore from PA Thirshed class at 407 lbs; and close benind as well. Paula Moore from PA Thirshed class at 407 lbs; and close benind as well. Paula Moore from PA Thirshed class at 407 lbs; and close benind as well. Paula Moore from PA Thirshed class at 407 lbs; and close benind as well. Paula Moore from PA Thirshed class at 407 lbs; and close benind as well. Paula Moore from PA Thirshed class at 407 lbs; and close benind as well. Paula Moore from PA Thirshed class at 407 lbs; and close benind as well. Paula Moore from PA Thirshed class at 407 lbs; and close benind as well. Paula Moore from PA Thirshed class at 407 lbs; and close benind as well. Paula Moore from PA Thirshed class at 407 lbs; and close benind as well. Paula Moore from PA Thirshed class at 407 lbs; and close benind as well. Paula Moore from PA Thirshed class at 407 lbs; and close benind as well. Paula Moore from PA Thirshed class at 407 lbs; and close benind as well. Paula Moore from PA Thirshed class at 407 lbs; and close benind as well. Paula Moore from PA Thirshed class at 407 lbs; and close benind as well. Paula Moore from PA Thirshed class at 407 lbs; and close benind as well. Paula Moore from PA Thirshed class at 407 lbs; and close benind as well. Paula Moore from PA Thirshed class at 407 lbs; and close benind as well. Paula Moore from PA Thirshed class at 407 lbs; and close benind as well. Paula back the raw, drug-tested powerlifting and Teen Classes with an 810 lb. total, ished in fourth place; and Charles North, revolution in Pittsburgh had begun. At 123 embodying the true spirit of raw and drug- in his first competition, finished fifth in the lbs., Kayla Irwin from Erie representing free lifting. Steven Stein from the 63rd 198 lb. Men's Open Class but won first Joe's Gym was the lightest lifter at the meet Street Powerlifting Team out of New York place in the 198 lb. Men's Master Class. In Team, NY, NY. Outstanding Female Lifter: but posted big numbers as she hit an City finished a close second in the 132 lb. the end, the 220 lb. class became a battle Katie Boyer, Age 27 from New York City. American record squat at 176 lbs. and an Open Class but won the 132 lb. Master of the monster deadlifters, with Darren Outstanding Male Lifter: Don Teeter, Age American record deadlift at 237 lbs. to Class totaling 738 lbs., proving that at age Dorn and Terry MacDonald rocking the



						PITTEICH HON.
ANTI-DRUG ATHLETES UNITED, INC.						I agree to submit to any drug testing procedure, either in meet, or out of
Date of Birth	Age	Sex Male Female	Application Da	ite !	Social Security Number	 meet without any prior notice, deemed appropriate by the A.D.A.U. rule bo NOTE: Parent/Guardian signature required if member under 18 years old.
First Name	Keep	Middle N	lame L	ast N	ame	Member's Signature
Address		, L com	era far		Parenting	Parent/Guardian Signature
City	A office	eviledi kges Nacrico ko	S	tate	Zip Code	For more information, contact: Allan Siegel, President, CFO 304 Daisy Street • Clearfield, PA 16830
E-mail	ve yen	Is adapted News 73	P	hone	(With Area Code)	Phone or Fax: 814-768-9400 E-mail: al@pikitup.com • Website: www.pikitup.com



55 he has many more years of impressive

lifting to come. A legend in raw powerlifting for many years, Joe Martucci iced first

place in the 148 lb. Men's Open Class with

a large 970 lb. total. In a calm and cool

manner throughout the meet, he proved on the platform why he is the best. Coached

by the great Ryan Celli, Shawn Contreras masterfully and methodically powered his way through each of his lifts, finishing with a big total of 1036 lbs. that earned him the

165 lb. crown in the Men's Open Division Second place in the Men's 165 lb. Oper

Class and first in the 165 lb. Teen Class went to Lowell Gloeckl with a 964 lb. total,

who showed good potential to be one of the top raw, drug-free powerlifters in the

Pittsburgh area as he gains more experi-ence. A close third place finish in the 165

lb. Men's Open Class but first place in the 165 lb. Men's Master Class went to Rich

Hutchison from Maryland who never fails to produce a strong and consistent perfor-

No Doubt About It ... Don Teeter convincingly won the Best Men's Lifter award with a huge 573 deadlift, finishing with a 1383 total.

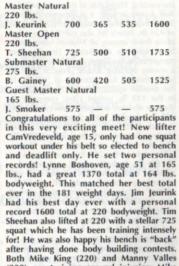


Katie Boyer goes deep to sink a 225 pound squat effort on her way to winning the Best Female Lifter Award at the ADAU Raw Pittsburgh Championship event.

house back and forth with big pulls and big pull attempts. Dorn earned the 220 lb. Men's Open Class first place trophy, rip-ping up a colossal 600 lb. deadlift on his opener, but missing an American record 672 twice on subsequent attempts. Transitioning from a very successful bodybuilding career to a powerlifting career, 123 lbs. a very muscular MacDonald stayed close C. Kens and posted an awesome 1267 lb. total to 148 lbs. finish second in the class. Bob Moore L. Newbury started strong and showed promise to 165 lbs. remain competitive until the end, but S. Meen missed three bench press attempts which N. Brickwood knocked him out of the competition. Fierce M. Mena and focused. Christian Blattenberger drew 181 lbs. the awe of many onlookers as he muscled his way through a 440 lb. squat, a 402 lb. bench press, and a 507 lb. deadlift to earn the Men's 319 lb. Open and Submasters Classes. Like an M1A1 Tank, Big Steve Buccilli rolled over the biggest lifts of the day, man-handling a 622 lb. squat, a 440 lb. bench press, and a 600 lb. deadlift to total a Hulk-like 1664 lbs., pulverizing the Men's Open Superheavyweight Class. Many thanks to those who made this meet possible. Many thanks to Joe Wilson and his crew from Rock Hard Gym II in Bell Township (Adam Euzak and Corev Adams) for providing spotting/loading assistance; and thanks to Lance Schrecengost and his crew from Schrec's Health Club for their spotting/loading assistance as well. Thanks to Sir Charles Venturella of 5150 Sports Photography for providing his professional services. Thanks to Mighty Joe Orengia for services. Thanks to Mighty Joe Orengia tor serving as meet announcer; and special thanks to the most experienced judges in all of powerlifting, Brenda and Allan Siegel, Jay Siegel, and Thomas "Bugsy" Bayer for their expertise throughout the day. Katie Boyer, Steve Buccilli, Lowell Gloeckl, and Don Teeter, all passed the Quest Diagnos-tics urine tests. (Results provided by cour-tesy of the undead staff at Monsters Unlim-ted "We Build Rodies from Scratch") ited "We Build Bodies from Scratch")

AP	A AU	gust n	reet	
31 AUG	08 -	Wyo	ming,	MI
Powerlifting WOMEN				
Open 165 lbs.				
L. Boshoven	580	260	530	1370
Master				
165 lbs.				
L. Boshoven	580	260	530	1370
MEN				
Teen Raw				
148 lbs.				
C. Vredeveld	_	180	280	460
Master Raw !	Natura	1		
220 lbs.				
M. King	555	225	555	1335
242 lbs.				
M. Valles	295	265	345	905

ADA August Most



plates in his leg from a fall from a ladder. Bud Gainey is a new lifter at 275 and was excited to make a personal best in the squat, bench and deadlift. (Lynn Boshoven) Illinois SO Summer Games 13-14 IUN 08 - Normal, IL RP DL TOT Push Pull 175 175 85 285 80 205

110

110

(232) are training around injuries. Mike has had a pec tear, and Manny has pins and



Ricky Fryman approaches the bar with arm/wrist crutches, which he hands to his coach, and then does a conventiona deadlift. According to Lindell M. Bray Smith .. 'Ricky represents some A. Mascheroni
T. Strack of the reasons we volunteer to work Summer Games each year.' Q. Allen



Dustin Dickens with his first ever competition squat at the Illinois Special Olympics Championships. (Photos courtesy of Smitty)

65 125 190

1)	D. Laws	65	125	190
	198 lbs.			
	L. Penkas	90	235	325
	N. Riggs	125	200	325
	S. Dunn	90	210	300
	N. Nunez	110	175	285
	K. Kreitz	105	135	240
	C. Kelly	90	145	235
	G. Reed	100	135	235
	MALE			
	114 lbs.			
	J. Kurpiel	-	150	150
	A. Kremer	85	140	225
	123 lbs.			
	J. Klotzke	200	200	400
	132 lbs.			
	R. Strzewski	90	130	220
		125	85	210
ľ	P. McHugh	123	03	210
	148 lbs.		105	250
	J. Allen	155	195	350
	B. Smith	125	210	335
	J. Naughton	90	225	315
Н	J. McNeal	90	200	290
	J. Nykiel	70	90	160
	165 lbs.			
П	S. Logan	185	315	500
	J. Campbell	125	250	375
	T. Hanlon	145	225	370
	A. Mayer	140	225	365
ı	I. Collins	140	215	355
		135	195	330
	B. Salzer			
	R. Fryman	190	135	325
	G. Mata	60	125	185
	H. Pimental	-	90	90
	181 lbs.			
	T. Eller	220	305	525
	A. Schaumleffel	155	340	495
	W. Seabolt R. Callahan	175	315	490
	R. Callahan	220	255	475
L	J. Smith	190	305	495
	C Walti	160	280	440
	M. Tielke	165	245	410
	D. Hernandez	150	250	400
ľ	R. Gaynor	160	235	395
ı	C Duchon	130	250	380
-	C. Duchon F. Kajdanowski			355
		85	270	
L	I. Ruiz	115	240	355
	T. Jordan	125	225	350
	H. Mota	125	225	350
	J. Lopez	125	165	290
Г	198 lbs.			
г	A. Carlson	155	355	510
ı	M. Garland	175	315	490
г	S. Campbell	165	305	470
	D. Bergl	115	260	375
	R. Davenport	125	245	370
	N. Adams	115	25	365
	C. Nykiel	110	230	340
9	R. Andrews	145	185	330
		110	215	325
-	G. Donis			
,	M. Affetto	90	185	275
1	T. McKeon	125	-	125
	220 lbs.		-	
1	M. Bray	035	315	450

310 310

265

280

560 465

250 155



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D. Kelly 225 135 255 615 The spotters are NASA volunteers Marshall Lake and Jason Sanders. (Lindell Smith).

D. Dickens 240 185 240 665

455 445

DL



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USAPL CA Summertime PP 16 AUG 08 - Santa Clarita, CA Vandermade 336 275+ lbs.

198 lbs. DEADLIFT MALE Masters (coefficient) 220 lbs. Wolmesdorf 254 G. Bayter Wolmesdorf 331 I. Chaaban 242 lbs. 424 J. Chaaban B. Evans 275 lbs. 275 lbs. T. Stewart 529 Masters Raw Masters Raw 242 lbs. W. Jandoc 242 lbs. W. Jandoc 275 lbs. D. Mishalof 265 Open 181 lbs. Open 181 lbs. Pascual 242 lbs. J. Pascual 331 J. Chaaban 198 lbs. Open Raw 336 L. Oeri 132 lbs. G. Molina 480 . Chaaban K. Meskew 198 lbs. R. Ryan



187 380 568

132 lbs. G. Molina

K. Meskew



Russ Rvan deadlifting at the USAPL Summertime Push/Pull (photo by

courtesy of	Lance	Slaug	ghter)
A. Fregoso	215	375	590
C. Hedges	187	369	557
220 lbs.			
R. Garza	287	485	772
C. Rasmussen	287	480	766
275 lbs.			
J. Planas	485	672	1157
M. Pacione	452	562	1014
G. Vandermade	336	562	898
The 2008 USAPI	Californi	a Sumn	nertime
Push/Pull & BB	Q was he	ld at V	elocity
Sports Performan The event forma competitions in deadlift in additi to the top five formula. In the theme, a BBQ It lifters who compand family. Velo is a 22,000 sq. fi center. The comp 8,000 sq. ft with an outstanding ve	the benon to pre Push/Pul spirit of the nuch was eted to enj ocity Sport t state of to cetition wa nin the fac	d of sinch pre- senting I finish he summ provided oy with is Perform the art is held of cility pr	ngle-lift ss and awards ers by nertime d to all friends rmance training on over oviding

the contest. Highlights of the meet included 308 lbs. Bob Evans setting a California Masters State record in the bench press with a lift of 424 lb. Evan's lift also earned him a first Submaster (34-39) place finish among all Masters competitors
by weight/age coefficient. Jim Chaaban Raw by weight/age coefficient. Jim Chaaban competed in the Open and Masters and got a strong opening bench press at 479 lb. Teen (16-19) while missing two attempts at 507 lb. In the deadlift event, Geraldo Molina, lifting in the 132 lb. weight class, competed in the raw division and posted an outstanding 181 lbs. 220 lbs. 380 lb. deadlift. Greg Baxter went 3 for 3 and shattered the California State Masters Record with final lift of 595 lb. 220 lbs. 242 lbs. Masters Record with final lift of 595 lb. 220 lbs. The star of the meet was John Planas. Junior (20-25) Lifting raw in the 275 lb. class, John went six for six in both events and posted a personal best in the bench press with 485 lb. and a personal best deadlift of 672 lb. Master (40-46) Master (40-46) Planas' outstanding lifting also earned R. Garza 405 L. Bush him Best Lifter recognition among all competitors, equipped and raw, for the contest. Overall, the meet was a lot of fun R. Hyatt 335 Master (140-46) R. Hyatt 335 Master (140-46) Master (140-46) R. Hyatt 335 Master (140-46) R. Hyatt 335 Master (140-46) R. Hyatt 335 Master (140-46) Master (140-46) R. Hyatt 335 Master (140-46) Master (140-46) Master (140-46) Master (140-46) Master (140-46) R. Garza 405 L. Bush Raw (140-46) R. Bush Raw (140-46) R. Bush Raw (140-46) R. Bush Raw (140-46) R and it is hoped that it becomes an annual summer tradition. It's success was due to Open the tremendous support of Velocity Sports
Performance and a team of volunteers
Submaster (34-39)
J. Derousie 630 who make up an incredible meet staff. W. Blagg 385 Referees: Bill Ennis, Jim Merlino, Gordon Locals Lifters Shine at the 2008 WA State Santee, Ron Scott. Technical Controller & Bench Press & Deadlift Championships.
Platform Manager: Gordon Santee. Score
Starfit Fitness Club in Kennewick, Wash-Table: Barbara Behm, Melody Jordan,

	,	g Fliam. (L. Siau	B
Pride W	A State	Champions	hine
22 4110	no	Kennewick, \	A/A
WOMEN		C. Jones 275 lbs.	
132 IDS.	0)	Open	
		J. Payne	363
S. Gilliand			-21
148 lbs.		Master (47-	
Open L. Thierolf	200	P. Ratsch	
L. Powell			24 20)
4th-190		Submaster (
		J. Reyes	
L. Powell	185	242 lbs.	
4th-190		Open	450
Raw		R. Petty	
123 lbs.		Master (40-4	
Open		V. White	500
D. Snow	160	259 lbs.	
148 lbs.		Teen (13-15)	
Junior (20-25		S. Toovey	135
A. Condray	115	275 lbs.	
MEN		Master (40-4	
148 lbs.		L. Bush	500
Teen (16-19)		Open	
R. Segura	285	R. Norris	
220 lbs.		Master (40-4	
Junior (20-25	5)	R. Norris	630

WOMEN R. Kennelly 123 lbs. 148 lbs. Teen (16-19) 550 Master (40-46) 335 Master (40-46) R. Garza 242 lbs.

ington was host to the 2008 Washington State Bench Press and Deadlift Championships. Powerlifters from around the tate, as well as from Idaho and Oregon, gathered for a day of fun vet fierce competition. The event featured competition in a range of weight classes and age divisions and lifters chose to compete in the bench press and/or deadlift. The event was promoted and conducted by Pride Powerlifting, a non-profit athletic sanction based out of Coeur d'Alene, Idaho. Pride has been hosting meets in the Northern Idaho area since 2003 and has recently branched out into the greater Northwest. "Our goal is to provide a fun and exciting lifter-friendly environment, yet have strict rules and judging so that records can unquestionably be set at the state, national and world level,"said promoter Judy Sverchek. The event feamusic to help pump up the athletes. "I believe powerlifting meets can be an exciting show for people to watch and still be done to strict standards. We want the lifters to do well, these competitions are for them." Laura Thierolf of Kennewick set Open Women state records in the bench press and deadlift. 55 year old, Sherry Gilliand of Richland and 48year old Lani Powell also set state records

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in the Master Women division. Danna Men division. Brian Hamilton, an APA a Snow of Spokane pushed her own state WABDL world record holder broke trecord marks in both lifts as well in the 123 existing state record with his 465 Snow of Spokane pushed her own state record marks in both lifts as well in the 123 lb. class. From Umatilla, Oregon, Roland Garza made an impressive showing as always with his 550 deadlift and 405 bench press, bettering his existing state records in both lifts and teammate Jerame Linnell also pulled 550 after a full year layoff from weight lifting. Smitty's Gym from Richland, a breeding ground for great lifters put on an impressive performance. Wade Blagg pressed 385 lbs. and Cory Jones benched 480 lbs., both setting new state records. Joe Derousie deadlifted 630 lbs. weighing in at 235 lbs. coming just shirly attempt. "Expect big things from Derousie in the near future. He is an excellent raw deadlifter," said Sverchek. Local Kom Phanekham, despite not having competing since 2003, showed up at took charge, pressing 300 lbs. at 158 bodyweight. The Kennelly Power Team, based out of Starfit, had a huge representation with fifteen benchers and three deadlifters. First time lifter, Ashley Condray successfully made all three attempts and set a new state record in the Junior division. Gib Garberg, age 34, had not competed in lifting since high school, but debuted on the platform with a 485 lb. bench press, setting a record in the Open

lbs. and the crowed froze in anticipation as he came just shy of locking out 1,020 lbs. on his third attempt. Pride Powerlifting will return to Kennewick on Saturday, November 8, 2008 for their next Washing-ton installment of competition the 2008 Pride Powerlifting Strength Wars. Starfit Fitness Club will again host the competiritness Club will again nost the competi-tion. Strength Wars will feature a full power competition, where lifters com-pete in the squat, bench press and deadlift, for a weight total. Also there will be single-lift bench press and deadlift com-petitions. For more information about this event and other upcoming powerlifting event, visit their website at www.PridePowerlifting.com. "We get competitors as young as 10 years old, and have had first-time lifters as old as 84," said Sverchek. The website also has a current list of all state records, rules, entry forms and past event results. First time lifters are always welcome and encouraged to enter. (Thanks to Judy Sverchek for providing these results)

28 JUN 0				
BENCH		MAL		
FEMALE		198		
165 lbs.			er (40-	44)
Open			hirloff	
T. Walker	255	275		
Submaster (3:		Oper		
T. Walker			lman	545
Powerlifting			DL	
FEMALE	1111		3-0-0	military
198+ lbs.				
Master (45-49) Raw			
I. Owens		110	265	565
MALE				
88 lbs.				
Youth/Teen (1	12-13)	Raw		
J. Delgado		80	180	400
132 lbs.				
Youth/Teen (1	12-13)	Raw		
C. Rhymer			300	600
Youth/Teen (1				
Daubenmire			215	485
148 lbs.				
Master (40-44	4)			
R. Wess		270	475	1190
Open				
R. Wess	445	270	475	1190
165 lbs.				
Master (50-54	Raw			
M. Wicker	315	185	405	905



Chase Rhymer was one of the young competitors at the AAU North Carolina Championships (by the courtesy of Keith Payne)

١	165 lbs.								
	Teen (14-15)								
	J. Shue	325	280	360	965				
	The second		0-335						
	Teen (14-15)								
		235	165	315	715				
	-1982		4th-D	L-325					
	Youth/Teen (12-13)	Raw						
		130		220	465				
	THE PERSON LAND		Q-135						
	181 lbs.	DE TARRE							
	Master (40-44	I) Raw							
	E. Bell		245	440	1065				
	4th-DL-450								
	Master (55-59) Raw							
	M. Brady	425	280	500	1205				
	Open Raw		a Tribles	7999					
	E. Bell	380	245	440	1065				
	THE PARTY OF THE P			L-450					
	198 lbs.			The state of					
	Master (45-4	9)							
	S. Whiting	525	385	515	1425				
	Master (45-49) Raw	000						
	P. Capps	390		455	1145				
	242 lbs.		-	and the	HE STATE OF				
	Open Raw								
	J. Cravy	365	295	465	1125				
	275 lbs.	000		1000	110				
	Master (40-4	4)							
	R. McMillan		355	545	1500				
	308 lbs.	000	000						
	Master (50-54	1) Raw							
	W. Greene	375	325	510	1210				
	Tr. Greene	4th.B	P-340	510					
	(from Keith P			o Dire	ctor IRP)				
	(IIOIII Keitii F	ayne, L	Acculiv	e Dire	tor ibi				

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Birth Date	he normalist Normal State of the state of	Gender	Gender Cell Number					
Do you have Health and Accident Insurance?	Club Code (if Known)		Club Name (if Known)			Sport Code (see list below)		
if so, I must apply for m	embership (and receive	approva	rship dues, I certify that: 1) I) through the AAU Nationa and birth date. The Applica	al Office; and,	2) this application	n is correc	t in every material	
Policies, which are ava			site at www.aausports.or					
			site at www.aausports.or	g . NOTE: Pa Guardian				

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

	Golden State - Modesto, CA			REPORT I	REAL PROPERTY.
ENCH	181 lbs.				
VOMEN	C. Desmond	385			
Aaster (40-46)	275 lbs.				
48 lbs.	J. Tolle	529*			
. Bradshaw 115	Master (40-46	i)	No. of Contract of	11	
. Geisick 99	220 lbs.				
Aaster (47-53)	DeGennaro	424			《图》《新文学》是《
14 lbs.	242 lbs.				图图图 经产品的
. Aerts 115	K. Doerfler	485		THE PERSON NAMED IN	A Managara
A. Rubcic 126	D. Vasquez	446		Album.	WARM!
)pen	259 lbs.				Maria Company
14 lbs.	J. Schaer	424	///2		A AO
. Aerts 115			16		
ubmaster					(1) [1] [1] [1] [1] [1] [1] [1] [1] [1] [1]
32l bs.	R. Lincoln Jr.	650			EALIFO
4. Nunes 170	Master (47-53	3)			WW.
MEN	181 lbs.			4	
class I	P. Janoff	385	5200mm		

220 lbs.

G. Alves

A. Aerts

D. Schultz

P. Murphy

K. Kirk

242 lbs K. Tawzer

308 lbs.

132 lbs.

181 lbs.

198 lbs.

I. Dve 485 220 lbs.

Master (54-60)

D. Cummerow 341

D. CanBrock 418

S. Lafolletti 391*

Master (61-67)

B. Yager 4th-264!*

308 lbs

SHW

541* A. Nebo

K. Engleman 325

440

165 lbs

220 lbs.

275 lbs. E. Stockbridge

S. Henry

308 lbs.

A. Aerts Junior (20-25)

259 lbs

SHW

B. Ferbuson

C. Tawzer

Master (48-55)

Master (56+)

Law/Fire Open

Law/Fire

259 lbs.

Law/Fire

242 lbs.

K. Tawzer

R. Harris

S. Santellan 248

D. Bradshaw 440

485

473

Alan Aerts, Mike Womack, Bonnie Aerts, and Gus Rethwisch. Bonnie won Best Lifter, Open and Masters, in the deadlift at the

photograph pr	ovi	ded courtes	v C.S	S. Photo Des	ign)
B. Cikana 5:	29	Teen (14-15)		B. Aerts	236
					242
Special Olympia	an	132 lbs.		4th-265*	
		R. Reppond	170*	UL	
I. Mayes 2:					
Submaster (33-3	(9)	S. Johnson	200*	Open	
1811 bs.		Teen (18-19)		114 lbs.	
C. Desmond 3	85				236
198 lbs.		V. Salas	270	165 lbs.	
D. Soto 5	12	C. Hendersn	220	D. McLeod	242
4th-541!*		198 lbs.		4th-265	
220 lbs.		R. Midson	281	UL	
	-		275	L. Lopez	281
J. DeLuca 4	40	220 lbs.		M. Rubcic	281
259 lbs.		A. Cuthbert	270	Teen (14-15)	
		DEADLIFT		132 lbs.	
SHW		WOMEN		V. Roumbanis	248*
R. Lopez 4	07	Master (40-46	5)	MEN	
Teen (12-13)		UL		Class I	
123 lbs.		T. Geisick	352	148 lbs.	
		Master (47-53	3)	R. Smith	501
4th-176!*		114 lbs.		165 lbs.	
	B. Cikana 5 SHW C. Tawzer 3 Special Olympis SHW J. Mayes 2 Submaster (33-3 1811 bs. C. Desmond 3 198 lbs. D. Soto 5 4th-541!* 220 lbs. S. Pena J. DeLuca 4 259 lbs. L. Zarate 5 SHW R. Lopez 4 Teen (12-13) 123 lbs. D. Sites 1	B. Cikana 529 SHW C. Tawzer 358 Special Olympian SHW J. Mayes 220 Submaster (33-39) 1811 bs. C. Desmond 385 198 lbs. D. Soto 512 4th-541!* 220 lbs. S. Pena — J. DeLuca 440 259 lbs. L. Zarate 523 SHW R. Lopez 407 Teen (12-13) 123 lbs.	B. Cikana 529	B. Cikana 529	SHW C. Gaytan 192 165 lbs. C. Tawzer 358 Teen 916-17) D. McLeod Special Olympian 132 lbs. 4th-265* SHW R. Reppond 170* UL J. Mayes 220 148 lbs. M. Rubcic Submaster (33-39) S. Johnson 200* Open 181 lbs. Teen (18-19) 114 lbs. B. Aerts 198 lbs. V. Salas 270 165 lbs. D. McLeod 4th-541!* 198 lbs. 220 D. McLeod 4th-265 S. Pena R. Garcia 275 L. Lopez J. DeLuca 440 220 lbs. M. Rubcic S. Pena D. McLeod M. Rubcic 259 lbs. A. Cuthbert 270 L. Lopez J. DeLuca 440 220 lbs. M. Rubcic SHW M. Rubcic Teen (14-15) 132 lbs. J. Carate 523 DEADLIFT 132 lbs. J. Geisick 352 148 lbs. J. Geisick </td

4th-508* /Fire master	D. Marba R. Urrea R. Kunz	424 R. Perez 314 4th-5 259 275 lbs.	485	123 lbs. D. Sites 4th-176!	170	T. Geisick Master (47-5 114 lbs.	352 (3)	148 lbs. R. Smith 165 lbs.	
7	PL W	ORLD ASS	SOCIA	tion for ATION (OF BE	NCH	PRES	SERS	The second
Last Name		First Nar			Initial	Renewal Y N	Current	Card # (If Renew	al)
Street Address	1000	W.					Club Na	me	
City			10 2		Zip		Area Co	de/Telephone	
Registrat Teenager & Specia Make che WORLD A PRESSEF PO Box 2	tion Fee: rs, Disabled al Olympians cks payable to ASSOCIATION RS AND DEAD	\$35.00 s: \$25.00 o and mail to: OF BENCH	In rector sure by W	TE: All WAB rug testing. cognizing the bmit to any to (ABDL or its	e need for	or drug usa rocedures and shall a	neets w	ection, I ag	ree
If under 1	8, have parent	initial	Signa	ature					

	413	S. Santellan	413
220 lbs.		275 lbs.	
C. Ortwein	501	B. Cikana	584
275 lbs.		308 lbs.	
S. Henry	600	D. Glahn	617
308 lbs.		SHW	
A. Aerts			485
Junior (20-25) SHW		Special Olypi SHW	an
C. Tawzer	485*	J. Mayes	248
Law/Fire		Submaster (33	3-39)
Master (40-47	7)	165 lbs.	
242 lbs.	mat	Y. Kiuroda	473
	633	Teen (12-13)	
Master (40-46		123 lbs.	
220 lbs.		D. Sites	297!*
A. Tortorelli	600	Teen 914-15)	
242 lbs.		198 lbs.	
	662	C. Gaytan	341
275 lbs.		Teen (16-17)	
	677	132 lbs.	
Master (47-53	3)	R. Reppond	241*
220 lbs.	1	148 lbs.	
C. Ortwein	501	R. Smith	501!*
242 lbs.		S. Johnson	407
Z. Clark	633	181 lbs.	
308 lbs.		S. Graves	440
D. Glahn	617	K. Mobley	429
A. Aerts	551	198 lbs.	
Master (54-60		K. Keisler	440
		220 lbs.	
P. Murphy	529	M. Stamper	451
K. Kirk	363	Teen (18-19)	
Master (61-67	7)	181 lbs.	
			490
L. Joiner	253	C. Henderson V. Salas	418
148 lbs		R Carcia	391
D. Moya	479	R. Midson	
C. Bareng	473	R. Midson 220 lbs.	
165 lbs.		A. Cuthbert	402
B. Bailey	429		
!=World Recor	rds. *=	State Records. \	enue:
Double Tree	Hotel	This event ha	ad 85
		l Womack wa	
		Alan Aerts wa	
		s wife Bonnie	

out trophies and was the outstanding lifter in both women's master and open deadlift. She pulled 236.7 at 114/47-53. Alan pulled 551 in master 47-53/308 to finish second to David Glahn who pulled 617.2. Alan also benched a 473.7 in spite of injuries and illness. He also did some judging and is a very competent head judge. World records were set by Dylan Sites of Medford, Oregon, who pulled 297.5 in 12-13/123. He has the platform demeanor of an old pro. Ray Smith was very impressive with a 501.5 in 16-17/ 148 for a world record. Ryan Reppond set a California state record 341.5 in 16-17/ 132. In master women 47-53/165, Diane McLeod set a California record 265.6. MCLEOG Set a California record 485 at super. Moving onto the bench pres sin class I/220, Ray Perez set a California record 502.6. Stephen Henry set a California record 541.1. Ryan Harris, who used to hold the world open record at 301.1 at 181 get an Oregon precord 588.1 530.1 at 181 got an Oregon record 508.1 at 198 in law/fire open. JC Tolle set a California record 529 in law/fire submaster 275. Impressive master state records were set by Al Nebo with 336 in master 54-60/165 and Steven LaFollette with 391.2 in master 61-67/198. World records were set by Bryan Yager with 264.5 in master 61-67/132 and Robert 264.5 in master 61-6/7/32 and Robert Fornachon who at age 83 pushed 183.9 at 148! Jerry Wood had the highest bench of the day with 666.7 and the highest deadlift with 677.7, and he passed the drug test. Bonnie Aerts and Robert Lincoln Jr. also passed the drug test, and one male bencher flunked. Two other world record in the bench were set by Danny Soto in submaster 198 with 541.1, and Dylan Sites with a 176.2 in teen 12-13/123. The meet site was excellent. The ballroom was set up perfectly by Michael Womack and his crew, Margot O'Halloran and Kelley Womack id a great job score keeping. Tom Starkweather and Elodia Womack took tickets at the door. The judges were Alan Aerts, Ken Anderson, Jody Woods, Michael Womack and Dennis Schultz. The ballroom is 8,000 square feet. The restaurant and lounge were excellent. I've said it before and I'll say it again, a hotel is the only way to go for a class



Robert Lincoln Jr. benched 650 at 40-46, 275 lb. at the Golder State Classic (Mr. Lincoln photo)

powerlifting event. It makes the lifters feel special and i's a one stop service, if that hotel has a restaurant. You weigh-in Friday evening or afternoon, eat dinner, go to your room and chill. All in all, Michael Womack and his crew did an excellent job. Gary and Elma Thomas came down from Bend, Oregon, to do weigh-ins and computer work. Gus Rethwisch drove 2,200 miles from Minneapolis with equipment, bars, warm-up bench, plywood, rubber mats, and judg ing lights. Gus, along with Bonnie Aerts passed out trophies, was the MC and conducted the drug tests. (Gus Rethwisch

USAPL West River Open 23 JUN 08 - Spearfish, SD A. Lenz

RENCH D. Kullerd FEMALE 148 lbs. 181 lbs. Master II Open Ashmore M. Barns 165 lbs. 80 Master II M. Barns D. Kullerd Open Open

	1 Confield	88	D C4	einbach	200	MALE				
ı	J. Canfield MALE	88	K. La		133	114 lbs.				
1	148 lbs.		Teen		133	Teen I				
4	Teen V			utson	105	T. Wagner	78	38	93	20
1	N. Fast	98	242 1		103	148 lbs.	, 0	30		
1	165 lbs.	30	Maste			Master II				
ı	Master II		R. La		228	S. Hill	145	93	168	4
	M. Dowling	155		eymouth		MBL	143	33	.00	
٩	Master IV	133	Maste		103	S. Hill	145	93	168	4
1	I. Ochs	80	I. Osl		140	Teen I		-		
3	Open	00	Open			Z. Weymouth	108	58	115	2
1	M. Dowling	155	R. La		228	Teen II				
1	B. Patterson		Teen			J. McClurg	103	65	133	3
4	181 lbs.		I. Ber		115	Teen V		100		
4	Master II		275 1			N. Fast	_	98	_	9
1	K. Leisinger	125	Maste			165 lbs.				
)	Open		K. Fu		208	Master I				
	C. Neuharth	153	L. All		193	J. Mooney	233	_	230	4
7	K. Leisinger	125	Open			Master IV				
1)	198 lbs.		K. Fu	ller	208	J. Ochs	115	80	138	3
	Master II		L. All	len	193	MBL				
S	N. Backous	143	275+	lbs.		J. Ochs	115	80	138	3
if	Open		Maste	er I		MBL				
n	J. Frank	208	N. Br	oom	210	J. Mooney	233	-	230	4
,	J. Lenz	160	Open			Open				
١,	K. Hansen	138	R. Le		248	J. Mooney	233	-	230	4
n	220 lbs.		N/A	lbs.		Teen V				
S	Master I		Maste	er I		D. Peery	185	105	195	4
0	B. Steinbach	200	T. Co		-	181 lbs.				
S	Master II		Teen			Master II				
-	R. Mylant	170	S. Se	ljeskog	-	K. Leisinger	113	125	160	3
p	Open					MBL				
;-	Powerlifting	SQ	BP	DL	TOT	K. Leisinger	113	125	160	3
5,	FEMALE					Open				
q	165 lbs.					C. Neuharth	215	153	238	6
1)	Master II					Teen II				
	D. Kullerd	108	63	110	280	R. Larive	53	45	93	1
	Open					198 lbs.				
	A. Lenz	120	78	130	328	Open		200	240	-
	D. Kullerd	108	63	110	280	J. Frank	273	208	240	7
	181 lbs.					T. Craig	240	158	220	5
	Open					J. Lenz	220	160 95	203 218	5
	M. Barns	-	80	-	80	W. Freemont	200	95	218	3
	198 lbs.					Teen V	105	125	220	5
	Open			450	200	K. Donlea 220 lbs.	195	125	220	3
	J. Canfield	160	88	150	398	Master I				
	MALE					B. Steinbach	275	200	240	7
	114 lbs.						2/3			/

					Master II				
					L. Robinson MBL	190	135	228	553
ner	78	38	93	208	B. Steinbach Open	275	200	240	715
1						275	200	240	715
	145	93	168	405	L. Robinson Teen III	190	135	228	553
	145	93	168	405	D. Knutson 242 lbs.	148	105	165	418
nouth	108	58	115	280	Master I				
urg	103	65	133	300	VanderVorste Master III	208	163	240	610
		98		98	J. Osborne MBL		140	5 5290	140
		90	370	30	VanderVorste	208	163	240	610
					I. Osborne	_	140	_	140
ov	233		230	463	Open				DESTRUCT
ey		-		333	C. Dick Jr Teen III	220	155	230	605
	115	80	138	333	I. Bennett	163	115	175	453
	115	80	138	333	275 lbs. Master I	103	113	9/3	The same
ey	233	-	230	463	S. Donlea 275+ lbs.	165	me	198	363
ey	233	-	230	463	MBL S. Donlea	165	_ 85	198	363
y	185	105	195	485	N/A lbs. Master Open				
	113	125	160	398	N. Meadows	-	_	_	1
nger	113	123	100	390	Teen IV				
nger	113	125	160	398	J. Dillon		_	-	_
.80			.00	0,00	S. Seljeskog	_	_	_	-
arth	215	153	238	605	Teen V				
			-30		C. Allen	_	_	_	110
e	53	45	93	190	Best Female N Female PL: Ja Lifter: Drew P	aneen	Canfie	eld. Be	est Teen
	273	208	240	720	& Best Overal	I Mal	e Lifter	r: luste	n Frank
	240	158	220	618	Best Master				
,	220	160	203	583	Female BP: Ja				
mont				513	Female BP: M				
mont	200	95	218		Dyllan Knuts	on. B	est Ma	ster N	tale BP:
ea	195	125	220	540	Randy Lang. B BP: Robert L				

Black Hills State University) (Thank you to the USAPL for providing these results)





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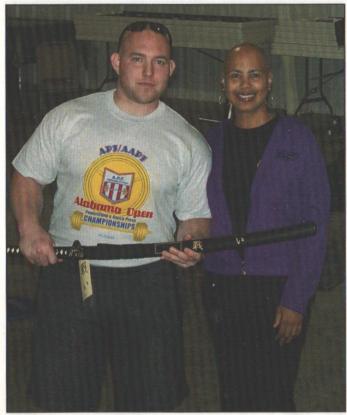
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WNPF (CA 1/	AI &	TNIC	- 1	
5 APK	08 -	Atlan	ta, GA	11111	
BENCH) Raw		
181 lbs.		Monr	oe	390	
WOMEN		Brown		315	
Raw		(50-59) Raw		
Thompson!	150	Wilso	n	335	
MEN		BENC	H Reps	CONTRACT OF	
123 lbs.		198 I	bs.		
(50-59) Raw		Open			
Araujo	155*	Harp	er!	29	
148 lbs.		Lifeti	me		
Open		Harp	er	29	
Patton-Gooch!	275*	242 1	bs.		
181 lbs.		(50-59			
(13-16) Raw		Wilso	n	16	
Hearn	275	DEAD	LIFT		
(17-19) Raw		220 1	bs.		
Hay	295	Open			
198 lbs.		Shetl		425	
Open Raw		Lifetin			
Duncan!	345*	laffe	3175	400	
Subs Raw	0.10) Raw		
Harper!#	375*	Kayes		500	
Subs Raw	3,3	300 1		500	
Harper	375	Lifeti			
220 lbs.	3,3	Brade		635	
(60-69) Raw		Subs		033	
Dudley!	280*	Brade	n	635	
(60-69) SP	200		ERCUR		
Coleman	350	181 I		29 M - M	
(40-49) Raw	330	(17-1			
Kaves	315	Hay	"	150*	
Lifetime Raw	313	220 1	be	130	
laffe	285	(60-6			
	285			120	
242 lbs.		Coler		120	
Junior Raw	225	242 1			
Ramsey	225	(40-4		205	
(40-49) SP	450	Monr	oe#	225	
Pate	450	nn		TOT	
Powerlifting	SQ	BP	DL	TOT	
181 lbs.					
(13-16) Raw	1	100	1	1000	
Trevina	285	185	170	640	
198 lbs.					
(40-49) SP		Aug T	100	ALLES T	
Fuller#	515	370	510	1395	
220 lbs.					
(40-49) Raw					
Housworth	385	275	315	975	
(13-16) Raw					
Dougherty	300	170	275	745	
242 lbs.					
(13-16) Raw					
Brown	455	315	435	1205	
275 lbs.					
(13-16) Raw					
Weigand	415	245	455	1115	
*=WNPF Amer	rican I	Records.	#=Bes	t Lifters.	
*=WNPF Amer !=WNPF Life	time	Organi	zation	Lifters.	
SP=Single Ply.	(by c	courtesy	of the	WNPF)	



Matthew Christi was awarded AAPF Best Lifter at the Alabama Open.

	APF Alal					SHW AAPF/BO				
	Powerlifting		BP	DL	TOT	M. Garrett	_	397	-	397
	Saturday Life	ers				MALE				
	FEMALÉ					148 lbs.				
	123 lbs.					AAPF/T/DL				
	AAPF/M					C. Ward	_	_	364	364
	A. Wright*	281	149	325	755	165 lbs.				
	132 lbs.					APF/JR				
	Guest Lifter					J. Naylor	502	314	529	1345
	K. Smith	-	325	-	325	181 lbs.				
	165 lbs.					APF/O				
	AAPF/O					J. Wise*	650	413	540	1604
)	A. Rhodes	248	154	276	678	APF/M(60-64)/BO			



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L. McCormick-187 APF/O/BO C. Witcker 198 lbs APF/JR C. Clayton APF/JR Raw 601 424 502 1527 D. McCoy APF/O 353 540 1372 R. Jones AAPF/O 452 325 496 1273 D Wrigh 485 1263 AAPF/SM D. Wright 281 485 1263 APE/O/RO D. Nealy Sunday Lifters APF/O 705 AAPF/O APF/O APF/M(40-44) 1317 APF/O 1185 APF/M(55-59) 1064 AAPF/O/BO M. Green AAPF/SM Wiemann APF/O/BO APF/SM 242 lbs. APF/M(60-64) T. Lancaster AAPF/O . Leftwich APF/O 424 AAPE/DI 551 551 APF/O 551 275 lbs. APF/O Raw 573 1653 606 T. Lucas R. McMillian 612 452 540 1604 AAPF/M/DL S. Caine Pro Cash /BO P. Hall 308 lbs. APF/O T. Bower AAPF/N Raw 711 358 551 1620 H. Hardric 623 353 628 1604 APF/O APF/I APF/O . McCormick 672 441 Pro Cash Hoskins 1108 - 1108 SHW APF/O Raw R. Wilkerson 805 551 551 1907 APF/O Pro Cash 1042 J. Ewing C. Clark 926 926 AAPF/M(40-44)/BO 661 661 K. Overbey AAPF/J/BO Raw 424 -424 B. Alford *=Best Lifters. First I want to thank every-one who took part in this wonderful Powerlifting experience! The camaraderie and atmosphere of Unity and Family was like few I have ever experienced! To the World Class (and World's level) judging crew, the lifters, spotters and staff I can not say enough complimentary things about you all! I want to give a special thanks to my co-promoter and friend Stace Beechum of Gold's Gym of Rainbow City and to my training partner and old friend Chris Sanford who may as well have been a third pro-moter as he ran with me on every inch of pulling this thing together; burning up his own gas and money and never asking a thing in return. Chris you are a true friend



Open W. Davis Master II

K. Burgess

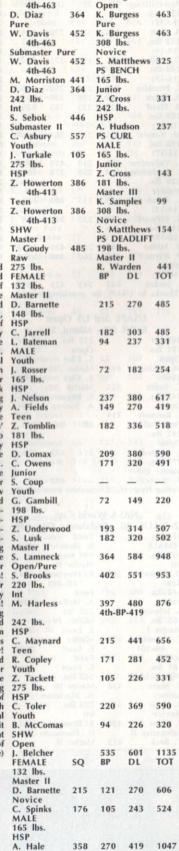
452

Barry Alford - winner of the Raw Bench Only SHW at the Alabama Open. (photos courtesy B. McKee)

and asset to this sport! How you competed 275 lbs. and won (set an AL Deadlift record) as tired as you had to be is just amazing... hat's off 132 lbs. to you! I want to thank our sponsors for the Master II meet: Titan Support Systems Inc. (donated the beautiful Katana swords for Best lifters), Gadsden Inn and Suites, Gold's Gym of HSP Rainbow City and McClellan's Family C. Jarrell Chiropractics (donated additional prize L. Batema money for the Pro Cash division.), DRs. MALE Mike and Leslie McClellan. A very special Youth thanks to my wife and scorekeeper Pam J. Rosser McKee; the most beautiful person I've ever 165 lbs. known! I also want to thank Garry Frank HSP and the Hardcore guys again for bringing J. Ne a monolift and bench and bars all the way A. Fi from Baton Rouge, La. and Chris Senese and Robert Wilkerson for bringing Chris' Z. Tomblin monolift and bench up from Foley, Al. Also 181 lbs. Mike and Beverly for coming all the way HSP from Texas to judge and Rick Lawrence coming from way down in Tampa, FL. C. Owens Again, the judging was superb! Now for the Junior meet! The Activity Center of the River S. Coup Country Campground (RV resort), the new facility; was awesome! Very large and G. Gambill comfortable! A scenic setting on the beau-tiful Coosa River and Lake Gadsden. Highlights included the return of Kara Bohigian- Z. Underwo Smith to the platform! This time as an ultra- S. Lusk trim 132! With only 1 month of training after a long layoff with a back injury she benched 325 lbs. at 130 lbs. bodyweight for the #6 bench All-Time at the weight class!

S. Brooks l predict the #1 spot will fall this year for 220 lbs.
her! Kara and Craig are a great and happy int
couple! It's written all over their faces! M. Harle
And 'Stella' is a doll too! Thanks for picking the Alabama for your comeback! You and 242 lbs.
Craig are family to us here! Big Jim HSP Hoskinson's huge 1107 squat upping his C. Maynard already top 308 squat in the U.S. this year! Teen Most of you know the story of him being told R. Copley he'd probably never walk again after Youth severing both patella tendons in a horrible accident a few years ago! Inspiring! Big Robert Wilkerson passing his 3rd squat of the meet to take an exhibition squat with just belt and knee wraps (wraps not legal for the Raw meet) of 903! He squatted it solidly but cut it just short! The crowd went SHW wild over it anyway! A great show of Open strength! (results courtesy Buddy McKee) J. Belcher

NASA West Virginia State 26 APR 08 - Ravenswood, WV BENCH Helmondollar 287 165 lbs. Pure K. Samples 220 B. Ferrell Teen I. Hitt Z. Trembley 226 198 lbs. Open S. Martin 452 T. Rowsey 181 lbs. Master II M. Metts 358 Helmondollar 287 220 lbs. Master III 220 M. Harless 397 K. Samples



4th-BP-276

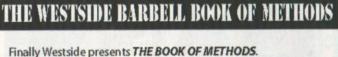
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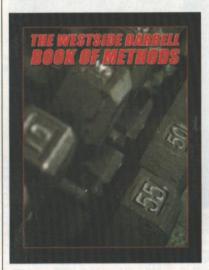
Pure K. Moody

198 lbs.

N. Hall



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419	276	463	1157	Arm Ribra SET-4	D and	224	600	init 3
419	276	463	1157			004		
			1137	A. Morgan 275 lbs. Junior	557	331	623	151
584	402	568	1554		485	369	551	140
7.7	Q-606	BP-43		J. Lester Master I	342	215	446	100
375 4th-B	397 P-419	480	1251	J. Adkins	551	364	546	146
					551	364	546	146
474	314	441	1229	Power Sports			DL	TOT
584 4th-S	402 Q-606			Master II	121	287	408	816
				Master V				
457	287	502	1246	Helmondollar 198 lbs.	121	287	408	816
7 70 70 10		568 BP-43	1554	Junior S. Fields	154	325	430	909
	Bount			Master II				
				R. Warden	116	193	441	750
380	209	452	1042	220 lbs. Int				
502	413	485	1400	A. Morgan Master I	187	331	623	114
- 4th-B		342	667	B. Hall Master IV	160	303	402	865
				D. Dolin	121	215	320	656
463	303	457	1224	Master V				
				B. Hall Novice/Pure	160	303	402	865
719	480	634	1832		187	331	623	114
				J. Peck 242 lbs.	127	342	430	898
55	44	132	231	Master II				
				R. Lacey	173	380	551	110
143	220	320	683		re			
	4th-D	L-331		J. Payne	143	386	480	100
408	309	419	1135	A. Nedeff	187	364	480	103
					4th-B	P-369	DL-5	02
270	287	408	965	Master I				
				D. Bloxton	154	331	573	105
353	325	430	1108		154	325	331	810
			Towns	Meet Directors	: Gre	g & Su	san Var	n Hoo
	4th-B 474 4th-S 44th-S 380 502 4th-B 463 719 55 143 408 270	4th-BP-419 474 314 584 402 4th-SQ-606 457 287 584 402 4th-SQ-606 380 209 502 413 — 325 4th-BP-331 463 303 719 480 55 44 143 220 4th-D	4th-BP-419 474 314 441 584 402 568 4th-SQ-606 BP-43 457 287 502 584 402 568 4th-SQ-606 BP-43 380 209 452 502 413 485 — 325 342 4th-BP-331 463 303 457 719 480 634 55 44 132 143 220 320 4th-DL-331 408 309 419 270 287 408	4th-BP-419 474 314 441 1229 584 402 568 1554 4th-SQ-606 BP-430 457 287 502 1246 584 402 568 1554 4th-SQ-606 BP-430 380 209 452 1042 502 413 485 1400 — 325 342 667 4th-BP-331 463 303 457 1224 719 480 634 1832 55 44 132 231 143 220 320 683 4th-DL-331 408 309 419 1135 270 287 408 965	4th-BP-419 474 314 441 1229 Power Sports 181 lbs. 584 402 568 1554 Master II Helmondollar Master V Helmondollar Master V Helmondollar Master V Helmondollar 198 lbs. 584 402 568 1554 Helmondollar 198 lbs. 584 402 568 1554 Junior S. Fields Master II R. Warden 220 lbs. Int R. Warden 220 lbs. Int Master II R. Warden 240 A. Morgan Master II Master IV D. Dolin Master IV D. Dolin Master IV D. Dolin Master IV D. Dolin Master V B. Hall Novice/Pure A. Morgan Master V B. Hall Novice/Pure A. Morgan Master IV D. Dolin Master V B. Hall Novice/Pure A. Morgan Master IV D. Peck 242 lbs. 55 44 132 231 Master II R. Lacey 275 lbs. 55 44 132 231 Master II R. Lacey 275 lbs. Submaster Pu J. Payne 308 lbs. Law/Fire A. Nedeff 408 309 419 1135 A. Nedeff 270 287 408 965 Master I D. Bloxton Submaster S. Matthews Meet Directors Metal Directors Metal Processor Submaster S. Matthews Meet Directors Metal Processor Submaster Submaste	4th-BP-419 Master V 474 314 441 1229 Power Sports CR 181 lbs. 584 402 568 1554 Master II Helmondollar 121 Master V 457 287 502 1246 Helmondollar 121 Master V 584 402 568 1554 Master II Ps lbs. 584 402 568 1554 Junior 584 402 568 1554 Junior 584 402 568 1554 Junior 5. Fields 154 Master II R. Warden 116 380 209 452 1042 220 lbs. Int A. Morgan Master II R. Hall 160 Master IV D. Dolin 121 463 303 457 1224 Master V B. Hall 160 719 480 634 1832 A. Morgan B. Hall 160 719 480 634 1832 A. Morgan B. Hall 160 719 480 634	4th-BP-419 Master V J. Adkins 551 364 474 314 441 1229 Power Sports CR BP 584 402 568 1554 Master II Helmondollar 121 287 457 287 502 1246 Helmondollar 121 287 287 198 lbs. Junior S. Fields 154 325 325 Master II R. Warden 116 193 325 325 Master II R. Warden 116 193 331 Master II A. Morgan 187 331 Master II 160 303 303 457 1224 Master IV D. Dolin 121 215 1215 1215 1215 1215 1224 Master IV D. Dolin 121 215 1215 1224 Master IV D. Dolin 121 215 1215 1224 Master IV D. Peck 127 342 242 183 123 A. Morgan 187 331 331 331 <td>4th-BP-419 Master V J. Adkins 551 364 546 548 449 448 441</td>	4th-BP-419 Master V J. Adkins 551 364 546 548 449 448 441



Ken Bayard curling at the IBP South

Ken bayaru Curiiri	galli	leibr.	Souur
Carolina State eve	ent. (K	eith P	ayne)
IBP SC State	Cham	nionsh	ins
24 MAY 08			
BENCH	DEAD		
FEMALE	MALE		
148 lbs.	148 I		
Master (50-54)	Teen	(18-19)	Raw
M. Clary 170	Z. Kle		445
MALE		T CUR	
148 lbs.	FEMA	1 F	1. A. O. V
Intermediate (24-34)			
Raw	Maste	r (50-5	4) Raw
B. Campbell 280	M. C		65
Novice Raw	41	th-75	
D. Lowery 270	MALE	ney	
165 lbs.	132 I		
Open		(14-15)	
J. Mouzon 435		ringer	110
Teen (16-17) Raw	148 I		1291
C. Long 245		nediate	(24-34)
181 lbs.	Raw		
Master (40-44)			120
Scarborough 365		(14-15)	
Open Raw		ivis	
R. Stovall 320		(16-17)	
198 lbs.		ves	105
Novice Raw B. Wilkerson 385		(18-19)	130
Teen (16-17) Raw	Z. Kle		115
B. Sinacori 290	165 I		113
220 lbs.) Raw
Novice Raw	B. Va		135
L. Allman 275		th-145	133
242 lbs.		(16-17)	Raw
Master (45-49) Raw	C. Lo		110
C. Whitt 330	198 I		170
Master (50-54) Raw			(24-34)
Aneskievich 315	Raw		
G. Cassidy 270		ilkersor	165
Master (60-64) Raw	242 1	bs.	
K. Bayard 225	Maste	r (45-4	9) Raw
Novice Raw	C. W	hitt	135
S. Barmore 545			4) Raw
275 lbs.	K. Ba	yard	150
Open		(18-19)	
R. Allman 475			160
Submaster (35-39)	308		
R. Allman 475			4) Raw
	W. G	reene	140
Push Pull	BP	DL	TOT
MALE			
132 lbs.			
Teen (14-15) Raw	475	265	F40
B. Etringer	175	365	540
148 lbs.	.,,		
Teen (14-15) Raw			495
Teen (14-15) Raw R. Davis	185	300	485
Teen (14-15) Raw R. Davis 4th-BF	185		485
Teen (14-15) Raw R. Davis 4th-BF 165 lbs.	185 -190		485
Teen (14-15) Raw R. Davis 4th-BF 165 lbs. Intermediate (24-34)	185 2-190 Raw	300	
Teen (14-15) Raw R. Davis 4th-BF 165 lbs. Intermediate (24-34) C. Cummings	185 2-190 Raw		
Teen (14-15) Raw R. Davis 4th-BF 165 lbs. Intermediate (24-34)	185 2-190 Raw	300	

181 lbs.				USAPL 6th
Intermediate (24-34) W. Brothers	310	445	755	20MAY (
198 lbs.	310	443	/33	123 lbs.
Novice Raw C. Johnson	350	450	800	(14-15) A. Roth
220 lbs.	330	430	000	132 lbs.
Teen (14-15) Raw H. Bowser	190	385	575	(18-19) D. Miller 3
242 lbs.	190	303	3/3	148 lbs.
Master (60-64) J. Raines Jr.	350	555	905	(16-17)
Teen (18-19)	330	333	903	J. Franklin 3 R. Burch 3
J. Breisch 308 lbs.	370	575	945	B. Floyd 3
Master (50-54) Raw				181 lbs. (16-17)
W. Greene Venue: Core 24 Gyn		500	835	M. Koestel
provided courtesy of				(16-17)
				J. Vallentine 3 J. Boehnlein 4
Team Web				J. Boehnlein 4 220 lbs.
31 MAY 08 - BENCH				Master L. Traub
MALE	165 ll	ht Bar	Kaw	L. Traub 1 (14-15)
181 lbs.	(30-39		400	S. Stewart 3
(40-49) S. Rieger 455	J. Phi 308 II		400	242 lbs. (16-17)
242 lbs.	(40-49			B. Miller
(30-39) C. Cravatta 520	B. We		635	P. Payne 4
Raw	198 II	os		(16-17)
198 lbs. (13-19)	(30-39 D. ph		605	J. Jordan (Thanks to USA
B. Early 280	Straig	ht Bar	000	(Tilding to Og
220 lbs. (40-49)	165 II			USAP
D. Leslie 345	S. Wi		420	6 JUL
DEADLIFT	220 II			BENCH 191 lbs
MALE		ilkens	635	181 lbs. Open
Full Meet	BP	Trap	TOT	M. Alkinany 4
MALE 220 lbs.				Raw C. Smith
(40-49)				242 lbs.
D. Geronzin 275 lbs.	390	520	910	Open J. Kennedy
(20-29)				Push Pull
S. Barr	425	700	1125	242 lbs.
Raw 198 lbs.				Open J. Kennedy
(30-39)	220	405	905	275 lbs.
D. VanZuden 220 lbs.	320	485	805	Master (50+) A. Suarez
(18-19)	260		705	Venue: Hyatt He
S. Ralston STRAIGHT BAR	260 BP		795 TOT	The state of the s
165 lbs.				2-3 AUG 08
(30-39) S. Kenworthy	365	500	865	BENCH 00
198 lbs.				FEMALE
(30-39) T. Crigger	500	625	1125	181 lbs.
220 lbs.				D. James
(30-39) T. Dann	470	500	970	Raw 148 lbs.
242 lbs.	ul f u	Dies i	BETTY ST	Youth
(40-49) J. Crigger	380	500	880	S. Johnson (
Best Pound for Pound	d Bench	Press 7	Teenage:	Master I
Ben Early. Best Pour Teenage: Steve Ral	d for P	ound Fo	ull Meet	C. Crossland 1
Pound Men's Bench	Press	Troy	Crigger.	MALE
Best Pound for Pound First time lifters: Be				181 lbs. High School
Dave Leslie, Scott K				B. Slone
and Daron VanZude				Junior B. Slone
ART Chiropractic				Novice .
Encironmental,	Advanc	ed F	Physical	B. Slone
Therapy, Camanche Alignment, Edens C	Constru	ction, l	ronman	Submaster II C. Beck
Performance Care,	Depe	ndable	Drain,	RETT IDE
Murphy Constracting surance. Also thank to				MOTI RO
us put on the meet.	Thanks	to our	helpers:	
Agina Phipps, Kim V				
Kelsey Harmon, Ba ber, Jerri Weber, and	to the	Weight	Chang-	Sand Sand
ers: Big Jake and Li	ittle Jak	ce. The	support	
all the lifters had w was an awesome sit	te to se	ee. Boh	& lerri	
Weber's twin grand	dbabies	were	at their	7
first Team Weber m Sievel are only 11 n				Si ingan
with their mom, Rob	in. Our	next n	neet will	
be at Camanche Da Meet Directors: Bob	Weber	563-25	n, 2008.	
Dan Phipps 563-259	-4418,	and Bol	Weber	
III 563-212-6424. (

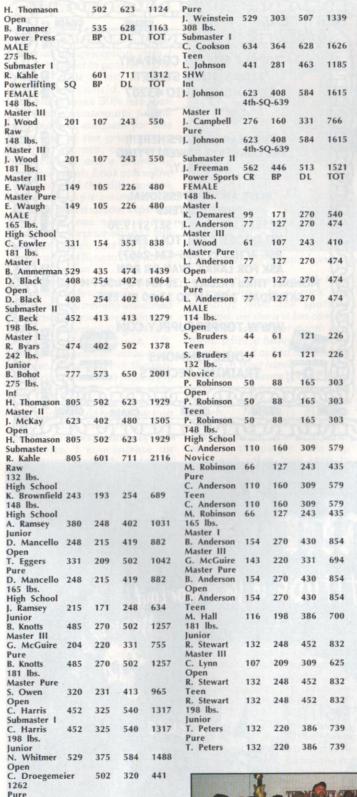
LICADI CA	L C4	v:-		·c					
USAPL 6t					R. Duncan	535			243
20MAY					J. McKay	402	220 II	os.	
owerlifting	SQ	BP	DL	TOT	B. Brodt G. Carlson	364	Maste	r III	202
23 lbs. 14-15)					G. Carlson 308 lbs.	353	1. End	lictt	303
. Roth	235	170	270	685	Police/Fire		275 II Maste		
32 lbs.	233	170	2/0	003	M. Austin	441	R. Ha		325
18-19)					Raw	77.	Subma	aster P	323
. Miller	315	190	375	880	181 lbs.		J. Foo		375
48 lbs.					High School		308 II		
16-17)					J. Brown				
Franklin	355	220	350	925	L. Brown	-		irrison	424
. Burch	340				Juillot		Open		
. Floyd	355	225	345	925	D. Hodges	171	C. Sp	irrison	424
81 lbs.					198 lbs.		PS CL		
16-17)					Master II		165 II		
1. Koestel	425	250	365	1040	R. Harrison	369	Maste		
98 lbs.					Master III W. Smith	242		CGuire	143
Vallentine	200	240	450	1070		243	220 II		
Vallentine Boehnlein		280	370	1070	Master Pure W. Smith	243	Maste	dictt	154
20 lbs.	420	200	3/0	1070	220 lbs.				134
laster					Master I		Maste	r II	
Traub	135	135	285	555	K. Brownfield	402	R. Ha	rris	182
14-15)				000	K. Brownfield Master IV		G. Ca	rlson	127
	360	225	390	975	E. Evatt	254	Pure	TALL DE	VINE
42 lbs.						7	I. Ha	vs	171
16-17)					E. Evatt	254	Subm	aster P	ure
. Miller . Payne	445	285	420	1150	E. Evatt Open		J. Foo	is	176
. Payne	450	260	440	1150		402	308 II	bs.	
IWT					Pure		Maste	r I	
16-17)					E. Evatt	254	C. Sp	irrison	220
Jordan	445	345	425	1215	275 lbs.		Open	Lot be	HONOL I
Thanks to U	SAPL f	or prov	riding r	esults)	275 lbs. Open	2 1110	C. Sp	irrison	220
					Smith	430	PS III	- 41) [] -	
LISA	PI 3r	d LIS	Onen		Pure		165 1	os.	
6 11 1	1 08	Mian	oi El		Pure J. Hays PS BENCH 165 lbs. Master III G. McGuire	3/5	Maste	Cuir	221
ENCH	L 00 .	275 H	h, IL		165 lbs		375 II	cGuire	331
81 lhe		Onen	05.		Master III		Maste	, II	
nen		S. Cle	7	309	G. McGuire	220	R. Ha	rris	430
. Alkinany	446	Maste	r (40+)	303	198 lbs.		Subm	aster P	ure
aw		S. Cle	7	309	Master III		I. Foo	S	551
Smith	325	Maste	r (50+)		Push Pull		BP	DL	TOT
42 lbs.		S. Re	gan	435	FEMALE				
pen		A. Su	arez	-	FEMALE 123 lbs.				
Pen Kennedy	314				Master II C. Mahaffey				
ush Pull		BP	DL	TOT	C. Mahaffey		77	204	281
42 lbs.									
pen			400		C. Mahaffey				
Kennedy 75 lbs.		314	402	716	148 lbs.				
					Master III		107	242	240
Aaster (50+) . Suarez			402	402	J. Wood		107	243	349
onue: Hyatt	Hotel	Courtes	v from	402 USAPL)	181 lbs. Master III				
ende. Hyatt	riotei.	(courtes	1		E. Waugh		105	226	331
					MALE				
NA	ISA W	orld (Cup	OV	181 lbs.				
2-3 AUG 0	8 - 0	klahor	na Cit	y, OK	Master I				
ENCH		Teen	5.13	Regular V	K. Shaw		386	_	386
EMALE		B. Slo		430					
81 lbs.		198 II	bs.		K. Shaw		386	-	386
nt		Maste	r II		198 lbs.				
). James	204	R. Ha	rrison	424	Int				
aw			h-440		P. Crunston			480	849
48 lbs.		Pure		at mi	Junior		to dian.	-bree a	REAL PROPERTY.
outh				226	A. McKay				
. Johnson	66				Pure		242		
65 lbs. Aaster I		Maste		254	A. McKay				
Crossland	171	E. Eva		254	242 lbs.				
. Crossland 4th-181	1/1	E. Eva		254	Int L Colson		452	505	1047
AALE		Pure			J. Colson				
81 lbs.		E. Eva		254	Master I		-di-D	. 402	13 110
ligh School				234			336	551	887
0					Master Pure			3.5	
. Slone		Maste	r III						
			r III ackmon				347	540	887
. Slone unior . Slone	430		ackmon		S. Baechle Police/Fire			540	887
. Slone	430	H. Bl. 275 II Int	ackmon bs.	HS = 1 C Light Vessels	S. Baechle Police/Fire R. Tavanello		369	463	832
unior . Slone lovice	430 430 430	H. Bl. 275 II Int B. Bru	ackmon bs. unner	535	S. Baechle Police/Fire R. Tavanello 275 lbs.		369	463	832
unior	430 430 430	H. Bl. 275 ll Int B. Bru H. Th	ackmon bs. unner iomason	535 502	S. Baechle Police/Fire R. Tavanello		369	463	832



III 563-212-6424. (Thank you to Robert Weber Jr. for providing the meet results)

Team Weber Push Pull Participants from the event in Camanche, IA

H. Thomason		502	623	1124
Open		535	629	1163
B. Brunner Power Press		BP	DL	TOT
MALE				
275 lbs.				
Submaster I R. Kahle		601	711	1312
	SQ	BP	DL	TOT
FEMALE				
148 lbs. Master III				
J. Wood	201	107	243	550
Raw				
148 lbs.				
Master III J. Wood	201	107	243	550
181 lbs.				
Master III			225	
E. Waugh Master Pure	149	105	226	480
E. Waugh	149	105	226	480
MALE				
165 lbs.				
High School C. Fowler	331	154	353	838
181 lbs.			Can.	ADER.
Master I		40=		1400
B. Ammerman D. Black	408	435 254	474	1064
Open	100	234		
D. Black	408	254	402	1064
Submaster II	452	413	412	1279
C. Beck 198 lbs.	432	413	413	12/9
Master 1				
R. Byars	474	402	502	1378
242 lbs. Junior				
B. Bohot	777	573	650	2001
275 lbs.				
Int U. Thomason	805	502	623	1929
H. Thomason Master II	003	302	023	1929
J. McKay	623	402	480	1505
Open	005	F02	622	1020
H. Thomason Submaster I	805	502	623	1929
R. Kahle	805	601	711	2116
Raw				
132 lbs. High School				
K. Brownfield	243	193	254	689
148 lbs.				
High School	380	248	402	1031
A. Ramsey Junior	300	240	402	1031
D. Mancello	248	215	419	882
Open	224	200		1013
T. Eggers Pure	331	209	502	1042
D. Mancello	248	215	419	882
165 lbs.				
High School	215	171	248	634
J. Ramsey Junior	215	171	240	001
B. Knotts	485	270	502	1257
Master III G. McGuire	204	220	331	755
Pure	204	220	331	733
B. Knotts	485	270	502	1257
181 lbs.				
Master Pure S. Owen	320	231	413	965
Open	320	23.	413	303
C. Harris	452	325	540	1317
Submaster I	452	325	540	1317
C. Harris 198 lbs.	452	325	540	131/
Junior				
N. Whitmer	529	375	584	1488
Open C. Droegeme	ior	502	320	441
1262		302	320	
Pure				
N. Whitmer	529	375	584	1488
Droegemeier Submaster II	302	320	441	1262
Droegemeier	502	320	441	1262
220 lbs.				
Junior Nettleingham	480	336	557	1372
Master Pure	400	330	337	13/2
C. Truoccolo	502	353	502	1356
Pure	190	326	557	1272
Nettleingham 242 lbs.	460	336	557	1372
Master I				
B. Chambers	579	391	551	1521
Master II J. Moody	342	287	331	959
ge construction of				





Participants at the Carroll County Power Day Challenge: (left to right) Joe Bonnacci, Gary Shanholtz, Scott Bixler, Glenn Murphy Jr., Chaz Riddle, Lance Evans, Rich Plummer, Jim Perhach, Erica Malkin, Kenneth Martiniano, Dick Jenkins, C.J. Perhach. (Glenn Murphy Jr.)

220 lbs.					198 lbs.
Master I	No. of the	IVER BU		0.40	Master (50-54)
M. Bruders Master III	165	254	430	849	H. Sturman — 420 — 420 220 lbs.
G. Runge	138	265	413	816	Novice
Master Pure		203	413	010	L. Evans 440 285 445 1155
G. Runge	138	265	413	816	K. Martiniano — 275 — 275
Pure	130	203	413	010	242 lbs.
M. Bruders	165	254	430	849	Open
G. Runge	138	265	413	816	C. Riddle 415 360 — 775
T. Robinson	132	176	375	683	275 lbs.
Submaster II	1				Master (65-69)
T. Lyon	176	342	430	948	R. Plummer — 300 — 300
T. Robinson	132	176	375	683	Master (40-44)
Submaster P	ure				J. Perhach — 275 500 775
K. George	171	336	562	1069	The inaugural annual Carroll County Power
T. Robinson	132	176	375	683	Day Challenge was a wonderful success as
Teen	THE TE				11 talented lifters competed at the beau-
D. Moos	182	276	446	904	tiful Powerhouse Gym, owned and run by
242 lbs.	HE SAME				Mr. Chaz Riddle. Miss Erika Malkin,
Master II					Westminster HS graduate 2008, in her first
R. Lacey	173	375	553	1101	contest, had a great day on an 8-9 lift
S. Baechle	143	347	540	1031	performance as her only missed lift was
J. Moody	138	287	331	755	her third BP. Erica made a PR 4th squat of
275 lbs.	.50	-0,	55.	,	200 to total a PR 540 (185-135-220-540).
Master II					Erika won in the 148 class. CJ Perhach, son
R. Harris	182	325	430	937	of lifter Jim Perhach, had a real nice 3-3
Open	102	323	430	331	day in the 148 class and topped out with a
I. Smith	176	430	739	1345	100 bench. Jim Perhach won in the Push-
Submaster F		430	739	1343	Pull Master 40-44/275 class with his 275
	176	375	551	1102	bench, and 500 deadlift, to total 775. Chaz
J. Foos	1/6	3/3	331	1102	Riddle had a strong 6-6 in the squat 415, and
308 lbs.					bench 360, as he reigned supreme in the
Master I	120	242	425	015	
R. Linder	138	342	435	915	Open 242 class at a light 225 bodyweight.
(Thanks to I	Kich Pe	ters for	these	results)	Three world champion powerlifters were
					judges: Host Glenn Murphy, Jr. (1995-
1st Carr	roll Co	unty I	ower	Day	present), Gary Shanholtz (1999, 2001-
7 IUN					2003), and Scott Bizler (2003, 2005-07).
					God Bless You and Thank You. The 8th
148 lbs.	SQ	BP	DL	TOT	Pocket Samson's Christmas Bench Press &
Novice	400				Deadlift Championships will be December
E. Malkin	185	135	220	540	6th, at Chaz Riddles Powerhouse Gym. God
Open					Bless You and Thank you, Chaz Riddle's
C. Perhach	-	100	-	100	Powerhouse Gym, all the lifters, Mike
Master (65-	69)				Lambert of PLUSA, and especially Dad &
J. Bonacci	-	-	370	370	Mom who on June 14th celebrate their
165 lbs.					golden anniversary! (from Gary and Scott)
Open					
D C 1d		225		225	



Master (70-74)

Open D. Smith 181 lbs.

J. Moody 342 287 331 959 Participants at the Mighty Christian Powerlifting meet in Dover, NJ

19 AP				
FEMALE	SQ	BP	DL	101
A. Modafferi	110	85	155	350
M. Pinson	140	90	145	375
MALE				
114 lbs.				
F. Tattoli	140	95	200	435
148 lbs.				
V. Tattoli	185	120	270	575
181 lbs.				
P. DeRobertis	300	285	365	950
K. Sweetman	_	335	300	635
198 lbs.				
A. Sullivan	315	325	365	1005
C. Marino	_	_	500	500
220 lbs.				
A. Tillman	_	215	435	650
205 lbs.				
J. Burgos	_	325	500	825
220 lbs.				
E. Herrerea	400	250	_	650
N. Johnson				



MENTAL TRAINING

positive, be confident in

your ability, and lift within

your ability. Don't worry

about others; make a

plan and follow it. If you

don't have a plan, you

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plan to fail.

I feel you must be

Chuck Vogelpohl with yet another option in back training onto the bar. (continued from page 12)

while his feet were turned outward to prolong leg drive. Fred Hatfield, who was known for his squatting, pulled like an Olympic lifter at the

start with a very straight back. Ed Coan would sumo but straighten his legs soon after the bar lifted off the floor. Mike Bridges, I felt, had an impeccable form with incredible

So what's my point? If you train all muscles properly whatever your style, you will succeed if you can hold

TOPPER SUPPLY COMPANY A PARTICIPATION 2108 S. HIGH STREET **COLUMBUS, OHIO 43207** THE SEARCH STOPS HERE!!! THE COMPLETE POWERLIFTING ASSEMBLY: **ELITE AND PROFESSIONAL** POWERLIFTERS 5/8" SET \$143.90 1/2" SET \$119.90 TO ORDER CALL TOLL FREE 866-4CHAINS (866-424-2467) **ASK FOR LARRY, IVAN OR RON** MONDAY THRU FRIDAY 7:30 AM TO 4:30 PM SATURDAY: 7:30 AM TO 12:00 PM EST. WWW.TOPPERSUPPLY.COM **LOUIE SIMMONS** TRAINING SECRETS NUNGNOW



(continued from page 16)

in the sport. The idea of becoming bulky and manly is still the common misconception. Also, I think the sport in general is still biased. This is still a maledominated world, female executives make 30% less than their male counterparts, female bodybuilders compete for less than half of the prize money awarded to men, and female powerlifters are e primarily entertainment. Look at how the WPO treated the elite women: vou were lucky to get an invite to lift if you picked up your expenses and there was never a true completion for prize money. Until the men of our sport stand with us, we will just have to keep doing the best we can.

Q: How has your training evolved over the past few years?

A: Initially my training was aimed at particular goals and gaining a basic understanding of the fundamentals of each lift. Supportive gear is a lesson all of its own. I started with the very basic equipment and moved my way up gradually. There were times when the gear won the battle and I would have to back up and re-group. Now that I have a greater understanding of the dynamics, I concentrate on increasing strength, stamina, and perfecting leverage points. The more concise the movement, the more power I am able to

Q: Who are a few of the powerlifters you look up to, both male and female and why?

A: Bobby and I have been very blessed to have had the opportunity to train and be friends with some of the greatest powerlifters of our generation. Jon Grove and NGBB, Joe Ladnier, Kara Bohigan, Garry Frank and Hardcore Barbell Shawna Mendelson, and the girls from Big Iron, all have had a great impact on my lifting. These lifters have shared not only their gyms and equipment, but also their vast knowledge and inspiration with me. I am definitely a sum of parts. Anything that you can learn from another lifter is something that you are able to add to your lifting repertoire. The more you understand, the better equipped you will become meet time. Powerlifters are a unique group of individuals because we truly understand the drive and lack of sanity that it takes to get beneath the weight.

Q: What are you views on training alone versus training with a crew? A: Bobby and I have trained for numerous years with just each other in a backyard gym. We coach and spot one another. We have made tremendous gains



Carol Ann has squatted deep into the 500s in training & contests

with just the two of us. We have learned how to unrack the monolift from the spotting position; we use a video camera to review our squat depth and form. (Hint: a heavy lift usually does not look as bad on video as it feels in your hands - that is a definite confidence booster.) We boxes for additional spots on the

have learned to improvise with bench. Necessity dictates creativity. But, the largest lesson we have for any lifter is to never abandon the weight. We stay with each other from start to finish. We have also trained with large crews (NGBB, the Power Pit, and Hardcore Barbell) and it definitely gives you more confidence going after a maximum effort lift. You have great spotters and good feedback. Regardless of the training conditions, it is should always be your primary goal to place safety first. If you get hurt because of

to blame but yourself. Q: Where have you trained to

carelessness - you have no one

perfect your technique? A: Jon Grove and Joe Ladnier are superior technique coaches. Both have helped me tremendously. I have an extremely strong squat (565 lb@ 165 APF Seniors, 605 lb @ 165 training in NGBB, and a 400 lb raw @ 146 lb) due to perfecting technique. Strength is only 33% of the lift, if your technique or your confidence is lacking - you are going to bomb. Good form in every lift will never be overrated. Q: What kind of gear do you use? A: I am committed to my Titan Boss! The briefs and suit are the best I have ever used. I am addicted to the support I receive as the lift gets to the critical point. I alternate between an Inzer Phenom and a Titan F-6

single-ply for the bench. The

choice of shirt is dependent on

my level of training at the time of

the meet. Regardless of your

choice of gear, it is important to learn your equipment and get comfortable in it. Gear can be a benefit or a detriment to your lifting. Just because you put on a bench shirt or a squat suit does not mean your numbers will go up ~ train smart.

Q: How important is speed training in strength sports to you?

A: I wish I could tell you that speed training is vital to my workout, but I do little to none. I am one of those lifters who is either going to get the lift because of technique and strength or is not.

Q:Now that you are an Elite Female Powerlifter and Figure Competitor, where do you go from here? How does your family play a role in your future in strength sports?

A: My goals are still the same today that they were the first day Iwalked into a gym ~ to constantly improve myself. I began this journey with no sense of direction but forward. That direction has not changed; I just have a variety of roads to choose. I will always ift – it is an important part of my life that has brought about an increased sense of good health and well-being. An important aspect of that well-being is my family. My husband, Bobby, has been a major source of support for me. He has always supported my lifting and now my pursuit of figure/bodybuilding. He is a fantastic training partner and coach. Not a day goes by when he doesn't express his pride in my accomplishments.

Before my last question I would like to take a moment to thank Teresa & Gary Frank for their hospitality; Kara Bohigian for all her help and friendship: Joe Ladnier for his friendship and coaching; TITAN for believing in me enough to sponsor me!!!!; John & Amanda Micka for their friendship and support - John is the nutritionist that helped me with my diet. If you need a nutritionist John

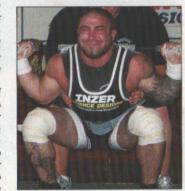
knows his stuff!; Jesse Rodgers, President of the SPF; Amber Suter for doing this interview.

Last but not least. Jon Grove for all his help, coaching, friendship, generosity, and for inviting Bobby and I to be part of his North Georgia Barbell Team!!!

Q: If you could leave one piece of powerlifting legacy behind for female athletes to stand the test of time, what would that be? Whether it's advice, a quote, or something inspiring to keep the flame burning. A: The best advice I can give is to always remember to lift for yourself. Never lose sight of the reason you decided to pick up your first weight ~ keep it real. I wish I could say "fun," but that isn't really accurate. Achieving any goal entails a great deal of work and dedication and sometimes even sacrifice. Keep it real and I hope to see on the road sometime

SSA Backyard Meet

2 AUG 08 - Tribes Hill, NY BENCH DEADLIFT FEMALE MALE 198 lbs 181 lbs Teen (13-15) MALE 181 lbs. SQUAT MALE Open D. Cull 181 lbs 390 Open D. Cull 198 lbs. Open Single R. Spitzner Ironman 435 BP DI TOT MALE 181 lbs Teen (13-15) D. Betti 242 lbs. Submaster Unlimite M. Ferlito 275 lbs. Open Single S. Brown 500 DL TOT Full Power MALE Open Unlimited 575 1830 Kirschen 515 198 lbs. M. Gerardi Open Unlimited . Tria 475 505 1650



505

275 lbs.

Teen (18-19) Single Ply Hollingsworth 670 340

Mike Gerardi totaled 1405 in the 198 pound Standard Division with a 505 squat, 400 bench, and 500 deadlift in Tribes Hill, NY.

(article continued from pg. 36)

Bodybuilding.com, Eric The Trainer, Marina Pacific Best Western Hotel, Monkee Express Restaurant. Thank you to our vendors: Ken Anderson and Titan Support Systems. (Results courtesy Steve Denison)



Drew Casey out of Los Angeles

USPF Muscle Beach

13-14 SEP 08 - Venice Beach, CA Over 73 athletes competed at the USPF Muscle Beach Powerlifting, Bench Press, Deadlift Championship competition on September 13 & 14, 2008. Multiple State and tember 13 & 14, 2008. Multiple State and American records were broken, including State Powerlifting Records: Nicolai Stern, 181 lbs. Master Women (40-44), squat, deadlift total, Alexey Nechay, 148 lbs. Junior men (18-19) bench, O'Neil Roussell, 308+ lbs. Junior men (20-23), squat, deadlift total, Robert Speno, 275 lbs. Submaster (35-39), squat, bench total, Arthur Fu, 181 lbs. Master (55-59) bench, State Report lbs. Master (55-59) bench. State Bench Press Records: Tracie Marquez, 198 lbs. women's Master (45-49) bench, James Burdett, 198 lbs. men's Open bench, James Burdett, 198 lbs. men's Submaster (35-39) bench. State Deadlift Records: Roland Madera Jr., 165 lbs. men's Junior (16-17) deadlift, Howard Myers, 220 lbs. men's Master (60-64) deadlift. American Powerlifting Records: Nicolai Stern, 181 lbs. women's Master (40-44), squat, deadlift and total, Darren Matsumoto, 148 lbs. men's Open bench, Eric Welch, 308 men's Master (45-49) deadlift, Arthur Fu, 181 lbs. men's Master (55-59) bench. American Bench Press Records: James Burdette, 198 lbs. men's Open bench. American Deadlift Records: Leonetta Richardson, 148 lbs. women's Open deadlift, Eric Welch, 308 lbs. men's Master (45-49) deadlift, Howard Myers, 220 lbs. men's Master (60-64) deadlift. The United States Marine Corp deadlift. The United States Marine Corp team from Camp Pendelton were on hand to demonstrate their enthusiasm and sup-port for the sport of powerlifting, and their spirit and competition were most appreci-ated. Joe Wheatley Productions would like to acknowledge the Title Sponsor Ken Anderson Powerlifting 11st Apart the Presenting Spon-cor Powerlifting 11st Apart the other year. systems, along with the rresenting spon-sor Powerlifting USA and the other ven-dors who supported the event. Our thanks goes out to Meet Director Steven Denison and all the Officials and support personnel who contribute to making the Muscle Beach event a huge success. This event ends the 2008 powerlifting season at Muscle Beach. Next year's events will prove to be fun and spirited in the tradition of competi-tive powerlifting. For information on next year's event go to www.powerliftingca.com you to Joe Wheatley for providing report)



Left to Right ... Steve Denison, Kellie LaMantia, and Chuck Lamantia made the contest GO!

USAPL 2	5th N	lew Je	ersey S	State	K. Boyer	243	132	259	634	E. Petrone	375	336	529	1240
22 MAR	08 -	Atlant	ic City	, NJ	MALE	243	132	239	034	J. Urlgarro	364	303	375	1042
BENCH		Oper	n		114 lbs.					198 lbs.				
MALE		K. K	otche	320	HS JV					HS JV				
181 lbs.			(16-17		S. Devries	248	143	298	689	J. Wilsbach	413	265	430	1108
Open	100	S. Si		413	D. Terry	204	121	281	606	Master (40-49			Men	
M. Cuipinski		275			B. Miller	176	116	215	507	V. Parels	55	303	590	948
C. Ruskie	386	Oper		474	Teen (14-15)	440	440	004	404	B. Scully	55	55	198	309
Master (40-49			1erkh	474	K. MacFerren	149	110	231	491	Master (60-69		245	200	799
S. Spear Raw	281		or (20-2 alota	452	123 lbs. Teen (14-15)					A. Shaklin Collegiate	287	215	298	799
E. Petrone	336	275+		432	M. DeLuca	204	116	292	612	R. Finkelstein	214	231	457	1003
220 lbs.	330	Ope			HS JV	204	110	2,2	012	Raw	314	231	437	1003
Open			tellilo	413	M. McGlynn	303	154	336	794	S. Harris	524	380	601	1505
M. Barcelona	446		er (40-		Open		459			T. Jones	342	265	463	1069
Teen (16-17)			tellilo	413	R. Ullman	314	203	375	892	220 lbs.				
S. Florke	336	Polic	ce/Fire		132 lbs.					Open				
Varsity HS		& M	ilitary I	Raw	HS JV					E. Evans	480	325	601	1405
N. Terlitz	220	L. N	tellilo	413	N. Gagliardi	287	176	303	766	HS JV				
242 lbs.					Teen (14-15)					G. Montorie	347	270	397	1014
Powerlifting	SQ	BP	DL	TOT	A. Rao	254	160	320	733	Teen (14-15)				
FEMALE					Teen (18-19)					G. Montorie	347	270	397	1014
93 lbs.					D. Salvati	309	237	380	926	Teen (16-17)		Para la		The same
Teen (14-15)					Master (50-59					S. Florke	402	336	457	1196
C. Martinez	116	55	165	336	S. Stein	243	160	298	700	Teen (18-19)	100	0.00		4005
105 lbs.					148 lbs.					J. Veach	480	303	513	1295
Teen (16-17)	111		171	240	Open	400	200	100	4440	Master (40-49		440	-42	1256
T. Sohn	116	55	171	342	J. Golba L. Hill	408	309 276	402	1119	K. Lair 242 lbs.	424	419	513	1356
Raw D. Verrigni	193	121	198	513	HS IV	320	2/6	463	1058	Open				
114 lbs.	193	121	190	313	M. Bagliani	353	243	441	1036	B. Lowery	650	408	601	1659
Teen (14-15)					Teen (16-17)	333	243		1030	J. Nicolosi	628	413	529	1571
J. Ruiz	127	77	220	424	M. Bagliani	353	243	441	1036	K. Kotche	298	320	353	970
Junior (20-23)			220	727	Raw	333	243	1000	1030	M. Bernstein		364	518	937
K. Bristol	105	77	204	386	Depasquale	309	226	435	970	HS IV	00	304	3.0	33,
123 lbs.					Master (60-69				3,0	I. Yo	446	243	435	1124
HS IV					J. Wolff	281	182	386	849	Teen (16-17)				10.50
J. Everhart	149	77	215	441	165 lbs.					S. Smith	502	413	507	1422
Teen (14-15)					Open					Teen (18-19)				
J. Sochocky	160	94	243	496	J. Delessio	529	364	546	1439	E. Crowder	375	248	502	1124
B. LeLuyer	121	_	-	121	Teen (14-15)					Master (40-49				
132 lbs.					J. Kuhn	44	237	446	728	I. Cross	529	468	540	1538
Teen (16-17)	LESS S	BEDIE	COLUMN		Teen (16-17)				O HIME	K. Kotche	298	320	353	970
A. Doyle	171	88	254	513	C. Guenette	342	204	419	965	Raw	Made			THE PARTY
E. Everhart	116	83	215	413	Junior (20-23)					K. Kotche	298	320	353	970
Teen (18-19)		404	0.40		Z. Karpf	254	270	254	777	J. Keller		Tille		3
S. Tortz	187	121	243	551	Master (40-49		201	201	076	Police/Fire/N			252	070
148 lbs.					M. Donnelly	287	204	386	876	K. Kotche	298	320	353	970
Teen (14-15)	142	83	193	419	Collegiate M. Li	446	292	485	1224	275 lbs. Open				
D. Rodriquez	143	03	193	419	Raw	446	292	405	1224			386	557	942
Open K. Walford	380	254	507	1141	E. Cruz	287	254	375	915	B. McCarthy HS IV		300	337	942
Raw	300	234	307	1141	181 lbs.	207	234	3/3	313	E. Harper	502	342	441	1284
N. Attino	171	88	220	480	Open					Junior (20-23)		342		1204
J. Johnson	154	105	220	480	D. Nemow	590	386	639	1615	C. Merkio	463	369	314	1146
K. Zwick	132	110	220	463		55	502	402	959	Master (50-59				
165 lbs.	Ville		TOWN L		HS IV					D. Chervenal		154	391	838
Teen (14-15)					F. Eskridge	353	276	435	1064	275+ lbs.				
E. Sculin	132	105	198	435	Teen (18-19)					Open				
Master (40-49))				M. Consalvi	468	325	452	1246	J. Weiss	601	386	650	1637
M. Tierney	127	77	204	408	M. Giaquinto	402	243	502	1146	Venue: Clario				
Raw					Raw					ter. (Thank yo	u to t	he US	APL for	results
							3 100							

	First Name	TE SE	Initial	Re Y		Current Care	i # (If Renewol	
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	A SECTION AND A SECTION ASSESSMENT		Current H	gh School	Special O	lympian N	Inmate	
U.S. Citizen Y	Date of Birth	4,	Sex M F	Today:	Date /	Card	ssued By	
ayable to and		NOTE: \$15 SPECIAL FEE APPLIES TO: Special Olympians; High School with proof of enrollment; and inmates when paid with institution check. All USPF sanctioned meets will be subject to drug testing. In recognizing the need for drug-usage detection, I agree to submit to any testing procedures deemed appropriate by the USPF or its agents and shall accept the results and consequences of such test:						
	V N 630.00 ayable to and	U.S. Citizen Date of Birth Y N / 330.00 ayable to and Mail to: DWERLIFTING FEDERATION	U.S. Citizen V N Date of Birth Y N Date of Birth Y N NOTE: \$15: School will institution a testing. UARTERS	U.S. Citizen Date of Birth Y N Area Co Referee Status Current, Hi Sex Y N San NOTE: S1s SPECIAL FEE APP School with proof of enro Institution check. All USPF's testing. In recognizing the need for of	U.S. Citizen Data of Birth Y N Sac. Data of Birth Y N NOTE: \$15 SPECIAL FEE APPLIES TO: School with proof of enrollment; a institution check. All USPF sanctioned testing. In recognizing the need for drug-usage	U.S. Citizen Date of Birth Y N NOTE: \$15 SPECIAL FEE APPLIES TO: Special Of Symbol	U.S. Citizen Date of Birth V N Sex Today's Date Card i NOTE: \$15 \$PECIAL FEE APPLIES TO: Special Olympians; School with proof of enrollment; and inmates when institution check. All USPF sanctioned meets will be subjected in the subject of the	

(article continued from pg. 12)

over 6000. Buthis time some people were asking for water, as many assumed that it would be sold at the airport but it was not. After a while the National Guard, who was handling security, managed to get a few truckloads of water and saved the day. After a two hour delay the stage was set for the plane pull. The huge C-130 Hercules transport looked awesome. It was reported to weigh about 80,000 pounds making it the heaviest object ever pulled in a WSM contest . Phil Pfister, who started in the seventh position, pulled himself into first place in the plane pull. I had to go on a nature call, but I got back to see Mariusz pull in the ninth slot and he tore down the tarmac and just as he crossed the finish line he fell down. It took for ever to get the results, but at last it was announced, Mariusz took the lead. This left only Derek Poundstone, the huge law enforcement officer from Connecticut. He started his pull and motored down the tarmac. Most of the people thought that he had won the event, but it was not to be as he finished in

third place, just a couple precious seconds behind Mariusz and Phil. Terry Hollands from the UK made fourth place and Tarmo Mitt took fifth. The Stones would be held that evening and they would decide the winner.

The stones were held at Appalacian Power Park, a very appropriate name for the grand finale. The fifth stone weighed over 400 pounds and it was a monster. With the threat of rain looming, the stone carry got underway. Still, the rains came, and then went, and after much drying off of the area the final two warriors walked out to have their last battle, Mariusz and Derek. Both men took off fast, lifting stone after stone, and they remained in a dead heat. Derek was just placing the fifth stone at the very upper edge of the apparatus when it fell down to the ground. Idon't know if he lost his grip or perhaps he did not judge the height correctly. In the meantime, Mariusz firmly seated his fifth stone and thus won his unprecedented fifth WSM contest! I thought back to the 2006 WSM contest in China when it was he who missed the seating of the fifth stone and he lost out to big Phil Phister.



Derek Poundstone was so close he could taste the '08 WSM title.

Many think that the WSM is only

about strength, but it is also about

inches and seconds, great prepara-

tion, conditioning and not making

mistakes. The final results of the

second, Mariusz third, Ortmayer fourth and Wenta fifth, and after seven grueling events were over, Pudzianowski had won with 58.5 points, Poundstone 53.5, Ostlund 49.5, Pfister 44.5, Ortmayer 39.5, Wenta 38, Mitt 30.5, Haugen 26, Bergmann 25, and Hollands 20.

The report I heard was that the

stones was Haugen first, Ostlund

The report I heard was that the 31 year old, five time WSM winner, Mariusz Pudzianowski is going to retire. He is susposed to have said his body is 'done'. Perhaps he will, or the money, honor, glory may draw him back for yet a sixth WSM title. Let us not forget, strength, it has been said, is a greedy mistress. Derek Poundstone is a hungry lion who has only scratched the surface of his strength potential. He has all the tools to be great-speed, strength, determination and perhaps the best of all, he has youth. Dave Ostlund is also very very gifted. He has the height to carry some very serious muscle and has clearly showed that ne can hang with the top men in WSM competition. Last, but not least, is Phil Pfister - the first American to win the WSM since 1983, and look who he beat, the greatest

strongman in history, Mariusz, no last name needed. Will Phil retire like he says? Only time will tell. He has given us many a thrilling moment.

In closing this article, I hope I did not tick off the WSM organization, or ESPN. Like the legendary Joe Friday said, I just wanted the facts, I made dozens and dozens of calls and sent about 20 plus e-mails, to get info for this report. Most of all a big thank you to all those people who run forums, especially Jackals Gym. I have seen every WSM contest many, many times, and this was the best ever for me. Whatever you do, do not miss the 2008 WSM contest when its aired in December of 2008. This event will be translated into over 25 languages before it is aired, which shows how popular the WSM is around the wolld. Thanks to PLUSA for letting me do

A final thought, when asked by one of his generals, 'who will win today?', speaking of the gladiator combat that was about to take place, Caesar replied, 'neither the strongest nor the fastest, but he that can endure will win'. That was Mariusz.



Mariusz the Magnificent in the stands between events. Has a new era begun, or will he be back again in '09?



Two of the Best Spotters and Loaders in the USAPL: Nick Jenkins (left) and Brian Politis at the Show of Strength Event. (B. Hindman)

2nd USA	DI C	how of	Strong	rth	220 lbs.					Open		neffield	441	
					J. Martin	507	303	507	1317	B. Aerts 110		er (50-5		
19 JUL	00		The second		Raw					Master (40-49)	A. A		446	
BENCH		J. Low	der	376	J. Skinner	535	364	595	1494	B. Aerts 110	DEA	DLIFT		
WOMEN		SHW			G. McCauley		309	562	1361	MEN	WOI			
Open		Raw		468	J. Fey	463	59	535	1257	165 lbs.	114			
148 lbs.	04	R. Roy			H. Bowser	265	246	402	909	Junior (16-17)	Oper		STATE.	
L. Pardue	94	W. Gr		325	242 lbs.				45.40	A. Fite 325	B. A		233	
MEN 123 lbs.		132 lb	(14-15)		M. McCoy	568	441	634	1642	Open		er (40-4		
B. Huneycutt	231	Raw	13.		J. McAfee	5726	209	309		Risenhoover 303	B. A		233	
132 lbs.	231	B. Ent	inger	204	Raw R. Wilcox	529	419	601	1549	181 lbs.	MEN 165			
Raw		165 lb			L. Niswander		364	601	1466	Junior (20-23) E. Joseph 402			7)	
B. Entinger	204	I. Shu		281	T. Simon	435	53	468	1257	E. Joseph 402 Master (50-59)		r (16-1) ladera J		
148 lbs.		Raw			L. Gallowa	314	408	424	1146	D. Cummerow 347	Ope		419	
Raw		R. Da	vis	176	R. Noel		325	424	_	Open Open		nhoover	353	
D. Wilson	309	220 lb	os.		R. Allen	_	347	369	_	R. Garcia 353	181		000	
165 lbs.		H. Bo	wser	243	275 lbs.					Risenhoover 281		r (20-2	3)	
J. Shue	281	Teen			Raw					Submaster (35-39)	E. Jo		474	
Raw		275 lb	os.		B. Hindman	584	380	546	1510	C. Tremblay 441	198			
D. Boskovich		Raw			C. Dennis	540	380	540	1461	220 lbs.	Junio	r (18-1	9)	
R. Davis	176	J. Low		375	D. Smith	402	380	573	1356	Open	J. Te	nnefoss	590	
181 lbs.			r (40-49	")	Teen (14-15)					J. Hunter 408	242	lbs.		
D. Thompson	441	242 lb	os.		132 lbs.					Master (40-49)	Junio	r (18-1	9)	
198 lbs.		Raw			Raw					J. Torrence 408		omingu	ez 452	
Raw	247	R. Wi		419	B. Entringer	220	204	364	788	242 lbs.	308			
A. Davis	347		r (50-59	")	165 lbs.				4000	Junior (18-19)	Ope			
220 lbs.		148 lb	08.		J. Shue	347	281	375	1003	S. Dominguez 342	A. A		590	
Raw D. Barwick	402	Raw D. Wi	leon	309	Raw	220	176	220	711	Master (40-49)		alafate	568	
H. Bowser	243	165 lb		303	R. Davis	220	176	320	716	D. Copeland 413		er (40-4		
242 lbs.	243	Raw	13.		181 lbs.					308 lbs.		alafate	568	
Raw			skovich	215	Raw L. Parker	331	265	397	992	Open A. Galafate 485		er (50-	590	
M. Klein	474	198 IL		G DE	220 lbs.	331	203	337	332	A. Galafate 485 A. Aerts 446	A. A	erts	390	
R. Wilcox	419	Raw			Raw					Powerlifting SQ	BP	DL	TOT	
L. Galloway	408	A. Da	vis	347	H. Bowser	265	243	402	909	WOMEN	DI	DL	101	
C. Whitt	353	242 II			Teen (16-17)	203		402	,,,,	114 lbs.				
R. Allen	347	Raw			242 lbs.					Open				
275 lbs.		R. All	en	347	M. McCov	568	441	634	1642	B. Aerts 165	110	233	508	
R. Allman	502	SHW			Master (40-4)					Master (40-49)				
Raw		Raw			242 lbs.				4	B. Aerts 165	110	233	508	
M. Belk	562	W. G		325	Raw					148 lbs.				
Powerlifting	SQ	BP	DL	TOT	R. Wilcox	529	419	601	1549	Open				
WOMEN					T. Simon	435	353	468	1257	K. Buffington 226	138	243	606	
165 lbs.					Master (50-5	9)				MEN				
Open Raw	400	405	0.40		148 lbs.					165 lbs.				
J. Wiersma	127	105	243	474	Raw					Junior (16-17)				
MEN					D. Wilson	353	309	485	1146		231	419	953	
132 lbs. Raw					198 lbs.					181 lbs.				
B. Etringer	220	204	364	788	Raw	252	247	402	1102	Junior (20-23)	400	474	1201	
148 lbs.	220	204	304	700	A. Davis	353	347	402	1102	E. Joseph 424	402	474	1301	
Raw					242 lbs. Raw					Master (50-59)	220	424	1052	
D. Wilson	353	309	485	1146	R. Noel	STAR	325	424		E. Martinez 408 198 lbs.	220	424	1053	
165 lbs.	-				R. Allen		347	369		Open				
I. Shue	347	281	375	1003	I want to tha	nk eve			me out		424	540	1549	
Raw					to support the						320	226	772	
T. Bates	369	265	518	1152	Show of Str						320	220	,,_	
R. Davis	220	176	320	716	lenge. We ha									
181 lbs.					and over 100						342	452	1279	
Raw					Sun Valley H								ACCUSE!	
L. Parker	331	265	397	992	an awesome						485	601	1709	
198 lbs.					cheering lou						4179			
S. Whiting	-	-	-	-	bringing their						413	623	1598	
Raw					a fantastic d	lay for	liftin	g! Thre	oughout					
N. Micelli	386	325	452	1163						Junior (18-19)				
A. Davis	353	347	402	1102						C. Blackburn 496		529	1284	
J. Wiu	265	204	353	821	Boyd Huneyo	utt, ins	spired	us all v	with his	C. Adams 419	303	375	1097	
J. Wiu	265	204	353	821								375	109	7

awesome show of strength. Thank you
Boyd. I want to thank the incredible
spotters and loaders: Nick Jenkins, Brian
Politis and Collin Crookenden, who
worked hard all day long, protecting the
lifters and keeping the meet running
smoothly and quickly. I want to thank our
awesome judges: Christie Newman, John
Demchak, and Jennifer Thompson, for
fair and consistent judging across the
board. I want to thank our fantastic
emcee: Ben Savage, for pumping up the
fans to give the lifters the best audience
for lifting ever! I want to thank Scott
Bentley and Donovan Thompson for
managing the score card computer sys-
tem and keeping things running smoothly
throughout the entire meet. And, last but
not least, I would like to thank my
wonderful wife, Julianne, and my daugh-
ter, Mahkaylah, for putting up with me
the last few months to put this meet
together. Without their support and love,
this would not be possible. Thous you
this would not be possible. Thank you
everyone. (courtesy Brent Hindman)

1		strength. Thank you	Open				
1		nank the incredible	R. Magni	628	491	590	1709
		Nick Jenkins, Brian	W. Newman	573	701	urales	573
		Crookenden, who	308 lbs.				
		long, protecting the	Open				
		the meet running	D. Harrison			661	1703
		. I want to thank our	A. Aerts	309	446	590	1345
		ristie Newman, John	Master (50-59		new	Met eve	o coult
		nifer Thompson, for	Alan Aerts	309	446	590	1345
		judging across the	Powerlifting E				
à		thank our fantastic	Aerts, Open				
8		for pumping up the	Men-Eddie Jo				
0		ers the best audience want to thank Scott	Ciano, Bench	200			
		van Thompson for	Men-Eddie Jos				
		card computer sys-	Master Men-l				
		ngs running smoothly	Best Lifters:				
4		e meet. And, last but	Open Men-Al				
4		like to thank my	Aerts, Best T				
		anne, and my daugh-	Aerts: Bonnie				
		putting up with me	Joseph, Alan				
		s to put this meet	Promoter/Dir ternational. A				
		eir support and love,	National. Sco				
		possible. Thank you	Loading Prog				
	everyone. (courtesy						
	creationer (courtes)	D. C. Timumally	ees: Jim Mer				
			National, Lis				
	USPF Fre	esno Open	Ennis, Nation				
		- Fresno, CA	Thanks to o DeLuca, Ra				
5			Tremblay, Jim				
)	BENCH	J. Hunter 408	sors: Team Al				
1	WOMEN	Master (40-49)	Health and Ra				
		A. Galafate 485	Thanks to Ve				
17	Open P. Aosta 110	F. Sheffield 441	Inzer Advance				
17	B. Aerts 110		Chris Grantan				
94	Master (40-49)	A. Aerts 446	Pracht, CSS I				
61	B. Aerts 110	DEADLIFT	1 4 6 5 1		5.1	A Tre	
57	MEN 165 lbe		Telephotopath	growth.	usrl su	hery ar	
9	165 lbs.	114 lbs.	USAP	L Ne	brask	a State	e
15	Junior (16-17) A. Fite 325	Open B. Aerts 233	12 API	R 08	- Fren	nont, N	NE .
42	Open 323	Master (40-49)	BENCH		Т. Н		248
	Risenhoover 303	B. Aerts 233	MALE		T. V		193
	181 lbs.	MEN 233	132 lbs.		220		Visere
49	Junior (20-23)	165 lbs.	T. Peterson	116		obasco	402
66	E. Joseph 402	Junior (16-17)	165 lbs.		S. H		303
57	Master (50-59)	R. Madera Jr 419	S. Marshall!	237	242		
46	D. Cummerow 347	Open Open	181 lbs.	NO.		Conley	441
	Open Open	Risenhoover 353	R. Kot	281		onsche	
	R. Garcia 353	181 lbs.	198 lbs.	-0.		erickso	
	Risenhoover 281	Junior (20-23)	Geistlinger	502	E. D		353
	Submaster (35-39)	E. Joseph 474	G. Stillman!	309	100	DE SOL	Skill H
10	C. Tremblay 441	198 lbs.	Powerlifting	SQ	BP	DL	TOT
61	220 lbs.	Junior (18-19)	FEMALE	Paris .	G No	A STATE OF	A
56	Open	I. Tennefoss 590	132 lbs.				
	J. Hunter 408	242 lbs.	B. Zentz	127	66	176	369
	Master (40-49)	lunior (18-19)	165 lbs.	- Files	5000	ni den	44

1	B. Aerts MEN	110	WON			Fraciit, C33 F	noto	Design,	Keitii	Lemm.
7			114			11010	owi.	sri sri J		
	Junior (16-17)		Open					braska		
	A. Fite	325	B. Ae		233	12 APR	08	Freme	ont, N	E
2		323		er (40-	1 To 10 To 10	BENCH		T. Hu		248
•	Open Risenhoover	303	B. Ac		233	MALE		T. Vrl		193
	181 lbs.	303	MEN.	erts	233	132 lbs.		220 II		133
	The state of the s			16.		T. Peterson	116	I. Pro		402
,	Junior (20-23)		165				110	S. Hu		303
,	E. Joseph	402		r (16-1		165 lbs.	237	242 II		303
	Master (50-59				r 419	S. Marshall!	23/			441
)	D. Cummerov	v347	Open			181 lbs.	201		onley	
	Open			hoove	353	R. Kot	281		nsches	
	R. Garcia	353	181			198 lbs.	AL BUSINESS		rickso	
	Risenhoover	281		r (20-2		Geistlinger	502	E. Du	nn	353
	Submaster (35	5-39)	E. Jos	seph	474	G. Stillman!	309			2000
)	C. Tremblay	441	198	bs.		Powerlifting	SQ	BP	DL	TOT
1	220 lbs.		Junio	r (18-1	9)	FEMALE				
5	Open		J. Te	nnefoss	590	132 lbs.				
	J. Hunter	408	242	bs.		B. Zentz	127	66	176	369
	Master (40-49	9)	Junio	r (18-1	9)	165 lbs.				
	J. Torrence	408		omingu		T. Merrick!	187	99	287	573
	242 lbs.	-	308			MALE				
	Junior (18-19)		Open			123 lbs.				
3	S. Dominguez		A. A		590	L. Rohick	1	84 BUCK	2008	MELICION .
	Master (40-49			alafate		132 lbs.				
	D. Copeland			er (40-		T. Petersen	121	116	254	491
	308 lbs.	413		alafate		148 lbs.			-54	
						M. Lofing!	380	226	408	1014
	Open			er (50-		181 lbs.	300	220	400	1014
	A. Galafate	485	A. A	erts	590	R. Wenner	507	342	502	1350
	A. Aerts	446	nn	DI	TOT	C. Friend	413	331	441	1185
	Powerlifting	SQ	BP	DL	TOT					
	WOMEN					D. Storm!	347	2250	452	3049
	114 lbs.					R. Kot!	331	281	413	1025
	Open					198 lbs.				
2 *	Di Herts	165	110	233	508	T. Huey	408	248	502	1157
	Master (40-49	9)				220 lbs.	And the	No seem	17	AL CONTRACT
	B. Aerts	165	110	233	508	K. Ruben	705	463	639	1808
	148 lbs.					S. Huey	491	303	584	1378
9	Open					242 lbs.			A THE	
7	K. Buffington	226	138	243	606	B. Hegemann	507	364	502	1372
	MEN					E. Dunn	507	353	452	1312
	165 lbs.					275 lbs.				
	Junior (16-17)	1				J. Kunzman	584	408	546	1538
6	R. Madera Jr		231	419	953	!=Raw Lifters.	Best	Lifter: k	Kenneth	Ruben.
	181 lbs.	303		4.0	,,,,	Best Bencher				
	Junior (20-23)					Director: Tim				
2		424	402	474	1301	Director, Tim	· unucl	(61	,,,,	
-	E. Joseph		402	4/4	1301				I with the same of	
	Master (50-59		220	424	1052	APA	Mis	souri S	tate	
	E. Martinez	408	220	424	1053	28 JUN	08 -	W. Pla	ins. M	0
	198 lbs.						Tonco		Contract Con	
	Open					BENCH		Master	(40-4	9)

	Junior (20-23)					Director: Tim Ande		
	E. Joseph		402	474	1301		country house that	
	Master (50-59 E. Martinez 198 lbs.		220	424	1053	the state of the s	souri State W. Plains, MO	
	Open					BENCH	Master (40-49)	
t	G. Buffington	584	424	540	1549	MALE	181 lbs.	
	M. Olivares			226	772	Open	J. Lowe 2	15!
	242 lbs.	-				275 lbs.	DEADLIFT	
,	Junior (18-19)					J. Humbryd 530	FEMALE	
3	S. Dominguez	485	342	452	1279	308 lbs.	Raw	
8	Open					J. Davis 550	Master (60-64)	
	B. Marum	623	485	601	1709	Master (55-59)	148 lbs.	
3	Master (40-49)				220 lbs.		15
	R. Ciano	562	413	623	1598	M. Hammond 420	4th-230!	
t	275 lbs.					Raw	MALE	
s	Junior (18-19)					Master	Open	
,	C. Blackburn	496	259	529	1284	242 lbs.	181 lbs.	
8	C. Adams	419	303	375	1097	S. Hazen 315	D. Binford 5	80

Powerlifting	SQ	BP	DL	TOT	SHW				
FEMALE	24				B. Duncan	565	295	515	1375!
Junior						4th-S	Q-590!		
165 lbs.					Master (60-64	1)			
L. Jens	250!	140	300!	690!	220 lbs.				
Submaster					R. Patterson	275!	225!	300!	800!
132 lbs.					Submaster				
S. Wood	245	155	288	687	181 lbs.				
Raw					B. Rihlmann	410	300	435	1145
Open					242 lbs.				
132 lbs.					G. Anderson	480!	365	480	1325!
B. Rich	275!	185!	300!	760!	Teen (13-15)				
MALE					148 lbs.				
Special Olym	pic Ra	w			D. Friga	205!	145	310	660!
145 lbs.							4th-D	L-320	
B. Chavez	_	100	260	360	220 lbs.				
159 lbs.					D. Duncan	275	205!	325!	805!
L. Blattel	_	190	315	505	Teen (16-17)				
		4th-D	L-320		220 lbs.				
220 lbs.					D. Horn	425!	315!	450!	1190!
H. Bice	_	205	335	540	Teen (18-19)				
Submaster					181 lbs.				
148 lbs.					B. Estes	425!	195!	435	1055!
D. Ratcliff	430	-	420	850			4th-D	L-480!	
Raw Open					Youth (10-11)				
242 lbs.					148 lbs.			Successive States	
G. Lake	_	385	615	1000	N. Duncan	115	65	170	350
SHW					!=World Reco				
S. Birdsong	725!	_	635	1360					Lifter
Teen (16-17)	Raw				Powerlifting:	Ken U	fford. E	lest Lif	ter Raw
J. Wood	_	20	400	630	Heavyweight				
Junior					Lifter Raw Li				
220 lbs.					ret Andersean				
Z. Talbot	710!	380	560	1650	Meyer. Best				
242 lbs.					Humbryd. I w				
S. Hatley	450	375	450	1275	the lifters, re				
Master (40-4	4)				tors, who cam				
308 lbs.					Missouri State				
K. Ufford	850	535	740	2125	fondly now				
Open					Powerlifting I				
308 lbs.					together a bet	ter gro	up than	the gr	oup that
B. Moore	875	365	635	1875	was present t	his ye	ar. It w	as ama	izing all
Teen (13-15)					of the special				
165 lbs.			The same		would like to				
B. Acid	230	225!	360!	815!	lations to Ken	Ullord	for Wil	ining in	e Kocky
220 lbs.		0.00	4000	Total .	Outstanding I				
Z. Ufford	370	270	425	1065	which will be				
Teen (18-19)					best state cha				
220 lbs.			1000	Applicate V	to congratul				
T. Myer	605!	310	555	1470	Lowe for recei				
	4th-S	Q-637			college schola				
Raw					report that th	e Miss	ouri sp	eciai C	numpics
					has decided to meet. We h				
Junior									
198 lbs.									
A control of the cont	490!	340!	590	1420!	athletes come	and	compete	e at th	is year's
198 lbs. E. Burks		7777	590 L-602!	1420!	athletes come event. Going	and into th	e meet,	e at thi	is year's wonder-
198 lbs. E. Burks Master (40-4		7777		1420!	athletes come event. Going ing what we v	and into the yould h	e meet,	e at the I was do to m	is year's wonder- ake sure
198 lbs. E. Burks Master (40-4 242 lbs.	4)	4th-D	L-602!		athletes come event. Going ing what we we these athletes	and into the yould he had a	e meet, ave to success	e at the I was do to m sful day	wonder- ake sure . To my
198 lbs. E. Burks Master (40-4 242 lbs. S. Morris	4) 500	7777		1420!	athletes come event. Going ing what we we these athletes absolute joy,	into the vould had a these	e meet, ave to success lifters v	e at the I was do to m sful day valked	is year's wonder- ake sure . To my onto the
198 lbs. E. Burks Master (40-4 242 lbs.	4) 500	4th-D	L-602!		athletes come event. Going ing what we we these athletes	into the vould had a these	e meet, ave to success lifters v	e at the I was do to m sful day valked	is year's wonder- ake sure . To my onto the
198 lbs. E. Burks Master (40-4 242 lbs. S. Morris	4) 500	4th-D	L-602!		athletes come event. Going ing what we we these athletes absolute joy,	into the vould had a these	e meet, ave to success lifters v	e at the I was do to m sful day valked	is year's wonder- ake sure . To my onto the

D. Duncan Teen (16-17)	275	205!	325!	805!	B. Ac
220 lbs. D. Horn Teen (18-19)	425!	315!	450!	1190!	B. Ac
181 lbs. B. Estes	425!	195!	435	1055!	132 Junio
Youth (10-11)			L-480!		M. Ja
148 lbs.	115	65	170	350	Junio
!=World Reco	ords. B	est Lift	er Pow	erlifting	E. Ca
Women: Re Powerlifting:	Ken U	Rich.	Best Life	Lifter ter Raw	Open M. Kı
Heavyweight	Powerl	ifting:	Eli Bur	ks. Best	Maste
ret Andersean	. Best	Lifter T	eenage:	Tommy	MAL
Powerlifting: Heavyweight Lifter Raw Li ret Andersean Meyer. Best Humbryd. I w	ould lil	ke to st	art by	thanking	Open
the lifters, re	ferees,	worke	rs, and	specta-	R. G
Missouri Stat	e Chan	npionsh	ips tha	t we so	Junio
the lifters, re tors, who cam Missouri Stat fondly now Powerlifting together a be was present of the special	meet.	could	not h	ave put	J. Ma
together a be	tter gro	up than	the gr	oup that	S. Ya
of the special	things	that to	ook place	ce and	Maste
lations to Ken	Ufford	for wi	nning th	e Rocky	242
Outstanding which will b	Powerli e a tra	itter tr	trophy	for the	Oper M. (
of the special would like to lations to Ken Outstanding which will b best state cha to congratul Lowe for rece	mpions	hip lift	er. I we	ould like	S. Ro
Lowe for rece college schol report that the	iving th	e first [Oon Roc	kenbach	R. Co
report that the	ne Miss	ouri Sp	ecial C	Dlumpics	Subn M. C
has decided t	o start	compete Spe	ing at o	our state	Mast
has decided to meet. We hathletes come event. Going	and o	compet	e at th	is year's	308
these athletes absolute joy, platform and	these I	succes lifters v	valked	onto the	Mast
platform and	condi	ucted t	hemsel	ves like	Oper
					A. A M. I
engles ///	THE R. P.	27			308+
a Evia	020	2			Powe
6	Alba-5				114
Arlas Se Fi	p Farmers	Trucke			Oper B. A
	urn In-	Olan M			Mast
		after decima	e habit		B. A 132
					Junio
					M. J
			1/3		148 Junio
	IN	0,	1		C. L 198+
					Mast
					L. K
					123 Ope
					C. L
		(and			132 Ope

	USPF Sa 3 MAY 08				A
	BENCH		Junior J. Coo	(18-19)	452
	114 lbs. Open		Junior O. Roi	(20-23)	
1	3. Aerts 1	11	Open		
	4th-115 Master (40-49)		T. Tho J. Coo	mpson	419
1	3. Aerts 1 4th-115	11	DEAD	LIFT	
	132 lbs.		114 lb		
		8	Open B. Aer		220
	4th-82 junior (20-23)		Master	(40-49	9)
	E. Carpenter 1 148 lbs.	16	B. Aer	ts 1-227	220
	Open	60	148 lb Open	s.	
	Master (40-49) M. Kumm 1	60	M. Kur	nm (40-49	
	MALE 165 lbs.		M. Kur		248
	Open		MALE 148 lb		
	R. Garcia 3 198 lbs.	36	Junior L. Zan	(18-19) etti	502
	lunior (20-23) L. Martini 3		lunior	(20-23))
	Open S. Yargus 3		165 lb		
	220 lbs. Master (50-59)		R. Ma	dera	
	G. Sonyey 2	43	198 lb Junior	(20-23)	
	Open		Open	tini	485
	M. Green 5 S. Robinson Jr 4	07	C. Mc	Kelley (50-59	557
	B. Burke 4	130	J. Tho	mas	402
	Submaster		Junior	(20-23)
	Master (40-49)	61	242 lb		
	J. Johnson 3 308 lbs.	325	Junior C. Bla	(18-19 ckburn	
	Master (40-49) F. Sheffield	135	Master	(40-4	9)
	Master (50-59)		Open		
	A. Aerts Open		308 lt	is.	
	M. Dickerson	157	Master A. Ae	rts	551
	308+ lbs.		Open A. Ae	rts	551
	Powerlifting 5	SQ	BP	DL	TOT
	FEMALE 114 lbs.				
	Open B. Aerts	176	111	220	508
	Master (40-49)		BP-115	DL-2	27
			111	220	
	Junior (13-15)		78	165	
	ON PERSON		BP-82	103	367
	148 lbs. Junior (16-17)				
	C. LaMantia 198+ lbs.	165	94	220	480
	Master (50-59)	165	116	248	529
	MALE				4
	123 lbs. Open		The Paris		
	C. LaMantia 132 lbs.	143	77	176	397
	Open C. Callen	270	193	325	788
	Master (FO FO)		276		
	165 IDS.	+00	2/0	702	1000
	Junior (16-17) R. Madera	276	226	402	904
	A. Grissinger 165 lbs.	331	198	358	887
	Open P. Stafford	314	237	402	953
			431	TUA	300

		205			seasoned vetera					C. Hilton Open	204	182	320	705
n 0-64	565 4th-SQ	295 2-590!	515	1373.	during the meet them at the me	t. Wha	at a privi	ilege to he best	have	R. Gardner L. Sparango	325 485	243 336	424 480	992 1301
on	275!	225!	300!	800!	championship to next year to try Wood, Missour	and	top this	one! (R	odney	R. Robinson II 198 lbs. Junior (20-23)	309	231	419	959
r	410	300	435	1145	wood, Missoul	AFA	1 State	Champ	erson	E. Joseph J. Martini	342 463	353 320	491 485	1185 1268
nn					USPF S	San [Diego (Open		Open J. Simmons	502	402	529	1433
son 15)	480!	365	480	1325!	3 MAY 0	18 - S			4	P. Madayag E. Koo	435 601	369 419	485 650	1290 1670
	205!	145	310	660!	BENCH FEMALE		Junior (J. Coop	er	452	J. Hernandez 220 lbs.	502	358	540	1400
ın	275	4th-DI 205!	325!	805!	114 lbs. Open	111	O. Rous		507	(20-23) R. White	485	314	474	1273
17)	2,3	203.	323.	003.	4th-115		Open T. Thon		419	Open G. Grissinger	601	402	628	1631
	425!	315!	450!	1190!	Master (40-49) B. Aerts		J. Coop DEADLI		452	J. Jackson A. Young	457	435 287	557 513	1450 1235
19)					4th-115 132 lbs.		FEMALI 114 lbs.			M. Tronske J. Kelske	601 463	474 419	601 590	1675 1472
	425!	195! 4th-DI	435	1055!	Junior (13-15)	70	Open		220	A. Afghani	353	309	375	1036
-11)		4111-01	-400.		4th-82	78	B. Aerts	227	220	Master (40-49 M. Tronske	601	474	601	1675
ın	115	65	170	350	Junior (20-23) E. Carpenter	116	Master B. Aerts	1000	220	Master (50-59 D. Lewis	413	281	413	1108
Reco Re	rds. Be becca	st Lifte Rich.	er Powe Best	erlifting Lifter	148 lbs.		4th- 148 lbs			M. Musto 242 lbs.	612	441	612	1664
ng:	Ken Uf	ford. B	est Lift	er Raw	M. Kumm Master (40-49)	160	Open M. Kum		248	Junior (20-23)		290	524	1356
v Li	ghtweig	ht Pow	erliftin	g: Gar-	M. Kumm	160	Master	(40-49)	T. Navarro Open	452	380	524	
Best	Lifter	Benc	h Pres		165 lbs.		M. Kum MALE	m	248	Ricardo Costa Bryan Burke		496 430	540 562	1576 1554
				hanking specta-	Open R. Garcia	336	148 lbs Junior (Master (40-49))		402	1146
cam	e out to	suppor	t the 20	08 APA	198 lbs. Junior (20-23)		L. Zane	tti	502	J. Johnson 275 lbs.	419	325	402	1140
ow	refer	to as	the R	ocky I	J. Martini	320	Junior (441	Open E. Chung	546	474	689	1709
				ave put	Open S. Yargus	325	165 lbs Junior (R. White	573	457 457	452 452	1483 1483
ent t	his year	r. It wa	as ama	zing all	220 lbs. Master (50-59		R. Mad	era	402	R. White 308 lbs.	573	43/	432	1403
e to	mention	just a	few. co	ongratu-	G. Sonyey	243	198 lbs Junior			Open A. Aerts	353	463	551	1367
Ken ng I	Ufford Powerlif	for win	phy fo	e Rocky r 2008,	242 lbs. Open		J. Mart Open	ini	485	Master (50-59	9)		551	1367
II be	a tra	veling 1	trophy	for the	M. Green S. Robinson Jr	507	C. Mck		557	A. Aerts 308+ lbs.	353	463	331	1307
atula	ate Bar	rett E	stes an	d John	B. Burke	430	J. Thom	nas	402	O. Roussell	650	507	573	1731
					R. Costa Submaster	496	220 lbs Junior			Here's the te Nationals: 1st	am pla	cings f	or the	Military
at th	e Misso	ouri Spe	ecial O	lumpics	M. Green Master (40-49	661	J. Woo	lard	551	place US Air	Force,	3rd p	lace U	S Navy.
e h	ad thre	ee Spe	cial O	lympic	J. Johnson	325	242 lbs Junior			San Diego O Alan & Bonni				
					308 lbs. Master (40-49)	C. Blac Master			entered. Powe	erlifting	g Best	Lifter	Women:
we w	vould ha	eve to d	o to ma	ake sure	F. Sheffield Master (50-59	435	J. Johns		402	Bonnie Aerts-S Best Lifter Op	oen Me	n: Ed	Koo-Sar	Diego,
joy,	these li	fters w	alked o	onto the	A. Aerts	463	Open B. Burk	e	562	Powerlifting I Grissinger-Mil				
and	condu	cted th	nemselv	es like	Open A. Aerts	463	308 lbs Master))	Best Lifter (Collegiate N	Open A	Men: R	licardo	Costa-
					M. Dickerson		A. Aert		551	Lifter Junior	Men:	O'Nei	I Rous	sell-San
8ab	NILW EX				308+ lbs.		Open A. Aert	ls	551	Diego Open, tionals, Powe				
e	nis				Powerlifting FEMALE 114 lbs.	SQ	BP	DL	тот	Men: Michae Bench Press Aerts-San Die	Best L	to-San ifter V	Diego /omen:	Open. Bonnie
	· Farmers.	(ruck)			Open B. Aerts	176	111	220	508	Lifter Men: A tionals, Bend				
	Loud and		46			4th-B	P-115	DL-22		Men: O'Neil	Rouse	ell-San	Diego	Open,
		Mayous.	number .		Master (40-49 B. Aerts	176	111	220	508	Bench Press Aerts-San Di	ego O	pen, N	tichael	Green-
					132 lbs. Junior (13-15)					Military Natio Open Men: I	Ricardo	Costa	-Collegi	iate Na-
					M. James	143 4th-F	78 8P-82	165	387	tionals, Benc Men: Alan A				
					148 lbs.					Sheffield-Milit	ary Na	ationals	. Dead	lift Best
		N			Junior (16-17) C. LaMantia		94	220	480	Open, John	Buenca	mino-N	Ailitary	Nation-
		4			198+ lbs. Master (50-59))				als. Deadlift McKelley-San				
		6			L. Keller	165	116	248	529	Lifter Master Open. Meet	Men:	Alan A	erts-Sa	n Diego
					MALE 123 lbs.					Denison. An	nounce	er: Ch	uck La	Mantia.
		A			Open C. LaMantia	143	77	176	397	Score cards- Gordon Sante	e-Inter	nationa	l, Jim	Merlino-
	No.	And I			132 lbs. Open					National, Ke Layman-Nati	vin Me	eskew-l	Nationa	al, Scott
					C. Callen	270	193	325	788	Alan Aerts-St	ate, an	d Curt	is Prac	ht-State.
					Master (50-59 S. Richey	408	276	402	1086	Thanks to lannucci, Ba	rrett !	Marum	, Brad	Bartos,
					165 lbs. Junior (16-17)					Quinn Doud AbouJaoude.				
989	370				R. Madera	276	226	402	904	Cret, www.c	on-cret	.com,	Team A	lan and
	S. J. W.				A. Grissinger 165 lbs.	331	198	358	887	Bonnie Aert www.inzerne	et.com,	At La	arge N	utrition,
	bachs				Open P. Stafford	314	237	402	953	House of Pai Clothing, Cur				
	wife l				181 lbs.				Lines	Productions-O Steve Deniso	Chuck	LaMan	tia. (Th	nanks to
rille	aon.	Kouri	cy vvi	Jou)	Junior (20-23)	,				Steve Deniso	i ior p	Viuil	5 mest	(courts)

At the APA Missouri State - the Don Rockenbach scholarship was award to John Lowe and Barrett Estes. Don's wife Esther and stepdaughter Becky were on hand for the presentation. (Rodney Wood)

SSA Imperium 31 MAY 08 - Tribes Hill, NY 220 lbs.

WOMEN		Open		
Unlimited		K. H	erbert	630
198 lbs.		S. Ni	lsen	510
Masters (40-4		D. E		475
	150	Junio		
MEN		T. M		605
Unlimited			aster	
181 lbs.		S. Ni		510
Open	420	M. F	erlito	435
R. Hillyard	430	BP	DL	TOT
Ironman		BP	DL	101
WOMEN				
Single-Ply 198 lbs.				
Master (40-44	1)			
T. Brown	"		150	150
MEN			130	130
Unlimited				
198 lbs.				
Open				
J. Rock		555	500	1055
Single-Ply				
275 lbs.				
Open				
S. Jordan		475	570	1045
Submaster		490	510	1000
Standard				
148 lbs.				
Open				
J. Gorsky		235	365	600
308 lbs.				
Teen (16-17)	L. Ar	P. L.S.	E. July	
J. Kresa	190	335	525	TOT
Full Power	SQ	Rh	DL	101
WOMEN				
Unlimited				
148 lbs. Open				
	445	275	405	1125
MEN	443	2/3	403	1123
Unlimited				
148 lbs.				
Open				
S. Tepper	550	405	425	1380
181 lbs.				
Open				
M. Romeo	585	430	530	1545
198 lbs.				
Open				
	680	405	600	1685
J. Rock	-	-	-	No.
Submaster		1 Arriv	1000	d A na
D. Barker	680	405	600	1685
220 lbs.	though the			
Open	200			4400
A. Williams	660	465	500	1625
Master (40-44		400	620	1530
G. Hopkins 242 lbs.	300	400	030	1330
Open				
A. Ditillo	710	510	585	1805
Masters (60-6		-		
		275	465	1145



Andrew Williams has been improving his total consistently at each competition that he enters.



Sandi Tepper is an outstanding lightweight lifter, who showed much potential at the SSA Imperium. (photos courtesy of Sandi McCaslin)

Open					we had a full house. It was awesome.
M. Hanley	495	360	545	1400	wouldn't want to get into the lifting until
220 lbs.					I have given thanks to the much help that
Submaster					is necessary to run a meet. There were so
D. Wray	500	475	500	1475	many people willing to help on the plat-
Standard	- LE SI	E amo	121-11	TREAL	form. My dear Sarah has proven hersel
148 lbs.					under the bar and now has become an
					irreplaceable person in the meets. She
Open					
J. Gorsky		-			worked the cameras along with her boy-
Venue: Iron					friend Jason, and ran the handle on the
everyone that					monolift for all of the squats. Joe and
meet. It was					Natalie Ceklovsky are here for every
impressive li					meet. Joe has become an absolute asset in
a nice vari	ety of	lifters	in sin	gle ply,	the judge's chair and assists any Asylun
standard and	d unlim	ited di	visions,	as well	lifters in the meet as well. Natalie helps
as a variety	of full	power	r, ironi	man and	with details like the Outstanding Lifter
single lift lift					baskets and helps with the cooking and
ing lifter av					cleaning up. What a great couple. What
power and o					great friends. Other Asylum inmates help-
the award,					ing out were Jim Farina and Brett Pavlus
Ceklovsky p					(Brett spotted nearly all day long). Lisa
baskets to g					Johnson, a mom of one of the teens that
baskets cont					trains here, worked concession all day
tee shirts a					
sponsors. H					selection of trophies, stays to help out with
through with					judging, emceeing, etc. Tony Barbaccio
out. Inzer					and Shawn Lattimer came from Jersey to
good care of					help out there teammates and made time to
promotional					help out on the platform as well. Thanks
out some nic	e items	as well	as help	support	guys! John Bott, with his band of misfits
the meet cos	sts. For	this w	e are e	extremely	came up to assist their teammates and
grateful. I r	eally d	on't th	ink pe	ople are	helped out so much throughout the meet
aware of all	that I	nzer A	dvance	Designs	John helped with the monolift and put his
does for our	sport. T	hey are	certair	ly at the	impeccable eye in the judge's chair. Chris
top of their g					DelPreore spotted all damn day. John
ing the lifter					Impallomeni "The Jersey Jackal" and Dave
also like to e					Kirschen were more than willing to pitch
Bott. He has					in when needed as well. Thank you so much
time and he					to all of you. Some of the impressive lifting
with him. The					included IAG's own Rheta West. At 148
plain support					Rheta squatted 445 and pulled her firs
much at the					over 400 deadlift. Even after she scared me
during the					in the bench, she put up a very impressive
together at					total of 1125. A lightweight impressive was
John always					Sandy Tepper. Sandy pulled together a
him, wanting					great day with his 550 squat and 405 bench
a great man.	It's not	hard to	tell wh	y people	Originally from the area, Sandy recently
have so mu	ch resp	pect fo	r John	. He's a	moved to Texas. It was great having back
genuine pers	son. Pe	ople st	arted r	olling in	in New York. Mike Romeo returned to the
on Fuidou 16					and we platform with a pine total of 1741

860 525 600 1985

him. He couldn't get a squat in. Andrew Williams has consistently improved with every meet. He is proving himself to be a solid lifter. His 1625 total seemed almost effortless. Greg Hopkins is another return lifter to the asylum. I like watching Greg lift. He is extremely motivating. Anthony Ditillo also proved himself a promising lifter, totaling over 1800. Larry Bagnoli, an impressive master lifter, received a double hip replacement, yet he still keeps pulling it together on the platform .imprespulling it together on the platform .impressive as always. What can I say about Charlie Ryder? This guys is so impressive on the platform. He has strength and a whole lot of class to go along with it. I really enjoy watching his performance on the platform and I also enjoy watching his total consistently climb. Charlie took Outstanding Lifter in the full power event with his 1985 total. The Unlimited Division benchers included the likes of Rudy Hillyard, an extremely inspirational lifter, with his an extremely inspirational lifter, with his 430 bench, also Kris Herbert, taking Outstanding Lifter in the Bench Division with his 630 @ 220. Steve Nilsen also competed 220 and benched 510, while Dave Epolito took third in the class with 475. Mike "The Oswego Freight Train" Ferlito benched 435 in the 220 Submaster Division. Mike Hanley and Duane Wray both put up great totals in the Single Ply Division. Scott Jordan totaled 1045 in the Ironman Divi-sion. Shawn "Shooter" Brown came to the meet with his lovely wife Tammy all the way from Canada. Tammy made her meet debut here. It's always nice to see a husband and wife lifting together. Being able to share something like powerlifting is just such a wonderful thing. In the with fuel prices and such. I extended an invitation for anyone that wanted to sleep on the gymnasium floor to bring pillows. I had plenty of blankets to share. Many people took me up on that, and as I said. We had a full house. It was awesome. I wouldn't want to get into the lifting until I have given thanks to the much help that is necessary to run a meet. There were so many people willing to help on the platform. My dear Sarah has proven herself under the bar and now has become an irreplaceable person in the meets. She worked the cameras along with her boyfriend Jason, and ran the handle on the monolift for all of the squats. Joe and Natalie Ceklovsky are here for every meet. Joe has become an absolute asset in the judge's chair and assistant Actions.

platform. Jon cut a lot of weight to compete 198, and it really knocked the hell out of

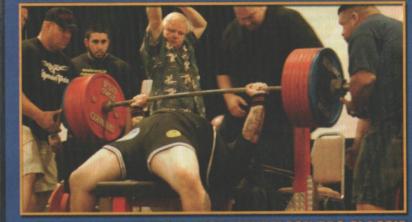
Mahony's Barbenders Bash 14 JUN 08 - Frockville, PA

	single lift lifters. There were two outstand-	baskets and helps with the cooking and		SQ	BP	DL	TOT	
e b	ing lifter awards given out, one in full	cleaning up. What a great couple. What	148 lbs.				****	
	power and one in bench only. Along with	great friends. Other Asylum inmates help-	Belgrade	45	255	450	1155	
9	the award, I with the help of Natalie	ing out were Jim Farina and Brett Pavlus	165 lbs.		207		4205	
ı	Ceklovsky put together some nice gift	(Brett spotted nearly all day long). Lisa	Lovett	500	295	600	1395	
ı	baskets to go along with the award. The	Johnson, a mom of one of the teens that	Jones	540	315	475	1330	
ŀ	baskets contained various supplements,	trains here, worked concession all day.		400	55	445	1100	
ı	tee shirts and gift certificates from our			-	-	700	-	
	sponsors. House of Pain always comes		181 lbs.			24		
	through with some nice things for us to give	judging, emceeing, etc. Tony Barbaccio		700	425	660	1785	
1	out. Inzer Advance Designs takes such	and Shawn Lattimer came from Jersey to	Chhoeum	475	325	450	1250	
ı	good care of our meets as well. With their	help out there teammates and made time to	Felix	375	270	400	1045	
1	promotional packages, we are able to give	help out on the platform as well. Thanks	198 lbs.					
ı	out some nice items as well as help support	guys! John Bott, with his band of misfits,	Smith	660	400	660	1720	
1	the meet costs. For this we are extremely	came up to assist their teammates and	Mack	510	370	590	1470	
ı	grateful. I really don't think people are	helped out so much throughout the meet.	Salgado	550	300	530	1380	
ı	aware of all that Inzer Advance Designs	John helped with the monolift and put his	Johnson	360	270	420	1050	
ı	does for our sport. They are certainly at the	impeccable eye in the judge's chair. Chris	220 lbs.					
	top of their game when it comes to support-	DelPreore spotted all damn day. John	Gibbbons	610	380	600	1590	
ı	ing the lifters and meet promoters. I would	Impallomeni "The Jersey Jackal" and Dave	McGregor	500	380	505	1390	
1	also like to extend a big thank you to John	Kirschen were more than willing to pitch	Gariepy	400	235	465	1100	
ı	Bott. He has supported our meets for some	in when needed as well. Thank you so much	Morat	315	325	290	930	
ı	time and he has a class act crew that trains	to all of you. Some of the impressive lifting	242 lbs.					
П	with him. They come up to lift, help and just	included IAG's own Rheta West. At 148,	Burgos	600	400	575	1575	
В	plain support. It's hard to get to talk to John	Rheta squatted 445 and pulled her first	Middleton	560	350	605	1515	
г	much at the meets. We are both pretty busy	over 400 deadlift. Even after she scared me	Buchanan	470	375	550	1395	
г	during the meet, and when we all get	in the bench, she put up a very impressive	Lafferty	475	300	450	1225	
r	together at the lounge in the meet hotel,	total of 1125. A lightweight impressive was	Maser	450	135	400	985	
	John always has a plethora of lifters around	Sandy Tepper. Sandy pulled together a	Edwards	_		_		
г	him, wanting tips or sharing stories. What	great day with his 550 squat and 405 bench.	275 lbs.					
г	a great man. It's not hard to tell why people	Originally from the area, Sandy recently	McFarland	510	405	570	1485	
L	have so much respect for John. He's a	moved to Texas. It was great having back	Bolden	460	350	600	1410	
ı	genuine person. People started rolling in	in New York. Mike Romeo returned to the	Brown	430	380	500	1310	
	on Friday. If you peeked out my living room	asylum platform with a nice total of 1545	Howard	430	320	550	1300	
	door at about 2AM into the gymnasium, it	in the 181 class. Derek Barker came in	Osborne	470	300	500	1270	
t	looked like a teenage slumber party. It is	from Buffalo hitting a 1685 total. It's	Kennedy	400	250	_	650	
	very costly to attend meets today, what							
77	very costly to attend meets today, what	always great seeing jon Rock on the	(mains to je	ir, bui	503 101	uicse	results)	



the LOS ANGELES

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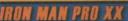


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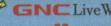


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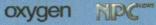












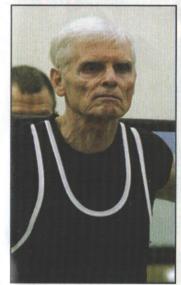


(article continued from pg. 26)



Kelvin Hayes squatted 600 very easily, raw, and anticiopates going as much as 700+ at the Worlds

national and American records on the day in both the open and Master (50-54) categories. Dave also was named outstanding lifter in the Unequipped Master Category
I hope he had a truck to haul all of hi awards back home! Sean Herron and Jacob Wallace raised all records in their respective Teen III and Teen II categories. Gary Morrison established record marks as wel in hoisting a fine 731 lb. total in M5. Tyler Steelman was runner up in the Teen II category with a 792 total. The 70 kilo unequipped had two very strong women competing head to head in the Master III category. Carol Burr took top honors with a 720 lb. total. She established new Master III records along with a new open deadlift record. Susan Sanaghan came in second with a nice 500 lb. total. In the unequipped 75 kg., the highest total went to Luke Dewig. This was Luke's first powerlifting meet and he only trained for about 3 weeks prior. He established the Junior National Meet records and I expect we will be hearing more about Luke in the future. He posted a very nice 973 total after struggling with technicalities in the bench and waiting until his third try to get a successful bench. Mark Thomas upped the Master III squat record in route to a first place finish in the Master III category. Bobby Allbright bested Bob Soaper to win the open category. Colton Whitcomb estab-lished the National record marks for Teen

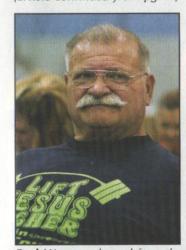


Steve Smith, 74, was the oldest competitor at the 2008 Nationals.

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I while Ryan Steelman finished first in the Teen II category. The unequipped 82 kg. class was perhaps the most entertaining of the day. Caleb Wallace at age 18 easily out totaled the rest of the field en route to a first place finish in the Open and Teen III categories. Caleb broke the open division squat, deadlift and total records in his class and set the Teen III national marks. Caleb also set the American open squat record with his 418 lb. effort. American Teen III records all belong to Caleb as well. Caleb was named the outstanding teen lifter for the meet. There's no telling what Caleb may lift at worlds in November. Note the worlds have treed difts in the near future. Bruce Teen III ifter Jerry King came into his meet trying to qualify for the worlds. He left this meet qualified with room to spare. He even established the National Meet and total records and Ross Arnold set the meet qualified with room to spare. He even established the National Meet and total records and Ross Arnold set the maker severyone around him feel good. I look forward to seeing Jerry in a USA uniform come November. Raisa Whitcomb, Jim Waters (who gets the award for the longest distance, travelling all the way from California), and Robert Batko rounded out the rest of the Master's they really put on a show. Kelvin Hayes

(article continued from pg. ??)



Paul Wrenn, a legend from the 80s, took 1st in his weight class.

and total. I expect Mitch will put up even larger numbers in November. The 125 kg. unequipped class gave us a glimpse of things to come from Canada at the World meet as Adrian Ninabar made a guest November. (courtesy from appearance and posted an improssive appearance and posted an impressive 1520 lb. total. Chris Phillips set National and American records in Squat, Bench and Lovejoy only took opening lifts in qualifying for the World meet in November. Brad's openers were good enough to establish new marks in the Master III squat, deadlift and total. Ron Nicodemus lifted to the library of uncontested in the 145 kg. unequipped, Geistlinger — K. Nadrchal 331 however, that did not seem to affect the quality of his lifts. Ron set new national meet records with his bench, deadlift and M. Bennett 254 116 237 606 total while improving on his own American 165 lbs.
record total. What could be scarier than K. Lambert 358 226 342 926 a 145+ kg. massage therapist? How about a 145+ kg. massage therapist who owns the American deadlift and total powerlifting seconds! Carl Schmitt, owner of "To The 148 lbs. Point Massage", put in some quality gym J. Balomenos 281 176 391 849 time in preparation for this meet and it B. Vickerman 220 171 309 700 showed with a big 1336 overall class best 165 lbs. total in the Master II. Chris Allgood took C. Rohlfing 474 237 480 1190 three tries to get in a good squat attempt J. Cypress 231 127 309 667 and then set new marks in the National 181 lbs. class while Andrew Crum set the National marks for SHW Teen II and a new mark for American Teen II squat with his lifts. The equipped divisions produced about 1/3 of the total lifters with the Teenage team from Riverside High school in Ohio providing the majority of the equipped lifters. In the 60 kg. equipped class, Mason Harbour lifted uncontested, however, he took the best teen lifter award for the equipped division, established the Equipped National/American record marks and qualitional/American record marks and qualifield for the World Championships. The 67.5 kg, class saw Teen II Ryan Stewart take a large subtotal lead over Cody Weeks. However, Cody made a furious comeback in the deadlift but fell just a little short in the final totals. Both young men qualified for the worlds and split the national records with Cody also notching the American deadlift record. David Wilson took the class total along with the American and National records en route to his 1061 total. In the 75 kilo class, Chris Siders had the high total of 1166 lbs. with Steve Lumpe not far behind with 1150. Both established National marks and Steve upped the American squat record in the Master III class with his effort of 423 lbs. In the Teen III category, Ben Brown established National records in each lift while improving on the existing American records. In the 82.5 kilo class, Joseph Coulson out lifted Nick Snapp to take the overall class total and Teen 2 honors setting the National & American records in the process. Mike Seeling had a tough time in the squat and failed to register a total. In the 100 kg. equipped class, Tyler Scott

lifted uncontested. Tyler marks in the national/Amer while qualifying for the w ships. Ryan Pettit posted the 1419 lb. in the 110 kg. class and Brad Moffet establish Teen II records respective was a powerlifting leger 1980s and at 60 years of is still strong with the h total in the 125 kg. clas upped the American reco deadlift record and put national record books in t Chris Forestier lifted unc kilos. However, Chris had of the meet, was named and improved on his own powerlifters captured the title in winning the Overa National Championship. School made the most of Ohio by winning the Nat with The Pit Teenage Tear In closing, we had a num and National records so qualified for the World Evansville, IN on Novem

USAPL Viking 10 MAY 08 - Or



Mason Harbour was the Nationals' Best Equipped Teen Lifter.

r set impressive				1323	Raw (13-16)	4004	4054	2254	
erican Teen 1 lifts		430	The second secon	1075		180*	105*	225*	510*
world champion-	Best Lifter: Ke					26518	11510	315!*	6051#
	Tim Anderson.	resu	its courtesy U	SAPL)	S. Keister# Natural Single		1131	313:	0331
ss. Ken Jones took					S. Bugner		180*	285*	765*
lared Holycross hing Teen 1 and	WNPF D	rug	Free Nationa	ls	165 lbs.	300	100	200	, 03
ely. Paul Wrenn			oungstown, C		Raw (17-19)				
nd in the early			Single Ply		I. Mayer	230!*	105!*	255!*	590!*
ige he showed he	FEMALE		Police/Fire		MALE				
	114 lbs.		C. Miller	100!	Unlimited				
ss. Brad Lovejoy	Raw (13-16)		MALE		165 lbs.				
ords in Master 3	J. Welton	75	198 lbs.		(40-49)				
a new American	123 lbs.		(17-19) Raw		A. McVaney	605!*	355*	520!*	1480!
numbers on the	(50-59) Single		M. Welsh	405	242 lbs.				
the Teen II class.		150!*	242 lbs.		Lifetime	-			
contested at 145	165 lbs.		Raw (35-39)		Poffenberger		450	600*	1670
the highest total	Raw (40-49)		D. Fryberger	550*	Single Ply				
	C. Macri	105!*	DEADLIFT		165 lbs.				
n squat, deadlift	MALE		FEMALE		(13-16) A. Fenimore	250*	125*	250*	625*
cords. The Pit	Unlimited		114 lbs.		(70-79)	230	123	230	023
eir 14th national	300 lbs. (40-49)		Police/Fire C. Miller	160!*	J. Collazo	340!*	225!*	350!*	915!*
	P. Aracri	565	MALE	100.	198 lbs.	340.	223.	330.	
	Single Ply	303	198 lbs.		(17-19)				
	198 lbs.		(40-49)		C. Mosely	395*	300*	370*	1065*
m taking second.	(50-59)		T. Welton	460	Lifetime				
nber of American	I. Chrissis	405!*	242 lbs.		R. Gregory	350	315*	480*	1145*
et. Many lifters	220 lbs.		(60-69)		220 lbs.				
Championship in	(20-23)		B. Bidinotto	330!*	Lifetme				
nber 22-23. The	J. Combine	410!*	275 lbs.		J. Bellanca	600!*	370*	550*	1520!
strict but fair and	(50-59)		Police/Fire		C. Donati Jr.	455	320*	485	1260
s were negative.	D. Ogan	365!		390	(50-59)				
nd I look forward	Raw		Raw		W. Schaffer	450	310	430	1260
USA uniforms in	148 lbs.		165 lbs.		242 lbs.				
m Mike Stagg)	(13-16)	225+	Lifetime		Lifetime	conte	525!*	6158	1800!
	M. Hunick	225*	M. Hart#	575	L. Newman# (40-49)	660!*	5251	615	1000:
Classic	(50-59) T. Duff	2501	198 lbs. (17-19)		L. Newman	680	520	610	1810
nawa, IA	181 lbs.	230.	M. Welsh	515!*	275 lbs.	000	320	0.0	.0.0
Stillman 369	Lifetime		(50-59)	313.	(35-39)				
Friend 336	L. Spirtos	350*	P. Rosenstern	545!	D. Eddy	515!*	460!*	515!*	1490!
lbs.	(35-39)	-	I. Chrissis	425*	Raw				
ederickson —	M. Willett	225	220 lbs.		114 lbs.				
Anderson 601	(60-69)		Lifetime		Youth				
Nadrchal 331	E. Freeman	325*	L. Eleuteri	560	C. Bagnall	95	95	195	385
DL TOT	198 lbs.		(50-59)		148 lbs.				
	(50-59)		L. Eleuteri	560*	(13-16)				
237 606	P. Rosenstern	235	242 lbs.		M. Hunick	315	255*	350*	890*

MAIDE E					S. Bugi
WNPF D	rug	tree N	ationa own (OH	165 lbs Raw (1
BENCH	0 - 10	Single			J. May
FEMALE		Police.	/Fire	4001	MALE
114 lbs. Raw (13-16)		C. Mil	ier	100!	165 lbs
J. Welton	75	198 lb			(40-49)
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165 lbs.		Raw (3			Poffenl
Raw (40-49) C. Macri	105!*	DEAD!	berger	550*	Single 165 lbs
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Unlimited 300 lbs.		114 lb Police			A. Fen (70-79)
(40-49)		C. Mil		160!*	J. Colla
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J. Combine	410!*				J. Bella C. Don
(50-59) D. Ogan	365!	Police M. Lei		390	(50-59)
Raw		Raw			W. Scl
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(50-59)		198 lb	s.		(40-49)
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242 lbs.		FEMA	LE		165 lb
(60-69) B. Bidinotto	135	165 lb	is.		M. Ha
275 lbs.	133	C. Ma		60!	181 lb
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J. Behari Jr. (40-49)	450	181 lb			R. Day (50-59)
J. Behari Jr.	450*	R. Sta		160	R. Dav
(50-59)	240	L. Spin		145*	198 lb (20-23)
S. Rinehart SQUAT	340	(60-69 R. Sta		160	T. Cox
FEMALE		198 lb			Lifetin
114 lbs.		Open R. Gre	ngory	150*	N. Jeft (40-49)
BENCH Reps		K. GIV	Lbs.	Reps	D. Pag
FEMALE					220 lb
123 lbs. (50-59)					(17-19) T. Luc
N. Proctor			60	57!*	(20-23)
165 lbs.					T. Ellis (50-59)
Open C. Macri			75	22!*	D. Lho
Lifetime				2014	275 lb
C. Macri MALE			75	22!*	(17-19) J. Nea
181 lbs.					300 lb
Lifetime			170	248	(60-69)
L. Spirtos 275 lbs.			170	34*	R. Jeff SHW
(40-49)					(40-49)
J. Behari Jr.		BP	270 DL	17!* TOT	B. Len
Ironman FEMALE		DI	DL	101	#=Bes
181 lbs.					Powerl
Raw (40-49)		145	285*	430	pions I year w
M. Gerkin MALE		143	203	130	coming
275 lbs.					and na
C. Mathaios	ie Ply	405*	525*	930	strong
C. mathards					women
Powerlifting	SQ	BP	DL	тот	men's
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A. Schory	170*	85*	275!*	530*	Bill Sc

WNPF D)rug	Free N	Vationa	Is	165 lbs.				
27 JUL 0	8 - Yo	oungsto	own, C	Н	Raw (17-19)	230!*	1051*	255!*	5901*
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14 lbs.		C. Mil	ler		Unlimited				
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. Welton 123 lbs.	75	198 lb	S. Paur		(40-49) A. McVaney	6051+	355*	5201*	14801
50-59) Single	Plv	M. We		405	242 lbs			320.	1400.
N. Proctor	150!*	242 lb			Lifetime				
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Raw (40-49) C. Macri	10518	D. Fry	berger	550*	Single Ply 165 lbs.				
MALE		FEMAL	F		(13-16)				
Unlimited		114 lb	s.		A. Fenimore	250*	125*	250*	625*
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40-49)	565	C. Mil	ler	160!*	J. Collazo 198 lbs.	340!*	225!*	350!*	915!*
P. Aracri Single Ply	303	198 lb	s.		(17-19)				
198 lbs.		(40-49)			C. Mosely	395*	300*	370*	1065*
50-59)	40710	T. Wel		460	Lifetime	250	215*	480*	1145*
. Chrissis 220 lbs.	405!*	242 lb (60-69)			R. Gregory 220 lbs.	350	315*	400	1145
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. Combine	410!*	275 lb			J. Bellanca	600!*		550*	1520!
(50-59)	2651	Police		390	C. Donati Jr. (50-59)	455	320*	485	1260
D. Ogan Raw	303:	M. Lei Raw	nzı	390	W. Schaffer	450	310	430	1260
148 lbs.		165 lb	s.		242 lbs.				
(13-16)		Lifetin			Lifetime				
M. Hunick	225*	M. Ha		575	L. Newman#	660!*	525!*	615*	1800!
(50-59) T. Duff	2501	198 lb (17-19			(40-49) L. Newman	680	520	610	1810
181 lbs.	250.	M. We		515!*	275 lbs.	000	520		
Lifetime		(50-59)		(35-39)				
L. Spirtos	350*		enstern			515!*	460!*	515!*	1490!
(35-39) M. Willett	225	J. Chr 220 lb		425*	Raw 114 lbs.				
(60-69)	223	Lifetin			Youth				
E. Freeman		L. Elei		560	C. Bagnall	95	95	195	385
198 lbs.		(50-59			148 lbs.				
(50-59) P. Rosenstern	235	242 lb	uteri	560*	(13-16) M. Hunick	315	255*	350*	890*
220 lbs.		(60-69			(17-19)				
(50-59)		B. Bid		330!	J. Pellegrini		175	375*	820
D. Lhota	315		RCURL		A. Short	235	155	260	650
242 lbs. (60-69)		FEMAI			165 lbs. Lifetime				
B. Bidinotto	135	(40-49			M. Hart	390	285	575	1250
275 lbs.		C. Ma		60!	181 lbs.				
Lifetime	450	MALE			Lifetime	105	255	425	1005
J. Behari Jr. (40-49)	450	181 lb			R. Davis (50-59)	405	255	425	1085
Behari Jr.	450*	R. Sta		160	R. Davis	405*	255*	425*	1085*
(50-59)		L. Spin		145*	198 lbs.				
S. Rinehart	340	(60-69		160	(20-23)	570!*	260*	600!*	1430!
SQUAT FEMALE		R. Sta. 198 lb		160	T. Cox# Lifetime	5/01	260	9001	1430:
114 lbs.		Open			N. Jeffreys	315	225	315	855
		R. Gre	egory	150*	(40-49)				
BENCH Reps			Lbs.	Reps	D. Pagonis	440*	305	500*	1245*
FEMALE 123 lbs.					220 lbs. (17-19)				
(50-59)					T. Luchini	450*	250	510*	1210
N. Proctor			60	57!*	(20-23)		ALC:		
165 lbs.					T. Ellis	485*	365!*	515	1365
Open C. Macri			75	22!*	(50-59) D. Lhota	400	315*	315	1030
Lifetime			,,		275 lbs.				
C. Macri			75	22!*	(17-19)		0.00		1000
MALE					J. Neal 300 lbs.	325	250	505	1080
181 lbs. Lifetime					(60-69)				
L. Spirtos			170	34*	R. Jeffrey	445!*	290!*	540!*	1275!
275 lbs.					SHW				
(40-49)			270	17!*	(40-49) B. Lenzi	575*	450*	575*	16009
J. Behari Jr. Ironman		BP	DL	TOT	!=National I				
FEMALE					#=Best Lif	ters.	Team	Cha	mpion
181 lbs.					Powerlifting:				
Raw (40-49)		145	205*	430	pions Bench F year we had				
M. Gerkin MALE		145	285*	430	coming from				
275 lbs.					and national	records	s were	set an	d som
Lifetime Sing	le Ply				strong totals				
C. Mathaios		405*	525*	930	lifter award	s were	Sara	n Keis	ter fo
Powerlifting	SO	BP	DL	тот	women's pov men's equippe				
FEMALE	24		A STATE		men's raw p	owerli	fting, A	Mike H	lart fo
114 lbs.					deadlift only	and J	oseph	Behari	Jr. fo
Single Ply Po			100+	2200	bench only. The				
C. Miller Raw (17-19)	100*	60*	160*	320*	such a great helping put or	ob an	t meet	Also I	hanks t
A. Schory	170*	85*	275!*	530*	Bill Schaffer	and Di	ck Day	is for	bringin
148 lbs.			Paper		along some				

(continued from page 6)

3. Reduce weight and do more reps on board.

4. Decline bench straight bar at 200 lbs., hitting low, three sets of eight.

5. One arm incline dumbbell press, 75-90 lb. dumbbells

6. Varying assistance machines (pec deck, chest presses,

SATURDAY - SQUAT DAY Training cycle is in 10-week periods

1. Work up to 450 lbs. put on briefs.

2. 500 lbs. with suit (straps down), loose wraps, 1x2

3. 530 lbs. straps down, medium tension wraps, 1x2

reps 4. 560 lbs. straps down, medium tension wraps, 1x1

5. 585 lbs., straps up, tight wraps, 1x1

6. 605 lbs, straps up, tight wraps, 1x1

7. 620 lbs, straps up, tight wraps, 1x1

8. 650 lbs., straps up, reverse bands (green) 2x2 Assistance:

1. Reverse hyper

2. Leg Press, 3x8, 600 lbs. (varying feet placement)
3. Straight Leg Deadlifts of RDL, 3x10, 315 lbs.

4. Leg Extensions, 3x10, 250 lbs.

5. Leg Curl, 3x10, 150 lbs.

6. Various other assistance exercises (abductor, adductor, standing leg curl)

SUNDAY - TRICEP/SHOULDER

Triceps:

1. Reverse bands, bench 450 lbs., 3x3 reps

2. Lockouts, 225 lbs, 3x3

3. Skull Crusher, 90 lbs., 3x8 4. Weighted Dips, 25 lbs., 3x15

5. Various other assistance exercises (dumbbell kickbacks, rope push downs, machine dips) Shoulders:

1. Straight Bar behind neck, 135-165 lbs., 3x8

Standing Presses, 135-165 lbs., 3x10

3. Lat Raises, 20 lbs., 3x15

I don't train my biceps because it's gay!

What kind of vitamins and/or supplements do



In the Squat, Shannon has made amazing gains since training at Big Iron.



Benching in WPO Competition at the 2007 Arnold Classic. (photographs by Powerlfiting USA)

vou use?

I do not take any vitamins or supplements. I eat all organic, no processed or fast food, and no red meat. I eat eight times per day consisting of vegetables, fruits and protein. I consume approximately 250-300 grams of protein per day, which is through eggs, chicken, turkey, and fish.

What are your comments on powerlifting?

I would first like to thank my sponsor, Inzer, who has been very supportive and helpful to me. I would also like to thank Rick Hussey and everyone at Big Iron. Other gyms and individuals who have assisted me in my success include Kingpin Barbell, Super Training and Iron Society, and 24 Hour Fitness. I cannot forget to thank my dog, Rosa Parks, who travels with me and sits in gyms all day while I train.

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 of Mass-Tech, you'll load your system with more than 2,000 massbuilding calories, 114 grams of anabolic protein and up to 388 grams of energypowering carbohydrates. With the scientifically advanced Mass-Tech™

Shocks muscles into mind-blowing growth

formula, you'll be able to power through the heaviest lifts imaginable!

- Forces massive muscle growth directly on **vour chest and arms**
- Anabolic compounds clinically proven to build dense muscle mass
- Causes explosive gains in strength fast!



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Frank Ranelli Hoists 325 at Vince Soto Memorial Meet ... "Every year, for the past eight years, apart from one due to illness, I have lifted in the Vince Soto Memorial Ohio State Bench Press / Deadlift Championship in Columbus, Ohio. It is held annually during the Ohio State Fair. taking place this year on August 3, 2008. On this day, I went three for three on my attempts, in the Master men's 148 pound weight class and division, finishing off a strong, third attempt bench press of 325 pounds for the win. I narrowly missed a big, 360 pound fourth attempt, which was just short of lockout. My ambitious fourth try, at least for a 42 year old master lifter, was dedicated to the memory of Vince Soto - who died in 2000 - and his family, who were in attendance. It was my diminutive way of paying homage to a lost friend, by being intrepid and taking 350 pounds for "a ride". The meet was held by Son Light Power (SLP) and Dr. Darrell Latch at the Ohio State Fairgrounds in the Buckeye Sports Center. In 2001, the met was officially renamed the Vince Soto Memorial Ohio State Bench Press / Deadlift Championship, after Vince's unexpected and untimely death of eight years ago. Vince was only 23 years old at the time of his sudden death. He was formerly a personal trainer for World Gym of Dublin, Ohio, a highly competitive powerlifter in the 123 lb. weight class, and a head judge at numerous meets. Each year, Dr. Latch invites the Soto family to attend as honorees, and presents them with a special tribute trophy and plaque commemorating Vince's life and contributions to the sport of powerlifting. Vince also had a profound impact on my own life. He introduced me to the sport of powerlifting in 1997, my current and longtime training partner Kirk Bardos, and a multitude of other close friends and competitors within the powerlifting community. Fortuitously, in 1999, Vince begueathed to me his then newly purchased custom denim bench shirt, which was slightly too big on Vince, in a random act of sheer kindness seldom found today. Since 2000, I have worn Vince's denim bench press shirt in most meets, and always since 2001 at the Vince Soto Memorial meet. The shirt is now almost ten years old, has seen numerous repairs and alterations, but - somehow - stubbornly refuses to ultimately surrender. Perhaps, and more likely, it is my own persistent unwillingness to retire the shirt as a

surrender. Perhaps, and more likely, it is my own persistent unwillingness to retire the shirt as a personal reminder of Vince. Truly, it would seem an act of sacrilege to compete at that meet, which bears his name, without donning the shirt that was his last, but unquestionably not his only, living gift to me. Thanks to Dr. Darrell Latch of SLP for keeping Vince's memory alive and reminding his family - the kind and gentle Sotoseach year that while his life was shorter than most, Vince's legacy will endure long after I - and just maybe his intractable shirt - retire from powerlifting".

Latch of e and rele Sotos orter than ter I - and tire from

FRANK RANELLI



(continued from page 20)

I use kettlebells, frequently and believe they have helped my strength, flexibility and upper back size.

BT: Who do you train with?

RC: I train alone most of the time. When training for a competition lalways have support from gym members. We always come together to help one another when someone is getting ready for a competition.

BT: Do you have any advice for

beginners?

RČ: Learn the lifts, the form and technique, the weight will come. Eat, sleep, rest and only train 3 days a week. Talk to all the lifters you can and learn from them. Compete as much as possible. Most beginners are reluctant to start competing, but I feel you need to regardless of your strength in order to learn and improve. There are a growing number of professional powerlifters available on Wannabebig.com.

BT: Out of the squat, bench and deadlift, what is your favorite lift?
RC: I love all three lifts.

BT: What is your least favorite lift?
RC: I hate good mornings for some reason.

BT: What are some important dos and don'ts?

RC: Get plenty of rest and listen

to your body. When you feel beat up and need a break, take one! **BT:** How do you mentally prepare

for a contest?

RC: Mentally I try to be positive. I use a lot of visualization. I see myself doing everything from chalking up, to walking up to the bar and executing the lift in the most controlled explosive manner imaginable. I see the three white lights and hear the crowd go wild.

BT: What goes through your mind during and after completing a huge

RC: I stay calm and try to channel my energy into the lift. After the completion of a lift I try and remember exactly how it felt so I can duplicate it next time.

BT: What do you enjoy doing away from powerlifting?

RC: I'd say powerlifting is pretty much my life, but other than that I enjoy spending time with my wife and son, riding my motorcycle, fishing, eating out, going to see a good movie, and hanging out with friends and family.

BT: Doyoutake any supplements?
RC: I'm honored to be sponsored by At Large Nutrition and have been using mostly their products. I use their Opticen, Nitrean, Results, ETS, creatine monohydrate, fish oil, and multivitamin. I also use flax oil,

garlic, and a green drink.

BT: Do you have any favorite quotes or sayings that have helped you become as successful as you are today?
RC: You can do anything you put your mind to.

BT: Ryan, you are living proof of that! You have set the record and we are looking forward to seeing what you have in store next. It has been an honor talking to you today. In closing is there anyone who you would like to thank?

RC: First and foremost, I'd like to thank my wife Dana, for believing in me and always being there and supporting me no matter what I decide to do.

I'd like to thank Critical Bench for the opportunity to do this interview.

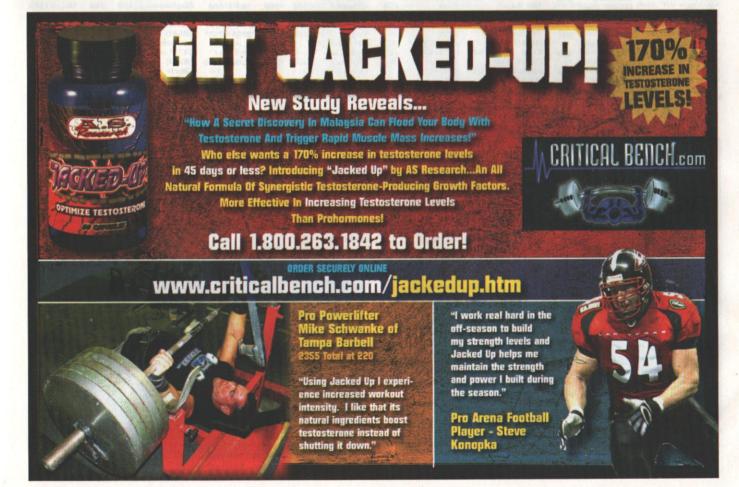
I'd like to thank my sponsors, Alan Thomas from APT Pro Gear, Chris Mason from At Large Nutrition, Pete Alaniz from Titan Support Systems, Ken Anderson from

Anderson Powerlifting, and Ty and James from Supplement Central.

I'd like to thank everyone from Celli's Fitness for always being there for me when I need them, Fei Lung for the incredible photos he takes for the Celli's web site, and Natty Freed for

Ryan is not just a one lift wonder (CB)

taking care of the Celli's Fitness website. I'd also like to thank my massage therapist Amie Marx. I can't leave out John Casciato, he's always there for me whenever I need anything. I rely on him for his valuable training advice, motivation and keen eye for technical errors. My training sessions and competitions always go better when I have him with me. Thanks everyone!



it for well over a decade.(20) Proprietary Research

These studies, in my view, have little procedure, including unambiguous Until the deficiencies inherent in unhealthiest people on this planet. entific method is based

WADA/IOC hierarchy and powers als to task.

WNPF New Jersey State

28 JUN 08 - Bordentown, NJ

85

370*

350

455

320

280

280*

Spec. Olympian

270

380

395

450

450

340

Crawford

(45-49) Raw

Chiavacci

(50-54) Raw

Lifetime SP

Meyers

Junior SP

300 lbs.

Subs SP

Sullivan

295 BENCH Reps

114 lbs

(40-44)

123 lbs

345* Poindexter#

181 lbs

(40-44)

(60-64)

(40-44)

Kuzian

(40-44)

415 (50-54)

270 Rudek

525 DEADLIFT

Howard

WOMEN

(40-44) Raw

(17-19) Raw

Shihinski

(50-54) Raw

Lifetime Raw

Thelander

105 lbs

132 lbs.

148 lbs

280* Scofield#

Crawford

Cloud

Subs

Longshore 275 MEN

(50-54) Raw

235* Lifetime Raw Fagundes

Lewis

SHW 275

Stote

State

BENCH

WOMEN

105 lbs

148 lbs

123 lbs

165 lbs

Smith#

Fulcher

181 lbs.

Gentzel

(40-44) SP

(45-49) SP

(17-19) SP

Menditto

220 lbs.

Subs SP

(45-49) Raw

(45-49) Raw

(40-44) Raw

Lifetime Raw

Bowers!

242 lbs.

Maltezos

Subs UNL

Kruzsely (40-44) SP

(40-44) Raw

Distefano

(17-19) Raw

(17-19) Raw

Lifetime Raw

Haley

Federowicz

Perez

Manzo

198 lbs

(40-44) Raw

(50-54) Raw

Thelander

Subs Raw

Poindexter

(20-23) Raw

Lifetime Raw

(article continued from pg. 32) cesses used to charge athletes with nently marked as cheats with their ing athletes free rein on doping, as of growth hormone use still hasn't statistics." The commentary outlines reputations ruined, and earnings lost. If we take the example of profesbeen perfected, and they've been at the deficiencies in Floyd Landis' tosterone.

One of the commentaries (21) open discussion of testing procedures,

ing punished while the guilty escape course. After all as a consequence of drugs and were falsely accused. to reasonable criticisms made against on the grounds of reasonable doubt." these decisions many athletes over So what's the answer? Should we drug testing protocols and analysis. Another by Donald A Berry (22) the years have suffered, and con-scrap drug testing and adopt a Laissez It's important that everyone involved

132 lbs.

148 lbs.

Murphy 181 lbs.

Riggi

(80_84) Raw

Junior Raw

(40-44) Raw

(55-59) Raw

Szumski

Crawford

Levesque!

(75-79) Rau

(45-49) Raw

(45-49) Raw

(65-69) Raw

Slaybaugh!#

(40-44) Raw

Distefano

(40-44) Raw

(45-49) Raw

Chiavacci!

(17-19) Raw

Open Raw Prickett

Galka

(45-49)

WOMEN

114 lbs

(40-44) Raw

Longshore#

150

250

Spec. Olympian Crawford 40

Powerlifting SQ

Znaczko!

Znaczko

D'Angelo 220 lbs.

Lifetime

Dervas

(45-49)

(45-49)

Vogel

242 lbs

Kourte

275 lbs

(60-64)

198 lbs

Amendolaro

Toth

(50-54) Raw

(50-54) Raw

Shihinski

Lifetime

Stote

lunior

SHW

Dulack

Sullivan

SOUAT

Manzo

(17-19) SP

Menditto

Lifetime SP

POWERCURI

lunior SP

(50-59)

Vogel

(70-79)

(40-49)

Kuzian

Howard

425 181 lbs

400° Levesque! 220 lbs.

565* 275 lbs.

SHW

(50-59)

Dulack BP

155* 100 210* 465*

DL

100*

150

470 (45-49) SP

370* 242 lbs.

370 Maltezos#

300 Open SP Prickett

315 Stote

315

400

415

405 Stote

365

315

cheating are often based on flawed lives disrupted, sporting careers and suggested by some, (23) is a mistake.

scientific validity as they are not pub-criteria for concluding positivity, and drug testing of athletes are acknowlprevailing scientific principles. As blinded experiments. Moreover, not fair either in detecting those that gains, to suffer the health conseries and principles on which the sci- (banned and not), dose of the sub- year's Olympic Games in Beijing because of the complexity involved, stance, methods of delivery, timing of most athletes using banned drugs allowing a limited use of drugs, as month's Nature finally takes the neity of metabolism among individuing the handful of gene doped ath-wouldn't work. Athletes will almost In addition to transparency and a new paradigm in doping).

should not be exempt from the scien-subsequent decisions should be held potentially positive athletes to com-limits would be a hopeless task. tific principles and standards that legally and financially accountable pete. It's likely that some of these The alternative is to continue drug

presents an argument that "the protinue to suffer, needlessly, perma-Faire attitude? In my opinion allow-not wear blinders and realize that

As well, if those making the deci-sional bodybuilders who are not drug positive drug test for exogenous tes- sions were to be held accountable tested and are in the forefront of drug there would be a shift to letting some use, including almost every drug In his commentary Dr. Berry states cheats get away with doping so that known to man that may affect muscle Many times in the past three de- "Whether a substance can be mea-someone innocent is not found guilty, size and body composition, then such cades I have criticized the proprisured directly or not, sports doping of doping rather than the present an attitude would be unthinkable. etary research that has been used to laboratories must prospectively descenario where both cheats and those. These athletes, because of their drug back up their drug testing claims. fine and publicize a standard testing innocent of doping are found guilty. use and extremism are among the

lished and thus not available to the they must validate that procedure in edged and dealt with drug testing is the sake of political and financial well, the black and white attitude of these experiments should address use banned drugs or in false positives quences of unbridled drug use and drug testing goes against the theo-factors such as substance used in those that do not. As such, in this gene doping? I don't think so. And Two recent commentaries in this use relative to testing, and heteroge- and methods weren't caught (includ- suggested in a recent paper, (24) letes who represent the vanguard of always take more, and be even more adventurous in their drug use than There were few positive tests at they are today in hones of beating the states "Detecting cheats is meant to and research, it follows that those these Olympics but this was mostly system. As well monitoring this drug promote fairness, but drug testing responsible for the test results and the due to pretesting and not allowing use so that it's within acceptable

apply to other biomedical sciences, for their decisions. So far, for various athletes who tested positive, and thus testing and research, but to open up such as disease diagnostics. The al-reasons, this has not been the case. were barred from even competing at the procedure to others in the field ternative could see the innocent beBut athletes should have that rethe Olympics, weren't using banned and to scientific scrutiny and be open

430 290 460 1180

(40-44) SP

Kuzian

500	Keplar MEN	165	120	225	510
500	114 lbs.				
	Lifetime SP				
550	Ullman	315	200	365	880
	165 lbs.				
550	(55-59) SP				
	Vogel	265*	165*	275*	705*
	181 lbs.				
425*	Junior Raw				
400	Charmoz	400	260	420	1080
	Open UNL				
	Olsen	430	265	565	1260
	Subs Raw				
405*	Hendry	405	245	430	1080
	Subs UNL				
	Zimmerman	370	390	465	1225
450*	(40-44) Raw				
	Warshany	420	310	450	1180
	(45-49) SP				
610*	Spear	305	260	400	965
	(75-79) Raw				
	Levesque!	255*	155*	385*	795*
625*	Novice Raw				
	Ansert	260	245	415	920
540*	198 lbs.				
	Open Raw				
540*	Allen	500	230	525	1255
-	220 lbs.				
	(40-44) Raw				
	Wood	500	300	530	1330
95					
		-	-	-	-

242 lbs.				
Junior Raw				
Gaglione	490	280	505	1275
Lifetime Raw				
Davis#	590	495*	625	1710
(40-44) Raw				
Samuels!	520*	400*	550*	
1470*				
(40-44) Raw				
Kourte	330	320	400	1050
Novice Raw				
Kourte	330	320	400	1050
Subs UNL				
Kruzsely	-	_	-	_
(45-49) UNL				
Schemel#	550	405	500	1455
275 lbs.				
Lifetime Raw				
Bush	600	380	605	1585
Yuhas	425	350	615	1390
Subs Raw				
Forrai	450	385	520	1355
SHW				
Junior Raw				
Minnici	565	335	605	1505
*=National Re				
Champs: King	Joe's	Gym.	!=WNP	F Life-
time lifters. (
POWERLIFTIN	G USA	courte	esy of	WNPF)



Mike Manzo setting an WNPF NY and National Squat record in NJ

a panel made up of a diverse number 85. of experts in the drug testing field (4) Di Pasquate MG. Updates four to 2005 Sep; 22(9):808-15. IOC, WADA or the World Associa- MGD Press, 1985-1988. (WAADS).

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132 lbs

WOMEN

B. Collins

Open Raw

165 lbs.

181 lbs.

Open Raw J. Tufts

MEN

148 lbs.

Open Raw D. Alexander

Open D. Miskinis

Master Raw

High School

165 lbs.

I. lons

Masters

Masters

198 lbs.

Open Raw

D. Minnich

Ihlenfeld

Masters Raw

D. Minnich

Mastsers

220 lbs.

D. Varnam

Open Raw

Miskinis

D. Alexander 300

Open R. Sinicropi 340

Open Raw D. Hubbard 215

D.Picklesimer 375

Open K. Wentworth 450

High School Raw C. Higey 225 High School B. Young 450

Open

A. Wagner

K. Trausch

High School Raw

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3rd Iron Chamber BP/DL

15 DEC 07 - Magnolia, OH

110

175

300

225

225

335

185

365

365

415

225

450

Open Raw E. Collins

M. Costa

Henkel

Hurst

Russel

Master Raw

. Collins

Henkel

S.Picklesimer 300

Masters

M. Keyser

Collins

Henkel

Bartolic

242 lbs.

Open Raw

Cline

M. Zingaro

carson

Trusty

R. Mans

275 lbs.

Open

SHW

C. Calhoun

Bardos

M. Zingaro

High School

Decker

D. Miskinis

Gibson

Maxwell

High School Raw

Police/Fire/Military

Mastsers D. Miskinis

. Demyan

Straight

A. Hicks

C. Cline

320

285

385

335

335

285

405

645

605

400

625

385

645

485

425

275

675

600

275

360

550

550

Masters

C. Guljas 275 lbs.

Open Raw D. Miskinis

Open J. Maxwell

Trusty

Masters

glucuronosyl transferase 2B17, the Sterk SS, van Ginkel LA, Stephany and ethics of genetically modified Jul 4;337:a584. doi: 10.1136/ major enzyme for testosterone RW. Development of a method which athletes. Adv Genet. 2006;51:1- bmj.a584. D. Miskinis DEADLIET T. Fyans WOMEN IRONMAN M. Antalvari 715 J. Bednar WOMEN 123 lbs Masters Raw High School Raw J. Miliken 26 132 lbs D. Pagonis 260 Masters Raw Masters 148 lbs. P. Wolfe R. Hamsher Open Raw 148 lbs. Police/Fire/Militar Masters A. Wagner 181 lbs. Open Raw A. Wagner 225 High School Raw T. Nugent Open Raw J. Tufts Open N. Guzman 530 260 C. Higey MEN Masters Raw 220 lbs. 255 132 lbs F. Combest Open Raw Open Raw M. Kapas 165 lbs. 35 A. Begue 148 lbs. Masters Masters Raw Police/Fire/Military A. Tressler 705 R. Combest High School Open Masters A. Streaker 181 lbs. D. Miskinis 380 480 High School Raw Noebe 245 Open Raw J. Tufts Police/Fire/Militars. Hamilton High School R. Gipson 242 lbs. Miskinis 380 SHW High School Raw 165 lbs. Open Raw E. Filnner 520 Open A. McVaney MEN P. Rogers 485 132 lbs B. Krabach R. Sinicropi Masters E. Zak 365 7. Ramnytz 605 D. Varnam 148 lbs. 181 lbs. Best Lifter Female: A. Tressler. Best Lifter Open Ray Open Stonestreet 465 Male: A. McVaney. 1st Place Bench Press Raw Team: TD Sales Team. 1st Place 615 . Kramer 198 lbs. Ironman Raw Team: Team Miskinis, 1st High School Raw Place Ironman Team: Dukes Iron Zoo. 2nd High School D. Miskinis C. Higey 220 lbs. 390 Place Ironman Team: Big Al's Gym. The Police/Fire/Military Open Raw N. Baker 165 lbs. Championships were held at Sandy Valley 500 Open A. McVaney 925 High School Raw Masters Raw USA and Canada traveled to northeast . Henkel 325 Ohio to take part in this meet, which has Masters R. Ellebruch Soeder grown rapidly in just three short years. The 450 L. Henkel Open W. Quinn 181 lbs. style seating, complete light crew, a chest 405 Open 675 and 200 plus spectators for what turned out to be a temendous event. Santa Claus made time to drop by and make an appearance in which he handed out gifts to all from Masters Raw Mellon T. Cleeland K. Bardos D. Votaw 455 D. Pfeiffer 330

Masters

D Noehe

198 lbs.

Open Raw G. Carter

High School

D. Pfeiffer

825

480

300

505

500

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R. Tvo

920 D. Votaw

615 Open Raw

315 Open N. Roman

385 D. Bosler

1160 L. Harbin

1005 Masters

SHW

995 Open 955 N. Courtad 890 R. Green 850 S. Vickery

715 N. Sabatino

School. More than 100 lifters from

tage was set for battle with auditorium

umping DJ, a backstage warm-up area

Bodybuilding.com, Jamie Frontz, Westside Barbell, World of Weights, Powerlifting

USA, 5150 Sports Photography, and more! Russell and Florence Combest were pre-

sented with the Iron Chamber Gym Inspi-

620 Masters Raw

D. Miskinis

Wells

D. Miskinis

Novitski

890 1.

Houghton 740 275 lbs

Hasler

Pfeiffer

. Bartolic

755 SPoffenberger 955

Masters Raw

1250

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ration Award, not only for their achieve ments in the powerlifting world, but also for their constant dedication and support to all lifters who have ever had the privilege of meeting them. We would like to thank Sandy Valley High School and all who play a part in making this meet better every year. We will continue doing our very best to provide you all with a fun, motivatiing and safe atmosphere to wage your war. Thank you to Mike Lambert (PLUSA) and all of our brothers and sisters in iron. We hope to see you all again Saturday, December 13th, 2008 at Sandy amazing event! Contact ICG Pride@hotmail.com. (Jeff Begue of ICG



Four Year Old Aeden Begue gears up for his deadlift attempt at the Iron Chamber Gym BP/DL (photo take by Douglas Varnam)

(article continued from pg. 14)

years ago. Skeptics thought the squat was high, but not on this day. During her second attempt Laura sank a 700 squat that passed - no question! On Shannon's second attempt, she gave 570 a ride, beautiful execution, three white lights. Amy went to 595, a 45 pound jump hoping to distance herself from Shannon who has a superior deadlift. However, the 45 pound jump was too much, and Amy failed on both her second and third attempt.

Shannon also gave 595 a ride, but stalled on the ascent. Laura came back out to attempt 750, a bold increase, but too much. On to the bench where Amy Weisberger rules, she opened with 325, no problem, but two attempts with 345 were no go. Shannon struggled with 280 pounds, and finally pulled it together on her third attempt. Laura Phelps showed vast improvement during the bench press. Her numbers were 390, 440, and 455, all executed with great prowess. During the deadlift event, Amy opened with 435 no problem. Shannon followed with 500. During their second attempts, Amy went to 470 pounds, again effortless. Shannon bumped it to 525 perfect. Amy's final attempt was 505, but no go, and Shannon gave 550 a pull which came off the floor to just below the knee before crashing backdown. Their final totals 1,345 for Amy Weisberger, and 1,375 for Shannon Hartnett, Laura Phelps pulled 500, and 560, no problem, but 585 was too much. Laura was very happy with her overall lifting performance; she looked really good this year and won the women's' division. At 165, Laura's 1,715 total is a new world record. Her debut at the WPO 2006 Arnold Expo was also a world record total

The bad news, 181 Dan Petrillo, Brian Strickland, and 198 Mike Maxwell all bombed in the squat. They all opened in the mid 700's, but it was Brian Strickland who wisely decided to repeat his 760 opener, but was unsuccessful. Both Dan and Mike proceeded to go up into the 800 pound barrier, but still no luck. Other bad news, 198 Shawn Frankl was injured. During his final training session he injured a hamstring or glute deadlifting. Either way, he was not going to squat, so instead, he came out during the second flight and did 135 pounds to stay in the meet. He had a big bench press on his mind. Let's get right to it! At 198, Shawn benched 825, and then 850 – white lights. He even gave 870 a ride, but no go. If you haven't figured it out yet, Shawn Frankl pound-for-pound is one of the greatest powerlifters on the planet today, if not in the history of this sport. During the 2008 APF

of 1,650; big improvement.



Brian Schwab - incredible at 165.

Senior Nationals in Omaha, Nebraska, Shawn squatted 1003 pounds and deadlifted 750 pounds. Shawn is "the giant killer" and is potentially looking at a 2,603 total maybe more!

Next up in flight one was Sakari Selkainaho, from Finland, competing at 181 pounds. There were seven other 181s, but as I mentioned above, Dan and Brian were out of the running. It took two attempts at 650, before Sarkari got the white lights, and then he found his groove and executed a nice 700 pound squat. He proceeded to make all three bench attempts, starting with 420, then 455, and finally 465. Sakari's first two deadlifts were successful, 530, and 560, but 580 was too much. Overall we see an intelligent powerlifter and a great coach. Sakari corresponds with Louie Simmons on a regular basis each sharing and practicing each other's training methods. Sakari is a great ambassador for the sport of powerlifting in Finland where many more big name lifters exist, like Ano Turtianen, Mikko Hamalainen, Jouko Ahola, and Jani Murtomaki to name but a few champions.

At 44, 198 Brad Bishop out of Ohio totaled 1,870 in Flight Two. A strong 700 squat opener, after missing his 500 bench opener, Brad found his groove, repeated the 500, and then proceeded to bench 520. After missing his fist 635 deadlift. Brad came out strong, and pulled 635, and 650, nice job. 22, Nate Strong out of Ohio, and lifting for Lexum Extreme totaled 1,805. He squatted 720, benched 520, and deadlifted 565. His Mom sat next to me, very amusing, and out going to say the least. She was very happy with her son. Also in the second flight, at 35, Jason Adams, out of Kentucky totaled 1.960. He opened with 740, but double pumped off the bottom, and just as he came up, a side spotter touched the weight. The lift was called no good, but many thought it was the spotter who messed-up, it wasn't. In any case, Jason squatted 790, which was beautiful, and then 810, but it was high, although his wife thought otherwise. After opening with 535, Jason jumped to 570, missed it, but gave it another ride, and got it! Super! During the deadlifts a 600 pound opener was good, but two attempts with 640 were too much. I believe Jim Wendler, rom Elite Fitness Systems, was coaching Jason

was coaching Jason. Since the results are based on formula I took the liberty of reporting in the same manner, by formula. 38, Brian Tincher out of Florida, finished in the middle of the pack. He totaled 1,925. His numbers were 750, 540, and 635, a consistent powerlifter. At 33, Jason Coker out of Texas, was back again and totaled 2,050. Jason still benches more than he squats and deadlifts, but like Shawn Frankl, Jason has the potential to move his squat and especially his deadlifts up. His numbers were, 745, 805, and 500. Jason had the second biggest bench of the day. The final top seven starts with 42, Angelo Berardinelli out of Ohio. Angelo has been around the sport for quite a while, having lifted in several major federations, including the WPO. Angelo totaled 1,885. He kind of struggled after his opening squat of 730, having jumped to 800, and then 840. Both attempts were courageous, and 840 would have been a world record; he came down controlled and tight, but couldn't come out of the hole, and the spotters took it away. Angelo went on to have a great bench day, hitting all three attempts finally finishing with 540. With all that momentum, Angelo had two nice pulls, up to 615, but 660 was too much.

Flight one, at 38; weighing 181 Tony Ramos out of Ohio, and lifting for Westside Barbell totaled 2,060. Tony fought a great battle during the squats. He missed his 760 opener, and then 800 pounds. On



Shawn Frankl an unworldly BP!

his third attempt, Tony went to 840, a wild card. He came down, dropped below parallel, and then slowly fought that weight to the top. It was a nasty looking squat, but awesome show of strength. Tony went on to bench 570, and then pulled a big 680 deadlift on his second attempt.

At 35, Adam Driggers out of

Florida was lifting at 198 pounds. He totaled 2,205. Adam had trouble with his squat suit last year, and also during a few other big shows, but that's all in the past. He had a terrific lifting day, which began with a monstrous 925 squat, a 600 bench, and a 680 deadlift; a great showing on Saturday. The last four lifters were 28, Al Caslow out of Kansas, with a 2,045 total. Al has been working with Rick Hussey, and it defiantly showed in his performance. Take a look at these numbers, 820, 525, and a big 685, nice job! Number three was our buddy, Mike Cartinian. Mike is out of Ohio, a shooting star that made a lot of waves in the WPO. Mike is strong in all of his lifts, take a look at these numbers, and remember he weighs just 181. Mike hit 890 pounds on his third squat, benched 700 on his second attempt, and deadlifted 645, for a super 2,235 total. Mike is a thickly built, like a Sherman Tank. Second place was another friend and fierce competitor 165 Brian Schwab. Brian totaled 2,045. He is the proud owner of Orlando Barbell, Florida. Brian's numbers were astounding. He squatted 825, benched a huge 605, and deadlifted 615, amazing. And finally we come to the champion of the day, and also the best lifter of the meet. From the Ukraine, at 27 Sergiy Naleykin had a really fantastic lifting day. It began dramatically, after Sergiy missed his opening and second squat, but his third ambitious attempt was 970, and he dunked it! On to the bench, Sergiy benched 670, 700, and 730 pounds, perfect. What really set him apart was his squat and deadlift. Sergiv pulled 710, 760, and even tried 780, but nogo. His finally total was a whooping 2,460 pounds, numbers that you would expect from a 308 or SHW. Wow, what a great first day, and it was over by 3:30 pm. The cash prices went out to biggest lifts, first, second, and third place and overall PRO meet winner by co-efficient. Laura Phelps walked away with some cash, \$1,000 for Mike Cartinian, \$1,000 for Brian Schwab, and \$1,000 for Shawn Frankl for best bench, but Sergiy Naleukin really took home the bacon. He won cash \$1,000 for Best Squat, \$1,000 for Best Deadlift, and \$2,500 1st Place in his division, and 3,500 1st overall, that's \$8,000 cash! Doris Simmons and Marcia Fergusson passed out the cash prizes, again non complaints

Part II Next Month.



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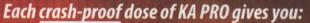
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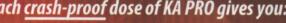
ski, Comparison of Kre-Alkalyn to Creatine on body composition,

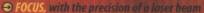




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CBPP5KG	2	Black	0.5 Kg			
CBPP-1.25KG	2	Black	1.25 Kg			
CBPP-2.5KG	2	Black	2.5 Kg			
CBPP-5KG	2	Black	5 Kg			
CBPP-10KG	2	Black	10 Kg			
CBPP-15KG	2	Yellow	15 Kg			
CBPP-20KG	2	Blue	20 Kg			
CBPP-25KG*	6	Red	25 Kg			
CO-2.5KG	2	Competition Forged P	ressure Ring Collars			
Q-BAR	1	20Kg, IPF Approved, 1500 Lbs. Test				



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SSA Battle of the Bench Gods 13 JUL 08 - Niagara Falls, NY

BENCH		181 lbs.	
Standard		Open	
114 lbs.		E. Carter	325
Youth (10-12)		A. Ferchen	275
M. Pariso	95	220 lbs.	
165 lbs.		Teen (18-19)	
Open		G. Guldin	340
E. Carter	275	242 lbs.	

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Last Name		First Name				2 3			MI
					11	1		11	1
Street Addres	ss	P I	1 1	1 1	Dat	e of A	pplication	1	
City			1 1		Si	ate	Zip	Code	-
Area Code	Telephone Number	Date	of Birth		Age	Sex		U.S. Citi	zen NO
	Fee (Circle Appropriate Fee) AAFPF: \$30 AFPF & AAF		Registratio	n Number	E	mail A	ddress	1.7	
Fill out card co Are you a pre Ernie Frantz, C Email: ErnieFr			AFPF/AAFPF - East 62 So. Broadway Aurora, IL 60543 603-546-3769						
If under 18, have I certify that the above answers are correct and that I am eligible in accordance with the rules of the AFFF or AAFFF			X						

Open		J. Moore	400
V. Pipparo	500	242 lbs.	
Submaster		Submaster	
M. Flatt	345	M. Kenney	405
275 lbs.		308+ lbs.	
Open		Open	
Bridegroom	_	T. Zee	550
308+ lbs.		Unlimited	
Open		148 lbs.	
N. Winters	_	Junior	
Single Ply		S. Flacone	_
198 lbs.		198 lbs.	
Submaster		Open	
Jubinaster		A. Pera	_
and the second s			

Venue: Falls Fitness Factory. (S. McCaslin)

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

	SQUAI	
1	440 Milian, E6/6/08	
2	415 Garza, F3/29/08	
3	410 Perez3/29/08	
4	405 Rodriguez3/29/08	
5	400 Zeolla, G9/22/07	
6	400 Holland3/29/08	
7	400 Gonzales, J3/29/08	
8	380 Oliver3/29/08	
9	375 Torres, E3/29/08	
10	375 Gausin, D3/29/08	

375 Salgado, J..3/29/08 374 Cohn..11/9/07 371 Hartwig-Gary, S...6/18/08 370 Rodriguez..3/29/08 370 Garcia, J..3/29/08 370 Rocha..3/29/08 370 Berry..3/29/08 369 Rotar, P..9/6/07 365 N., Billy...3/08 363 Hinkel, J..7/26/08

360 Perez..3/29/08 355 Campos, B.J..3/29/08 350 Messimer, C..3/29/08 350 Martinez, A..3/29/08 350 Lozano, P..3/29/08 350 Delgado, I..3/29/08 350 Gray, I..4/19/08 345 Nowlin..3/29/08 345 Martinez..3/29/08 345 Esquivel, E...3/29/08

340 VandeVoort, J..3/7/08 340 Carmona, R..3/29/08 340 T., Caleb..3/08 336 Fontenot, M..5/4/08 336 Fourres, C..7/26/08 330 Robyle, D..2/2/08 330 Snell, K..3/15/08 330 Tamez..3/29/08 330 Been, J..3/29/08 330 Skaggs, K..3/29/08

330 Williams, M..6/21/08 325 Williams...3/29/08 325 Weeks, D..3/29/08 325 Brooks, T..3/29/08 320 Jaramillo..3/29/08 319 Miller, K..9/4/07 315 Pan, J..2/23/08 315 Hunter...3/29/08 315 Ullman..6/28/08 310 Ybarra, J...3/14/08

305 Cadena, C...3/29/08 305 C., Lance...3/08 300 Pan, A...2/9/08 295 Bennett, D...8/4/07 295 Linkous, R...2/16/08 295 Hill, M...3/29/08 290 Golden, R...2/16/08 290 Walley, K...2/23/08 290 Whaley, K...2/23/08

290 Ruby, M..3/14/08 286 Lauer, C..6/21/08 285 White, J..1/12/08 285 Wartinez, N..2/2/08 285 Neal, B..2/9/08 285 Ford, C..2/16/08 285 Mata, A..3/29/08 285 Adair, J..3/29/08 285 Leyba, A..3/29/08 285 Leyba, A..3/29/08

281 Fallennwider, E.. 1/26/ 281 Clough, J.. 5/17/08 280 Tafuri, J.. 1/20/08 280 Jenkins, C.. 2/16/08 280 Gonzalez, A.. 3/14/08 280 McBride, M.. 3/29/08 280 Peden, D.. 4/19/08 275 Hogan, D.. 2/2/08 275 Campbell, B.. 3/7/08 275 Ybarra, V.. 3/14/08

275 Skelton, H..3/29/08 270 Foster, G..2/28/08 270 McGee, J..3/29/08 265 Brownfield.,3/1/08 265 Garcia, L..3/14/08 265 Martinez, L..3/14/08 264 Severs..6/12/08 264 Backes, B..6/21/08 260 Valdez, S..1/31/08 260 Brown, M..2/2/08

260 Grogan, D.J..2/9/08 260 Johnson, C..2/23/08 260 Linger, B..3/7/08 260 Cernicka, M..3/7/08 260 Rostner, C..3/14/08 260 Richardson, B..3/14/08 260 Richardson, B..3/14/08 255 Doan, J..11/3/07 255 Thibodeaux, A..11/3/07 255 Lopez, R..2/9/08

276 Scheldrup, T..11/18/07 265 Holland..3/29/08 260 T., Caleb..3/08 259 Cohn..11/9/07 245 Oliver..3/29/08 242 Patel, H..11/3/07 236 Brandenburg, E..3/1/08 231 Millian, E..6/6/08 230 Campos, B.J..3/29/08 225 Messimer, C..11/17/07 418 Milian, E...6/08 415 Rodriguez..3/29/08 413 Gray, I..6/12/08 410 Gonzales, J..3/29/08 400 Rodriguez..3/29/08 396 Cohn..11/9/07 390 Zeolla, G..9/22/07

225 Pantilat, I...11/18/07 225 Rodriguez...3/29/08 225 Torres, E...3/29/08 225 Tourres, C...4/19/08 225 Hartwig-Gary, S...6/18/03 220 Zeolla, G...9/22/07 385 Carmona, R..3/29/08 380 Holland..3/29/08 380 Garza, F..3/29/08 380 Martinez, A..3/29/08 380 Hill, M..3/29/08 380 Hill, M..3/29/08 375 Snell, K..3/15/08 375 Rocha..3/29/08 370 Garcia, J..3/29/08 370 Williams..3/29/08 369 VandeVoort, J..2/17 220 Gausin, D..3/29/08 220 Rachman, M..6/14/08 215 Pori, S..9/22/07 215 Snell, K..10/13/07

215 McBride, M..3/29/08 214 Hinkel, J..7/26/08 210 Tafuri, J..1/20/08 210 Perez..3/29/08 210 Carmona, R..3/29/08 205 Garcia, J..3/29/08 205 Beene, J..3/29/08 204 Claypatch, H..11/17/07 203 Miller, H..6/14/08 360 Tamez..3/29/08 360 Mata, A..3/29/08 360 C.,Lance..3/08

358 Rotar, P..9/6/07 350 Berry..3/29/08 350 Salgado, J..3/29/08 350 Lozano, P..3/29/08 350 Nowlin..3/29/08 200 Gonzales, J..3/29/08 200 Martinez, A..3/29/08 200 Weeks, D..3/29/08 200 Ullman..6/28/08 200 Davenport, M..7/12/08 200 Davenport, M..7/12/08 199 Hedman, S..11/18/07 198 Rotar, P..9/6/07 198 Prins, J..1/26/08 195 Berry..2/16/08 195 Williams..3/29/08

340 Perez...3/29/08 340 Delgado, I...3/29/08 340 Skaggs, K...3/29/08 340 Skelton, H...3/29/08 340 Skelton, H...3/29/08 345 Pan, J..2/23/08 335 Perez, C.J...3/29/08 335 L., Artiefene...3/08 330 Hess, M...3/7/08 330 Weeks, D...3/29/08 195 Martinez...3/29/08 195 Esquivel, E...3/29/08 192 Severs...6/12/08 190 Rodriguez...3/29/08 190 Delgado, I..3/29/08 190 Perez, C.J...3/29/08 187 Shuttleworth, M...6/25/08 185 Ochoa, J...3/8/08 185 Lozano, P...3/29/08

185 Nowlin...3/29/08 185 N., Billy...3/08 181 Williams, M...6/21/08 180 Garza, F...3/29/08 180 Hunter...3/29/08 180 Brooks, T...3/29/08 176 Hendrix, J...7/26/08 175 Ziong, D...3/7/08 175 Salgado, J...3/29/08

215 Sullivan, G..11/3/07 215 McBride, M..3/29/08

175 Cadena, C..3/29/08 170 Branam, T..8/12/07 170 Doan, J..11/3/07 170 Martinez, N..2/2/08 170 Brown, M..2/2/08 170 Ford, C..2/16/08 170 VandeVoort, J..2/7/08 170 Tamez..3/29/08 170 Hill, M..3/29/08 170 Jaramillo..3/29/08

165 Rivera, C..11/18/07 165 Reyes, A..11/18/07 165 Brownfield..3/1/08 165 Snow, D..3/8/08 165 Rocha..3/29/08 165 McGee, J..3/29/08 165 Harris, A..5/4/08 165 Thompson, W..5/10/08 165 Thompson, W..5/10/08

160 Grogan, D.J..2/9/08 160 Skelton, H..3/29/08 160 Adair, J..3/29/08 160 H., John..3/08 159 Miller, K..9/4/07 159 Hairston, D..9/12/07 159 Fallenwider, E..1/26/08 159 Mattis, D..3/29/08 159 Backes, B..6/21/08 159 Marcellino, R..6/28/08

155 Zielinski, L.8/12/07
155 Villareal, V..2/2/08
155 Houdersheldt, E..3/14/08
297 Principati, F..2/9/08
155 Leyba, A..3/29/08
155 Leyba, A..3/29/08
155 Peden, D..4/19/08
154 McBurney, D..10/13/07
154 Harvin, M..11/10/07
154 Lafferty, B..11/18/07
154 Flesh, W..4/12/08
290 Cintron, G..3/14/08

DEADLIFT

460 N., Billy..3/08 424 Scheldrup, T..11/18/07 420 Torres, E..3/29/08 418 Milian, E..6/6/08

365 Ullman..6/28/08 910 Rocha..3/29/08 905 Berry..2/16/08 905 Berry..2/16/08 905 Berry..2/16/08 905 Berry..2/16/08 905 Gray, L.4/19/08 360 Ochoa, J..3/8/08 800 Uliver..3/29/08 887 Patel, H..11/3/07 360 Perez..3/29/08 885 Snell, K..3/15/08 365 Campos, B.J..3/29/08 365 Ullman..6/28/08

350 Nowlin...3/29/08 350 Hunter...3/29/08 345 Cadena, C...3/29/08 341 Messimer, C...11/17/07 340 Acosta, J...2/23/08 340 Gausin, D...3/29/08

325 Tobin, K..11/18/07 325 Campbell, B..3/7/08 325 Jaramillo..3/29/08 325 Freed, N..3/30/08 325 Severs..6/12/08 320 Robyle, D..2/2/08 320 Robyle, D..2/2/08 320 Martinez..3/29/08 320 Thompson, W..5/10/08 319 Brandenburg, E..3/1/08

319 Snow, D..3/8/08 319 Martin, K..4/19/08 315 Sullivan, G..8/4/07 315 Pan, A..2/9/08 315 Ford, C..2/16/08 315 Esquivel, E..3/29/08 314 Miller, K..9/4/07 310 Martinez, M..2/2/08 310 Jenkins, C..2/16/08 305 Whaley, K..2/23/08

305 Vang, S..2/24/08 305 Ybarra, V..3/14/08 305 Brooks, T..3/29/08 305 McBride, M.,3/29/08 305 Adair, J..3/29/08 304 Williams, M.,6/21/08 303 Hedman, S..11/18/07 303 Pantilat, I..3/16/08 303 Fontenot, M.,5/4/08 303 Clough, J..5/17/08

300 Foster, G..2/28/08 300 Linger, B..3/7/08 300 Thyssen, T..3/7/08 300 Ruby, M..3/14/08 300 Gonzalez, A..3/14/08 300 Garcia, I..3/14/08 300 Morales, B..2/28/08 300 Bene, J..3/29/08

1091 Milian, E..6/6/08 1045 Rodriguez..3/29/08 1045 Holland..3/29/08 1030 Cohn..11/9/07 1030 Cohn..11/9/07 1020 Torres, E..3/29/08 1010 Zeolla, G..9/22/07 1010 Gonzales, J..3/29/08 1010 N., Billy..3/08 985 Oliver..3/29/08 980 Perez. 3/29/08

975 Garza, F..3/29/08 960 Rodriguez..3/29/08 953 Hartwig-Gary, S..6/18/08 950 Campos, B.J..3/29/08 945 Garcia, J..3/29/08 945 Garcia, J..3/29/08 935 Carmona, R..3/29/08 935 Messimer, C..3/29/08 935 Gausin, D..3/29/08 930 Martinez, A..3/29/08 925 Rotar, P..9/6/07

890 Williams...3/29/08 887 Patel, H...11/3/07 885 Snell, K...3/15/08 885 Lozano, P...3/29/08 885 Perez...3/29/08 880 Nowlin...3/29/08

880 Delgado, I..3/29/08 880 Ullman..6/28/08 860 Tamez..3/29/08 860 Martinez..3/29/08 855 VandeVoort, J..3/7/08 855 Weeks, D..3/29/08 855 Esquivel, E...3/29/08 845 Hill, M...3/29/08 845 Hunter...3/29/08 835 Beene, J...3/29/08

825 Cadena, C..3/29/08 825 Mata, A..3/29/08 820 Skaggs, K..3/29/08 815 Jaramillo..3/29/08 815 C., Lance..3/08 815 Williams, M..6/21/08 810 Brooks, T..3/29/08 810 T., Caleb..3/08 805 Sullivan, G..11/3/07 800 McBride, M..3/29/08

765 Martinez, M..2/2/08 760 Tourres, C..7/26/08 755 Peden, D..4/19/08 750 Adair, J..3/29/08 749 Pantilat, I..3/16/08 740 Whaley, K..2/23/08 740 Ybarra, J..3/14/08 735 Pan, A..2/9/08 730 Campbell, B..3/7/08 730 Ruby, M..3/14/08

727 Fallenwider, E.. 1/26/08 725 Linkous, R.. 2/16/08 725 Ybarra, V.. 3/14/08 725 McGee, J.. 3/29/08 720 White, J., 1/12/08 720 White, J... 1/12/08 720 Jenkins, C...2/16/08 715 Golden, R...2/16/08 715 Leyba, A...3/29/08 715 H., John...3/08 710 Doan, J...11/3/07

710 Neal, B., 2/9/08 710 Neal, B..2/9/08 710 Acosta, J..2/23/08 710 L., Artiefene..3/08 710 Clough, J..5/17/08 705 Hess, M..3/7/08 705 B., Eric..3/08 700 Moroales, B..2/28/08 700 Linger, B..3/7/08 695 M., Ross..3/08

690 Gonzalez, A. 3/14/08 688 Devries, S. 3/22/08 688 Backes, B. 6/21/08 685 Bennett, D. 8/4/07 685 Vang, S. 2/24/08 683 Kingsley, J. 2/16/08 683 Kachman, M. 6/14/08 680 Brown, M. 2/2/08 680 Bowdoin, J. 2/16/08 680 Bowdoin, J. 2/16/08

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NEXT MONTH... TOP 123s

CORRECTIONS ... Dustin

Minks was not credited with his 800 squat and 1810 total on the TOP 100 242 lb. class ranking. James Noblit did not receive credit for his 518 lb. bench press on the TOP 100 for the 198 lb. class. Garry Benford did not receive credit for his 485 lb. bench press on that same 198 lb. class TOP 100. Mr. Calguari's name was mispelled on the TOP 100 for the 181 lb. class, for his 435 lb. bench press. Sabra Callahan should have been listed for a 220 lb. bench press on both the TOP 20 Women and TOP 20 Masters rankings for 2007. Matt Hawkins' lifts of 914 650 644 2209 were not listed on the TO 100 rankings for the 275 lb. class. If you find errors in our weight class rankings or in the competition results that we publish, let us know at POWERLIFTING USA Errors Department, Post Office Box 467, Camarillo, California 93011 for a proper analysis of the situation (which can take some time, depending on the situation) and an appropriate correction in a following issue.





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