

» AT THE ARNOLD STRONGMAN CLASSIC

» A POWERLIFTING LIFE WELL SPENT: ERNIE FRANTZ

» REHAB & PREHAB PART 2

# » POWERLIFTING USA. »

JUNE 2010 » VOL. 33 NO. 8



# TOP 20 RANKINGS

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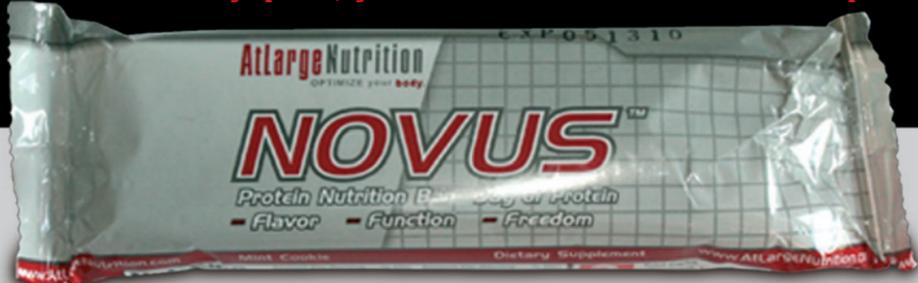
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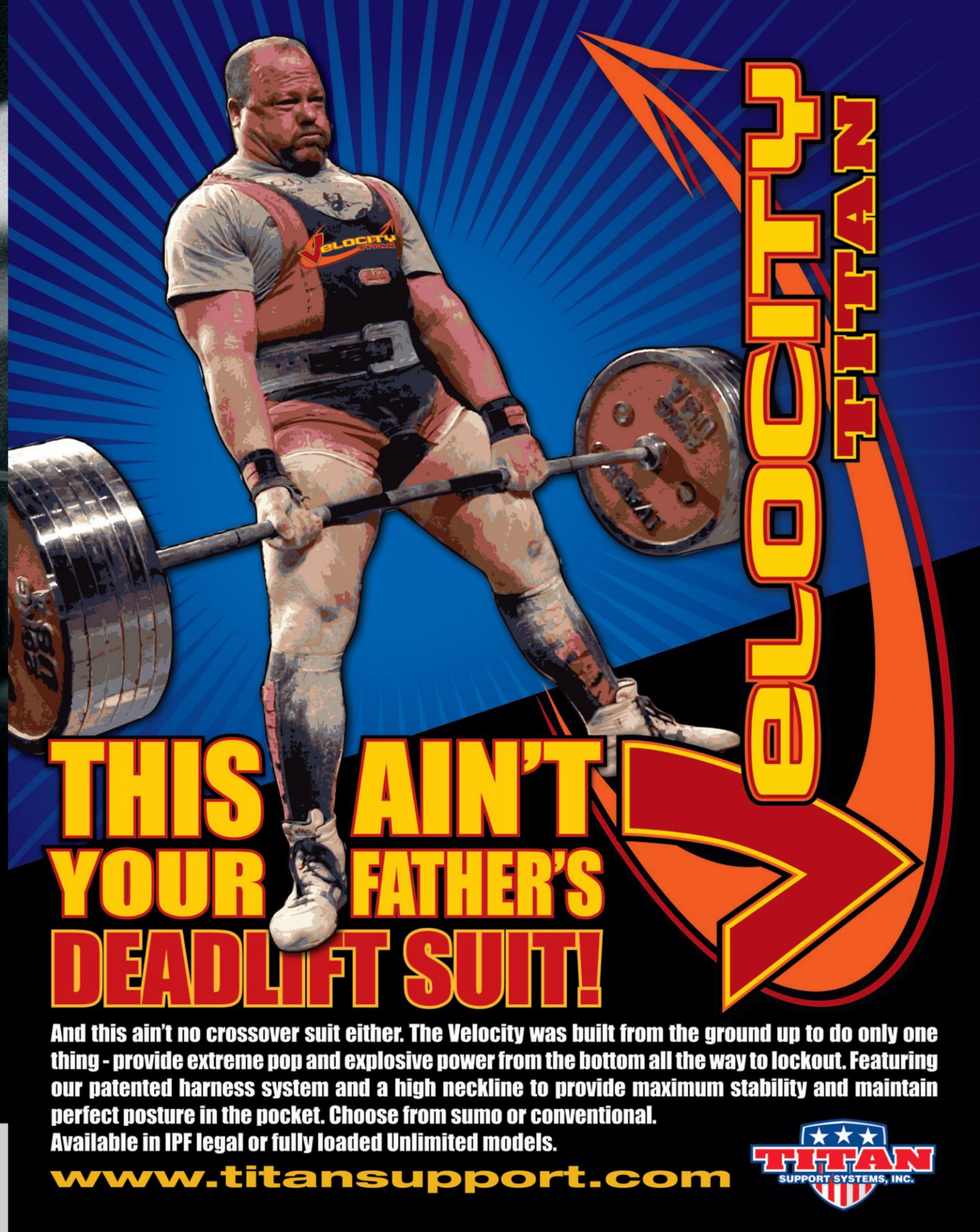
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## MATT KROCZALESKI

— World Record Holder,  
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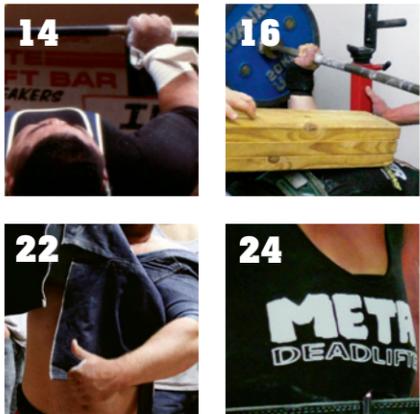
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photos courtesy David Kharif (Yearby), Powerlifting USA (Anderson), and Butch Dunn (Dunn)



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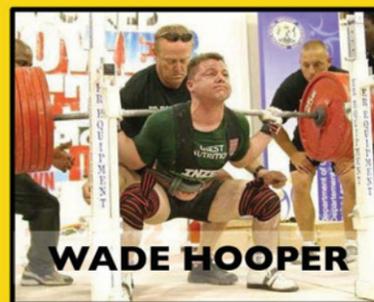
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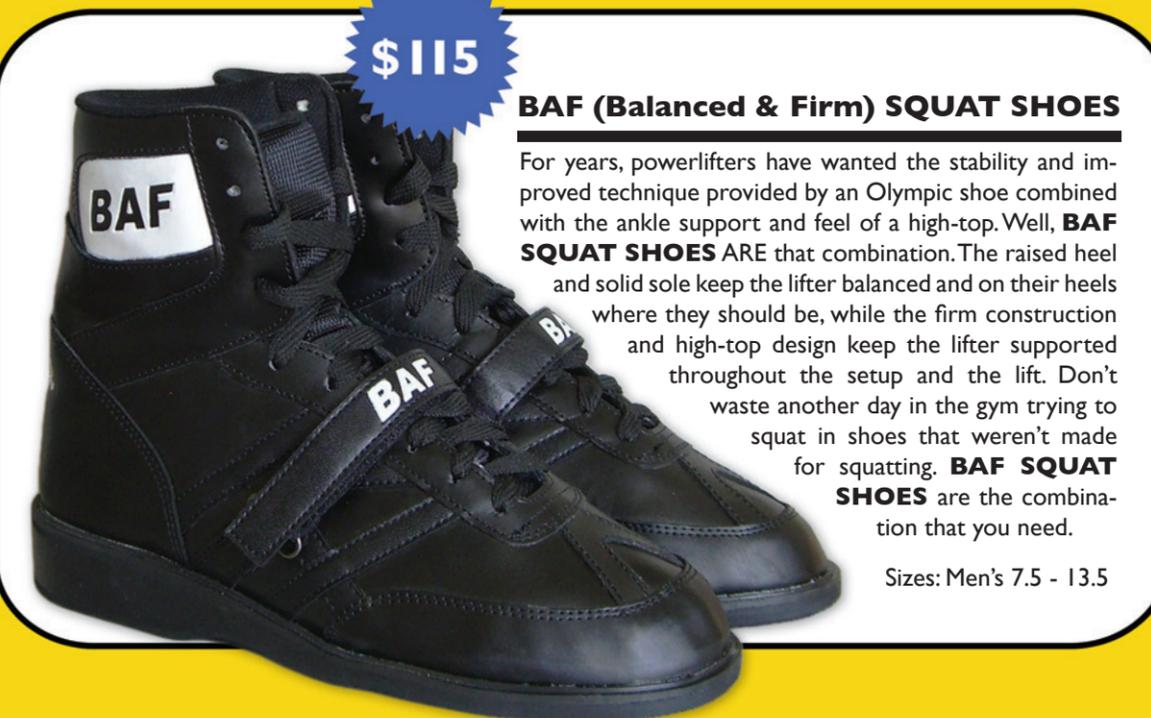


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**Brian Schwab**  
World Record Total  
2,045 lbs. @ 165 lbs.



**Shawn Frankl**  
World Record Total  
2,630 lbs. @ 198 lbs.



**Joe Ceklovsky**  
World Record Bench  
600 lbs. @ 147.6 lbs.

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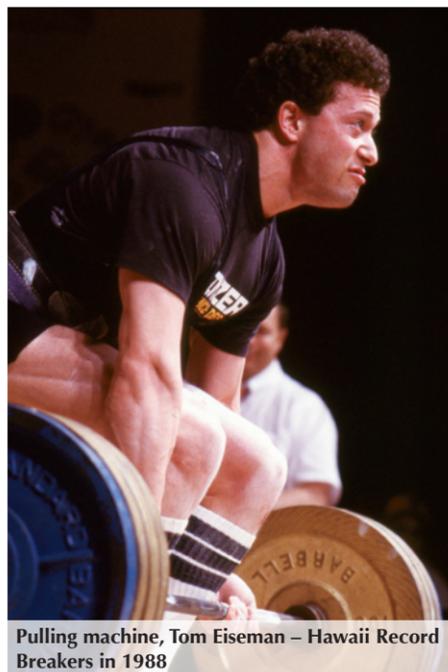
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# EISEMAN'S CHALLENGE: APT'S NIGHT OF THE LIVING DEADLIFT

as told to Powerlifting USA by Tom Eiseman



The Babe Ruth of Deadlifting – Andy Bolton



Pulling machine, Tom Eiseman – Hawaii Record Breakers in 1988

Come on down to Alex Campbell's extreme deadlifting show and see who takes home the money! APT Night of the Living Deadlift (NOTLD) is the wild and well run show in TN, on Saturday, October 23, 2010, to find the top deadlifters in the world! If you think you can deadlift, you don't want to miss this!!!

The NOTLD is going into its 7th year!! NOTLD is not sanctioned by any single federation so lifters from any affiliation can participate. In this way we can find a unified champion AMONGST ALL FEDERATIONS, ALL NATIONS AND ALL PLANETS! It takes place in late OCTOBER IN TENNESSEE! The first year of the NOTLD there were ten competitors and a tremendous group of fans. Every year it has grown and the competitions have gotten closer and more fierce. This year we are already honored with more talent than has ever congregated to a deadlift meet! This is a professional meet and the cash prize so far is \$1000, winner takes all! Go to the website for regular updates on the show: [www.nightofthelivingdeadlift.blogspot.com](http://www.nightofthelivingdeadlift.blogspot.com)

We are excited to have Andy Bolton, the Babe Ruth of deadlifting, on the APT NOTLD stage this year. He is the only human to deadlift over 1000 pounds. He's done 1003 and 1008!!! He is to strength what Usain Bolt is to speed. He is a spectacle and he and Chris Jenkins are coming to Tennessee in late October to stake their claim to the prize money and the title of the Unified Best Deadlifter in the World.

All are invited that have deadlifted 2.5 times their bodyweight and 600 or more in the men's division and 2 times their bodyweight and 400 or more in the women's. So if you think you can deadlift, you need to get there!!! Also, you may never again get the chance to lift on the same platform as the only 1000 lb. plus deadlifter in the world and you may never get the chance to see so many of the strongest deadlifters on the planet defy gravity.

In addition to Andy Bolton, as mentioned above, is Chris Jenkins from Wales. He is a tremendous powerlifter that is exceptionally great at the deadlift. He has done 774 at 198 in the deadlift! Here is the rest of the line up so far: Doc Holloway has come so close to winning the three times he's competed at NOTLD that it's ridiculous. He's capable of mid 600s at 148! Robert Herring, two time champion of the Pro DL meet at the Arnold has pulled 749 weighing 188! Jon Rock has totaled more than 10 times his bodyweight at 198 and will pull 750 or more. Marcus Williams is a multiple title holder and has deadlifted into the 650 range at 148. Derek Wilcox, who gets so much stronger by the minute it's hard to keep track, but be sure that he will be one of the best! At 198 he has the 15th ranked squat of

all-time. Mike Hedlesky pulled 804 at the Pro DL meet at the Arnold this year and he lifts big weights like they're nothing. Allister Sheffield has pulled in the mid 700 range at 198. Rich Sadiv has pulled upper 600s as a master in the 181 class. Hal Loyd is coming all the way from Alaska. Brent Howard, Sgt. Rock, came close with 810 in February of this year and he always puts on quite a show. Brandon Cass, C4, is a ripped bodybuilder and strongman that has pulled over 800 raw weighing 229. James "Pitbull" Searcy will be returning to the NOTLD this year. He has deadlifted in the upper 800 range raw and this time he's training with gear. Mike Nease who's pulled 865 as a master will be back! At the first NOTLD I attended I saw him exceed the strongman record pull from 18" with 1145 and do it with ease!

All the spots aren't filled yet, but they soon will be! All of these guys are capable of winning it all!!! In addition, there will be women competing. Rhonda Clark has committed. She is a master IPF champion powerlifter with a great deadlift. She has recently pulled 440 at 165. Also, she has competed in the IPF Pro Deadlift Meet at the Arnold and she holds a Pan-american record.

Lastly, I, Tom Eiseman, will be there. I have won the last five in a row. Andy Bolton issued a challenge to see who can pull the biggest deadlift in the world and what a turnout!!! His challenge meet will be in May 2011. I have issued a challenge too: let's see who is the best puller in the world by formula and now Mr. Bolton and Chris Jenkins are traveling over 3000 miles to stake their claim!!! Will you be there?!? I am returning for the sixth time because, like all the lifters that have been there know and if you show up you'll find out, Mr. Campbell does it right! He draws a wild enthusiastic crowd. He draws talent from all over. He creates an atmosphere to inspire all to do their best. He entertains with music and gets the crowd and lifters excited with his colorful introductions and announcing! He started all this to raise money for kids and he continues to do it with excellence! It's an honor to be on the stage with any and all of these amazing people and before the wonderful people that support this event.

Travis Mash won the first show, Tee Meyers the second, I showed up for the next five and won. I pulled 800 at 181 lb. 24 years ago, but I'll be 52 this year and you have to realize I'm not as strong as I was—I am stronger! So if you think you can deadlift, you don't want to miss this one!!!

Meet the challenge, have fun and let's see who takes home the money! Here is the website to keep updated: [www.nightofthelivingdeadlift.blogspot.com](http://www.nightofthelivingdeadlift.blogspot.com). ☐

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Rob Luyando - Team MHP Member  
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## RESULTS

# AT THE 2010 MHP ARNOLD STRONGMAN CLASSIC

as told to Powerlifting USA by Steve Downs, C.S.C.S. » photography by Jason Breeze



Travis Ortmyer – 3rd place overall



Misha Koklyaev – won 2nd in Apollon's Wheel and 4th overall in the competition



Derek Poundstone locked out 10 Circus Dumbbell reps to take 1st place!



Zydrunas Savickas – took 1st place in the Tire Deadlift, pulling 1027 lb.!

The 2010 MHP Arnold Strongman Classic dominated the stage at the Arnold Expo in Columbus, Ohio, March 5–6, with ten of the world's best strength competitors going head-to-head before a live crowd of nearly 40,000 people! All the big names in strongman were on hand, including returning champ Derek Poundstone, six-time winner Zydrunas Savickas, World's Strongest Man top contenders Phil Pfister, Brian Shaw and Travis Ortmyer, plus powerlifting great Brian Siders, among others.

With some major changes on the table for the 2010 MHP Arnold Strongman, the action was fierce from the first event. The Apollon's Wheel clean and press was moved up to a 459 lb. max weight, while heaviest Manhood Stone was a massive 533 lb. For the Circus Dumbbell one-arm clean and press, the thick-handled dumbbell was increased from 202 lb. in 2009 to 228 this year. And the final event—which took place during the Arnold Classic bodybuilding finals on Saturday night—saw the Timber Carry poundage set at 1003 lb.—the heaviest ever handled for this event.

Friday's events consisted of the Apollon's Wheel and Manhood Stone lift over the bar. When the chalk dust cleared, Poundstone had 17 points, Misha Koklyaev posted 16 and Ortmyer had 15. Shaw was in fourth place with 14 points and Savickas followed in fifth with 13.5.

Day two's events began on Saturday at 1 P.M. on the Expo stage with the Circus Dumbbell lift, an event that required athletes to pull the gigantic thick-handled dumbbell made by Sorinex from the floor with two hands to get it to their shoulder and then heave it overhead using only one arm. Zydrunas had the audience on its feet as he thrust the dumbbell upward for the ninth time to claim the lead. But just moments later, Poundstone locked out 10 repetitions with 30 seconds still left on the clock.

Savickas pulled out all stops in the Tire Deadlift, pulling 1027 lb. and taking first place, while Brian Shaw managed 1021.5 and Derek Poundstone pulled 1016 lb. The Timber Carry was held on Saturday evening at Veteran's Memorial Coliseum. Competitors had to carry the mammoth frame as far up the steeply-angled, 40-foot ramp as they could. Phil Pfister electrified the crowd as the first man ever to lug the frame all the way to the top, doing so in 20.43 seconds. A short time later, with a shot at second and perhaps even first on the line (if Poundstone couldn't finish the run), Zydrunas raced up the ramp with the half-ton frame in 10.16 seconds.

But Poundstone was not to be denied. After deadlifting the frame to see its weight, he picked it up and sprinted to the top in an impossibly fast 9.28 seconds, thereby easily taking the MHP Arnold Strongman Classic victory.

However, Derek wasn't finished for the day. After accepting his check from Gerard Dente, president of MHP, and receiving the massive Louis Cyr bronze trophy from Arnold himself, Derek invited his girlfriend, Kristen, on stage to thank her for her support. But once she was out there, he dropped to one knee and proposed to her! What an amazing finish to a great strongman event! «

### FINAL RESULTS:

Derek Poundstone – 45 Points  
Zydrunas Savickas – 41 Points  
Travis Ortmyer – 37.5 Points  
Misha Koklyaev – 37 Points  
Brian Shaw – 33 Points

Dave Ostlund – 22.5 Points  
Phil Pfister – 20.5 Points  
Kostiantyn Ilin – 17 Points  
Nick Best – 13 Points  
Brian Siders – 10 Points

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Joe Mazza – Team MHP Member  
IPA World Record Bench  
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**MHP'S MAZZA & DAVIS ARE KINGS OF THE BENCH**—MHP bench press superstars Joe Mazza and Al Davis crushed the competition at the MHP Kings of the Bench IV in Mesquite, Texas, and came away with raw records and big prizes. The competition, promoted by Sean Katterle, was held in association with the NPC Ronnie Coleman Classic on Saturday, April 10th.

Making the move to the raw (no equipment) division at the Kings of the Bench meet, Mazza dominated the lightweight division (175.9 lb. & under). Weighing in at 175.2 lb., the New Jersey native pressed 450 (more than 2.5 times his weight) to take the \$1000 first place prize. In the Strict Bench for Reps division, Mazza pushed out 16 repetitions with 315 lb.—an amount equal to 1.8 times his bodyweight! Joe has been the captain of Team MHP since 2004.

Fellow Team MHP squad member Big Al Davis returned to defend his 2009 Kings of the Bench title and he did not disappoint. The 296 pounder blasted up 635 lb. to win the heavyweight category and a cool grand. In the 405 lb. Bench for Strict Reps contest, the Texas Titan came back to pump out a massive 19 reps to win another \$250 in cash and a \$250 gift certificate from HouseofPain.com. Big Al joined Team MHP in 2009.

The competition was aired on a live videostream on JustIn.TV, courtesy of MuscularDevelopment.com. Edited replays of the complete contest video will be available on the MuscularDevelopment.com website very soon. Additional video clips will also be posted on HouseOfPain.com's weightlifting blog and on YouTube.



**BRIAN SHAW**

**MHP STRONGMAN SHAW WINS GIANTS LIVE AND QUALIFIES FOR 2010 WORLD'S STRONGEST MAN**—MHP strongman superstar dominated the first World's Strongest Man qualifier of 2010—a prestigious event known as Giants Live—and came away with a crushing victory. Giants Live was held in Johannesburg, South Africa, on April 10–11th and a dozen of the top strongmen clashed for one of three shots at competing at the World's Strongest Man later this year.

Shaw won three of the six events contested, wowing the crowd of over 25,000 fans who attended the event. "The Mammoth" won the Keg Toss, African Stone Carry and the Atlas Stones on his way to overall victory.

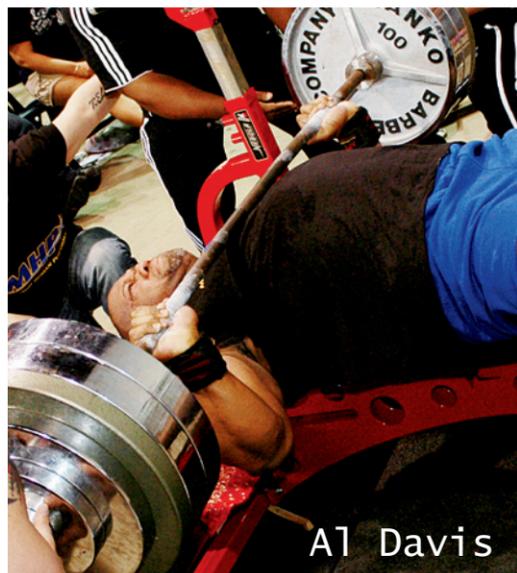
Brian will continue his preparation for the World's Strongest Man by competing in the Mohegan Sun Grand Prix on April 25th. Brian will face MHP Strongman teammate Derek Poundstone—a two-time winner of the Mohegan Sun—at this year's competition.

"The Mammoth" is a longtime MHP supplement user who claims Up Your MASS weight gainer—with chocolate fudge brownie being his favorite flavor—is key to keeping muscular weight on his massive 6'8" 390 lb. frame. He also uses Dark Rage pre-training and Dark Matter afterward for recovery. To keep his joints strong, Brian takes Releve joint formula daily.

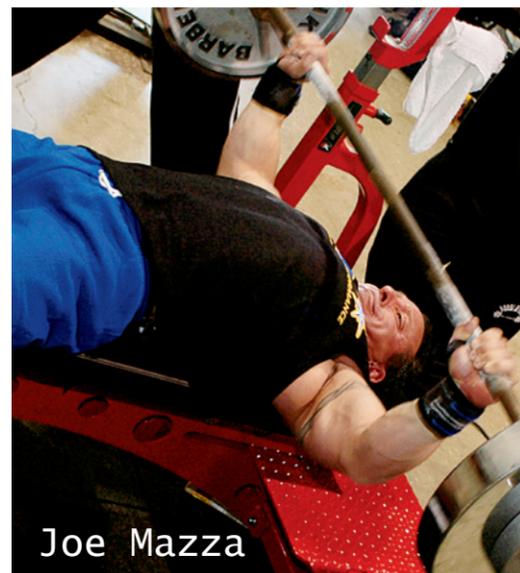
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The newest scientific research reports that the amino acid leucine is the anabolic powerhouse due to its major role in activating protein synthesis and stimulating a higher rate of muscle growth and repair via the mTOR anabolic pathway. This makes leucine the most critical BCAA for promoting overall protein synthesis for peak muscle building. BCAA 3300 utilizes a highly anabolic 4:1:1 branched chain amino acids ratio that contains four times the amount of the leucine to isoleucine and valine. The unique timed release delivery system provides a steady supply of these key BCAAs for up to 12 hours. This allows for a continual supply and maximum absorption and utilization of these critical aminos for superior strength and muscle building, anti-catabolic muscle protection, energy production and recovery over conventional BCAA formulas.

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**Joe Mazza**



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**GLUTAMINE-SR's** Micro-Feed Technology allows for an unprecedented 100% of L-glutamine utilization, maximizes anabolic/anti-catabolic effects and optimizes muscle growth and recovery. The exclusive and patented Micro-Feed Technology used in **GLUTAMINE-SR** utilizes patented technology to protect the L-glutamine as it is transported through the stomach, allowing 100% to be delivered to muscle tissue.

### FEEDS MUSCLE TISSUE FOR UP TO 12 HOURS!

The Micro-Feed Technology also increases bio-availability and utilization of L-glutamine by providing a controlled steady supply for 12 straight hours. This constant supply and replenishment of glutamine will keep you in an anabolic muscle-building state and prevent catabolism. **GLUTAMINE-SR's** 12 Hour Sustained Release Micro-Feed Technology has raised the standards in glutamine supplementation, making **GLUTAMINE-SR** the most bio-efficient and powerful glutamine supplement in the world!



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# BENCH PRESS VARIATIONS

as told to Powerlifting USA by Doug Daniels

When choosing assistance exercises for the powerlifts, I suggest you choose ones that provide the highest positive transfer of strength to the targeted lift; and for this month we will deal with the bench. The best way to accomplish that is to choose exercises that are the most similar to the bench yet still can provide different stimuli to the muscle groups involved. The cool thing is that this can be achieved by using variations of the standard bench press and do not require any equipment other than a normal flat bench and a power bar. These variations are the result of simply changing grip width on the bar, elbow position, bar path or range of movement.

The first variation of the bench entails altering your grip width on the bar. Grip width variations emphasize different upper body muscle groups for specific goals. A common competition bench grip is slightly wider than shoulder width. This width emphasizes the pecs, delts and triceps equally, more or less. By simply widening your grip, more emphasis is shifted to the pecs and away from the triceps. Before widening out too far all at once, I suggest widening your grip 1 inch on each side every 2-3 weeks. This will allow your muscles and tendons to become accustomed to a wider grip and develop the required flexibility and strength. Going too wide too quickly could result in an injury such as a pull or strain, take your time and increase gradually. You may notice some pec soreness after the first few workouts due to the new stress placed upon them. I suggest using a little less weight at first, as you may not possess sufficient pectoral strength to use the same weights with the wider grip. Lower your weights by 20 percent from your normal width grip bench. Before you know it, you will surpass your old narrower grip poundage. By adding more involvement from the larger and potentially stronger pectorals, you now are using more available muscle power to bench than relying on the smaller triceps to carry the load.

The flip side or narrowing your bench grip is another option. A narrower grip emphasizes your triceps while reducing involvement of the pecs. Too many lifters use a grip that is too narrow, some even going as narrow as touching their hands together in the middle of the bar—not a good idea. Any grip narrower than shoulder width does not work the triceps any better than benching with a shoulder width. Second, this narrow of a grip can cause a lot of pain on your wrists and shoulders. Lastly, you have far less control of the bar and can easily lose it, risking injury. A shoulder width grip is a win-win choice that provides maximum triceps stimulus, greater comfort and safety. Oh yeah, and you can use more weight.

Varying elbow position is the next bench variation. Positioning your elbows out at right angles from the body shifts more work the pecs. Flip-siding again, positioning your elbows close



The late Anthony Clark originally used a narrow grip to bench press his record poundages and then later converted to a reverse grip, yet another grip variation

to the body shifts the work away from the pecs and towards the delts and triceps.

The path of the bar can also be varied. Bar path is defined as where the bar hits on the chest. During a normal bench, the bar would hit the chest near the nipple area, which is the position of best power and leverage. Varying where the bar hits the chest enables different parts of the pectorals to be stressed. The incline bench press is relied on to work the upper pecs, but similar results can be achieved by lowering the bar higher on the chest, toward the shoulders, during a regular bench press. As with increasing grip width, don't go too high on the chest or heavy too quickly. Work into the weight gradually. Again, there may be some initial soreness due to the different stimulus on the pecs. I'll repeat the warning of not going too high on the chest. Some lifters lower the bar to the neck, which, of course, can be dangerous if they lose the lift. Always use a spotter while doing any bench presses no matter what variation. The reverse effect is gained when hitting the bar lower on the chest, more towards the waist. This variation targets the lower pecs, like decline benches. Neither of these variations requires any special benches and can be performed on a regular bench.

The last variation revolves around range of movement or in other words, limiting the range of movement to less than a full bench press. Pressing from the chest to one-half to two-thirds of the way up keeps tension on the pecs and builds power off the chest. Pressing from one-half to two-thirds of the way down to lockout switches the work to the triceps. The logical final range variation is pressing through the middle of the movement. This distributes

the load equally to all the muscle groups while providing continuous tension.

Several of these variations can be combined to tailor a bench workout that can fit whatever your goals are. For example, a lifter in need of more pec power would work wide grip benches with elbows out. For a final pump set, he would do partials from the bottom using the same grip and elbow position. For added variety, some sets could be performed high or low on the chest. Triceps can be targeted by using close (shoulder) width benches, regular benches with elbows in and benching from one-half way up to lockout.

One final recommendation on bench press safety I have is to not use the thumbless or false grip. This grip was perhaps made famous in the bodybuilding magazines of the 1970s. The California bodybuilders believed they got a better pump or feel with the thumbless grip. Please leave this to those golden boys! Benching while not having your thumb around the bar makes it more likely to fall out of your hand and on to you. I would bet most of the injuries involving a dropped bar could have been prevented by using a thumb grip.

The regular bench press is still your best choice for building power in the lift itself, but by simply varying grip width, bar path, elbow position or range of movement, the regular bench can be tailored to fit your individual needs without requiring any extra costly equipment or gym space. Since all these variations are hybrids of the bench, the positive strength transfer to your competition bench will be high. As with any assistance exercises, do not go overboard and perform too many extra sets. Sometimes choices can be too obvious and simple. <<



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## #97 THE W.A.R. HOUSE

as told to Powerlifting USA by Rick Brewer of House of Pain » [rick@houseofpain.com](mailto:rick@houseofpain.com)

First of all, sorry about the missing article last month. I was heading out-of-town to a powerlifting meet for HOUSE OF PAIN when the deadline arrived. Time was up, but now I'm back! Two months ago we talked about Weightlifting Unlimited, in Winchester, VA. I hope some of you went to their 20th BP meet! They have a really cool gym—in a state with several good power gyms. But now, it's time for new meat. I promised to tell you about a brand new state filled with hard-training monsters of the strongest type! So far, none of you have been able to guess which state it is! So we're going to do things a little different this month. We're going to blind-fold you on this gym tour, and see if you can tell what state we are in!

This month, we're going to visit "The W.A.R. House" and see how they do things in the new state. I'll give you a few clues, but I

won't tell you what state they are in. Not yet. We'll find out how smart you are! The bible is the final word on everything, so I'll let Andy Bible tell you about The W.A.R. House.

*My name is Andy Bible, and I have been volunteered by Willie Wessels to be the "public relations guy" for our gym. I will give you the background on it.*

*Willie, Rob Kolberer and myself were members of Eagle Gym for well over a decade each. Willie obviously had numerous guys training strongman with him, and Rob and I basically lead the powerlifting group. We were getting a little agitated with the way Eagle gym was being run the past few years (music could not be loud anymore with hard rock/metal playing, owner lost interest in our cause and people started to question the way we train—like with reverse bands, chains,*

*etc.) We finally had enough, and in August of 2009, removed all of Willie's strongman equipment, and all of Rob's powerlifting equipment—such as the pro competition bench, reverse hyper, kilo plates, chains, bands. I got us set up with an office space in a strip plaza about two miles from Eagle Gym.*

*We came up with the name "The W.A.R. House," which stands for Willie, Andy and Rob (couldn't name it RAW because some of the guys use gear). Since the move, we have purchased a brand new monolift, dumbbells and a refrigerator (for the water and gatorade). Willie has also hosted a strongman show there already, which was insane! You couldn't move when you walked in the doors, it was so crowded. Granted, it's not a big place, but the spectators and competitors loved it. The gym is not exactly open for the*

*public at first, due to the size, but we plan to expand and start selling memberships. Meanwhile, if you train strongman or powerlifting and are in town, you are more than welcome to come by and train. (Of course, you have to figure out what state they are in first! RB) We have already had some guys from out-of-state swing by to train. We are not well-known right now because we are pretty new, but we definitely welcome the hardcore powerlifter or strongman! There are no bodybuilders at The W.A.R. House either. (We don't have a pec deck, ab roller, or hip adductor. ALL of our training is strictly power/explosive or can be done with what we have in the facility.)*

*I know you know who Willie Wessels is and what his accomplishments have been in the past, but I'll give you a recap. He is most proud of his 2403 total in 1997. That was comprised of a 1004 squat, 661 bench (670 was his best ever), and a 799 deadlift. This total was a world record then, and he weighed 236. He has won World's twice, won Lightweight Amateur Nationals in Strongman twice, and won the Lightweight Pro Nationals*

*in 2004 in Strongman. He then went on to compete at the Lightweight World's Strongest Man in Finland in 2004.*

*Rob Kolberer has been competing in powerlifting for years and has competed on the national and world level. In 2008, he won the bench only master's division in the 308s—and was sick. Rob did not realize at the time, but he was suffering from kidney failure. That was his last contest to date, but he will be back. He is currently on dialysis and is awaiting a kidney transplant. Rob was also forced to go out on disability as a police officer from the City of St. John (municipality in XXXX County).*

*I am also a police officer in Overland, XX, which is another muni in XXXX County. I won the 2009 Chicago Summer Bash bench only in the 242s with a 601 second, and a just missed a 628, with a partially torn left shoulder. I also got the best overall lifter award (because Tommy Harrison Jr. and a couple other big cats bombed!).*

*Most of our powerlifting training is comprised of some methods used by B.I.G. Iron,*

*and some Westside, with a twist. With the knowledge between the three of us, we make it work very well. Thanks for the publicity Rick!*

**The W.A.R. House**  
2333 Lackland Road  
XXXX, XX  
314.267.0896

Big thanks to Andy Bible for this W.A.R. House Gym info! Okay class, can you tell me the city and state of this gym? If you get it right, you'll get a Gold Star and we'll look at another gym in the same new Iron-Power-State next month! If you guess wrong, we'll feature a Hardcore Gym from a different state before we take another look at this brave new frontier! Show me how smart you are!

Lift big, eat big, and sleep long. Be original and respect the legally trademarked names of other gyms and businesses (even if you live in CT).

Can you name the city and state yet? Email me at [rick@houseofpain.com](mailto:rick@houseofpain.com).



Mike Wortham doing a seated press at The W.A.R. House



Andy Bible benching off boards with the help of his W.A.R. House buddies (Andy Bible photos)

# DR. FRED HATFIELD PT. 2

as told to Powerlifting USA by Judd Biasotto, Ph.D.

A candid conversation with powerlifting's dynamic demigod, Dr. Fred Hatfield, on the state of powerlifting, performance enhancing equipment, his powerlifting records and his guarantee for future greatness in business and sports.

## INTRODUCTION

It's hard not calling Hatfield the greatest strength athlete who ever walked the face of the earth. He is unequivocally the greatest squatter who ever lived. His phenomenal career includes four World titles, over 100 world records, and countless international championships. He broke more than 30 world and national records in five different weight divisions, a feat never before accomplished by any athlete in any sport. Arguably he is the most complete power athlete in sports history, capable of providing super human performance in every power movement known to man.

**Dr. Judd Biasotto:** What is the BEST powerlifting related idea you ever came up with?

**Dr. Fred Hatfield:** Wow, this question covers a tremendously broad spectrum! I have had so many crazy ideas, so many brilliant ideas, so many truly goofy ideas, folks. But only a few were ever actually implemented.

Strictly related to powerlifting, right? Okay. I'd give ANYTHING to be able to show the powerlifting world all of the rules changes I recommended which were subsequently adopted! Any of you guys who were on the committee back in the old days have a copy of them? Too bad. But I KNOW you remember them! Folks, one night in the way-back, in the mistpast, in the days that people actually gave a damned for this sport, I was on a roll! I was on the phone with ten of the most powerful people in the powerlifting world, and I had them in the palm of my hand! I was eloquent! I was compelling! I gave them bounteously of my love for this sport! I was also somewhat drunk, and therefore uninhibited.

But I KNOW that you remember everything I said! Otherwise, you would not have, on the very next day, called an emergency meeting of the entire committee to RESCIND all that we so brilliantly agreed to the night before! Makes me think y'all were the ones who were drunk that night!

I say this because it may well be the ONLY time in my life I ever did anything of worth for this sport! You see, folks, I have walked the edge of madness. Truly! As many of you, I understand madness and embrace it. It is a part of the human experience. There is nothing on this earth that makes sense because it is all an illusion. I offer this explanation in support of my belief: in my life, I have had worthless epiphanies, illegible notes written in the middle of the night that were, upon my



Dr. Fred Hatfield with Markus Schick at the '10 Arnold Classic (Gundula von Bachhaus photo)

return to consciousness, of no worth whatsoever; and pointless discussions with myself because others would have become bored or lost. At some points in my life there was nothing worth remembering, and nothing so complex that I could not comprehend it, and therefore to be summarily forgotten.

But not on THAT night! Powerlifting, in my mind, was BORN on that night! Then it died on the next. You can reawaken it. With love. Only love.

**JB:** What was your relationship with Joe Weider like, and how did he feel about powerlifting as a sport?

**FH:** When I worked for Joe Weider, I learned an important lesson. Tell your boss the TRUTH, no matter the consequence. BILLIONS of dollars were at stake! It got me a vice-presidency that was answerable ONLY to Joe! Even the PRESIDENT of the company couldn't trump my word to Joe. I have always worshipped truth. Always will. Truth will always make you free.

That was my relationship with Joe. I could regale you with stories and stories! You know that! But like photographs in your mind (because you left your camera at home), these stories are mostly remembrances—not to be displayed openly to the world.

I will tell you this, however. Joe was a closet powerlifter! See, folks, back in the old days of our sport, when I got my start, powerlifting was contested as "odd-lifts" during a bodybuilding competition. Doing various feats of strength was a way of entertaining the crowd during an otherwise boring display of guys climbing up on a table with a light bulb

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This is in response to Dr. Hatfield's bashing of today's lifting/lifters. With all due respect, you give us, the next generation, NONE.

I will talk only from personal experience. I began playing tennis in 1979 with an old wooden racket. I remember getting my first T-3000 (I think it was called) metal framed racket with the little head, like Jimmy Connors played with. There was an amazing improvement in my game once I got used to it! Then the graphite generation came with oversized heads such as the Head Director and Prince rackets like Andre Agassi and Michael Chang were using in the late '80s to early '90s. Now, in the 21st century, the rackets are absolutely amazing! My racket is a Wilson Hammer 6.2 Stretch System. (Doesn't sound too different from Inzer Extra High Performance Heavy Duty, ha ha.) Serena Williams played with one of these—need I say more. I can blast flat/inside out serves at over 100mph, hit the most amazing top-spin forehands and slice backhands that weren't even conceptualized by the tennis community until Bjorn Borg began the "top-spin" era in the '70s—but there is such a mutual respect amongst the tennis champions from the past and the present. I've never heard anyone complain about the progression of racket technology, string tension or type, or the fact that the top players show up with 8 rackets to a match! (Show up with 8 shirts, who cares!) It's a trickle UP affect, and I say respect exists in sports because of the respect between the individuals who make up the sport.

I prefer to compete in the UPA or the APF because you can choose to lift however you want. Walk it out or not, drugs or not, gear, lots-o-gear, or raw... whatever! I like that! And I like to train raw, single-ply, and mutiple-ply—these are in the rotation as part of the next generation's hybrid, conjugate periodization system.

Disrespect breeds disrespect, but please don't rain on my parade! I love lifting as it exists! Denim is like increased horse power in motorcycle technology each year. Briefs are like better basketball shoes which increase capability yet absorb impact and decrease wear and tear on the body. Canvas is like a modern NFL helmet vs. the old leather ones. Trust me, you can hit a hell of a lot harder with a new one! (I played both rugby and football in high school and you can hit with way more force in a helmet!) Westside and EFS have paved the way for a whole new generation.

I had held you, Dr. Hatfield, in the same regard as Louie Simmons or Dave Tate, as a purveyor of strength knowledge. In fact, I've owned the book POWER The Scientific Approach and a Safety Squat Bar for 15 or 20 years. But after reading this interview you sound more like an old man stuck in his ways rather than an ex-champion passing on the torch to the next best up-and-coming champions.

Tennis greats from Rod Laver, Bjorn Borg and Johnny Mac, to Pete Sampras, Andre Agassi, Roger Federer, and Rafael Nadal (to name just a few) show nothing but respect for each other, yet equipment and technique advances in the sport of tennis and in all sports has been staggering. No different than powerlifting.

With all due respect, Deric Stockton, Owner Core Strength RX, Elite PLeR



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## THE MHP LIBERTY STRONGMAN CLASSIC RETURNS FOR THE EIGHTH YEAR

**'WORLDS STRONGEST MAN' STAR BRIAN SHAW JOINS LINEUP**—For the eighth consecutive year, the Delaware Valley will be treated to the sport of strongman at its highest level as the MHP Liberty Strongman Classic (presented by the U.S. Army) returns with a world class lineup on the July 4th weekend. Approximately \$15,000 in cash and prizes will be at stake and at least five competitors from the famed World's Strongest Man TV competition will take part in this year's competition.

The 2010 lineup features Denver resident Brian Shaw. The former Division I basketball player (South Dakota) finished on the podium at the 2009 WSM in Malta and won the WSM Super Series overall award for 2009. Also returning to defend his 2009 Liberty Strongman title is John Conner, who also placed in the top three of the Olympia Strongman Challenge.

This year's show will be the most grueling ever—three locations, six events (including two bone-crushing medleys) and the East Coast July heat will push these gravity fighters to the extreme.

### EVENT SCHEDULE

**Friday, July 2, 2010:** Katmandu – 50 River View Plaza Trenton, NJ 08611 (609.393.7300). Two events – *Overhead Log Press* for repetitions. These incredible strength athletes will clean and press a 305-pound log overhead for as many reps as possible—veins will be popping! *Hummer Tire Dead Lift*. You think you've seen deadlifting. Why use regular old gym lifting plates when you can make it crazy with real Hummer tires weighing in at over 125 pounds each. With the "Last Man Standing" format, the lifts could reach over 1,000 pounds!

**Saturday July 3rd or Sunday July 4th:** Welcome America! Tens of thousands of fans pack Benjamin Franklin Parkway in front of the world renown Art Museum each day to check out the festivities. Last year, the Philadelphia Inquirer said the Strongman Show "ruled" the Parkway—and it did. This year, three full events including two grueling medleys, will test these world class athletes—many from the "World's Strongest Man" television show—to the limit on Saturday. The events are the *Conan's Wheel* (650 pounds), *Tire Flip* (900 pounds)/*Sled Drag Medley* (1,200 pounds) and the *Shield Carry* (400 pounds)/*Car Deadlift Medley*.

**Sunday July 4th:** Trenton Thunder Minor League Baseball game. Great Eastern League action will be followed by the *Atlas Stones Challenge*. A standing-room-only crowd of over 9,000 fans will rock Waterfront Park in a strongman showcase that is now a legendary event around the world.

The confirmed competitor lineup includes:

**Gerard Benderoth:** 5'11", 370 pounds, New York long time American professional, former New York City Police Officer and September 11, 2001, first responder to the terrorist attacks on the World Trade Center.

**Nick Best:** 6'2", 330 pounds, Las Vegas Arnold Classic competitor, competed in world championships in 2007.

**John Conner:** 6'6", 360 pounds, Kansas City, MO, defending Liberty Strongman champion.

**Karl Gillingham:** 6'2", 308 pounds, Minneapolis, MN, 3x "World's Strongest Man" competitor.

**Steve MacDonald:** 6'2", 310 pounds, Pittsburgh, PA, former American champion and Arnold Classic competitor.

**Rob Meulenberg:** 5'11", 300 pounds, from Maine, former Philadelphia area resident, American professional.

**Brian Shaw:** 6'8", 390 pounds, Denver, CO, third place at the 2009 "World's Strongest Man" in Malta, 2009 WSM Super Series overall champion.

**Josh Thigpen:** 6'4", 300 pounds, Houston, TX, 2x "World's Strongest Man" competitor.

**Glenn Ross:** 6'1", 400 pounds, Ireland, 3x "World's Strongest Man" competitor.

**Steve Kirit:** 6'2", 265 pounds Pittsburgh, PA, 3x "World's Strongest Man" competitor.



Gerard Benderoth and the Phillies mascot



John Conner and Philadelphia's finest

In addition, the winner of the June 6th Amateur Show at Summit Sports Training Show in Villanova June 6, 2010, will be invited to compete in the MHP Liberty Strongman Classic. Referees are former professional strongmen Walt Gogola and Mark Keshishian.

For inquiries contact promoter Al Thompson, 267.254.4614; courtesy Steve Downs, MHP Marketing Director, 973.785.9055, sdowns@maxperformance.com

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### 2010 ARMED FORCES CHAMPIONSHIPS

★ ★ ★ ★

Rear Admiral Hal Pittman of the U.S. Central Command and R.A.W. United President Spero Tshontikidis would like to invite federation leaders to unite for the first ever, all RAW, multi-sanctioned, Armed Forces Championships on September 11-12 at MacDill Air Force Base in Tampa, Florida.

The contest will be FREE, and is open to active duty personnel, reservists, guardsmen, and armed forces veterans. In addition, students attending a military school and/or actively participating in a military program (ROTC, Sea Cadets, etc.) are eligible to compete.

Federation leaders/military lifters interested in learning more can contact Spero at rawunitedinc@gmail.com or 321.505.1194.

The complete proposal can be viewed at [www.rawunited.org](http://www.rawunited.org). As a result of this publication, the deadline for federations to submit the proposal's "Letter of Intent to Participate" has been extended to Saturday, June 12 to be a part of the sanction and support America's true heroes. Entry forms and Rules of Performance will be available on June 14.



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# DAVE HOFF

as told to Powerlifting USA by Curt Dennis Jr. of Critical Bench

**Critical Bench:** Hi Dave. Thanks for doing the interview. Tell us about yourself.

**Dave Hoff:** I'm Dave Hoff and I'm 21 years old. I was born, raised and live in Columbus, OH.

**CB:** What are your best PRs right now?

**DH:** I compete in two weight classes—242s and 275s. My current my best lifts at 242 are a 1025 squat, a 785 bench press, a 790 deadlift and a 2600 lb. total. In the 275s, my best lifts are a 1015 squat, 825 bench press, 800 deadlift, and a 2615 lb. total.

**CB:** How long have you been into powerlifting?

**DH:** I've been powerlifting for about seven years now. I started as a pup.

**CB:** Tell us about your childhood and how you got into powerlifting?

**DH:** I had a great childhood. I have very supportive parents who always encouraged me to do the best I could. I have two brothers and two sisters. I got into powerlifting when I started messing around with weights in—if you can believe it—probably around 4th grade. I always wanted to be the strongest kid in my class, so I started lifting weights. Then from there, I would say around junior high, I started training with the football team. That's where I had my first max out and from then on I was hooked on lifting. From there I lifted in a little gym called Murph's in Grove City, Ohio, where I met a guy named Travis Fletcher. He had this crazy thing I had never seen before—a bench shirt—and he was benching like 500 lb. I was amazed. I was like, "I want to do that!" Who the heck doesn't want to bench 500 lb.? So from there I trained with him for two weeks, then I was brought to Westside Barbell at the ripe old age of 16—and that's how my powerlifting career began.

**CB:** Who did you look up to when you were coming up as a powerlifter?

**DH:** Hands down Chuck Vogelpohl. The first time I ever saw him compete was at the Arnold Classic. The guy is so freakin' intense and has power and explosiveness unlike anyone else on earth. That man is a one-of-a-kind specimen! From the second I saw him walk out, I wanted to be just like him. I don't know any other 40 plus year olds that are still breaking all-time world records. He's done it again and again. Over the course of 20 years he's had the 220 world record squat and currently has the 242 world record squat and has also broken the 275 world record squat, not to mention 800+ deadlifts in all three of those classes and a monster 2605 total. Simply one word can describe him and it's a FREAK. My whole career, that's who I have tried to be like because in my opinion he's one of the best ever. I still look up to him to this very day.

**CB:** What is the craziest thing you have ever seen at a powerlifting meet?

**DH:** Fortunately for me I have had the privi-



Dave Hoff of Westside Barbell benching big

lege to train at Westside Barbell with some of the strongest lifters on the planet for my whole career, so I've been at a lot of meets and seen a lot of strong lifters. I will just throw out a few because I have seen a lot of crazy stuff. The one that stands out the most is Chuck Vogelpohl's 1150 squat. It was the fastest 1100 plus squat I have ever seen. You couldn't have dropped it any faster. Also his 1140 at 242. Some others are Andy Bolton's 971 deadlift, Vlad Alhazov's 925 deadlift and 1250 squat, Chuck Fought's 900 lb. deadlift, Frankl's 850 bench at 198 and that crazy 2630 total at 198; DANG SHAWN LET THE FAT GUYS CATCH UP! Probably one of the craziest benches I've seen was Jason Fry's 770 at 198 and Rob Luyando's 948 at 275.

**CB:** What would you say to a novice lifter or to a lifter who's just starting out in powerlifting?

**DH:** Set goals and take small but consistent steps to reach your goal; don't get caught up in a number. Just do what you can do and build up, be smart and stay injury free. It's hard to make any kind of progress with an injury.

**CB:** Do you have a favorite out of the three or is it all three lifts?

**DH:** When I first started out I hated squats because I knew nothing about it, but as I have gone through the sport I like all three. If I had to pick one I would say it's the squat because that is my biggest number.

**CB:** What are your goals and when is your next meet?

**DH:** My first goal is to be number one. I would like to achieve an all time world record. After that I would like to jump a class and have multiple world records at one time. Also, I want to be number one at Westside Barbell. I just did a meet on December 5, so I think I will take a little time and let my body heal. I'm planning on the IPA Worlds in York, Pennsylvania, in the summer of 2010.

**CB:** What are the challenges of coming up as a powerlifter?

**DH:** There are a lot of challenges. I personally have faced a lot of adversity. A lot of negative people—we call them haters—are always out there and have nothing good to say about anyone or anything. Also you have to deal with numbers changing. As soon as you think you are there, someone comes out of nowhere and sets the bar higher. So, you



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# DEADLIFT TRAINING

as told to Powerlifting USA by Louie Simmons » 614.801.2060 » www.westside-barbell.com

Paul Childress said that a big squatter is not always a big deadlifter, but a big deadlifter is almost always a big squatter. How do you build a big deadlift if you weren't born with one? Ernie Frantz always said that to increase your deadlift, you should just deadlift.

Westside has always relied on a lot of special exercises, but we have done more deadlifting in the form of speed pulls in the last few years. After the speed day for squatting, we will do multiple sets of deadlifts off the floor with bands over the bar. We have always done a lot of rack pulls on max effort day, but in 2007, we started doing rack pulls with bands—a monster mini alternated with light Jump-Stretch bands. They are quadrupled up to produce a large, fast-acting accommodation of resistance. This style of rack pulling is done for max effort work, working up to a max single, but also for up to 10 sets of 3–5 reps done with a conventional stance. The multiple sets are done after speed squat sets. This has added up to 15,000 pounds of volume in the precise deadlift muscles. I just pulled a 670-pound deadlift. My max band pull with the plates 4 or 6 inches off the floor is 430 with light bands and 530 with monster mini bands.

Luke Edwards' best is 585 pounds with light bands and 675 pounds with monster mini bands. Luke's total volume can approach 20,000 pounds of work. The system builds a strong lock-out, a powerful start, and a very strong grip. Luke has an 840 official deadlift at around 260 pounds, a 920 squat, and a 2226 total. The bonus is that his squat form has changed to a more mechanically effective method that pushed his 920 squat to 1025 at the same 242 bodyweight. His deadlift program is to alternate the pause sets of 3–5 reps in the power rack with ultra-wide sumo band pulls off the floor. A test of progress is to pull real weight off the floor ultra-wide, wider than a normal sumo stance, or pull in a rack off low pins. Luke has made 705 pounds for 3 reps ultra-wide and 805 pounds with the plates 2 inches off the floor and 845 pounds with the plates 4 inches off the floor. The multiple sets with bands in the power rack for 3–5 reps with a conventional stance are a builder. So are the ultra-wide deadlifts with bands, with feet to the plates, for not only the deadlift but also the squat. They do this by building all the crucial muscles that increase the squat.

The ultra-wide sumo with just bar weight is a tester. The rack pulls with plates off the ground 2 ½, 4 ½, or 6 ½ inches are also a tester. By doing this style of training there is little emotional stress. It is truly a training max. Many times one becomes too psyched up, which leads to a long recovery time emotionally, especially if you miss a lift. After deadlifting, Luke will do 4–6 sets on the Reverse Hyper



Luke Edwards puts in some serious training time to get his big deadlifts

machine. He will alternate glute/ham raises with heavy weight for 4–8 reps with doing 200 leg curls with 10 or 20-pound ankle weights. The high reps will build and thicken the ligaments and tendons.

To withstand the high volume/high-intensity training, sled pulls play a large role in Luke's training. He uses heavy weight early in the week to build absolute strength in the legs, back, and hips. Monday is max effort day. The weight is decreased during the week's training, and the trips are increased. This will build strength endurance. Late in the week the sled pulls are lightened again for restoration or a warmup for Friday speed development day. The sled pulls are done for 60 yards. The heaviest weights are done for 6–8 trips. The moderate sled pulls are done for 8–12 trips, and the lightest pulls on Thursday or Friday are again done for 6–8 trips. The heavy pulls are

done immediately after the barbell work. After the light pulls on Friday he is ready to squat. Luke does a lot of leg raises, and he also does sit-ups with a 6-inch foam roller under his low back. Side bends conclude his ab work.

Remember Friday speed squats are done for 6–8 sets on average for doubles. Speed pulls are done in a rack with a conventional stance with 250 or 350 pounds of band tension. The weight ranges from 315 to 405 pounds for 6–10 sets of pause reps for sets of 3 or 5 reps. He will alternate the rack work with ultra-wide sumo pulls with his feet out to the plates. This makes Friday's workout a very high volume/moderate intensity workout that can be over 20,000 pounds. On max effort day Luke will alternate good mornings with low special-bar squats or a max rack pull. Here are his best pulls: 805 pounds 2 ½ inches off the floor; 845 pounds 4 ½ inches off the floor, and 875

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## RAW UNITED NATIONALS

DEC 4-6 2009 » Melborne, FL

Ironman	SQ	BP	DL	TOT	(40-44)	(10-11)
<b>FEMALE</b>					S. Davis	190 115 240 545
<b>97 lbs.</b>					(14-15)	
(10-11)					S. Shores	212 105 185 502
A. Dougherty	115	75	160	350	T. Bartusek	142 67 185 394
		4th-DL-167			<b>165 lbs.</b>	
					(20-24)	
<b>105 lbs.</b>					A. Sotomayor	172 102 205 479
(14-15)					<b>198+ lbs.</b>	
M. Douglas	122	72	192	391	(35-39)	
L. Crowley	80	62	147	289	F. Vipperman	147 97 205 449
<b>114 lbs.</b>					(30-34)	
(50-54)					S. Deutsch!	— 105 182 287
L. Biser	135	55	215	405	4th-BP-115	
L. Watson	—	80	—	—	<b>MALE</b>	
<b>123 lbs.</b>					(7 & Under)	
(18-19)					G. LeCount!	25 27 65 117
B. Levels	85	60	135	280	(10-11)	
K. Audet!	165	92	240	497	B. Levels!	112 72 172 356
(14-15)					<b>123 lbs.</b>	
P. Lynch!	195	125	215	535	(12-13)	
<b>132 lbs.</b>					C. Melchiori	85 70 175 330
(25-29)					(75-79)	
Woodworth!	215	140	280	635	R. Crawford	— 135 — —
(30-34)					<b>148 lbs.</b>	
L. Wright	190	120	270	580	(20-24)	
<b>148 lbs.</b>					T. Gerhauser!	— 215 — —
(14-15)					(18-19)	
S. Davis	190	115	240	545	N. Twyman	— 215 245 460
(14-15)					4th-DL-260	
T. Bartusek	142	67	185	394	(16-17)	
<b>165 lbs.</b>					J. Douglas	207 140 302 649
(20-24)					<b>165 lbs.</b>	
A. Sotomayor	172	102	205	479	(75-79)	
<b>198+ lbs.</b>					B. Tinkler	— 215 330 545
(35-39)					(50-54)	
F. Vipperman	147	97	205	449	T. Conyers!	550 380 620 1550
(30-34)					(35-39)	
S. Deutsch!	—	105	182	287	E. Talmant	450 285 565 1300
4th-BP-115					T. McCoy	— 320 385 705
<b>Raw</b>					(20-24)	
<b>97 lbs.</b>					J. Ianno!	340 280 500 1120
(10-11)					(18-19)	
A. Dougherty	115	75	160	350	Tshontikidis	300 215 435 950
		4th-DL-167			<b>181 lbs.</b>	
					(55-59)	
<b>105 lbs.</b>					M. Teuchert	370 255 480 1105
(14-15)					(50-54)	
M. Douglas	122	72	192	391	Tshontikidis	275 200 305 780
L. Crowley	80	62	147	289	(30-34)	
<b>114 lbs.</b>					J. Najjar	405 250 460 1115
(50-54)					(25-29)	
L. Biser	135	55	215	405	D. Fullington	385 265 450 1100
L. Watson	—	80	—	—	(20-24)	
(10-11)					D. Brown	375 350 455 1180
B. Levels	85	60	135	280	<b>198 lbs.</b>	
<b>123 lbs.</b>					(60-64)	
(40-44)					Bob Gaynor	— — 555 —
D. Graham	135	92	205	432	(50-54)	
(18-19)					Pete Classon	— 262 315 577
K. Audet!	165	92	240	497	(40-44)	
(14-15)					T. O'Brien	440 325 475 1240
P. Lynch	195	125	215	535	W. Kermer	365 250 455 1070
<b>132 lbs.</b>					(30-34)	
(75-79)					D. Picquet	400 315 550 1265
B. Fauls	—	—	150	—	G. Poole	430 275 450 1155
(70-74)					(25-29)	
A. Drake	—	—	135	—	R. Dyson!	480 380 580 1440
(65-69)					(20-24)	
D. Souder	—	—	150	—	C. Clark	515 335 535 1385
(50-54)					(16-17)	
M. Quinn	115	125	210	450	D. Barnett!	475 295 510 1280
(30-34)					(75-79)	
L. Wright	190	120	270	580	V. Lombardo	— 170 — —
C. Soto	125	75	205	405	(40-44)	
(25-29)					L. Betts	375 385 465 1225
Woodworth!	215	135	280	630	<b>242 lbs.</b>	
<b>148 lbs.</b>					(20-24)	
					C. Owen	187 127 240 554
					(35-39)	
					G. Prince	565 385 — —
					(30-34)	
					Z. Hichri	585 375 700 1660
					<b>242 lbs.</b>	



Universal Power & Fitness owner Zied Hichri with a 585 lb. squat

(60-64) L. Bucchioni — — 455 —  
 (50-54) D. Bartley 530 320 525 1350  
 4th-DL-550  
 G. Morning 425 — 425 —  
 (45-49) Steve Ferris 335 335 340 1010  
 (16-17) C. Owen 187 127 240 554  
**275 lbs.**  
 (65-69) R. Cerrato 445 325 405 1175  
 (50-54) M. Francis 735 385 770 1890  
 (40-44) J. Jacobs 700 430 700 1830  
 (20-24) K. Morris 550 400 635 1585  
 C. Stellfox 530 325 550 1405  
**308 lbs.**  
 (50-54) B. Kissel 575 450 625 1650  
 (40-44) E. Dela Torre — 530 — —  
 (30-34) !=Best Lifters. Ironman Mixed Champions; the Gym. Raw Mixed Champions: Evolved Athletics. Venue: West Shore Jr./Sr. High School. Who do you lift for? Praise God, we had an awesome weekend of lifting at the 2009 R.A.W. United National Championships! Held at West Shore Junior/Senior High School in Melbourne, Florida, the contest drew many of the sport's great names as we raised funds for the brave men and women of the United States Armed Forces. Please say a prayer for our troops and their families may God continuously watch over them! Tony Conyers prayed over the competitors and spectators before the meet began, and he proceeded to rock the platform with lifts of 550, 380, and 620 at a bodyweight of just 161.5 pounds! His 1550 pound total was 9.59 times his bodyweight, affording Tony Raw Best Lifters honors for Session I. Lake Worth, Florida's Johnny Ianno, an up and coming junior powerhouse, weighed in at just 153.3 and nailed a 340 squat, 280 bench, and 500 deadlift in the Ironman Division. Johnny had a flawless day, going nine for nine and totaling 7.53 times his bodyweight to take home the Ironman Best Lifter award in Session I. Danny Aguirre of Evolved Athletics in Fort Myers, Florida took the 181 pound class crown with his 1295 total, and Port Saint Lucie, Florida's Tim O'Brien (representing World's Gym) was the



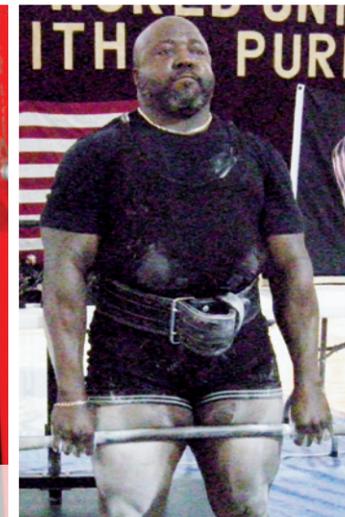
Ironman Best Lifter Johnny Ianno with a record 500 lb. DL



Ironman Best Lifters (L-R) Kathleen Audet, Gavin LeCount & Presley Lynch

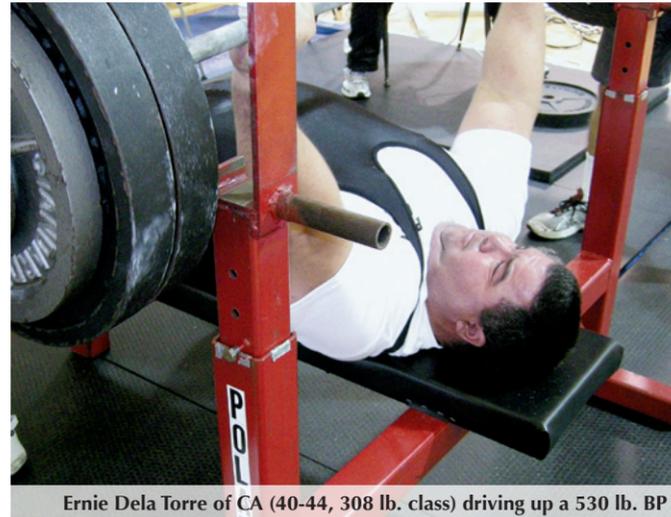


RAW Best Lifter Tony Conyers nailing a 550 lb. SQ for a 1550 total in the 165s!



Michael Francis of Orlando, FL, (RAW, 50-54) en route to his 1890 lb. total in the 275s

top finisher in the 198s during Session I with his 1240 total. Universal Power & Fitness owner Zied Hichri moved big weight in the 220s, going 585, 375, and 700 to post the class' biggest total. Armed Forces veteran Darrell Bartley took the 242s with his 1375 total, and the 275s saw great battles between UPF lifter Michael Francis and Florida RAW Dog James Jacobs, as well as between junior lifters Ken Morris and Curtis Stellfox. Michael finished out on top with the meet's biggest total at 1895 pounds with James one lift behind at 1830. Ernie Dela Torre flew in from Whittier, California to post one of the federation's biggest bench's at 530 pounds, and Brian Kissel (50-54, Raw) hit lifts of 575, 450, and 625 to take the 308s. Session II spectators witnessed junior Corey Clark (20-24, 198) Capture Ironman Best Lifter honors after nailing a 515 squat, 335 bench, and 535 deadlift. Corey's 1385 total was 6.99 times his bodyweight, and he looked very capable for breaking 1400 the next time he steps on the platform! Masters Champion Michael Teuchert of Evolved Athletics had an awesome day, going 8 for 9 in the 181s to finish at 1105, and teammate Darian Barnett nailed lifts of 475, 295, and 510 to capture RAW Best Lifter honors. Darian just turned sixteen, and continues to improve with each contest. Ten-year-old Adrian Dougherty of Evolved Athletics and Claxton, Georgia's Ryan Dyson proved to be the crowd favorites in Session III lifting. Adrian hit records lifts of 115, 75, and 167 in the 97 pound class to take home the Ironman Best Lifter award, while Ryan went 480, 380, and 580 in the 25-29, 198s to secure the Raw Best Lifter award. Sarina Woodworth, also of Evolved Athletics, Took Raw Best Lifter honors for the women, totaling 630 on lifts of 215, 135, and 280 in the 25-29, 132s. Teammate Lyndsay Wright captured Ironman Best Lifter honors with her 580 total on lifts of 190, 120, and 270 in the 30-34, 132s. Finally, Brandon Levels (10-11, 88s, Ironman) of the Gym and Brett Benedix (12-13, 132s, raw) of World's Gym in Port Saint Lucie posted the largest totals on the men's side to capture the Best Lifter sculpture in their respective divisions. Session IV lifting saw the meet's youngest (Gavin LeCount, age 5, from the Gym) and oldest competitors (Betty Fauls, age 78, from Universal Power & Fitness) on the platform. Gavin went 8 for 9 en route to his 117 pound total, while Betty celebrated her 78th birthday by pulling 150 pounds in



Ernie Dela Torre of CA (40-44, 308 lb. class) driving up a 530 lb. BP



Sarina Woodworth (25-29) of Evolved Athletics finished on top in the 132s with her 630 total

the 132s! Kathleen Audet of the Gym and Presley Lynch of Evolved Athletics registered the session's biggest totals and won Best Lifter honors in their respective divisions; both girls will be representing the federation at the 2010 RAW Unity Meet. Many thanks to Pete Classon, Anthony DiBiase, Jared Goode, Wolfgang Kermer, Rick Melchiori, Steve Shores, Bryan Stellfox, and Yanni Tshontikidis for spotting and loading; Danny Aguirre, Bill Beekley, Bob Gaynor, JD Gaynor, Sam Gough, Denise Graham, Caryn Tshontikidis, and Yanni Tshontikidis for judging; Denise Graham, Brian Kissel, and Mike Roben for announcing; Sam Gough and Sheila Owen for scoring; Chris Melchiori and Marie Pritzl for expediting; Amanda Graham, Charles Owen, and Genna Owen for managing the Dollar Store; Sir Charles Venturella for the awesome eagle sculptures; Glenn Nichols and JNG Enterprises for the incredible contest shirts; and Derek Snyder of Lumberjack Printing for allowing us to utilize the American flag design in the contest shirt! Finally, and most importantly, thanks to our military heroes and their family's for their service and selfless sacrifice, and to our Lord and Savior Jesus Christ for the salvation that only He offers!



National Champions (L-R) (back row) Michael Francis & Zied Hichri of Universal Power & Fitness with (middle row) UPF lifters Betty Fauls (75-79), Andrea Drake (70-74) and Diane Souder (65-69) and (front) The Gym's Gavin LeCount (age 5)

» results and photos courtesy of Dr. Spero Tshontikidis

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as told to Powerlifting USA by Team MuscleTech



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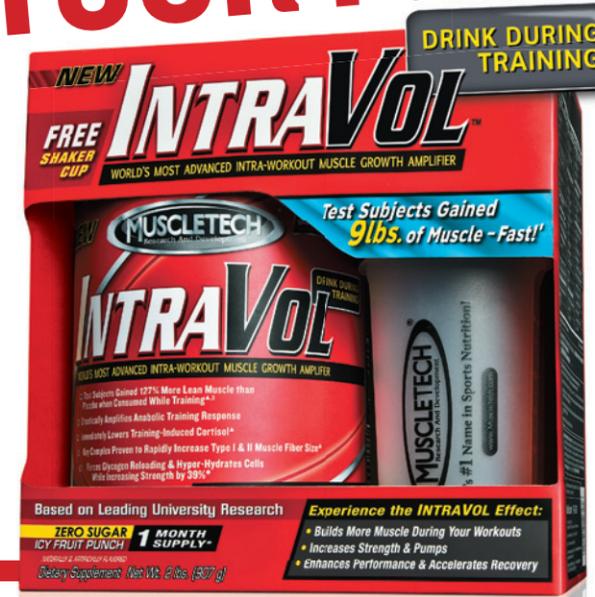
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## MARILYN MONROE, THE RAT PACK, ROBERT DE NIRO AND... THE WESTSIDE BARBELL CLUB

as told to Powerlifting USA by Ron Fernando » rfern2000@aol.com



The Muscle Beach Club in 1960 with the Original Westside Barbell Club founders Joe Di Marco and Bill "Peanuts" West

*Introduction music: theme from Jaws. With special thanks to Joe Di Marco, co-founder of the Original Westside Barbell Club.*

No, this is neither a prelude to a chapter in Ripley's *Believe or Not*, nor the headline on your favorite Supermarket Tabloid—right under "How an Alien from Mars taught me how to Bench Press"—but it should be. And, yes, I am 100% sober as I write this piece, though learning about parts of it would make almost anyone, even a nondrinker like me, want to take a little "nip" of the Old Crow—just to steady the nerves y'know. The following is all 100% true.

So, what on earth does one of cinema history's iconic actresses, a symbol of tragic beauty and glamour combined with the likes of the famed "Rat Pack," not to mention the great Academy Award winning "Raging Bull" Robert De Niro have to do with the Westside Barbell Club, anyway? Well, as Lee Corso of ABC Sports would say, "Not so fast my friend." Not THE Westside Barbell Club—you know the one in Columbus with the

literal army of World Record Holders and the World's foremost authority on powerlifting, Louie Simmons—but the other Westside Barbell Club, the Original Westside Barbell Club that started in a \$8 a month hellhole garage way back in 1958. This story is about the gestation of a system of strength training that lives on today, pioneered by a bunch of wild living, hard partying non-conformists who lived on and sometimes way over the edge, and whose unique lives intertwined with people and events in history that still touch us today. Every one of these guys marched to the beat of his own drummer, society be damned. If nothing else, this article proves once and for all the theory of "Six Degrees of Separation"—you know, the one that refers to the idea that if a person is one step away from each person they know and two steps away from each person who is known by one of the people they know, then everyone is at most six steps away from any other person on Earth. Huh??? Okay, take a moment to digest this now. Based on this theory, one way or another (and as bizarre as it

may sound) Louie Simmons of today's Westside Barbell Club is somehow, someway, connected to Marilyn Monroe, who was connected to a close friend of one of the icons of the original Westside Barbell Club. By now, I just may have caught your attention, so read on if you dare.

And by the way, I can also prove to you that the Original Westside Barbell Club's squatting techniques were taught at another gym long before the famous Broad Street Gym in York, PA, home of Bob Hoffman's York Barbell Club. What? The longstanding bitter opponent to powerlifting (at least early on) was the actual inspiration of the original Westside gang? A couple of more facts: that somehow, someway, the great De Niro was deeply connected to the Westside Barbell Club, and was utterly beholden to the Club (or one of its member's) for one of his many Academy Award nominations and as a final topper, one of the Club's first members was intimately involved in the maintenance of the National Security of the United States—despite being continually rousted by the local cops for vagrancy and public inebriation. See, this is why power history is more—a whole lot more—than just a bunch of grainy black and white pictures of big guys in flimsy singlets (or plain old swim trunks) squatting big weights using nothing more than a thin belt and penny loafers. Power history, as I found out during my research for this particular article, is but a small part of the epidermis of history itself. It is unquestionably and inexorably linked to the heart of history. Once again, remember the theory of the "Six Degrees of Separation." Now, I have always prided myself on knowing my power history, but what I am about to share with you may shock even the most jaded of experts. I know a lot of it shocked me.

As most of you folks may probably know, the Original Westside Barbell Club was the brainchild of William Weiss, a former bodybuilder, who changed his name to "Bill West"—apparently anti-semitism was alive and well, even in the liberal enclaves of West Los Angeles—so he could more easily crack the unforgiving shell of "The Business," i.e. Hollywood, as a comedian and actor. Young William was quite the jokester, and claimed he had a "Ph.D. from the streets." He started life in cold and dreary Pennsylvania, and didn't pick up a weight until he was around 15. And, of course, his own personal epiphany was his first muscle magazine, an old *Strength and Health*. Inspired by the gorgeous gals and pristine white sands of Muscle Beach, Bill decided to head west to both find his fortune and reach his peak in the barbell world. All he wanted to do was to train, make a few bucks, and have fun on the California beaches. Little did he know that he would affect generations of lifters and bodybuilders the world over well into the next millennium, create whole business ventures and spawn thousands of lines of written text about him and his legendary pals. This then was the great "Peanuts" West.

Bill got his famous nickname "Peanuts" because, frankly, he was so determined to increase



Original Westside Barbell Club of Culver City, CA, in front of Peanuts' house on Neosho in the late 60s: (L-R) Bill Thurber, Bouis "Bug Eyes" Paul, Bob Tate, Bill "Peanuts" West (Weiss), George Frenn, Joe Di Marco, Jim Hamilton, and Len Ingro

his wraith-like physique of just over 100 lb. of bodyweight that he ate the one item that was then cheaply available in large quantities—the good old peanut. No micellar proteins, MRP's or pro-hormones back then. Bill simply ate tons of peanuts, drank peanut oil, and consumed gobs and GOBS of peanut butter sandwiches to accomplish this purpose and in a few short months increased his bodyweight to 165 lb. Peanuts trained as a bodybuilder, but was increasingly becoming fascinated with the human body's ability to lift heavy weights. Hitting a wall on his weight gain, Peanuts simply switched to a basic, heavier series of exercises emphasizing the squat and press (bench, incline, and Military), among others. He even entered and did reasonably well in a couple of Olympic lifting meets, elevating respectable numbers including a 285 clean and jerk. In those days (the early to mid fifties) it was Olympic lifting, bodybuilding and a little something call "odd" lifting, which were sanctioned AAU contests that sometimes involved the bench press, sometimes involved the barbell curl or deadlift and most always involved the squat. The squat was Peanuts' forte, and he was determined to be the lightest man ever to squat 600 lb. He learned his squatting techniques—and eventually passed them on to the rest of his crew, both at Muscle Beach and later in his famed Neosho Street Garage Gym—from two of the greatest Olympic lifters of the era, Bob Hoffman's Golden Boys, none other than Isaac "Ike" Berger and to a lesser extent, Dave Sheppard. Ike, though representing the York Barbell Club, preferred to live and train in sunny California, at the old Muscle Beach Dungeon Gym, alongside other York greats such as

Dave "Moose" Ashman and Sheppard. Ike was no ordinary Olympic lifter. Competing in the 132 lb. class, Ike "Betcha" Berger (named for his affinity for gambling and the night life) won nine Senior National titles, three World titles, and three Olympic medals—two silver and one gold in the 1956 Melbourne Games. Ike was phenomenally strong, having elevated a strict 270 lb. Military press, 242 lb. snatch and a 336 lb. clean and jerk. He used power moves quite regularly in his buildup, including lots of heavy, deep squats and bench presses done with a Military pressing grip. And, yes, he was strong there as well, having elevated 500 lb. in the squat and 320 in the bench, all with no equipment. Based on his ability to regularly perform clean grip high pulls with 400+ lb., it would be pretty easy to assume a 500+ deadlift as well. Ike had a profound affect on Peanuts' training and even his diet. Peanuts met Ike Berger at the old Muscle Beach Dungeon Gym, when Ike was there on one of his many sabbaticals from training in dreary old York, PA. Ike was a ladies man, loved the sun, surf, and general party lifestyle of Southern California. He trained at York because he had to, due to his relationship with Hoffman. He trained at Muscle Beach because he loved to. He saw in Peanuts someone with great basic potential, and invited him to train with him, Ashman, and Dave Sheppard—another one of Bob Hoffman's Golden Boys who was himself continually falling out of favor with the grim "Father of Weightlifting" due to his high living and heavy drinking ways. Sheppard could literally drink anyone—even the Russian weightlifters—under the table and was no slouch on the platform, having earned a silver medal

## THE WESTSIDE BARBELL CLUB »

at the 1956 Games. He was a phenomenally strong guy, even nursing a monster hangover. Strangely enough, one of Sheppard's many girlfriends was Barbara Ann Thomason, aka Carolyn Mitchell, a former Miss Muscle Beach and aspiring Hollywood actress, one of the first beauty contestants to utilize weights to tone her figure. She later went on to become the 5th wife of Hollywood icon Mickey Rooney, and was later killed in a grisly murder suicide by her lover, a Yugoslavian actor/pit fighter when Rooney was in the Philippines filming a movie. Remember the theory of "Six Degrees of Separation?" Now we see that Sheppard, connected to Peanuts, who we all know has always been connected to Louie Simmons through his training was in some way also connected to Mickey Rooney and a grisly tabloid murder suicide which rocked Hollywood?

So Sheppard and Berger were intimately (and unknowingly) involved in the creation of the deepest roots of the Westside Barbell Club. For them, training in the sun, surf, and sand in Southern California was like Nirvana. Ike and Sheppard taught Peanuts the proper way of squatting and if one needed proof, just look at some old photos of the both of them. Take a look at Ike Berger's squatting style, both in the clean and snatch—upright, feet splayed out at what looks like a 45 degree angle. Now look at some of the early shots of Sheppard squat snatching (he was a former world record holder in this discipline) and then look at any photo of Peanuts squatting. Same thing. Yep, the patriarch of powerlifting, Peanuts West, learned to squat from two of York Barbell's finest. Bob Hoffman would have been proud. I told you it would get a little weird here. Peanuts trained with a lot of other guys at both Vic Tanny's Gym, on 4th and Broadway in Venice, and the old Dungeon, a hellhole like cave in the bowels of the earth underneath an old retirement hotel. The city of Santa Monica had relocated the old outdoor Muscle Beach Weight Pen to this "new" facility, after a scandal involving bodybuilders and underage girls had rocked the gossip columns in 1959. Even though the charges were eventually dropped, the weights were still sent to the Dungeon, appropriately named due to its Transylvania-like wooden staircase descending into the pit, musty odors, cobwebs and tons and tons of rusting weights. Some of the weights looked like antediluvian relics from a bygone era, and the benches were nothing more than a dubious mating of old scrap lumber and rusting ten penny nails. Most of the dumbbells were welded with what looked like a home soldering kit, and from my research, you had to be either very courageous or temporarily insane to do heavy dumbbell work at the Dungeon because the weights could easily break their shoddy welds and literally rearrange your face (and everything else within several feet as well). There was a legendary pair of 156 lb. bells that resembled small train wheels handled by none other than the mysterious Chuck Ahrens, who hated bench pressing (but could press 405 for

30–40 reps on a whim) and preferred to stick to uber-heavy dumbbell inclines, and dumbbell seated presses, monster triceps work (as in a mind bending 405 lb. for triceps extensions to the nose) and other assorted feats, none which was ever duplicated by anything remotely resembling a human being. In addition to the gargantuan Ahrens, there was Steve Merjanian of the monster incline presses, Olympic hammer throwing gold medalist Harold Connolly, and early Weider bodybuilding super star Hugo Labra. Most trained at both locations and later at a third, which was an alleyway gym in Santa Monica after the Dungeon got too rickety and dangerous even for these guys to be in. Despite the "No Women Allowed" policy of the gym, the Fabulous Moolah and other early women's pro wrestling superstars (who weren't looked at as women by the Dungeon/Tanny guys, obviously) stopped in every once in a while. No one paid them too much attention, as there was plenty of real eye candy just a few feet away on the beach (like Sheppard's ex-girlfriend, who unfortunately wound up on the cover of every tabloid in Hollywood after her unfortunate demise).

Peanuts by now was working pretty regularly as a stunt double in Hollywood, doubling for stars like Peter Lorre. He also was, as a member of the Screen Actors Guild, a "bit" player in some early TV action flicks like *The Rat Patrol*. If you look closely, you will see Peanuts as an Egyptian soldier getting crushed by the Red Sea along with Yul Brynner in the *The Ten Commandments* and one of the gladiator slaves about to be crucified by the Romans in the Kirk Douglas epic *Spartacus*. He was, as stated, enjoying life, lifting, eating his fill and raising hell with the Muscle Beach Gang. Despite his affable, friendly nature, it was actually his temper and his newly minted friendship with Joe Di Marco that eventually gestated the beginnings of what we know today as the Westside Barbell Club. Both Joe and Peanuts trained at Tanny's as well as the Dungeon, now relocated back from the pits of Santa Monica into an old multi-car garage in a back alley. They both had altercations with other members of the gym that caused them to be ejected. Let's let Joe tell it in his own words:

*"I remember the day like it was yesterday. Peanuts was benching with 315 for reps, and some crazy guy drunk on rotgut whiskey started removing the plates while he was pressing. Peanuts said he saw him out of the corner of his eye. Well, plates flew everywhere, Peanuts wound up flat on his back, and when he got up he just decked the guy and kept training. Of course, fighting was a no-no and that got him the axe. Me? Same thing, sorta. Wasn't too much later that I got booted out. There was this guy visiting from Canada, a big shot bodybuilder, I think he was 'Mr. Canada' or something. Anyway, I was doing 'hopper' deadlifts—you know, where you bounce the bar off some reinforced wood and rubber pieces for reps—when this guy*

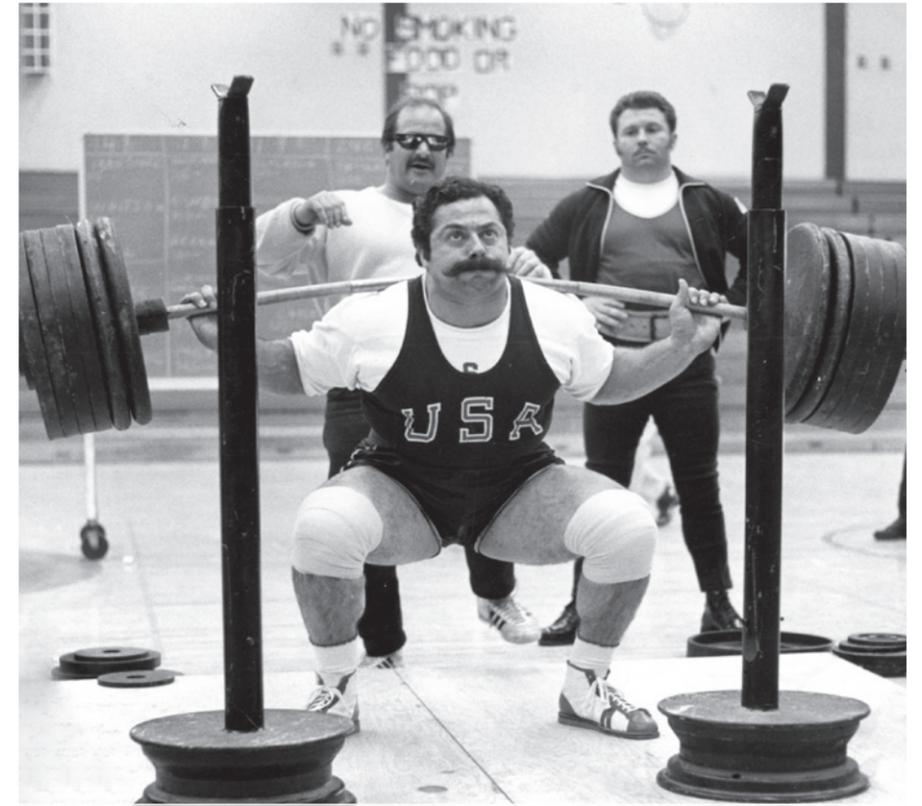
*basically ordered me to stop, like I was some sorta flunky. I guess he didn't like the noise. Of course, I didn't stop, and when he came back at me again he had his fists clenched like he was going to hit me, so, I punched him right in the mouth and he went crying like a little sissy to Vic. Vic didn't like it or him, but rules were rules and I was out, temporarily so, but I had had it with commercial gyms and wanted a place of my own. Right then and there Peanuts and I decided to start our own facility. He wanted his name on it, so I suggested because we were on the Westside of Los Angeles, on the West Coast and all that, we simply name it the 'Westside Barbell Club'" [Joe Di Marco, 2010]*

So, the die indeed was well and truly cast. Joe Di Marco and Peanuts were hell-bent on starting their own gym, a facility initially intended to be a simple place to work out, with no commercial interests, but a workout place that would eventually spawn some of the biggest, strongest athletes of the day, and be like a magnet for powerlifters, Olympic hopefuls, and some of the oddest characters this side of *One Flew over the Cuckoo's Nest*. This facility, as all now know, would eventually be the birthplace for a system to be spread worldwide well into the next millennium. The first "location" of the Westside Barbell Club was in some little Venice garage that Joe and Peanuts rented for \$8 a month and, from what I gather, this was too much money considering the surroundings and, shall we say, the ambiance. The "ambiance" evolved into a near okay corral-like shootout between Peanuts, Joe and a couple of Zoot-suited because Peanuts disrespected them—by petting one of their dogs without asking permission. Well, discretion got the better part of valor and the boys decided to relocate their "gym" (consisting of a few hundred lb. of weights, a bench, lat pull, incline and squat rack) to a friend, Bill Stewart's, place—little more than a carriage house. This engagement ended when Bill Stewart decide to quit lifting because he thought that his life wasn't worth living anymore—because he turned 30. Remember, this was the psychedelic 60s where turning 30 for some meant enrolling in a nursing home. Peanuts then rented a home in Culver City on Superba Street and from there permanently relocated to the now famed Neosho Street address.

The early days of the original Westside Club were spent in fine tuning their system of training. Joe was insistent that Peanuts cut his training down from 5–6 days a week to two. *"Peanuts was outta his mind. Powerlifting one day, training for heavy one armed lifts the next, like Steve Merjanian the next, it was a recipe for disaster. It took me about a year, but by then we had our system down—two days a week, Tuesdays from 7 PM to around 11 PM, and Saturdays at noon to whenever. In reality we spent about 8–11 total hours lifting, only we blocked it on the two days which worked fine for me because I was a machinist trying to raise a large family and for Peanuts*

*who was in and out of movie studios. You can't argue with the results, can you? Pretty soon, the word got out and guys started trickling into the Neosho Street neighborhood twice a week. The neighbors were a bit flustered at first by all of these gorillas wandering around (we trained outdoors a lot in the fresh air) but they soon got used to it. Our little garage gym quickly became the haven for world record holders, Olympic medalists and Olympic hopefuls, and even famous pro wrestlers, bodybuilders and a whole assortment of oddballs and plain old whack job."* [Di Marco]

One of the "plain old whack jobs" and "charter member" of the Original Westside Barbell Club was a young giant named Jim Hamilton, a guy few of us today ever heard of. Lifting-wise, he didn't make a lot of waves, although a 500 lb. raw bench press at 275 and a Military press from the stands of 385 in any era is absolutely nothing to sneeze at. What Jim Hamilton was known for was his involvement in the super secret Rand Corporation—a U.S. Government funded think-tank that has, for the last 60 years, been the go-to organization for decision makers, be they Wall Street finance gurus or the Pentagon. Trying to launch a new satellite? Want to start a coup in Burundi!? Call the Rand Corporation. Need some specialized consulting in sophisticated computer applications and mathematics? Call Jim Hamilton, Westside Barbell Club member at the Rand Corporation. Jim was one of the corporation's youngest members, a math whiz kid, a former Ford Foundation Scholarship winner who was hired on at the age of 21, and who actually had his own private office in the Pentagon. While under different circumstances, he may have launched a fantastic career in high tech, and been the next Bill Gates (way before Bill Gates), sadly, his life ended at the tender age of 37. Despite his brilliant mind and seemingly limitless future, Jim was a true child of the psychedelic 60s, imbibing in a whole array of recreational drugs. Add a boatload of liquor and dump truckloads of greasy burgers, and Jim's system was totally shot before the age of 30. Some say it was a miracle that he lasted as long as he did. He was a decent all around lifter before a motorcycle accident crushed one of his legs and basically left him as a bench only lifter, and he was a big proponent of the belly toss bench as an assistant movement. He could also incline press well over 400 lb., which he did on the Tuesday workout. When President John F. Kennedy got assassinated, Jim was under strict orders to immediately fly back for the state funeral. Problem was, Jim was scared of flying and the Westside guys had to get him totally liquored up and literally dressed him to get him on the plane. When he arrived in DC, he was poured into a business suit and escorted to the funeral. Jim could have easily been one of the early 600 lb. bench pressers if not for his lifestyle. He was accosted many a time by the authorities for vagrancy as a result of his "hippie-like" disheveled appearance, and none of the cops



The famous photo of George Frenn with an 854 lb. squat and "Peanuts" West as his spotter

knew that the National Security of the USA was often dependent on this owlish-looking, liquored-up street bum who looked more like he came from a soup kitchen than the bowels of a think tank and who could, by the way, lift a ton of weight, even when he was totally bombed out of his gourd. One of Jim's best friends, and another Westside member, was the Englishman, Dr. Oliver Sacks. Dr. Sacks, thankfully, did not suffer the same fate as Jim, but became one of the world's foremost experts in Neuroscience and later an award winning author. In fact, one of his books, *Awakenings*, was eventually made into a movie starring the great Robert De Niro, and was nominated for an Academy Award. Dr. Sacks, despite his scholarly background and lengthy educational pedigree, was a dyed in the wool powerlifter, and a dang good one. In fact, he was one of the few lifters in the early 60s to squat over 600 lb., which he did regularly. In fact, in a recent e-mail which I received from him, he waxed philosophical about his lifting:

*"Dear Ron, thanks for your letter. During my time at UCLA (1962–65) I trained at various places—on Muscle Beach, in Venice, in the great Santa Monica gym; and as a member of the Westside Club, in Peanuts' garage, which was fitted out for heavy lifting. I have squatted with 650 lb. in 1961, a California record then, and once tied with Dave Ashman, the Olympic heavyweight lifter, with a 575*

*front squat. My close friend Jim Hamilton, a mathematician, was a very powerful bench presser too."* [Oliver Sacks, MD, Professor of Neurology and Psychiatry, Columbia University Medical Center, Columbia University, 2010]

Dr. Sacks' power career was cut short by two events—one bad and one good. The bad, an unfortunate ocean swimming accident which wrecked his back, but the good, his appointment as head of Neurosurgery at Bellevue Hospital in New York basically left him with little time to train. He reduced his bodyweight to a more healthy level and trained sporadically, but always with his memories of the glory years training at Westside intact.

The Club began to grow, little by little, but it was still a garage gym out on Neosho Street in Culver City where, twice a week, the neighbors were treated to a symphony of iron clanging and shouting as Peanuts pushed, cajoled and threatened more and more weight from everyone.

*"Peanuts was himself a decent lifter, but what he excelled in above all was his ability to motivate and train people. It was like magic, you were spotted by Peanuts with his now famous 'Touch' System and you broke every max under the sun. We had bodybuilders driving from Santa Monica and Venice and as far away as downtown Los Angeles and Pasadena who had perfectly good gyms to train in just*

# THE WESTSIDE BARBELL CLUB »



George Frenn was a world-class iron tosser

to be trained by Peanuts.” [Di Marco]

A perfect example of this was George Woods, the 1968 and 1972 Olympic silver medalist in the shotput. Prior to the Olympic trials of 1968 in Lake Tahoe, Woods’ upper body strength (for a man 6 foot plus and close to 290 lb.) was subpar—he could barely incline 290 and apparently had trouble bench pressing 400. After several months of specialized training at Westside with Peanuts, Woods not only inclined over 400, but dead stop bench pressed 485 and push pressed from the stands over 440 lb., all which made for a hall of fame career in track and field. Woods credited powerlifting at Westside for phenomenal success with the iron ball—he was the undisputed king of the indoor shot, setting world marks that lasted for over 20 years.

It was still just a garage gym, but it was shortly about to be put on the world map by an up and coming new member. One of the of the regulars of the club was another USA track and field great, Harold Conolly, former gold medalist in the hammer in 1952. In early 1964, he approached Peanuts and Joe Di Marco about a new young track and field phenom, bursting with energy and raw strength, who wanted to join the club. “We said it was okay, as long as he used our system.” [Di Marco] Well, the young man joined, and used Peanuts’ and Joe’s newly minted system, with a few wrinkles of his own. The new member was none other than the iconic George Frenn, and the Westside Barbell Club was never the same afterwards. George inspired literally thousands of young men (including myself) to take up the sport and was also famous as a U.S. Olympian, and multi world record holder in track and field. George, despite his historic achievements in powerlifting, was first and foremost a track athlete, and then a powerlifter. He was the first (and only) powerlifter to grace the cover of *Sports Illustrated*. He actually spent as much or more time on the “power” movements of the Olympic lifts like clean

grip and snatch grip high pulls and trained the bench press only infrequently, as excessive upper body bulk tended to hinder his flexibility in the hammer ring. He was, nonetheless, virtually untouchable in the squat and the deadlift, where he broke countless world and American records in the 242 lb. class and regularly beat superheavies in those two disciplines. He never let anything or anyone interfere with his training. One of the more famous incidents involved him squatting over 600 lb. and deadlifting close to 600 in a meet with his broken leg in a cast after a weird accident in the hammer ring. Peanuts and George decided that this would be the perfect time to work on his bench press, which he did with gusto, but it didn’t stop him from performing the other lifts either, even with one leg in a floor to knee cast.

Frenn came from a fairly well to do family and had at one time some illustrious houseguests “popping in” to visit him, like Rosey Grier, former member of the LA Rams “Fearsome Foursome.” They would play piano for hours and gossip. As he became more prominent in the track world—he traveled the world over with the USA track team—he met a lot of famous people, including famed movie mobster Edward G. Robinson and Peter Lawford of the famed “Rat Pack” of the 60s. An Englishman married to the Irish “first family” of America, the Kennedys, Peter Lawford was a charming bon vivant who loved socializing with anyone famous, including athletes. Frenn and he both enjoyed Jazz, especially the great Errol Garner, who was a favorite of Frenn’s. Joe Di Marco related one of Frenn’s casual comments to him and the guys, made in the late 60s regarding Lawford about a little something that happened a few years back, well before he was a member of the club. Now, this is technically hearsay, but everything—and I mean everything—that Joe has related to me in doing this research has been spot on, so I believe this as well. You be the judge. According to George Frenn, “One fateful night in August of 1962, Peter Lawford called George Frenn and said in a state of drunkenness: ‘They got her—she knew too damn much.’”

The HER was none other than screen legend Marilyn Monroe. Why Lawford called Frenn is still unknown, but he was in a state of panic due to his unwitting involvement with the golden goddess and (of all people) the President of the United States. Frenn and Lawford allegedly partied a bit and would talk on the phone from time to time. This time, it was no casual bit of gossip. Lawford was the last documented person to speak to Marilyn Monroe before her untimely suicide and the man who introduced her at Kennedy’s Democratic Convention when she sang “Happy Birthday Mister President.” According to Peter Lawford, Marilyn’s unrealistic notions about becoming First Lady caused her to embarrass herself with both Kennedy brothers. Her letters and telephone calls to them had become both tedious and horribly dangerous, both to their marriages and to national security. Unlike Tiger Woods, who “limited” (if you can call it) his dalliances to cocktail waitresses, strippers and the like, the Kennedy’s were allegedly fooling around with the world’s #1 sex symbol. There was every good reason for JFK and RFK to break off the relationship with Marilyn permanently. What allegedly became so troublesome was Marilyn’s supposed rage at JFK’s rejection of her and the fear that she was able to strike at both brothers. Many have posited that Marilyn Monroe was in a position to bring down the U.S. Presidency. She was extremely knowledgeable of John F. Kennedy’s marital infidelities and other very sensitive private matters. She had his personal notes and letters and was privy to Kennedy’s involvement with famed Mafioso Sam Giancana. On the night of Marilyn’s death, it is believed that Peter Lawford went to Marilyn’s house. Purportedly in a state of panic, Lawford called brother-in-law Bobby Kennedy and explained what had occurred. Shortly after, Lawford phoned a whole array of close and casual friends, among which was George Frenn of the Original Westside Barbell Club. Unbelievable, but true. The thing to ponder is the sentence structure of Lawford’s slurring words to Frenn: “They GOT Her—she knew too much.” The word “got” implies something other than the official cause of death for Monroe—an accidental overdose of the barbiturates, Nembutol and Chloral Hydrate. It implies something so sinister as to boggle the mind, and this theory has been bandied about for close to 50 years—simply that Marilyn Monroe was murdered. The word THEY is equally sinister: was it referring to the Mob, eager for payback to the Kennedy brothers for their ruthless persecution of them, or the CIA?

No one will know for sure, and if Frenn was alive today, he wouldn’t tell a soul. Like I said, “Six Degrees of Separation.” The legendary Mari-

lyn Monroe, connected to the Rat Pack’s Lawford, connected to Frenn and finally connected to the grandmaster of the modern Westside Barbell Club, Louie Simmons. Totally and unquestionably weird.

Frenn and Peanuts were now the face of the club, officially, as Joe Di Marco, though still involved with the club, was getting busier and busier raising his six kids and running his machine shop. In the late 60s, George got a gig writing for Joe Weider’s then *Muscle Power* magazine as the “Powerlifting Editor.” Weider was in the midst of his historic “muscle war” with Bob Hoffman of the York BBC and needed a vehicle to promote, one that Hoffman wanted little to do with. This vehicle was the infant sport of powerlifting which Weider saw as being much more broad based than Olympic lifting, and because of its inherent roots to bodybuilding, he also saw it as a way to sell even more of his Crash Weight Gain 7, Super Pro-101, Enertol and weights. Frenn, ever the iconoclast, took to this job like a duck to water and it wasn’t long before the Westside Barbell Club had an international forum. Topping this off, Weider sponsored the first international powerlifting event that basically featured the Westside Barbell Club versus a team of British lifters including such luminaries as Ron Collins, Precious McKenzie, Bob Memery, and Mike McHugh. Frenn squatted 819 at that meet, and later pushed that record up to the historic 853, in a picture which launched a thousand powerlifting careers. He wrote some great articles for Weider back then like “Wrap up or Shut Up”—a progressive article on the use of wrapping and early supportive gear, “Westside Barbell Secrets of Squatting”—in which the Westside box squatting system was finally put in print and was read the world over. I remember that issue well; I was a college student on vacation in Mexico with family and brought along a copy of that magazine on the train to while away the dreary hours. Well, it simply mesmerized me, as it obviously did another individual in Ohio—Louie Simmons. Louie will tell you that this particular article, above all, inspired him to try and box squats in his own training and, later, name his own gym in honor of the original club. In 1972, George Frenn made the U.S. Olympic team going to Munich, and it was about this time that the Original Westside Club broke up and the guys went their own separate ways. The incident that sparked this was the breakup of Peanuts’ marriage, and his subsequent descent into the hellish depths of drug addiction. Peanuts, ever a ladies man (even when married) had some extracurricular dalliances while out of town. One fine day, one of those “dalliances” wrote him a rather explicit letter which his wife intercepted while Peanuts was out. Upon reading it, she simply pinned it to the door of the bedroom for Peanuts to see—with a butcher knife. Peanuts was told by the guys in the gym to lay low, and he took them to heart and simply disappeared for a spell. By now, the guys at the club were into other things in their lives and the Westside Barbell Club of Culver City ceased to exist. George bought the equipment and relocated it back to his parents home in North Hollywood, but it was never the same after that. Peanuts drifted for a long time, losing a lot of weight, and becoming more and more embroiled in the octopus-like tentacles of drugs. Sadly, he died alone and on the beach in 1986, some say the victim of an overdose. He was buried in a modest grave. Were it not for the diligent efforts of another great California lifter, Bill Ennis, he would have remained lost. Bill organized a fund raiser for Peanuts so he could have a proper headstone and organized a memorial service for him in 2005 attended by many of California’s great powerlifters.

But the torch had been passed. George Frenn trained with a lot of folks after the club evaporated, including a young man from Ohio, and taught him the system of box squats, belly toss bench press, and assisted deadlifts. This young man, Roger Estep, went on to break world records in the squat and total and to train with another group of lifters—the wild bunch of Mew Martinsville, WVA, including Luke Iams, Rickey Crain, Chuck Dunbar, Paul Sutphin and Jack Wilson. Louie Simmons had named his club after the original in 1986, and used some of the basic theories of box squatting plus a lot of Eastern European methodologies to formulate what we now

know as the highly successful modern Westside Conjugate System of training, with followers and adherents in practically every country of the world with a gym and a set of weights. The Westside Barbell name is alive and well, again.

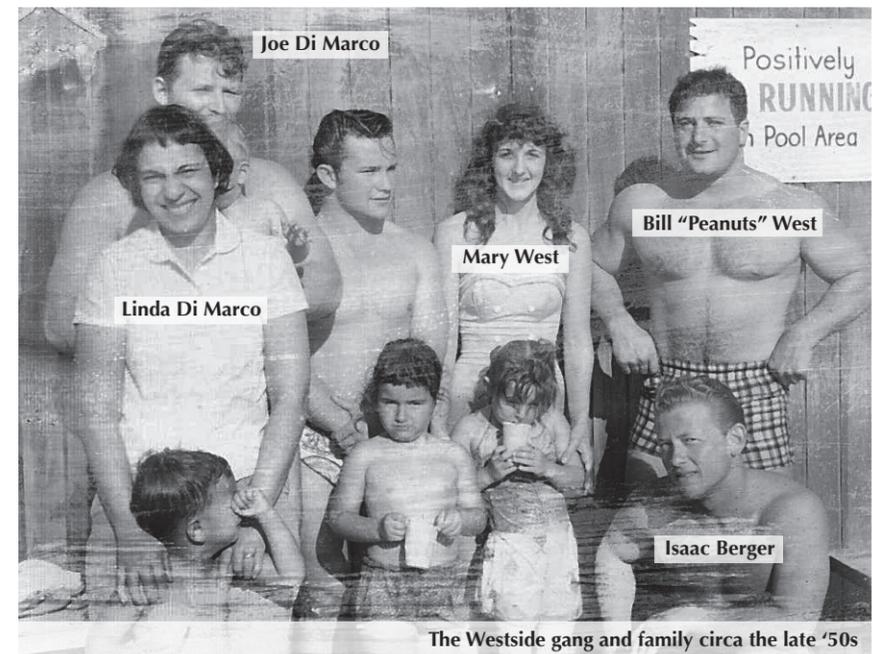
George Frenn caused some controversy when he was one of the torchbearers for the Inaugural Gay Games held in San Francisco in 1982. Some viewed it as his “outing” himself, while others just saw it as “George being George.”

Years later he would admit to *Sports Illustrated* that this was “the biggest mistake of my life.” Frenn agreed to participate at the request of organizer Tom Waddell, a friend and fellow Olympian. “I always had been a loner and done whatever I wanted, so I said yes,” he told *SI*. “All it did was wreck my reputation,” he says. This controversy rages even today. In 2006, George died, sadly by his own hand. Suffering from depression for many years, his demons, which accounted for his wild mood swings through the years and his many wild and unexplained outbursts finally caught up with him. Despite all of this, he was honored by many, including Louie Simmons, who wrote a touching message in his online obituary guestbook.

“It is with deep regret the passing of George Frenn. He was a teacher and motivator of mine in the 1960s and the early 70s. He inspired me with his lifting, throwing, and most of all his knowledge he freely passed on in the old *Muscle Power Builder* magazine. Before George Frenn there was no one like him, and after his passing there will never be another like him.” [Louie Simmons, 2006]

The traffic around Neosho Street today is quiet. Most of the young newlyweds who bought starter homes there in the early 60s are long gone, having moved to more upscale neighborhoods in Marina del Rey and Manhattan Beach, or to the McMansions in Orange County. Some who bought for cash or paid their small mortgages off before the prices skyrocketed out of sight are still there, older, children of the 50s and 60s stubbornly clinging to memories of yesteryear—The Beatles, flower power and the psychedelic 60s. A few, when questioned, may even remember the times over 40 years ago when their little neighborhood was invaded twice a week by a succession of giant men, inhumanly strong, who performed feats of unbelievable strength and marched to the beat of their own, peculiar drummer. No one would have believed that the men in this garage gym could have touched the lives of millions of people, and in turn were touched by some of history’s most famous (and infamous) people.

Peanuts West...George Frenn...Jim Hamilton...Len Ingro...Bill Thurber...Pat Casey...Billy “Superstar” Graham...Joe Di Marco...Bob Tate... Oliver Sacks, MD, the ORIGINAL WESTSIDE BARBELL CLUB. «





Steve Wilson – not just a “big arm farm boy” from Ohio



Greg Panora – Number One, with a bullet!

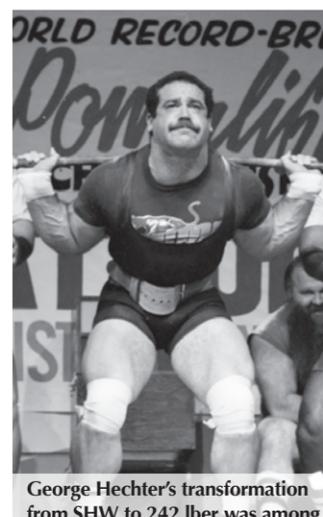


Justin Graalfs – B.I.G. RULES!!

## MEN'S 242 LB. (110 KG.) WEIGHT DIVISION » TOTAL

Total	X-Bwt	Male American Lifter/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	2630.0 (1192.9)	*10.84X Greg Panora/80 12/6/08 (1015.0+800.0+815.0=2630.0 lb. @ 110.0 kg.) (Murfreesboro, Tennessee) (SPF)
2.	2600.0 (1179.3)	*10.79X Dave “Neutron” Hoff/88 12/5/09 (1025.0+785.0+790.0=2600.0 lb. @ 241.0 lb.) (Nashville, TN) (SPF)
3.	2579.4 (1170.0)	*10.64X Jeremiah Frey/81 1/31/09 (455.0+350.0+365.0=1170.0 kg. @ 211.0 kg.) (Dubuque, Iowa) (UPA)
4.	2570.0 (1165.7)	*10.66X Brian Carroll/81 8/24/08 (1050.0+785.0+735.0=2570.0 lb. @ 110.0 lb.) (Sharonville, Ohio) (IPA)
5.	2565.0 (1163.5)	*10.58X James Grandick/68 8/24/08 (1015.0+805.0+745.0=2565.0 lb. @ 242.4 lb.) (Sharonville, Ohio) (IPA)
6.	2502.2 (1135.0)	*10.93X Matt Kroczaleski/73 7/13/08 (460.0+320.0+355.0=1135.0 kg. @ 103.8 kg.) (Dubuque, Iowa) (UPA)
7.	2481.3 (1125.5)	*10.24X Steve Goggins/63 3/6/04 (472.5+257.5+395.5=1125.5 kg. @ 109.9 kg.) (Columbus, Ohio) (WPO)
8.	2463.7 (1117.5)	*10.27X Ed Coan/63 12/20/98 (455.0+260.0+402.5=1117.5 kg. @ 108.8 kg.) (Las Vegas, Nevada) (USPF/WPL)
9.	2447.1 (1110.0)	*10.73X Sam Byrd/81 6/14/08 (502.5+290.0+317.5=1110.0 kg. @ 228.0 lb.) (Kennesaw, Georgia) (APF)
10.	2441.6 (1107.5)	*10.09X Justin Graalfs/79 3/24/07 (487.5+282.5+337.5=1107.5 kg. @ 242.0 lb.) (Omaha, Nebraska) (APF)
11.	2441.6 (1107.5)	*10.14X Toby Irby/74 5/4/08 (457.5+320.0+330.0=1107.5 kg. @ 109.2 kg.) (Baton Rouge, Louisiana) (APF/WPC)
12.	2430.6 (1102.5)	*10.27X Dondell Blue/75 12/3/06 (427.5+347.5+327.5=1102.5 kg. @ 107.4 kg.) (Lake City, Florida) (APF)
13.	2408.6 (1092.5)	*10.38X Clint Smith/79 12/5/09 (410.0+347.5+335.0=1092.5 @ 105.2 kg.) (Jacksonville, Florida) (APF)
14.	2403.0 (1090.0)	*10.05X Willie Wessels/63 4/6/97 (432.5+295.0+362.5=1090.0 kg. @ 239.0 lb.) (Peoria, Illinois) (APF/WPC)
15.	2403.0 (1090.0)	*10.47X Christian Simmons/80 6/17/06 (455.0+332.5+302.5=1090.0 kg. @ 104.15 kg.) (Ft Lauderdale, FL) (APF)
16.	2381.0 (1080.0)	*10.05X Tony Acome/72 11/10/07 (445.0+337.5+297.5=1080.0 kg. @ 237.0 lb.) (Omaha, Nebraska) (APF)
17.	2381.0 (1080.0)	*10.13X Larry Hook/69 3/14/09 (427.5+287.5+365.0=1080.0 kg. @ 235.0 lb.) (Oregon City, Oregon) (APF)
18.	2375.5 (1077.5)	*9.89X Joseph Bayles/76 6/5/05 (410.0+320.0+347.5=1077.5 kg. @ 109.0 kg.) (Detroit, Michigan) (APF/WPC)
19.	2350.0 (1065.9)	*9.78X Aaron Wilson/74 8/23/09 (930.0+700.0+720.0=2350.0 lb. @ 240.2 lb.) (Sharonville, Ohio) (SPF)
20.	2347.9 (1065.0)	*9.70X Jason Patrick/72 8/7/04 (440.0+290.0+335.0=1065.0 kg. @ 242.0 lb.) (Dubuque, Iowa) (APF)
21.	2325.9 (1055.0)	*9.84X Travis Mash/73 6/5/05 (432.5+287.5+335.0=1055.0 kg. @ 236.4 lb.) (Detroit, Michigan) (APF/WPC)
22.	2325.0 (1054.6)	*9.59X Joe Jordan/73 1/20/08 (970.0+650.0+705.0=2325.0 lb. @ 110.0 kg.) (Columbus, Ohio) (IPA)
23.	2305.0 (1045.5)	*9.61X Luke Edwards/81 1/20/08 (870.0+625.0+810.0=2305.0 lb. @ 108.8 kg.) (Columbus, Ohio) (IPA)
24.	2300.0 (1043.3)	*9.48X Brian Hopper/83 10/24/09 (1005.0+625.0+670.0=2300.0 lb.) (Orlando, Florida) (APF)
25.	2298.3 (1042.5)	*9.66X Justin Redding/77 11/10/07 (455.0+275.0+312.5=1042.5 kg. @ 238.0 lb.) (Omaha, Nebraska) (APF)
26.	2292.8 (1040.0)	*9.71X Mike Roberts/79 11/11/06 (392.5+320.0+327.5=1040.0 kg. @ 107.1 kg.) (Willowbrook, Illinois) (APF)
27.	2285.0 (1036.5)	*9.43X Chris Taylor/73 8/24/08 (855.0+750.0+680.0=2285.0 lb. @ 242.4 lb.) (Sharonville, Ohio) (IPA)
28.	2270.8 (1030.0)	*9.79X Michael Schwanke/78 6/2/07 (395.0+300.0+335.0=1030.0 kg. @ 105.2 kg.) (Jacksonville, FL) (AAPF)
29.	2265.2 (1027.5)	*9.50X Ron Jones/75 12/3/06 (400.0+295.0+332.5=1027.5 kg. @ 108.2 kg.) (Lake City, Florida) (APF)
30.	2259.7 (1025.0)	*9.32X Jose Garcia/77 11/8/03 (422.5+250.0+352.5=1025.0 kg. @ 110.0 kg.) (Atlanta, Georgia) (WPO)
31.	2248.7 (1020.0)	*9.37X George Hechter/61 3/23/87 (392.5+252.5+375.0=1020.0 kg. @ 240.0 lb.) (Honolulu, HI) (USPF/APF/WPC)
32.	2248.7 (1020.0)	*9.54X Brian Weston/68 11/8/03 (410.0+272.5+337.5=1020.0 kg. @ 106.95 kg.) (Atlanta, Georgia) (WPO)
33.	2243.2 (1017.5)	*9.65X Paul Urchick/59 5/19/01 (420.0+250.0+347.5=1017.5 kg. @ 105.4 kg.) (Lethridge, Alberta) (APF/WPC)
34.	2243.2 (1017.5)	*9.27X Joe Norman/68 6/14/08 (455.0+275.0+287.5=1017.5 kg. @ 242.0 lb.) (Kennesaw, Georgia) (APF)
35.	2237.7 (1015.0)	*9.23X Phil Farmer/69 7/16/95 (392.5+265.0+357.5=1015.0 kg.) (Dallas, Texas) (APF/WPC)
36.	2237.7 (1015.0)	*9.24X Mike Johnston/68 11/3/05 (440.0+247.5+327.5=1015.0 kg. @ 109.8 kg.) (Helsinki, Finland) (APF/WPC)
37.	2225.0 (1009.2)	*9.18X Blaine Stussy/75 2/4/05 (815.0+700.0+710.0=2225.0 lb. @ 109.9 kg.) (Spokane, Washington) (APF)
38.	2225.0 (1009.2)	*9.17X Matt Lewis 10/27/07 (900.0+650.0+675.0=2225.0 lb.) (Zanesville, Ohio) (IPA)
39.	2221.2 (1007.5)	*9.16X Curtis Leslie 7/3/94 (400.0+267.5+340.0=1007.5 kg.) (Elmhurst, Illinois) (APF/WPC)
40.	2210.1 (1002.5)	*9.11X Craig Stutes/73 10/14/06 (410.0+295.0+297.5=1002.5 kg.) (Hattiesburg, Mississippi) (APF)
41.	2210.1 (1002.5)	*9.33X Mike Taylor/62 11/10/07 (397.5+295.0+310.0=1002.5 kg. @ 237.0 lb.) (Omaha, Nebraska) (APF)
42.	2210.0 (1002.4)	*9.11X Steve Wilson/54 2/23/85 (835.0+585.0+790.0=2210.0 lb.) (Sandusky, Ohio) (USPF)
43.	2210.0 (1002.4)	*9.11X Bill Nichols/58 4/18/87 (950.0+530.0+730.0=2210.0 lb.) (Naperville, Illinois) (APF/WPC)
44.	2210.0 (1002.4)	*9.14X Shawn Nutter/78 1/27/07 (900.0+605.0+705.0=2210.0 lb. @ 241.8 lb.) (Columbus, Ohio) (APF)
45.	2210.0 (1002.4)	*9.29X Vincent Cooke/71 6/29/08 (875.0+660.0+675.0=2210.0 lb. @ 237.8 lb.) (York, Pennsylvania) (IPA)
46.	2205.0 (1000.2)	*9.30X Patrick Hakola/79 4/19/09 (800.0+665.0+740.0=2205.0 lb. @ 237.0 lb.) (Columbus, Ohio) (IPA)
47.	2204.6 (1000.0)	*9.09X John Kuc/47 11/9/80 (377.5+227.5+395.0=1000.0 kg. @ 110.0 kg.) (Arlington, Texas) (USPF/IPF)
48.	2204.6 (1000.0)	*9.09X Willie Bell 11/22/87 (392.5+232.5+375.0=1000.0 kg.) (Dayton, Ohio) (APF/WPC)
49.	2204.6 (1000.0)	*9.09X Bryan Nester/61 7/7/91 (410.0+225.0+365.0=1000.0 kg.) (Pittsburgh, Pennsylvania) (APF/WPC)
50.	2204.6 (1000.0)	*9.26X Chris “Ox” Mason/72 6/6/04 (400.0+285.0+315.0=1000.0 kg. @ 108.0 kg.) (Baton Rouge, LA) (APF/WPC)

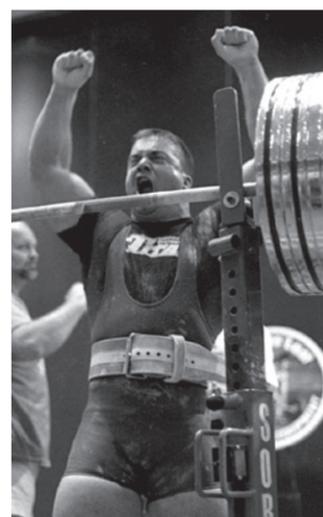
(\* indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient. Records accurate as to my knowledge.



George Hechter's transformation from SHW to 242 lber was among the most successful in history



Paul Urchick – MI strength legend



Phil Farmer won it all in the USPF

## WOMEN'S 198 LB. (90 KG.) WEIGHT DIVISION » TOTAL

Total	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	1885.0 (855.0)	*9.56X Becca Swanson/73 3/3/06 (365.0+217.5+272.5=855.0 kg. @ 89.45 kg.) (Columbus, OH) (WPO)
2.	1564.0 (709.4)	*8.19X Dawn Reshel-Sharon/55-00 5/15/88 (1586.0 lb. @ 191.0 lb.) (Milwaukee, WI) (APF/WPC)
3.	1462.8 (663.5)	*7.41X Jessica Watkins-O'Donnell/80 7/13/07 (271.0+150.0+242.5=663.5 kg. @ 89.5 kg.) (St Louis, MO) (USAPL/IPF)
4.	1460.0 (662.2)	*7.36X Lynne Boshoven/58 4/27/96 (620.0+330.0+510.0=1460.0 lb.) (Grand Rapids, Michigan) (NSM)
5.	1377.9 (625.0)	*7.37X Deb Widdis/60 9/10/05 (262.5+142.5+220.0=625.0 kg. @ 84.8 kg.) (Dubuque, Iowa) (APF)
6.	1370.0 (621.4)	*6.92X Cheryl Clodfelter/62 6/28/09 (550.0+285.0+535.0=1370.0 lb. @ 197.9 lb.) (York, PA) (IPA)
7.	1355.8 (615.0)	*7.28X Krista Ford/66 6/8/08 (272.5+115.0+227.5=615.0 kg. @ 84.5 kg.) (Norfolk, Virginia) (APC/WUAP)
8.	1350.3 (612.5)	*6.81X Stacey Manly/71 12/1/07 (240.0+160.0+212.5=612.5 kg. @ 90.0 kg.) (Jacksonville, Florida) (APF)
9.	1339.3 (607.5)	*6.75X Lorraine Costanzo/54 1/31/88 (250.0+130.0+227.5=607.5 kg.) (Austin, Texas) (USPF)
10.	1330.0 (603.3)	*6.70X Jolynn Arvin/67 11/12/95 (480.0+330.0+520.0=1330.0 lb.) (Roseville, Michigan) (APF)
11.	1315.0 (596.5)	*6.63X Kym Allen 4/26/97 (425.0+390.0+500.0=1315.0 lb.) (Quebec, Canada) (APA/WPA)
12.	1300.7 (590.0)	*7.00X Shawna Mendelson/72 12/6/03 (255.0+145.0+190.0=590.0 kg. @ 84.25 kg.) (New Smyrna Beach, FL) (APF)
13.	1300.7 (590.0)	*6.74X Bonica Brown/88 4/15/07 (227.5+142.5+220.0=590.0 kg. @ 87.6 kg.) (Killeen, Texas) (USAPL)
14.	1284.2 (582.5)	*6.47X Shelby Corson/67 7/31/94 (245.0+135.0+202.5=582.5 kg.) (Houston, Texas) (USPF/IPF)
15.	1262.1 (572.5)	*6.37X Sue Meany 3/9/86 (215.0+122.5+235.0=572.5 kg. @ 89.86 kg.) (Canton, Ohio) (APF/WPC)
16.	1260.0 (571.5)	*6.91X Anna McCloskey/92 1/20/08 (575.0+245.0+440.0=1260.0 lb. @ 182.4 lb.) (Carteret, NJ) (IPA)
17.	1251.1 (567.5)	*6.76X Ali Huston/85 5/14/05 (235.0+115.0+217.5=567.5 kg. @ 84.0 kg.) (Round Rock, Texas) (APF)
18.	1240.1 (562.5)	*6.55X Leslie Look/70 6/2/02 (230.0+110.0+222.5=562.5 kg. @ 85.9 kg.) (Riesa, Germany) (USAPL/IPF)
19.	1240.0 (562.5)	*6.36X LeighAn Jaskiewicz/79 10/25/09 (440.0+300.0+500.0=1240.0 lb. @ 195.0 lb.) (Columbus, OH) (IPA)
20.	1223.6 (555.0)	*6.17X Victoria Gagne-Hembree/61 3/19/00 (210.0+140.0+205.0=555.0 kg.) (Moreno Valley, CA) (AAU)
21.	1218.1 (552.5)	*6.18X Lazara Janet Loveall/70 1/24/09 (202.5+145.0+205.0=552.5 kg. @ 197.0 lb.) (Los Angeles, CA) (USPF)
22.	1201.5 (545.0)	*6.60X Krystal Cary/84 6/28/08 (227.5+145.0+172.5=545.0 kg. @ 82.6 kg.) (Willowbrook, Illinois) (APF)
23.	1200.0 (544.3)	*6.05X Maris Stenberg/48 4/18/87 (490.0+260.0+450.0=1200.0 lb.) (Naperville, Illinois) (APF/WPC)
24.	1196.0 (542.5)	*6.16X Tazzie Colomb/66 8/13/05 (205.0+152.5+185.0=542.5 kg. @ 194.0 lb.) (Biloxi, Mississippi) (APF)
25.	1185.0 (537.5)	*6.04X Juanita Trujillo/64 1/18/87 (227.5+110.0+200.0=537.5 kg. @ 196.25 lb.) (San Francisco, CA) (USPF/IPF)
26.	1179.5 (535.0)	*6.12X Ann Turbyne 1/27/80 (205.0+117.5+212.5=535.0 kg. @ 192.75 lb.) (Los Angeles, CA) (USPF/IPF)
27.	1174.0 (532.5)	*5.92X Elizabeth “Leigh” Arnold/86 2/15/09 (212.5+120.0+200.0=532.5 kg. @ 90.0 kg.) (Miami, FL) (USAPL/IPF)
28.	1170.0 (530.7)	*5.97X Susan Sharpe-Patterson 8/8/03 (400.0+310.0+460.0=1170.0 lb. @ 88.88 kg.) (Camp Hill, PA) (IPA)
29.	1168.4 (530.0)	*6.15X Karyn Tarter-Marshall 5/31/86 (227.5+97.5+205.0=530.0 kg. @ 190.0 lb.) (Pelham, NY) (USPF)
30.	1160.0 (526.2)	*5.85X Lisa Nawrocki 10/22/88 (400.0+285.0+475.0=1160.0 lb.) (Lakeland, Florida) (APF)
31.	1151.9 (522.5)	*5.81X Annette Bohach 9/24/83 (202.5+110.0+210.0=522.5 kg.) (West Lafayette, Indiana) (USPF)
32.	1151.9 (522.5)	*5.81X Toni Scopacasa/74 2/8/98 (225.0+105.0+192.5=522.5 kg.) (Aurora, Illinois) (APF)
33.	1150.0 (521.6)	*5.82X Karen Phillips/65 7/9/04 (450.0+280.0+420.0=1150.0 lb. @ 197.5 lb.) (Shamokin Dam, PA) (IPA)
34.	1146.4 (520.0)	*5.78X Nikki Avey/69 4/21/96 (227.5+92.5+200.0=520.0 kg.) (Wilkes-Barre, Pennsylvania) (ADFFPA)
35.	1140.9 (517.5)	*5.75X Barbara Crocker/63 2/25/90 (200.0+110.0+207.5=517.5 kg.) (Shawnee, Oklahoma) (USPF/IPF)
36.	1140.9 (517.5)	*5.99X Taylar Stallings/85 1/24/09 (182.5+117.5+217.5=517.5 kg. @ 190.5 lb.) (New Port Richie, FL) (RUPC2)
37.	1129.9 (512.5)	*5.75X Harriet Hall/50 5/27/00 (180.0+125.0+207.5=512.5 kg. @ 89.1 kg.) (Buenos Aires, Argentina) (USAPL/IPF)
38.	1107.8 (502.5)	*5.58X Disa Hatfield/74 7/20/02 (205.0+132.5+165.0=502.5 kg.) (Santa Barbara, California) (USPF)
39.	1105.0 (501.2)	*6.65X Kristy Reske/77 3/13/04 (435.0+225.0+445.0=1105.0 lb. @ 88.75 kg.) (Redford, Michigan) (APF)
40.	1102.3 (500.0)	*5.56X Chris Sorenson 12/1/84 (192.5+105.0+202.5=500.0 kg.) (San Jose, California) (USPF)
41.	1102.3 (500.0)	*5.59X Jill Arnow/59 2/17/08 (190.0+125.0+185.0=500.0 kg. @ 89.5 kg.) (Killeen, Texas) (USAPL/IPF)
42.	1096.8 (497.5)	*5.53X Jackie Stone/79 7/31/09 (202.5+122.5+172.5=497.5 kg.) (Burr Ridge, Illinois) (AAPF/WPC)
43.	1091.3 (495.0)	*5.50X Kelly Louque/83 4/16/05 (180.0+125.0+190.0=495.0 kg.) (Baton Rouge, Louisiana) (USAPL)
44.	1090.0 (494.4)	*5.49X Karen Faller 6/10/95 (430.0+255.0+405.0=1090.0 lb.) (Pittsfield, Massachusetts) (NSM)
45.	1090.0 (494.4)	*5.58X Theresa Fish/68 11/3/01 (430.0+285.0+375.0=1090.0 lb. @ 195.2 lb.) (Hudson, WI) (USAPL)
46.	1085.8 (492.5)	*5.54X Carloss Lott 3/86 (185.0+92.5+215.0=492.5 kg. @ 196.0 lb.) (Jackson, Mississippi) (NSM)
47.	1085.8 (492.5)	*5.54X Deborah Rose 9/2/89 (192.5+95.0+205.0=492.5 kg. @ 196.0 lb.) (Santa Barbara, California) (USPF)
48.	1085.8 (492.5)	*5.79X Lilli Ewing 2/7/97 (187.5+105.0+200.0=492.5 kg. @ ~85.0 kg.) (Oklahoma City, OK) (NASA)
49.	1085.8 (492.5)	*5.47X Shary Barbee/56 12/3/00 (180.0+120.0+192.5=492.5 kg.) (Corpus Christi, Texas) (USPF/WPL)
50.	1085.8 (492.5)	*5.55X Sandra Stambert/86 4/16/06 (187.5+112.5+192.5=492.5 kg. @ 88.7 kg.) (Miami, Florida) (USAPL)

Listing compiled by Michael Soong » 70 King James Court, Savannah, Georgia 31419 » 912.920.2051 » soongm@comcast.net



Deb Widdis – another Big Iron record breaker



Nikki Avey – WDFPF World Champion in 1994



Harriet Hall – Master Women's Superstar Lifter



Becca Swanson is now located in Los Angeles



Juanita Trujillo – USPF Champion



Janet Loveall – the strength of Cuban heritage

# THE RAGE

The bench shirt that's storming the globe! The Rage is the superior bench shirt of the round-sleeve type shirts, and provided at an unbeatable price for this genre of bench press shirt! Bench more with The Rage than in any other round-sleeve, guaranteed!



- The **Round-Sleeve™** design is very user-friendly because it accommodates many benching styles.
- **Reinforced thicker neck.** No cheap, flimsy "low profile neck" here. The thicker neck on The Rage creates more support for explosiveness off the chest.
- **Stretchy-Back™** makes The Rage more effective and easier to get into. It allows the lifter to custom-fit on the spot by allowing the neck to be lowered down the body and the sleeves to be lowered down the arms. The fitting adjustments allowed by the Stretchy-Back™ provide the effect of an Open-Back but with a back that is completely enclosed. The Stretchy-Back fabric also breathes easier, creating comfort.
- **SOLID SEAM™** technology. The construction and stitching on The Rage is 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, has always been the forerunner of bench shirt technology and construction. The most important thing the Solid Seam™ does is eliminate the erratic bar wavering that another's shirts cause. Instead of the quarter-inch of open play between sleeve and chest-plate the pinched commercial seams create, the Solid Seam™ locks all parts of The Rage together making it so solid it might as well be welded together. 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 best Round-Sleeve™ bench shirt in the world, but there's much more The Rage offers for big benching.

# RAGE X

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 game.



- **Extra Reinforced** front shoulder seams add support and security for this radical design. Thicker, Extra Reinforced neck.
- The combination of several new contours built into the pattern complement the already super RageX system.
- **SOLID SEAM™** technology keeps the sleeves where they are supposed to be, working in unison with the body, not jittering or faulting with the bar. You will increase your bench press and keep it safe to boot. Proven in numerous world records.
- **RAGE X IS FOR EXPERIENCED BENCH PRESSERS ONLY PLEASE!** RageX goes into new territory where unbelievable results from a poly shirt happen. The RageX will continuously amaze you at how much you can bench press. Bench pressers report regularly how much fun the bench press has become for them because 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.
- The RageX is the bench shirt for those who want an immediate step up to stratospheres of bench press power because it is a **MORE AGGRESSIVE** design than any other company knows how to make. This is not only about sleeve angle and elementary things such as that. It is about numerous details creating a cumulative effect that is undeniably the best. The most Quality and Results are yours in the RageX.
- **RageX in DOUBLE LAYER.** Go Double Layer and increase the longevity and comfort of the RageX bench shirt. Or choose Single Layer for single-layer competition restrictions.
- **Guaranteed.** Absolutely guaranteed you will bench press more than in any other round-sleeve bench shirt.

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# PHENOM

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 only technology of this kind, the *Phenom* will provide you with incredible power off the chest through the mid and top range of motion and it will keep this power; lift after lift, competition after competition.



- The design provides flexibility for your arm angle preference and bar placement, whether that's elbows in, out or in between; low, high, or mid chest range. Will enhance your bench press form, not limit your form.
- Spreads the stress over a wider area of the chest.
- Made from the exclusive *HardCore* material which will provide you with the most incredible rebound power available in the powerlifting world. *HardCore* material is also up to 40% heavier than the closest poly fabric on the market being used for powerlifting gear.
- Since the *Phenom* is made from the *HardCore* material, you will also experience many more performance benefits. The *Phenom* will keep it's memory and will not stretch out. You will be able to use the *Phenom* for countless workouts and competitions in the future. It's a true investment in powerlifting gear.
- The material of the *Phenom* has the perfect balance of non-stretch and rebound combination which will provide you with incredible power and momentum from start to lock out.

# RADICAL DENIM

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



- The *Radical Denim* is the most extreme bench pressing experience for top level benching.
- 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.

# ULTIMATE DENIM

- The most sturdy bench shirt of all. Used by some of the world's best benchers with great success!
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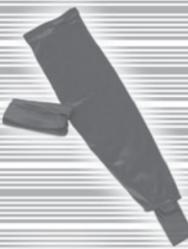
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This large deluxe embroidered gym duffel is easy to look at Inzer logos and "Strongest Sport, Powerlifting" design. Large main compartment and roomy pockets on each end. Heavy nylon. Great value. 29" X 13" X 12"

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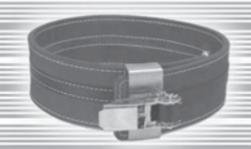
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## DID YOU KNOW... NUTRITION TIPS, TIDBITS AND TASTERS PART IV

by Anthony Ricciuto, B.Phed. C.F.T. S.P.N. S.W.M. F.T. » aricciuto@nutritionxp3.com » www.nutritionxp3.com



Here is another installment of the *Did you Know* series. This month I am going to talk about some interesting and controversial topics. By digging through the latest research from numerous journals I have some very thought provoking information on a variety of topics that will improve your health and performance for the better. So enough babbling—let's get to the goods.

### A GLASS OF CELERY JUICE A DAY TO KEEP THE CARDIOLOGIST AWAY

Most of you who know me understand that I am big on juicing. Even though I have never done a series on this yet, there is one planned for the near future to help you understand this topic in depth. One problem that affects powerlifters in high numbers is high blood pressure. If you asked any group of lifters in the 198 class and above you would be shocked at how many suffer from this ailment. Some are only borderline and others actually need to take daily medication to keep it under control. There are many reasons why a powerlifter may suffer from this condition. We should know that the sport itself will cause an increase in blood pressure while performing a lift. I would just love to measure a lifter's blood pressure score at the bottom of a 1000 pound squat. I am sure it would be through the roof. Next we have to face the fact that many lifters are big men who do carry too much body fat. It is not uncommon that lifters are well over 300 pounds and carry from the high 20s to high 30s in percentage of body fat. Carrying too much body fat can affect blood pressure scores, without a doubt. Next is the fact that most lifters eat a ton of sodium in their daily diets. Fast foods and salty processed junk foods are loaded to the gills not only with saturated fats but enough sodium to knock over a polar bear. Add to the fact that again most lifters do not drink enough water and are dehydrated on a daily basis only makes this problem worse. Then we have to look at the angle of pharmaceutical enhancement. For those of you who have traveled to the dark side in this realm you should know that anabolic steroids and other performance enhancing drugs can have an amplifying effect on your blood pressure scores as well. One very simple way to help lower your blood pressure very cheaply and very easily is to drink celery juice on a daily basis. I know many of you reading this are saying, "Celery juice; that is disgusting. You want me to drink that? No way!" Drinking this simple juice first thing in the morning can help you more than you know. Many of you might be wondering how can drinking this green juice actually help lower blood pressure and improve cardiovascular health. Celery juice contains a compound known as Phthalides. This compound works in more ways than one to help improve your heart health. What makes them so special is the fact that they can actually cause a relaxing effect on the muscles in and around the arterial walls. This in turn will then cause these vessels to dilate, which means there will be more space inside the arteries. This ultimately allows your blood to flow at a lower pressure rate. This is not all that celery juice has been found to do. Celery juice can also have a very positive effect on lowering stress hormones, which in turn will have a very positive effect on your cardiovascular health. For those of you who might doubt my recommendations, I suggest you try doing this for 30 days. Wake up first thing in the morning and have yourself a large glass of celery juice upon waking. I have personally seen this work successfully on many of my lifters who have suffered from higher blood pressure scores. All I saw were positive changes in blood pressure readings and the results were in the pudding so to speak. I have seen systolic blood pressure ratings drop from 15–25 points in only 30 days by doing this religiously each and every morning and not by changing anything else in their diet or nutrition plan. This is a huge drop in a very short period of time and the fact that it is very cheap and doesn't require the use of pharmaceuticals to get the job done means all of you should paying attention. So, if your blood pressure has been a little on the high side or if it's something you have fought with for years and are not currently taking any medications to fight it, then give my suggestion a try and report back to me in a month's time to let me know how much of a difference you have seen.

### PAINKILLERS INCREASE ASTHMA RISK

Pain killers and powerlifters go hand in hand like peanut butter and jelly. I know many may not like the way this sounds, but I have to bring this out. Many powerlifters use over the counter pain killers much too often and I am actually planning a full series on this and the many health dangers it presents. Lifting heavy weights, especially as you get into your 30s, 40s and 50s, is not so forgiving as it was in your early 20s. I know all of you masters lifters reading this know exactly what I mean. Doing multiple sets and training day after day without a break was cool when you were 23 years old, but try doing that 20 years later and you will need a wheel chair just to get to work. As we age in the sport the injuries start to add up. That rotator cuff tear from back in 1994 still aches and that hamstring tear from the summer of 2002 still acts up when it rains. Then with the hundreds of little muscle tweaks and pulls

that happen over the decades it all starts to add up when you least expect it. The fact that you used to recover quickly in your younger years from injuries is now a thing of the past and just getting through your weekly workouts without something hurting can be a chore. In this instance many lifters start using over the counter pain killers like Acetaminophen to help dull that aching elbow tendonitis or painful shoulder. If this is on a rare occasion then that is one thing, but with some lifters they need to take 6–8 tablets per day just to help them get through their workout. Some lifters rely so heavily on their bottle of pain killers that training without it would not be possible. There are many side effects of using these pain pills, but this month I am going to talk about how it relates to asthma. I know it sounds weird that the two can be interlinked, but it is true. Acetaminophen has become popular over the years for many reasons. This drug can be found in over the counter pain killers like Tylenol and Anacin, just to name a couple. One of the main reasons why this drug has gained a lot of popularity over other pain medications is the fact that it does not increase the possibility of gastrointestinal bleeding. This is one of the drawbacks of using Aspirin or even Ibuprofen and for this reason many doctors recommend Acetaminophen over them. According to 19 different studies that took place on well over 400,000 children and adults, those children that used Acetaminophen had a 60% greater chance of suffering from asthma than those that did not use this drug. Wow—this is some bad news, especially since many doctors prescribe Acetaminophen as the main drug to help combat fevers in children. Now get this, the same studies showed that for adults who used the drug in the past year they were 75% more likely to suffer from asthmatic conditions. This is completely mind blowing. To make matters worse, those that used dosages that were higher and prolonged suffered the most. These studies also showed an increase in wheezing and other nose, and eye conditions as well. Many researchers believe that the increased number of asthmatic conditions over the last couple of decades is highly due to the increased usage and frequency of Acetaminophen over Aspirin. So for those adults who take Acetaminophen frequently and suffer from Asthma this will give you some food for thought.

### TARGET BREAST CANCER CELLS NATURALLY

Well, my power vixens, I didn't forget you in this issue. I know you write me often and ask for more health tips for women so I thought I would throw this at you. In a recent article in the *Breast Cancer Research and Treatment Journal* I came across an interesting study. It showed that taking Curcumin and Piperine together can help inhibit the nasty stem cell growth that actually fuels breast cancer development. If you remember about 4–6 months back, I wrote a column on Turmeric because one of my readers emailed and wanted some in depth information on this spice. I mentioned before that it was popular in Indian cooking, but also how the main component of it was Curcumin. Ahhh it's all coming back to you now, isn't it? I talked about all the many different health conditions it was good for and how you should start taking it daily to keep you healthy and strong. I guess I was right because this new study has shown some great promise. For those of you who do not know what Piperine is, I will help shed some light. Piperine is the alkaloid that is responsible for that pungent flavor associated with black pepper. Yep, that little bit of sting that you get from it when you put it on your food is caused by good old Piperine alkaloid. No worries, I am sure one of you will request an article on Piperine in the future so you can be sure to know about it more in coming issues. Now back to the study. A study performed at the University of Michigan showed that stem cells in cultures treated by Curcumin in even small amounts showed a reduction in specific markers for stem cells. When they doubled the concentration, they found complete inhibition. If that isn't good news, then I don't know what is. Piperine alone was also used and also showed promise even though it wasn't as dramatic as the Curcumin. Here is where the good news really kicks in. When the researchers combined the two compounds together it elicited a response in stem cell reduction that was greater than either of the two compounds alone. Plus, at the same time, there were no side effects on healthy cell development. This is fantastic news for women who have had breast cancer in the past or for those where it runs in the family. This study concluded that when these two compounds were used together they could actually help prevent cancer by zoning in on stem cells, right from the start. So for all our lady lifters out there reading this please take this tidbit

of nutritional wisdom to heart. By incorporating this combo into your daily supplement plan it can without a doubt reduce your risks of getting breast cancer. You can get both of these super compounds in tablet or capsule form and taking them daily will be very little hassle compared to what it can ward off in your future.

### CONCLUSION

Once again we come to a close, but hopefully after reading my article each month you learn just a little bit more to help improve your total and your health. This month I tried to cover some informative topics that relate heavily to powerlifters. For those of you who do suffer from elevated blood pressure, give my celery juice idea a try. I would love to hear back from you about the results. I am confident that you will notice a drastic difference long term and even in 30 days you will see a remarkable improvement. High blood pressure is nothing to laugh at because its effects on your cardiovascular system over the years will ultimately lower your life expectancy. For those of you who like to hit the Acetaminophen a little more than you should, please take note of the effects it can have on your lungs. Like I mentioned before, all over the counter pain medications do have side effects and that is why I try to help educate you on the finer points of reducing joint pain and muscle inflammation through natural means. I know it may take longer for the natural ways to work, but in time it will help get to the root of your problem, not just by masking your pain day after day with medication that is having negative effects on your health. For all my power vixens out there, I really hope that you start implementing Curcumin and Piperine into your nutritional plans. I expanded on the many benefits of Curcumin in a recent issue (November 2009) so please go back and read it if you haven't already. Per this latest research, by combining these two powerful natural compounds you will be making positive inroads by trying to prevent this horrible disease before it starts. I care for all of my readers and I truly wish you the best in your performance and quality of life. Until next month, train hard, eat clean, and start drinking celery juice to keep that heart in tip top shape. «

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**THE 2009 POWERLIFTING USA**



**McCLOSKEY POWER**

I'm writing this article about Anthony and Anna McCloskey. Anthony started powerlifting back in 2001 when he was 10 years old. He competed in his first meet in Rockville, Maryland. He competed in the 88 lb. RAW Federation and hit a 145 squat, 70 bench press, and 200 deadlift. After this meet, we still continued raw training. Our training cycle was done Westside way. When Anthony was 12 years old we started to train in gear. In his first meet competing in gear he squatted 300, benched 135, and deadlifted 300 weighing in at 111 lb.

During the past eight years of training he has competed in one year of basketball, three years of wrestling, nine years of basketball, and twelve years of football. Whether it would be in season or off season we would compete in powerlifting. The training would help him stay healthy through all of his sports. Besides minor bumps or bruises, he has never broken a bone in his body and has been very healthy. Through his years of high school football he never missed a game or practice. He played one year of junior varsity and three years of varsity and played both sides of the ball each game.

Anthony has competed in many state, national, and world championships. We compete in all federations, including IPA, WPC, APF, AAPF, RAW, ADAU, WNPF, AAU and a few others. He holds state, national, and world records in all of these federations. His best lifts which were at 16 and 17 years old are 821 squat, 501 bench, and 675 deadlift. His numbers in the IPA were retired and he now competes in the Elite Amateur Division. This now allows the teen world records in the IPA to be claimed by other teens.

At the present time Anthony is a freshman at West Chester University in West Chester, PA. He was red-shirted his first year and will be battling for a starting position at MLB next spring for the 2010 season. He majors in mathematics. We started his meet training immediately after his football season and are now currently training for a February 2010 IPA meet in Whitehall, PA. We would like to thank all federations for their kindness when competing at their meets. Also a thank you to Mike Lambert and Powerlifting USA for the article.

Anna started powerlifting at the age of 11 and competed in the 148 pound weight class, raw, at the AAU World Championships. At that meet she hit 220-100-220. She had trained with her older brother, Anthony, and also trained the Westside system. She began competing in gear at the AAU Junior Olympics and hit 127.5kg-65kg-130kg.

During the past five years, Anna has competed in fieldhockey, lacrosse, and shotput and discus. Her training has also helped her maintain her health with the exception of minor bumps and bruises. She also would participate in powerlifting both on and off season. She has been All-Catholic and All-Delco in track and field freshman and sophomore year.

She has competed in many state, national, and world championships, the same various federations her brother did. Anna also holds state, national, and world records in many of the federations. As a 15 year old she was ranked in the top three on Powerlifting Watch in the 181 and 198 pound classes. Also, she's ranked top five in the raw 181 rankings, second team All-American, and All-World on the Powerlifting Watch. She holds the biggest deadlift of any female in the 100% Raw federation, pulling 440 pounds. Her best lifts equipped at 15 years old were 575-285-450. At 16, raw, 340-185-440.

At the present time, Anna is a junior honor roll student at Cardinal O'Hara High School in Springfield, PA. She just completed her first varsity season on the O'Hara field hockey team. She recently competed in her first indoor meet of the season and qualified for states.

Anna will be starting off the 2010 season at the IPA NJ State Championships. She's also considering the options of the APT Team Championships, IPA Worlds in York, AWPC in FL, WPC Raw Worlds, and WPC World in Finland. Anna would like to thank Tom Simon and West Cary Barbell and Lucas Irvon and Unbreakable Gear, and Brickhouse for all their help.

We would like to thank Mike Lambert and all the crew from Powerlifting USA for taking the time to for our article. Thank you.

# TOP 20 TEEN RANKINGS

*NOTE: These are the Powerlifting USA Top 20 Teen powerlifters in the United States for the year 2009. If any errors or omissions are noted, please report them to Powerlifting USA Magazine, P.O. Box 467, Camarillo, CA 93011 or mike@powerliftingusa.com. We make errors in the compilation of this list, and some meet results are never received at our office for inclusion in the rankings. Furthermore, some of the results we do receive do not specify the lifter's gender or bodyweight, in which case we don't know which class to credit the efforts toward.*

118 LB. CLASS	123 LB. CLASS	132 LB. CLASS	148 LB. CLASS	165 LB. CLASS	181 LB. CLASS
<b>114 SQUAT</b> 450 Salgado, J..3/10/09 440 Torres, E..3/14/09 440 Garza, F..3/28/09 400 Martinez, A..2/14/09 380 Nowlin, T..3/28/09 375 Horta, J..2/28/09 370 Skaggs, K..3/28/09 370 Knight, A..3/28/09 365 Morales, A..2/21/09 365 Rocha, M..3/28/09 365 Alvarez, E..3/28/09 360 Weeks, D..2/19/09 360 Jaramillo, A..3/7/09 360 Martinez, M..3/28/09 355 Jacinto, M..3/7/09 355 Cadena, C..3/12/09 355 Casas, J..3/14/09 355 McCoy, Z..3/14/09 350 Leija, J..3/7/09 350 Barajas, R..2/28/09	<b>123 SQUAT</b> 500 Laznovsky, N..3/28/09 485 Rotar, P..3/13/09 475 Osuna, D..3/28/09 450 Martinez, A..3/28/09 450 Rodriguez, E..3/28/09 440 Guajardo, A..3/28/09 430 Salgado, J..2/26/09 429 Rodriguez, J..4/3/09 425 Gonzalez, M..3/28/09 425 Garay, R..3/28/09 424 Gonzales, J..2/28/09 415 Garza, F..2/7/09 415 Ward, P..3/28/09 413 Edwards, C..4/3/09 410 Lightfoot, C..3/7/09 410 Kegler, C..3/28/09 410 Khokhar, S..3/28/09 410 Manley, M..3/28/09 407 Duplichain, V..4/3/09 405 Sharp, A..2/21/09	<b>132 SQUAT</b> 540 Nunez, L..3/28/09 485 Lopez, V..3/14/09 480 Escamilla, E..3/14/09 473 Laznovsky, N..9/10/09 470 Olivo, K..3/28/09 465 Williams, J..3/10/09 465 Garcia, R..3/14/09 455 Nelson, J..3/13/09 451 Winstead, J..5/2/09 450 Smith, C..1/10/09 445 Sommer, S..3/28/09 440 Askew, M..3/28/09 440 Trautman, J..3/28/09 440 O'Brien, W..3/28/09 435 Paredes, A..2/18/09 435 Perales, M..2/19/09 435 Miles, C..2/21/09 435 Torres, G..3/28/09 430 Almgren, A..2/27/09 430 Galarza, C..2/28/09	<b>148 SQUAT</b> 550 Barrera, M..3/28/09 540 Jaquez, E..2/29/09 540 Ramirez, R..3/28/09 525 Wynn, K..2/21/09 525 Alexander, G..3/7/09 525 Reyes, R..3/28/09 525 Sharp, T..3/28/09 507 Lang, J..4/4/09 501 S., Brandon..2/28/09 501 Krosravanipour, A..3/28/09 500 Raville, T..2/7/09 500 Williams, E..2/7/09 500 Picardo, E..2/7/09 500 Marshall, R..2/26/09 500 Irby, T..3/28/09 500 Dominguez, M..3/28/09 495 Small, J..3/14/09 495 Trevino, G..3/28/09 495 Tucker, J..3/28/09 490 Dominguez, D..3/7/09	<b>165 SQUAT</b> 749 Dunn, J..9/12/09 630 Hohman, J..3/28/09 610 Willis, W..1/31/09 605 Hardaway, D..3/28/09 605 Orosco, L..3/28/09 600 Ferguson, T..2/14/09 600 Polk, C..3/28/09 600 Saylor, C..3/28/09 600 Brooks, B..3/28/09 585 Miller, R..2/14/09 580 Ramirez, E..3/28/09 575 Poirier, M..3/28/09 567 Johnson, R..4/4/09 567 Orosco, T..6/13/09 565 Cortez, J..3/28/09 555 Smith, A..3/28/09 550 Moreno, L..2/28/09 550 Garza, Z..3/14/09 545 Zak, T..1/10/09 545 Caldera, V..3/28/09	<b>181 SQUAT</b> 677 Douglas, K..6/13/09 650 Hare, A..1/17/09 639 Norris, J..4/4/09 630 Long, J..2/14/09 630 Bell, L..2/28/09 620 Mendoza, M..2/7/09 605 Sorrows, K..3/28/09 602 Bush, C..9/11/09 600 Fisher, B..3/28/09 595 Tudor, W..8/1/09 590 Hohman, Z..1/24/09 590 Miller, R..2/21/09 580 Alaniz, R..1/17/09 585 Allen, C..3/28/09 580 Kendrick, C..3/14/09 580 Medrano, S..3/28/09 580 Cozby, R..3/28/09 575 Fisher, E..2/7/09 575 Walker, C..2/21/09 575 Skyvara, C..3/7/09
<b>114 BENCH PRESS</b> 250 Torres, E..2/7/09 215 Johnson, A..2/7/09 215 Martinez, A..2/14/09 215 Sanchez, J..11/1/09 214 Harrison, C..4/3/09 210 Weeks, D..2/7/09 210 Martinez, M..3/14/09 210 Sanchez, G..3/28/09 205 Durham, A..3/14/09 205 Jacinto, M..3/28/09 205 Nowlin, T..3/28/09 205 Turrentine, R..5/2/09 200 Gardner, C..1/29/09 200 McBride, M..2/13/09 200 Faulk, T..3/7/09 195 Martinez, T..2/7/09 195 Leija, J..2/26/09 195 Casas, J..3/14/09 195 Salinas, J..3/14/09 195 Pena, R..3/14/09	<b>123 BENCH PRESS</b> 319 Garcia, W..12/12/09 280 Ward, P..3/28/09 275 Ellis, R..3/14/09 275 Osuna, D..3/28/09 270 Gonzalez, M..1/31/09 270 Duplichain, V..4/3/09 265 Hernandez, R..3/28/09 264 Edwards, C..4/3/09 264 Rotar, P..6/12/09 264 Whipple, T..10/17/09 264 Bell, A..12/09 259 Tovey, B..3/14/09 255 Campos, B..3/28/09 255 Snapka, J..3/28/09 245 Ramirez, R..3/14/09 240 Garay, R..2/28/09 235 Laznovsky, N..2/28/09 235 Guajardo, A..3/14/09 235 Martinez, A..3/28/09 235 Bawcum, K..3/28/09	<b>132 BENCH PRESS</b> 340 Nunez, L..3/28/09 335 Ott, Z..1/15/09 295 Escamilla, A..3/28/09 293 Jaurig, M..11/1/09 285 Rozner, B..3/28/09 280 Burris, R..3/7/09 280 Askew, M..3/28/09 275 Solis, C..3/28/09 275 Butler, R..3/28/09 270 Gonzalez, M..2/21/09 270 Gray, Z..2/26/09 270 Jennings, A..3/28/09 270 Miller, J..4/3/09 270 Horton, G..1/12/09 265 Smith, C..3/28/09 264 Nelson, J..4/3/09 260 Dear, J..1/17/09 260 Martinez, S..2/7/09 259 Tovey, B..4/11/09 255 Murphy, D..1/17/09	<b>148 BENCH PRESS</b> 360 Jaquez, E..3/14/09 336 Turner, M..3/21/09 330 Alexander, G..3/28/09 325 Sharp, T..3/14/09 325 Hughes, D..7/25/09 315 Nicholas, N..1/31/09 315 Picardo, E..2/28/09 314 Cordoba, A..12/12/09 310 Cooper, T..3/14/09 310 Mullins, M..3/28/09 305 Wynn, K..2/28/09 305 Reyes, R..3/28/09 305 Dominguez, M..3/28/09 305 Irby, T..3/28/09 305 Atkinson, J..3/28/09 303 Tovey, B..1/11/09 300 Barrera, M..2/21/09 300 Ramirez, R..2/28/09 300 Beckman, A..2/28/09 300 Mata, M..3/28/09	<b>165 BENCH PRESS</b> 507 Dunn, J..9/12/09 410 Salafia, D..4/18/09 400 Belen, T..3/14/09 375 Davenport, T..2/12/09 370 Smith, A..3/28/09 365 Presswood, K..9/19/09 360 Steelman, R..9/19/09 355 Willis, W..1/31/09 355 Hohman, Z..3/28/09 352 Ferguson, T..2/28/09 352 Kido, N..3/21/09 350 Moreno, L..3/28/09 350 Stiles, T..3/28/09 350 Picardo, E..6/6/09 345 Orosco, L..3/28/09 340 Cortez, M..3/28/09 335 Jones, D..2/26/09 330 Munoz, A..3/7/09 330 Polk, C..3/28/09 330 Cook, S..4/25/09	<b>181 BENCH PRESS</b> 462 Tudor, W..8/1/09 425 Spriggs, J..8/1/09 424 Shamblin, P..3/28/09 407 Sato III, J..11/1/09 405 Johannes, J..5/2/09 402 Mathews..12/5/09 395 Page, C..3/28/09 390 Mendoza, M..2/7/09 390 Contreras, R..2/28/09 385 Kendrick, C..3/28/09 385 Richardson, J..5/23/09 385 Conway, B..6/13/09 380 Douglas, K..6/13/09 375 Hare, A..1/17/09 375 Arguisola, B..3/28/09 375 Coryall, J..10/3/09 365 Caballero, K..7/5/09 363 Norris, J..9/11/09 358 Miskinis, D..5/16/09 358 Peterson, C..6/13/09
<b>114 DEADLIFT</b> 465 Torres, E..3/28/09 460 Martinez, A..2/14/09 430 Horta, J..3/14/09 415 Jacinto, M..3/7/09 415 Salgado, J..3/10/09 415 Casas, J..3/28/09 410 Barajas, R..3/28/09 407 Harrison, C..4/3/09 400 Smith, B..1/31/09 400 Garza, F..3/28/09 390 Skelton, H..3/28/09 385 Rocha, M..3/28/09 395 DeLaCruz, D..3/28/09 380 Skaggs, K..3/7/09 375 Cadena, C..2/28/09 375 Chapa, D..3/14/09 370 Jaramillo, A..3/7/09 370 Norden, A..3/28/09 365 Dodds, J..2/21/09 365 Hess, M..3/13/09	<b>123 DEADLIFT</b> 501 Laznovsky, N..4/3/09 496 Martinez, A..4/3/09 479 Rotar, P..6/12/09 470 Rodriguez, E..3/28/09 460 Powdrill, K..1/30/09 451 Rodriguez, J..4/3/09 450 Osuna, D..3/28/09 435 Perez, R..2/28/09 435 Gonzalez, M..3/28/09 430 Jimenez, J..3/28/09 425 Khokhar, S..3/28/09 425 Whitehurst, M..11/14/09 424 Nealy, D..4/3/09 420 Kegler, C..3/28/09 415 Guajardo, A..3/28/09 405 Gonzales, J..2/19/09 405 Salgado, J..2/26/09 405 Pando, A..3/14/09 405 Grubbs, J..5/31/09 400 Gonzalez, E..2/28/09	<b>132 DEADLIFT</b> 540 Smith, C..3/7/09 490 Hardin, L..4/3/09 485 Laznovsky, N..9/10/09 480 Rodriguez, E..3/14/09 470 Williams, C..2/13/09 470 Askew, M..2/14/09 465 Powdrill, K..1/24/09 465 Lopez, V..3/28/09 465 Trautman, J..3/28/09 460 Gray, D..3/7/09 460 King, P..2/14/09 455 Williams, J..1/30/09 455 Garcia, R..2/7/09 455 Solis, C..2/21/09 455 Alaniz, R..3/14/09 450 Johnson, C..1/17/09 450 Moreno, J..2/14/09 445 Lopez, R..2/21/09 445 Escamilla, A..3/14/09 440 Perez, R..2/14/09	<b>148 DEADLIFT</b> 525 Alexander, G..2/21/09 525 Ramirez, R..2/28/09 525 Herrera, A..3/12/09 515 Leal, J..3/14/09 515 Reyes, R..3/28/09 515 Irby, T..3/28/09 510 Jaquez, E..2/21/09 507 Spencer, C..6/13/09 505 Dominguez, M..3/28/09 505 Mata, M..3/28/09 500 Foster, C..2/18/09 500 Wynn, K..3/28/09 500 Kelly, K..3/7/09 500 Sharp, T..3/28/09 495 Thompson, R..2/28/09 490 Castillo, R..3/28/09 485 Garcia, E..2/19/09 485 Smith, D..2/26/09 485 Raville, T..3/7/09 485 Soliz, Z..3/7/09	<b>165 DEADLIFT</b> 600 Hardaway, D..3/28/09 578 Dunn, J..11/19/09 575 Sneed, R..3/7/09 567 Hill, C..10/31/09 565 Cortez, J..3/28/09 565 Rios, S..6/6/09 550 Jones, D..2/26/09 545 Miller, R..2/14/09 545 Caldera, V..3/28/09 540 Quatela..2/7/09 540 Orosco, L..3/12/09 540 Vaughn, J..3/14/09 540 Hollars, T..3/28/09 540 Runde, J..4/4/09 535 Thomas, L..2/21/09 535 Fisher, J..2/21/09 534 Foster, A..4/4/09 534 Cunha, N..12/5/09 530 Ramirez, E..3/28/09 529 Orosco, T..6/13/09	<b>181 DEADLIFT</b> 650 Bell, L..3/28/09 633 Douglas, K..6/13/09 617 Norris, J..9/11/09 567 Katzenmeyer, B..3/28/09 610 Miller, R..3/28/09 605 Richardson, J..5/23/09 600 Mendoza, M..2/21/09 590 Rogers, J..3/28/09 575 Foster, C..2/21/09 570 Guggenbuehl, D..3/14/09 570 Medrano, S..3/28/09 562 Baker, M..6/21/09 560 Hare, A..1/17/09 560 Clay, R..1/24/09 560 Doss, S..2/28/09 560 Bell, D..3/7/09 560 Allen, C..3/14/09 555 Hobdy, D..7/25/09 551 Rechy, S..3/21/09 551 Szymanski, D..3/28/09
<b>114 TOTAL</b> 1140 Torres, E..3/14/09 1075 Martinez, A..2/14/09 1050 Salgado, J..3/10/09 1030 Garza, F..3/28/09 970 Horta, J..2/28/09 970 Jacinto, M..3/7/09 945 Casas, J..3/14/09 945 Rocha, M..3/28/09 935 Nowlin, T..3/28/09 930 Skaggs, K..3/28/09 925 Barajas, R..3/14/09 920 Jaramillo, A..3/7/09 910 Dodds, J..3/28/09 910 Martinez, M..3/28/09 905 Cadena, C..3/12/09 903 Harrison, C..4/3/09 895 Weeks, D..3/28/09 885 Johnson, A..2/7/09 880 Alvarez, A..2/28/09 880 DeLaCruz, D..3/28/09	<b>123 TOTAL</b> 1223 Rotar, P..6/12/09 1200 Osuna, D..3/28/09 1195 Laznovsky, N..3/28/09 1150 Martinez, A..3/28/09 1125 Rodriguez, E..3/28/09 1125 Gonzalez, M..3/28/09 1090 Guajardo, A..3/28/09 1086 Rodriguez, J..4/3/09 1085 Ward, P..3/28/09 1063 Duplichain, V..4/3/09 1050 Ellis, R..3/14/09 1050 Perez, R..3/28/09 1050 Kegler, C..3/28/09 1047 Edwards, C..4/3/09 1030 Khokhar, S..3/28/09 1025 Garay, R..3/28/09 1020 Salgado, J..2/26/09 1015 Powdrill, K..1/30/09 1015 Pando, A..3/14/09 1015 Jimenez, J..3/28/09	<b>132 TOTAL</b> 1320 Nunez, L..3/28/09 1230 Smith, C..3/28/09 1210 Escamilla, A..3/14/09 1190 Askew, M..3/28/09 1185 Laznovsky, N..9/10/09 1150 Solis, C..3/14/09 1145 Lopez, V..3/14/09 1140 Olivo, K..2/21/09 1129 Hardin, L..4/3/09 1125 King, P..2/14/09 1125 Williams, J..3/10/09 1124 Nelson, J..4/3/09 1110 Miles, C..2/21/09 1110 Garcia, R..3/14/09 1105 Williams, C..2/13/09 1100 Sommer, S..3/28/09 1095 Gonzalez, M..2/21/09 1090 Rodriguez, E..3/14/09 1090 Butler, R..3/14/09 1080 Alaniz, R..3/14/09	<b>148 TOTAL</b> 1405 Jaquez, E..2/21/09 1370 Alexander, G..3/28/09 1355 Ramirez, R..2/28/09 1345 Reyes, R..3/28/09 1330 Wynn, K..2/28/09 1325 Sharp, T..3/28/09 1320 Irby, T..3/28/09 1310 Dominguez, M..3/28/09 1310 Barrera, M..3/28/09 1285 Mata, M..3/28/09 1280 Raville, T..3/28/09 1262 Lang, J..4/4/09 1255 Ford, C..3/28/09 1250 Williams, E..3/7/09 1250 Trevino, G..3/28/09 1245 Herrera, A..3/12/09 1245 Picardo, E..3/14/09 1245 Castillo, J..3/28/09 1245 Dominguez, D..3/28/09 1245 Spencer, C..6/13/09	<b>165 TOTAL</b> 1802 Dunn, J..9/12/09 1560 Hardaway, D..3/7/09 1475 Orosco, L..3/28/09 1470 Hohman, Z..3/28/09 1430 Miller, R..2/14/09 1430 Cortez, J..3/28/09 1430 Polk, C..3/28/09 1425 Ferguson, T..2/14/09 1421 Orosco, T..6/13/09 1415 Saylor, C..3/28/09 1415 Ramirez, E..3/28/09 1410 Brooks, B..3/28/09 1405 Sneed, R..3/7/09 1400 Jones, D..2/26/09 1400 Caldera, V..3/28/09 1400 Smith, A..3/28/09 1395 Rios, S..6/6/09 1390 Moreno, L..3/28/09 1372 Johnson, R..4/4/09 1370 Garza, Z..3/28/09	<b>181 TOTAL</b> 1692 Douglas, K..6/13/09 1609 Norris, J..9/11/09 1600 Mendoza, M..2/7/09 1590 Bell, L..3/28/09 1585 Hare, A..1/17/09 1537 Tudor, W..8/1/09 1510 Katzenmeyer, B..3/28/09 1505 Miller, R..3/28/09 1500 Kendrick, C..3/14/09 1485 Bell, D..3/28/09 1460 Medrano, S..3/28/09 1460 Conway, B..6/13/09 1455 Rogers, J..3/28/09 1450 Allen, C..3/28/09 1445 Long, J..3/12/09 1432 Baker, M..6/21/09 1420 Alaniz, R..1/17/09 1420 Doss, S..3/28/09 1420 Page, C..3/28/09 1415 Clay, R..3/14/09

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198 LB. CLASS	220 LB. CLASS	242 LB. CLASS	275 LB. CLASS	SHW CLASS
<b>198 SQUAT</b> 690 Wright, J..3/28/09 688 Sutton, P..6/13/09 675 Richardson, J..10/4/09 655 Vickery, C..2/14/09 644 Lee, L..6/13/09 630 Hinojosa, X..3/28/09 628 Tabor, T..5/3/09 622 Bush, C..9/11/09 620 Alaniz, R..2/7/09 617 Parker, T..6/13/09 615 Wollin, C..3/28/09 611 Downing, J..4/18/09 600 Lewis, D..3/28/09 600 Hickey, D..3/7/09 600 Darpolor, J..3/14/09 595 Ximenez, E..3/28/09 595 Peterson, C..6/13/09 590 Gonzalez, G..3/28/09 585 Rangel, W..1/31/09 585 Hernandez, X..2/21/09	<b>220 SQUAT</b> 705 Tine, R..5/9/09 700 Ladner, M..3/14/09 685 Vickers, C..3/28/09 683 May, R..5/3/09 675 Vaughn, M..3/7/09 650 Brown, E..2/21/09 650 Torres, E..2/28/09 650 Bennett, D..3/28/09 645 Bramblitt, D..3/12/09 640 Watson, C..3/28/09 640 Dobbins, S..3/28/09 640 Hall, B..3/28/09 635 Comeux, S..11/14/09 630 Castro, R..3/7/09 630 Webber, C..3/14/09 625 Carter, D..2/28/09 625 Meyer, Q..3/14/09 622 Myer, T..2/28/09 622 Moreau, T..4/5/09 622 Zachman, E..10/24/09	<b>242 SQUAT</b> 740 Skinner, S..10/25/09 722 Gibson, J..9/26/09 699 Gannon, T..3/14/09 699 Ladner, M..6/14/09 680 Green, F..3/28/09 665 Watson, C..1/31/09 660 Brawley, C..1/31/09 660 Brisenlo, L..3/28/09 655 Grant, S..5/3/09 655 Pray, T..6/14/09 650 Castro, R..1/10/09 650 Pendleton, M..3/28/09 650 Morrison, L..3/28/09 645 Gamble, M..3/28/09 640 Buckley, A..3/14/09 640 Costilla, M..3/28/09 639 McCoy, M..10/10/09 635 Roussel, G..3/28/09 630 Palomin, A..2/21/09 630 Arnold, E..2/26/09	<b>275 SQUAT</b> 745 Trevino, J..3/28/09 733 Lilliebridge, E..1/31/09 725 Terry, B..3/28/09 715 Molina, J..2/28/09 711 Erikson, C..4/26/09 700 Molano, C..2/21/09 700 Evans, S..3/12/09 700 Thacker, J..3/28/09 700 Neal, P..3/28/09 700 Garteh, S..3/28/09 690 Heskew, D..3/28/09 690 Hendrix, U..3/28/09 680 Brown, B..3/28/09 680 Rigsby, C..3/28/09 675 Dickson, R..3/14/09 675 Venancio, D..3/28/09 670 Stufflet, J..3/14/09 660 James, T..2/21/09 660 Drennon, D..3/7/09 660 King, G..3/28/09	<b>SHW SQUAT</b> 840 Gonzales, A..3/28/09 825 Barnes, L..3/28/09 810 Ogando, J..2/21/09 804 Ginez, F..6/14/09 800 Lowry, A..3/7/09 785 Englerth, J..3/28/09 755 Folweiler, M..3/28/09 750 Mena, D..2/7/09 750 Terrell, C..2/18/09 750 Wilson, D..3/7/09 735 Limon, A..2/21/09 720 Taylor, A..3/14/09 710 Wilkinson, C..2/28/09 705 Whitaker, A..4/5/09 700 DiBiase, A..3/28/09 700 Curl, D..3/12/09 685 Danford, T..3/28/09 683 Lomangino, F..6/14/09 680 Duncan, C..3/7/09 675 Haines, R..1/31/09
<b>198 BENCH PRESS</b> 451 Beaudry, D..1/31/09 450 Richardson, J..10/4/09 440 Giglio, N..4/4/09 440 Giernett, B..4/25/09 435 Ommen, N..5/30/09 435 Lee, L..6/13/09 429 Grevon, T..4/26/09 424 Sutton, P..6/13/09 424 Conner, C..6/13/09 410 Huerta, J..3/14/09 407 Parker, T..6/13/09 407 Garbush, J..11/1/09 405 Wright, J..1/10/09 405 May, N..8/22/09 402 Jaimes, L..6/13/09 402 Kelley, R..11/1/09 400 Hickey, D..3/28/09 386 Zintmaster, T..7/18/09 385 Pike, N..3/14/09 385 Peterson, C..6/13/09	<b>220 BENCH PRESS</b> 700 Kolb, J..10/11/09 500 Ladner, M..3/28/09 485 Haarsma, L..4/4/09 470 Conner, C..2/21/09 455 Holdren, M..3/24/09 451 Tine, R..5/9/09 440 May, R..5/3/09 440 Pasholk, D..7/18/09 440 James, L..7/25/09 425 Vaughn, M..3/7/09 425 Smith, T..3/29/09 425 Pacheco, B..4/11/09 418 Grenon, T..6/7/09 415 Carranza, S..2/14/09 415 Cervantes, Z..8/8/09 413 Moreau, T..4/5/09 413 Wilson, K..5/24/09 407 Piopino, K..4/5/09 407 Warren, D..6/27/09 405 Thomas, Q..2/14/09	<b>242 BENCH PRESS</b> 622 Dunham, D..6/13/09 518 McCoy, M..10/10/09 496 Ladner, M..6/14/09 475 Skinner, S..10/25/09 473 Cedeno, L..12/09 465 Turner, P..2/28/09 450 Buckley, A..3/28/09 446 Pickens, M..11/1/09 435 Smith..4/19/09 435 Sams, T..11/14/09 425 Cooley, D..3/28/09 425 Richard, P..11/14/09 420 Brown, J..2/14/09 413 Gibson, J..9/26/09 407 Grant, S..5/3/09 407 Pray, T..6/14/09 405 Carranza, S..1/17/09 405 Watson, C..1/24/09 405 Klare, D..3/28/09 405 Martin, B..4/18/09	<b>275 BENCH PRESS</b> 525 Burns, J..2/28/09 523 Perillo, L..10/18/09 510 Ramirez, K..11/14/09 501 Eller, B..4/11/09 501 Bingham, L..12/09 501 Shipley, A..11/11/09 500 Gibbs, R..4/11/09 473 Cooley, D..6/27/09 465 Turner, P..1/17/09 455 Hill, J..2/28/09 455 Kern, K..3/28/09 450 Modica, A..3/7/09 440 Erikson, C..4/26/09 435 Lilliebridge, E..1/31/09 430 Mize, S..3/28/09 425 Degavage, M..3/28/09 420 Triplet, J..3/28/09 420 Rogers, J..3/7/09 420 Williams, G..3/28/09 420 Hartranft, G..4/25/09	<b>SHW BENCH PRESS</b> 584 Brown, T..6/7/09 523 Ginez, F..2/28/09 512 Lomangino, F..6/14/09 501 Toiley, R..8/1/09

# TOP 20 WOMEN RANKINGS

*NOTE: These are the Powerlifting USA TOP 20 Women powerlifters in the United States for the year 2009. If any errors or omissions are noted, please report them to Powerlifting USA Magazine, P.O. Box 467, Camarillo, CA 93011 or mike@powerliftingusa.com. We make errors in the compilation of this list, and some meet results are never received at our office for inclusion in the rankings. Furthermore, some of the results we do receive do not specify the lifter's gender or bodyweight, in which case we don't know which class to credit the efforts toward.*

97 LB. CLASS	105 LB. CLASS	114 LB. CLASS	123 LB. CLASS	132 LB. CLASS	148 LB. CLASS				
<b>97 SQUAT</b> 260 Garcia, T..3/21/09 260 Ramon, G..3/21/09 255 White, T..2/14/09 250 Mayes, S..3/21/09 244 Willis, B..9/5/09 242 Vongsouvanh, M..4/3/09 240 Smith, J..2/21/09 240 Maltos, V..3/21/09 240 Jaeger, M..3/21/09 240 Trevino, C..3/21/09 235 Rodgers, B..1/24/09 235 Guerra, E..12/12/09 231 Naquin, K..4/3/09 230 Matthews, M..2/21/09 225 Trevino, K..1/24/09 225 Rocha, D..2/27/09 225 Zapata, L..2/21/09 225 Summers, A..11/14/09 215 Gregory, N..3/21/09 215 Bruns, C..3/21/09	<b>105 SQUAT</b> 330 Grimwood, E..11/21/09 319 Van Dusen, M..9/7/09 314 Barnes, L..3/1/09 300 Durham, K..3/21/09 292 Anderson, C..6/27/09 281 Shumaker, A..2/14/09 270 Gonzalez, A..3/21/09 270 Whitaker, R..3/21/09 264 Leverett, A..2/14/09 260 Barrios, J..2/7/09 260 Seaborn, K..2/28/09 260 Fricks, J..3/21/09 255 Ortiz, C..2/7/09 255 Mendoza, L..3/21/09 250 Rocha, A..2/27/09 250 Mathews, L..2/21/09 250 Wilson, B..2/21/09 248 Harper, M..5/2/09 248 Ocampo, J..11/1/09 245 Ariaga, A..2/13/09	<b>114 SQUAT</b> 457 Kirkland, M..7/31/09 413 Awalt, A..3/7/09 375 Hartwig-Gary, S..10/1/09 365 Grimwood, E..12/5/09 330 Barnes, L..4/24/09 325 VanDusen, M..6/20/09 320 Garcia, L..3/21/09 319 Williams, M..9/8/09 319 Yamashita, R..11/10/09 305 Lauer, C..3/13/09 303 Durham, K..4/3/09 303 Anderson, D..4/25/09 303 Clough, J..11/14/09 300 Gutierrez, W..2/21/09 300 Dulce, C..1/17/09 290 Carlson, B..3/13/09 290 Terrell, M..3/21/09 286 Bennett, D..3/27/09 280 Ybarra, V..2/14/09 280 Doran, J..3/14/09	<b>123 SQUAT</b> 455 Harrington, N..5/23/09 440 Rotsinger, J..6/13/09 418 Kirkland, M..4/3/09 365 Fontenot, M..2/12/09 360 Saenz, C..1/17/09 355 Schillinger, A..3/13/09 355 Boutte, C..4/25/09 350 Forgatsch, J..1/17/09 347 Brown, J..11/2/09 347 Clark, K..12/5/09 330 Cazares, A..3/21/09 330 DaCosta, A..3/27/09 319 Lopez, R..2/14/09 315 Backes, B..4/18/09 310 Murphy, S..3/21/09 310 Gonzalez, A..3/21/09 310 Sanchez, B..3/21/09 308 Bennett, D..3/27/09 305 Allen, M..2/14/09 305 Teaff, C..2/28/09	<b>132 SQUAT</b> 490 Kirkland, M..6/13/09 407 Baker, C..9/26/09 380 Hart, C..9/26/09 365 Franciscus, A..2/28/09 363 Gaudreau, J..3/7/09 358 Stein, E..10/2/09 352 Miller, K..9/8/09 350 Fenley, L..3/21/09 350 Montes, M..2/21/09 341 DaCosta, A..9/8/09 341 Singletary, K..11/14/09 340 King, K..3/21/09 340 Backes, B..7/11/09 340 Dugan, L..12/5/09 335 Martinez, B..2/21/09 335 Howard, T..12/12/09 330 Patel, H..1/24/09 330 Gaona, J..3/21/09 330 Rogers, M..3/21/09 330 Bennett, M..6/13/09	<b>148 SQUAT</b> 600 Hartnett, S..3/21/09 540 Myers, C..9/26/09 600 Boshoven, L..5/09 622 Cary, K..6/13/09 600 Borzok, M..2/21/09 450 Mikolay, S..2/28/09 430 Johnson, H..4/4/09 429 Bartz, P..9/8/09 424 Hitchcock, A..9/19/09 424 Damminga, D..11/19/09 410 King, S..3/14/09 402 Richardson, L..1/24/09 400 Runco, ..6/27/09 391 Waltherman, E..6/20/09 385 Mayer, R..7/31/09 380 Roldan, A..4/26/09 374 Hetzel, M..1/24/09 374 Duncan, B..4/4/09 355 Fenley, L..3/21/09 355 Stringer, R..3/21/09 352 Fishman, R..3/15/09	<b>165 SQUAT</b> 705 Phelps, L..10/3/09 644 VanDeWeghe, S..6/13/09 600 Boshoven, L..5/09 622 Ford, K..11/19/09 600 Boshoven, L..8/29/09 551 Krupinski, S..6/13/09 488 Hower, K..9/9/09 479 Stern, N..11/11/09 460 Blankenship, R..5/23/09 457 James, D..2/15/09 435 Cogger, M..6/13/09 413 McKinney, T..3/29/09 410 Fine, H..1/31/09 402 Stallings, T..4/19/09 402 Reed, T..11/11/09 400 Gamble, B..1/17/09 391 Lair, R..11/3/09 385 Metoyer, D..4/4/09 385 Ratliff, C..4/4/09 380 O'Brien, S..1/31/09 400 Neol, S..3/21/09 400 Meador, A..3/21/09	<b>181 SQUAT</b> 745 Phelps, L..5/23/09 622 Cary, K..6/13/09 606 Ford, K..11/19/09 600 Boshoven, L..8/29/09 551 Krupinski, S..6/13/09 488 Hower, K..9/9/09 479 Stern, N..11/11/09 460 Blankenship, R..5/23/09 457 James, D..2/15/09 435 Cogger, M..6/13/09 413 McKinney, T..3/29/09 410 Fine, H..1/31/09 402 Stallings, T..4/19/09 402 Reed, T..11/11/09 400 Gamble, B..1/17/09 391 Lair, R..11/3/09 385 Metoyer, D..4/4/09 385 Ratliff, C..4/4/09 380 O'Brien, S..1/31/09 400 Hernandez, G..3/21/09	<b>198 SQUAT</b> 550 Clodfelter, C..6/28/09 529 Detman, S..3/15/09 518 Loveall, J..11/11/09 473 Arnold, E..9/9/09 473 McKinney, T..11/14/09 468 Arnold, L..2/15/09 455 Jacabo, B..1/17/09 446 Stone, J..7/31/09 440 Jaskiewicz, L..10/25/09 435 Barrera, E..3/21/09 430 Brown, V..3/21/09 429 Balajka, S..4/3/09 425 Perkins, S..3/21/09 420 Poetzel, L..3/14/09 413 Sharpless, A..4/3/09 405 Soto, S..3/21/09 402 Stallings, T..1/24/09 402 Arnow, J..2/15/09 400 St. John, B..2/7/09 400 Hernandez, G..3/21/09	<b>SHW SQUAT</b> 675 Garrett, M..10/3/09 567 O'Donnell, J..3/7/09 523 Hall, H..2/15/09 523 Ebanks, J..6/27/09 515 Montgomery, J..2/21/09 515 Deaver, M..2/21/09 512 Cook, B..6/20/09 501 Sons, K..9/9/09 500 Gomez, D..2/7/09 500 Luna, N..3/21/09 485 Bobek, L..6/27/09 479 Ross, R..9/9/09 475 Jones, T..10/4/09 470 Holt, H..3/21/09 462 Costello, C..4/3/09 460 Seeke, C..3/14/09 460 Reynolds, T..3/21/09 445 Paul, B..2/20/09 440 Solari, T..6/27/09 435 Contreras, S..3/21/09
<b>97 BENCH PRESS</b> 150 McCaslin, K..2/21/09 148 Summers, A..11/14/09 138 Robinson, P..10/30/09 126 Mayes, S..4/3/09 121 Chung, H..7/5/09 120 Tafuri, M..1/25/09 120 Gregory, N..2/7/09 120 Brite, T..3/21/09 120 Bates, G..11/14/09 115 Barrera, J..2/7/09 115 Saenz, E..2/21/09 115 Garcia, T..3/21/09 115 Rodgers, B..3/21/09 115 Trevino, C..3/21/09 115 Savannah, M..7/11/09 115 Willis, B..9/5/09 110 Trevino, K..1/24/09 110 Sanchez, S..2/28/09 110 Smith, J..3/21/09 110 Vasquez, J..3/21/09	<b>105 BENCH PRESS</b> 209 Shumaker, A..4/8/09 192 Anderson, C..6/27/09 190 Grimwood, E..11/21/09 181 Yu, X..6/13/09 165 Leverett, A..2/14/09 165 Anderson, D..7/5/09 165 Hao, Y..10/29/09 159 Loera-Lewis, P..10/29/09 154 Serrano, G..2/14/09 145 Durham, K..3/21/09 143 Van Dusen, M..4/3/09 140 Porreta, K..4/25/09 137 Ocampo, J..2/14/09 137 Becnel, E..3/27/09 137 Jackson, R..12/6/09 135 Ariaga, A..2/13/09 135 Whitaker, R..3/21/09 135 Grubb, M..5/16/09 132 Robinson, P..5/23/09 132 Baker, S..6/5/09	<b>114 BENCH PRESS</b> 231 Awalt, A..3/7/09 225 Kirkland, M..7/31/09 220 Hartwig-Gary, S..10/1/09 198 Williams, M..3/27/09 198 Miller, H..10/29/09 192 Barnes, L..4/24/09 192 Yamashita, R..11/10/09 192 Shuttleworth, M..11/25/09 190 Grimwood, E..12/5/09 181 Nelson, D..4/13/09 181 Anderson, D..4/25/09 176 Najera, J..7/19/09 176 Cobb, S..8/15/09 170 Garcia, L..3/21/09 159 Cutrona, T..4/4/09 159 Kingsley, J..6/20/09 157 Brown, G..7/25/09 154 Freed, N..1/24/09 154 Thibodeaux..3/27/09 154 Carlson, B..9/8/09	<b>123 BENCH PRESS</b> 308 Asp, M..11/11/09 281 Adelmant, T..9/19/09 275 Hammons, B..8/1/09 248 Kirkland, M..4/3/09 245 Harrington, N..5/23/09 236 Rotsinger, J..6/13/09 225 Forgatsch, J..1/17/09 225 Reyes, A..11/1/09 214 Pantilat, L..2/14/09 210 Faraone, J..4/18/09 209 Lopez, R..2/14/09 209 Hughes, K..5/16/09 203 Clark, K..12/5/09 198 Shuttleworth, M..8/15/09 198 Rich, B..11/10/09 192 Fontenot, M..5/2/09 187 Lamp, L..2/14/09 187 Hedman, S..7/3/09 187 Yamashita, J..7/5/09 181 Snow, D..12/14/09	<b>132 BENCH PRESS</b> 330 Williams, C..5/30/09 286 Thompson, J..3/9/09 281 Patel, H..5/16/09 275 Burke, J..4/18/09 253 Darling, J..4/18/09 250 Hammons, B..6/27/09 248 Kirkland, M..6/13/09 245 Estrada, O..1/24/09 240 Ladewski, J..8/1/09 240 Olszewski, E..8/1/09 231 Gaudreau, J..5/28/09 230 Dugan, L..12/5/09 225 Sauer, H..4/13/09 210 Howard, T..12/12/09 209 Callahan, S..4/4/09 209 Rich, B..7/3/09 200 Poplin, B..6/27/09 200 Schaeffer, C..6/27/09 198 Baker, S..3/28/09 192 Miller, K..4/3/09	<b>148 BENCH PRESS</b> 380 Borzok, M..2/21/09 330 Richardson, L..4/4/09 308 Micka, A..9/26/09 300 West, R..2/21/09 292 Hartnett, S..3/21/09 292 Myers, C..9/26/09 286 Pikhunyk, U..12/6/09 285 Johnson, H..4/4/09 275 Sverchek, J..2/21/09 270 Waltherman, E..6/20/09 264 Mathis, M..10/29/09 264 Nolen, B..10/30/09 259 Fishman, R..6/27/09 250 Mikolay, S..2/28/09 249 Watts, J..10/30/09 242 Steele, L..5/30/09 242 Hitchcock, A..9/19/09 235 Timbs, D..3/29/09 230 King, S..12/12/09 225 Bartz, P..1/17/09	<b>165 BENCH PRESS</b> 505 Phelps, L..10/3/09 374 Van DeWeghe, S..6/13/09 374 Martin, K..6/13/09 369 Henry, M..3/21/09 355 Fineis-Curry, B..6/27/09 336 Blyn, L..3/7/09 330 Ribic, P..3/9/09 330 Freeland, L..11/11/09 330 Newman, C..3/9/09 320 Richardson, L..7/5/09 308 Westin, C..11/11/09 305 Edwards, M..10/25/09 305 Gilbert, S..4/18/09 303 Klocke, S..6/13/09 285 Blankenship, R..10/3/09 275 Brasseaux, J..4/11/09 275 Doddy, D..6/20/09 270 Streaker, A..6/27/09 267 Slaga, D..12/12/09 264 Huxley, N..3/14/09	<b>181 BENCH PRESS</b> 500 Phelps, L..5/23/09 385 Cary, K..3/21/09 381 Campbell, K..4/25/09 341 Krupinski, S..6/13/09 319 Doan, D..5/29/09 314 McKinney, T..3/29/09 314 Reed, T..7/3/09 303 Meeker, C..11/1/09 281 Bowman, A..10/29/09 280 Blankenship, R..5/23/09 275 Crossland, C..1/31/09 275 Stern, N..11/11/09 270 Baird, K..3/21/09 265 Terrien, A..5/2/09 264 James, D..2/15/09 264 Ford, K..11/19/09 260 Stallings, T..3/21/09 260 Boshoven, L..8/29/09 253 Neff, C..3/7/09 253 Cogger, M..6/13/09	<b>198 BENCH PRESS</b> 330 Loveall, J..7/3/09 330 McKinney, T..11/14/09 320 Work, J..3/29/09 314 Berry, M..10/30/09 300 Jaskiewicz, L..10/25/09 295 Clodfelter, C..1/18/09 292 Oxford, H..3/7/09 275 Arnow, J..2/15/09 275 McAviney, K..8/8/09 270 Stone, J..7/31/09 264 Arnold, L..2/15/09 264 Kimoto, J..10/29/09 259 Stallings, T..1/24/09 253 Sora, M..5/29/09 250 Wynn, J..8/16/09 248 Detman, S..3/15/09 248 Arnold, E..9/9/09 242 Dickens, J..5/16/09 237 Gimmell, J..6/27/09 236 Pera, M..10/29/09	<b>SHW BENCH PRESS</b> 500 Garrett, M..10/3/09 402 Nutter, R..11/14/09 400 Shealey, D..6/13/09 380 O'Donnell, J..3/7/09 374 Ferrell, D..4/15/09 370 Mathis, A..2/28/09 341 Thoms, S..3/15/09 315 Jones, T..10/4/09 314 Gibson, H..9/26/09 310 Sons, K..2/21/09 303 Gomez, D..4/3/09 292 Huston, F..4/15/09 290 Smith..9/27/09 286 Berry, M..6/27/09 281 Ebanks, J..6/27/09 275 Kelley, J..3/15/09 275 Brown, A..7/11/09 270 Hall, H..2/15/09 265 Page, B..5/23/09 265 Foster, J..11/14/09
<b>97 DEADLIFT</b> 290 Michaud, O..5/2/09 282 Cabe, E..10/30/09 281 Garcia, T..4/3/09 281 Willis, B..9/5/09 280 Smith, J..3/21/09 275 Maltos, V..3/21/09 270 Rodgers, B..3/21/09 270 Jaeger, M..3/21/09 270 Brite, T..3/21/09 265 Trevino, C..3/21/09 264 Vongsouvanh, M..4/3/09 260 Aliminosa, D..5/2/09 259 Naquin, K..4/3/09 259 Summers, A..11/14/09 250 Trevino, K..1/24/09 250 Ramon, G..3/21/09 250 Gregory, N..3/21/09 250 Spurlock, S..3/21/09 250 Sanchez, S..3/21/09 248 Carter, F..4/3/09	<b>105 DEADLIFT</b> 345 Van Dusen, M..3/13/09 342 Anderson, C..10/29/09 330 Grimwood, E..11/21/09 319 Shumaker, A..4/18/09 314 Leverett, A..2/14/09 308 Gonzalez, A..4/3/09 308 Anderson, D..7/5/09 300 Ariaga, A..3/21/09 300 Roldan, T..6/6/09 297 Baker, S..6/5/09 295 Durham, K..3/21/09 292 Ocampo, J..2/14/09 292 Barnes, L..3/1/09 281 Moon, E..7/24/09 275 Mendoza, L..3/21/09 275 Bonat, J..3/21/09 275 Brite, T..4/3/09 275 Jackson, R..8/15/09 271 Tavares, C..11/1/09 270 Loera-Lewis, P..8/15/09	<b>114 DEADLIFT</b> 385 Kirkland, M..7/31/09 380 Awalt, A..3/7/09 352 Hartwig-Gary, S..10/1/09 347 Najera, J..7/19/09 345 Grimwood, E..12/5/09 330 Preston, A..3/21/09 330 VanDusen, M..6/20/09 330 Doran, J..10/24/09 325 Alfred, M..3/21/09 325 Carlson, B..4/3/09 325 Barnes, L..4/24/09 319 Williams, M..3/27/09 314 Anderson, D..4/25/09 314 Cobb, S..8/15/09 314 Yamashita, R..11/10/09 310 Ybarra, V..3/21/09 310 Gray, M..3/21/09 303 Freed, N..1/24/09 303 Clough, J..5/9/09 300 Richmond, A..3/21/09	<b>123 DEADLIFT</b> 407 Kirkland, M..4/3/09 402 Rotsinger, J..6/13/09 380 Schillinger, A..4/3/09 380 Adelmant, T..8/19/09 369 Ruff, D..10/30/09 365 Cazares, A..3/21/09 363 Tobin, K..4/25/09 360 Fontenot, M..3/21/09 350 Faraone, J..4/18/09 347 Clark, K..12/5/09 345 Harrington, N..5/23/09 341 Kemper, T..3/14/09 340 Backes, B..4/18/09 346 Alfred, M..4/3/09 336 Brown, J..11/2/09 330 Forgatsch, J..1/17/09 330 Saenz, C..3/21/09 330 Snow, D..6/27/09 330 Jackson, D..11/14/09 325 Lopez, R..2/14/09	<b>132 DEADLIFT</b> 435 Kirkland, M..6/13/09 409 Sverchek, J..2/21/09 413 Patel, H..10/17/09 396 Stein, E..10/2/09 385 Gaudreau, J..3/7/09 385 Dugan, L..12/5/09 380 Baker, S..3/28/09 363 Carlson, R..2/14/09 358 Thompson, J..7/24/09 355 Dahm, B..3/13/09 352 Brault, L..4/25/09 350 Farias, S..2/21/09 347 Miller, K..4/3/09 345 Martinez, B..3/21/09 345 Backes, B..7/11/09 340 Franciscus, A..2/28/09 336 Singletary, K..11/14/09 335 Estrada, O..1/24/09 335 Martin, T..2/14/09 335 McCleary, K..2/20/09	<b>148 DEADLIFT</b> 518 Hartnett, S..3/21/09 500 Sverchek, J..2/21/09 485 Wallford, K..3/7/09 462 Hitchcock, A..3/7/09 440 Myers, C..9/26/09 425 Bartz, P..1/17/09 420 Borzok, M..2/21/09 418 McCubbin, J..4/25/09 446 Henry, M..3/21/09 413 Richardson, L..1/24/09 407 Damminga, D..3/21/09 405 Johnson, R..H..4/4/09 405 West, R..11/21/09 402 Watts, J..2/15/09 402 Jacobs, T..10/30/09 400 Porter, H..2/7/09 391 Jones, H..11/7/09 385 Frieling, C..12/5/09 375 Hinz, S..3/14/09 375 Spano..12/5/09	<b>165 DEADLIFT</b> 540 Ribic, P..3/7/09 510 Phelps, L..10/3/09 505 Boshoven, L..1/1/09 501 Walford, K..2/15/09 485 Freeland, L..11/11/09 479 Blyn, L..3/7/09 462 VanDeWeghe, S..6/13/09 460 Edwards, M..10/25/09 446 Henry, M..3/21/09 440 Sebastian, S..11/14/09 435 Martin, K..6/13/09 435 Blankenship, R..10/3/09 433 Holte, T..10/30/09 413 Houston, P..2/15/09 407 King, S..9/9/09 407 Smith, C..10/17/09 407 Slaga, D..12/12/09 405 Fineis-Curry, B..6/27/09 405 Siemssen, K..10/10/09 402 Westin, C..1/24/09	<b>181 DEADLIFT</b> 525 Phelps, L..5/23/09 523 James, D..2/15/09 510 Boshoven, L..8/29/09 500 Stallings, T..3/21/09 479 Stern, N..7/3/09 468 Ford, K..11/19/09 459 Taylor, J..8/22/09 458 Campbell, K..4/25/09 451 Krupinski, S..6/13/09 441 Gasper, D..4/4/09 441 McCloskey, A..11/7/09 440 Baird, K..3/21/09 440 Blankenship, R..5/23/09 407 Bodine, F..12/5/09 435 Reed, T..11/14/09 429 Cary, K..6/13/09 429 Holte, T..6/13/09 407 Styrlund, L..10/2/09 405 Colomb, T..1/17/09 402 McKinney, T..3/29/09	<b>198 DEADLIFT</b> 535 Clodfelter, C..6/28/09 500 Jaskiewicz, L..10/25/09 485 Work, J..3/29/09 485 Loveall, J..11/11/09 479 Stallings, T..1/24/09 446 Arnold, E..9/9/09 440 Lerma, B..2/14/09 440 Arnold, L..2/15/09 424 Poetzel, L..9/9/09 418 Brown, V..4/4/09 413 Arnow, J..2/15/09 413 Mangaoang, F..2/15/09 407 McKinney, T..11/14/09 407 Bodine, F..12/5/09 402 Baum, M..2/15/09 402 Detman, S..3/15/09 402 Stone, J..7/31/09 402 Okoro, L..11/1/09 400 Jacabo, B..3/21/09 385 St. John, B..1/31/09	<b>SHW DEADLIFT</b> 545 O'Donnell, J..3/7/09 500 Garrett, M..10/3/09 473 Hall, H..2/15/09 473 Kelley, J..3/15/09 462 Ross, R..9/9/09 451 Ebanks, J..6/27/09 440 Sons, K..9/9/09 435 Costello, C..4/3/09 429 Cook, B..6/20/09 429 Bobek, L..6/27/09 429 McKindra, L..10/30/09 429 Schaefer, L..12/5/09 425 Edelson, N..4/18/09 420 Montgomery, J..3/21/09 418 Sullon, M..3/21/09 418 Chatelain, A..7/31/09 418 Mangaoang, F..8/15/09 413 Solari, T..6/27/09 410 Luna, N..3/21/09 410 Reynolds, T..3/21/09
<b>97 TOTAL</b> 650 Garcia, T..4/3/09 639 Willis, B..9/5/09 633 Summers, A..11/14/09 625 Smith, J..3/21/09 620 Rodgers, B..3/21/09 615 Maltos, V..3/21/09 615 Jaeger, M..3/21/09 615 Ramon, G..3/21/09 615 Mayes, S..3/21/09 610 Trevino, C..3/21/09 600 Vongsouvanh, M..4/3/09 585 Trevino, K..1/24/09 585 Gregory, N..3/21/09 585 Michaud, O..5/2/09 578 Naquin, K..4/3/09 575 Brite, T..3/21/09 570 White, T..2/14/09 570 Aliminosa, D..5/2/09 565 Vasquez, J..3/21/09 555 Spurlock, S..3/21/09	<b>105 TOTAL</b> 850 Grimwood, E..11/21/09 810 Anderson, C..6/27/09 799 Shumaker, A..4/18/09 788 Van Dusen, M..9/7/09 740 Durham, K..3/21/09 738 Leverett, A..2/14/09 680 Gonzalez, A..3/21/09 675 Ariaga, A..3/21/09 665 Whitaker, R..3/21/09 661 Ocampo, J..11/1/09 655 Seaborn, K..2/28/09 655 Mendoza, L..3/21/09 655 Roldan, T..8/1/09 650 Baker, S..6/5/09 630 Bonat, J..3/21/09 628 Serrano, G..2/14/09 625 Franks, T..3/21/09 625 Hucks, J..3/21/09 625 Frick, H..3/21/09 617 Becnel, E..3/27/09	<b>114 TOTAL</b> 1069 Kirkland, M..7/31/09 1025 Awalt, A..3/7/09 947 Hartwig-Gary, S..10/1/09 900 Grimwood, E..12/5/09 848 Barnes, L..4/24/09 826 Yamashita, R..11/10/09 821 Williams, M..3/27/09 799 Anderson, D..4/25/09 799 Najera, J..7/19/09 788 Van Dusen, M..6/20/09 755 Garcia, L..3/21/09 749 Carlson, B..4/3/09 745 Doran, J..3/14/09 744 Durham, K..4/3/09 740 Ybarra, V..3/21/09 738 Clough, J..11/14/09 722 Lauer, C..4/3/09 705 Bennett, D..3/27/09 699 Thibodeaux..3/27/09 695 Gutierrez, W..2/21/09	<b>123 TOTAL</b> 1080 Rotsinger, J..6/13/09 1074 Kirkland, M..4/3/09 1045 Harrington, N..5/23/09 905 Forgatsch, J..1/17/09 903 Schillinger, A..4/3/09 898 Fontenot, M..5/2/09 898 Clark, K..12/5/09 865 Brown, J..11/2/09 855 Cazares, A..3/21/09 854 Lopez, R..2/14/09 830 Backes, B..4/18/09 825 Saenz, C..3/21/09 815 DaCosta, A..3/27/09 815 Boutte, C..4/25/09 810 Kemper, T..2/14/09 804 Pantilat, L..2/14/09 793 Rich, B..11/10/09 782 Hedman, S..11/10/09 780 Murphy, S..3/21/09 777 Jackson, D..11/14/						

# TOP 20 MASTER RANKINGS

*NOTE: These are the Powerlifting USA Top 20 Master powerlifters in the United States for the year 2009. If any errors or omissions are noted, please report them to Powerlifting USA Magazine, P.O. Box 467, Camarillo, CA 93011 or mike@powerliftingusa.com. We make errors in the compilation of this list, and some meet results are never received at our office for inclusion in the rankings. Furthermore, some of the results we do receive do not specify the lifter's gender or bodyweight, in which case we don't know which class to credit the efforts toward.*

114 LB. CLASS	123 LB. CLASS	132 LB. CLASS	148 LB. CLASS	165 LB. CLASS	181 LB. CLASS
<b>114 SQUAT</b> 375 Hartwig-Gary, S..10/1/09 330 Barnes, L..4/24/09 303 Clough, J..11/14/09 295 Zeolla, G..6/12/09 281 Shumaker, A..2/14/09 264 Leverett, A..2/14/09 248 Moore, R..11/28/09 226 Gedney, J..9/11/09 220 Baker, S..6/5/09 215 Ryman, K..11/7/09 214 Cutrona, T..10/17/09 210 Michaud, O..5/2/09 210 Aliminosa, D..5/2/09 200 Ellis, S..4/25/09 195 Stefan, B..7/11/09 193 Poyner, K..10/17/09 181 Jackson, R..12/6/09 160 McDonragon, V..9/27/09 154 Thompson, M..7/24/09 154 Whiting, S..11/14/09	<b>123 SQUAT</b> 303 Kemper, T..2/14/09 292 Mach, J..6/20/09 286 Hedman, S..11/11/09 275 Jackson, D..5/16/09 275 Soukup, S..9/27/09 270 Pantilat, L..2/14/09 248 Snod, D..2/14/09 248 Lamp, L..2/14/09 242 Moore, R..5/31/09 242 Moore, K..7/24/09 242 Simons, A..10/1/09 209 Galant, A..5/1/09 203 Hall, D..11/14/09 198 Aerts, B..4/26/09 198 Marrs, M..5/16/09 192 Michaels-W, T..2/14/09 190 Azlin, P..5/9/09 185 Davis, K..9/26/09 170 McKee, P..8/2/09 159 Kemmer, A..12/09	<b>132 SQUAT</b> 518 Kupperstein, E..5/1/09 450 Smith, T..1/7/09 413 Richey, S..7/4/09 374 Drenik, P..8/15/09 370 Aulridge, R..5/23/09 365 Franciscus, A..2/28/09 358 Stein, E..10/2/09 303 Meskew, K..3/28/09 292 Carlsson, R..2/14/09 281 Simons, A..2/14/09 281 Marchio, J..7/25/09 280 Soukup, S..7/18/09 270 Bales, M..11/14/09 264 Shivaie, H..2/21/09 264 Callahan, S..11/11/09 253 Tidmarsh, P..12/5/09 242 Barnhill, A..1/24/09 231 Ireland, F..2/14/09 231 Lopez, L..2/14/09 230 Helms, J..11/14/09	<b>148 SQUAT</b> 725 Heath, D..10/31/09 617 Matsumoto, D..1/24/09 573 Morse, C..8/1/09 540 Myers, C..6/26/09 520 Bauer, F..5/09 512 Weinstein, L..10/1/09 468 Sato, B..3/21/09 468 Lewis, S..5/1/09 462 Jacobs, J..5/1/09 451 Foddrill, B..5/1/09 451 Warner, J..11/28/09 450 Wess, R..4/11/09 440 Whitney, D..5/2/09 424 Wider, M..8/1/09 407 Deskis, M..8/1/09 385 Mears, P..5/1/09 380 Wilson..2/22/09 374 McLaren, R..3/21/09 365 Murphy, R..3/7/09 347 Robinson, M..10/17/09	<b>165 SQUAT</b> 635 Cayer, A..8/8/09 633 VanDeWeghe, S..3/15/09 675 Ingravera, R..2/7/09 600 Boshoven, L..6/09 573 Lewis, C..10/1/09 562 Thompson, D..5/2/09 562 Lumpe, S..5/2/09 562 Anderson, D..9/19/09 551 Pullum, W..11/17/09 550 Conyers, T..12/5/09 545 Edmondson, D..4/5/09 545 Dalessio, J..5/2/09 534 Woodworth, M..10/31/09 529 Wiltshire, G..2/21/09 523 Bolen, K..5/2/09 523 Sigala, M..12/6/09 505 Kiser, G..3/7/09 503 Caceres, A..11/9/09 501 Sagor, G..2/28/09 501 Unson, D..3/7/09	<b>181 SQUAT</b> 740 VanAlstyne, M..6/28/09 672 Benedix, B..11/12/09 655 Samsbury, T..1/7/09 644 Garofalo, R..10/1/09 633 Kellins, H..4/25/09 622 Hibbing, B..3/15/09 600 Woodley, L..3/8/09 600 Baker..4/4/09 600 Boshoven, L..8/29/09 600 Fleming, M..11/7/09 573 Braca, J..5/2/09 562 Stone, R..5/2/09 560 Alkinany, M..11/14/09 551 Sorrell, J..5/3/09 551 Ruettiger, R..7/31/09 545 Scagliarini, T..5/2/09 545 Varrone, J..6/28/09 534 Ammerman, B..8/2/09 529 Ascani, J..5/30/09 529 Locke, T..9/26/09
<b>114 BENCH PRESS</b> 220 Hartwig-Gary, S..10/1/09 229 Shumaker, A..4/18/09 198 Miller, H..10/29/09 192 Barnes, L..4/24/09 181 Nelson, D..4/13/09 180 Zeolla, G..6/12/09 176 Cobb, S..8/15/09 165 Leverett, A..2/14/09 159 Hao, Y..4/25/09 154 Cutrona, T..10/17/09 154 Moore, R..11/28/09 143 Merrigan, L..5/30/09 138 Robinson, P..10/30/09 137 Ocampo, J..2/14/09 137 Clough, J..5/9/09 137 Nerio, L..10/30/09 137 Jackson, R..12/6/09 135 Grubb, M..5/16/09 132 Baker, S..6/5/09 130 Ellis, S..4/25/09	<b>123 BENCH PRESS</b> 214 Pantilat, L..2/14/09 214 Lamb, B..5/9/09 209 Hughes, K..5/16/09 205 Soukup, S..11/14/09 187 Lamp, L..2/14/09 187 Hedman, S..7/3/09 181 Snow, D..2/14/09 181 D'Entremont, L..4/13/09 181 Rivera, C..10/30/09 176 Moore, K..7/24/09 170 Kemper, T..2/14/09 170 Ruff, D..4/11/09 170 Muth, L..6/13/09 170 McKee, P..8/2/09 165 McElroy, M..4/4/09 165 Dingle-Craig, K..4/13/09 165 Jackson, D..5/16/09 165 Simons, A..10/1/09 159 Rosales-Bui, L..3/21/09 159 Moore, R..5/31/09	<b>132 BENCH PRESS</b> 380 Venturella, C..10/30/09 314 Yager, B..3/21/09 303 Richey, S..5/30/09 275 Kupperstein, E..5/1/09 264 Bloomer, S..4/26/09 260 Smith, T..1/7/09 260 Aulridge, R..5/23/09 255 Portnoy, P..8/1/09 250 Coisson, R..4/25/09 236 Hood, J..5/19/09 225 Sauer, H..4/13/09 225 Mangra, C..4/25/09 225 Helms, J..10/31/09 225 Oyler, A..11/14/09 225 Meskew, K..11/14/09 220 Drenik, P..8/15/09 210 Surita, D..10/31/09 209 Aybar, V..10/17/09 205 Schapiro, S..8/15/09 205 Callahan, S..11/11/09	<b>148 BENCH PRESS</b> 451 Matsumoto, D..1/24/09 413 Evangelista, A..6/13/09 410 Byrnes, C..3/7/09 410 Yu, J..8/1/09 410 Heath, D..10/31/09 369 Hadad, J..5/30/09 363 Juder, T..5/2/09 350 Bauer, F..5/09 330 Petrencak, S..4/15/09 325 Yager, B..10/28/09 319 McLaren, R..3/21/09 319 Foddrill, B..10/1/09 315 Murphy, R..3/7/09 315 Heng, A..7/18/09 314 Morse, C..8/1/09 314 Lyons, K..10/31/09 308 Miller, G..7/3/09 303 Wiener, M..3/22/09 303 Greenman, T..11/7/09 297 Sato, B..3/21/09	<b>165 BENCH PRESS</b> 458 Cunningham, J..5/2/09 452 Bingham, M..10/29/09 430 Cayer, A..8/8/09 425 Maoury, D..11/7/09 418 King, R..10/30/09 415 Flowers, C..11/14/09 413 Thompson, D..5/2/09 405 Blattenberger, D..2/21/09 403 Somma, J..11/14/09 380 Conyers, T..12/5/09 380 Hadad, J..12/12/09 372 Miller, G..3/21/09 369 VanDeWeghe, S..3/15/09 369 Dalessio, J..5/2/09 363 Nebo, A..10/29/09 355 McVaney, A..7/19/09 352 Chang, E..1/31/09 352 Fiore, D..4/4/09 352 Cencich, T..4/15/09 350 Rubio, J..1/31/09	<b>181 BENCH PRESS</b> 580 Thurman, D..4/16/09 545 VanAlstyne, M..6/28/09 524 Furnas, A..5/16/09 523 Daniels, K..3/21/09 515 Masters..2/21/09 505 Naughton, D..4/18/09 501 Stebbins, D..3/14/09 485 Alkinany, M..7/18/09 475 Monk Jr., J..9/12/09 490 Brubaker, B..7/5/09 485 Swift, D..10/28/09 480 Costanzo, F..3/29/09 479 Ricks, D..5/3/09 479 Ross, B..8/29/09 473 Stockton, D..6/21/09 473 Hammond, P..10/24/09 462 Beebe, B..3/21/09 462 Buffington, G..7/3/09 460 Wargo, C..10/11/09 451 Rosenzweig, D..3/21/09
<b>114 DEADLIFT</b> 400 Zeolla, G..6/12/09 352 Hartwig-Gary, S..10/1/09 325 Barnes, L..4/24/09 319 Shumaker, A..4/18/09 314 Leverett, A..2/14/09 314 Cobb, S..8/15/09 303 Clough, J..5/9/09 297 Baker, S..6/5/09 292 Ocampo, J..2/14/09 290 Michaud, O..5/2/09 282 Cabe, E..10/30/09 281 Cutrona, T..10/17/09 275 Stefan, B..7/11/09 275 Jackson, R..8/15/09 275 Moore, R..11/28/09 270 Ryman, K..10/17/09 265 Poyner, K..5/9/09 260 Aliminosa, D..5/2/09 249 Gedney, J..9/11/09 242 Morris, J..3/14/09	<b>123 DEADLIFT</b> 369 Ruff, D..10/30/09 363 Lamb, B..5/9/09 347 Moore, K..10/17/09 336 Kemper, T..2/14/09 325 Muth, L..6/13/09 323 Hedman, S..11/11/09 319 Pantilat, L..2/14/09 315 Soukup, S..11/14/09 308 Snow, D..2/14/09 303 Rosales-Bui, L..3/21/09 300 Aerts, B..11/14/09 297 Hughes, K..5/16/09 286 Mach, J..6/20/09 281 Jackson, D..5/16/09 275 Simons, A..10/1/09 265 Drach, S..11/7/09 264 Moore, R..5/31/09 264 McKee, P..8/2/09 259 Rivera, C..10/30/09 254 Riasen, G..11/7/09	<b>132 DEADLIFT</b> 578 Kupperstein, E..5/1/09 500 Smith, T..1/7/09 460 Wong, C..4/25/09 445 Marchio, J..3/14/09 429 Drenik, P..10/2/09 402 Richey, S..7/4/09 396 Stein, E..10/2/09 374 Aybar, V..8/29/09 365 Helms, J..11/14/09 363 Carlsson, R..2/14/09 363 Meskew, K..7/5/09 355 Aulridge, R..2/28/09 352 Shivaie, H..2/21/09 340 Franciscus, A..2/28/09 335 Martin, T..2/14/09 330 Anolin, B..8/15/09 314 Simons, A..2/14/09 314 Bales, M..11/14/09 308 Barnhill, A..1/24/09 303 Soukup, S..4/18/09	<b>148 DEADLIFT</b> 523 Matsumoto, D..1/24/09 523 Weinstein, L..10/1/09 520 Warner, J..11/28/09 507 Deskis, M..8/1/09 505 Wilson..2/22/09 501 Jacobs, J..5/1/09 496 Robinson, M..10/17/09 490 Evangelista, A..8/22/09 485 Kaneshiro, D..7/5/09 485 Reeder, R..7/18/09 480 Bauer, F..3/14/09 479 Whitney, D..5/2/09 473 Foddrill, B..5/1/09 473 Stagg, M..7/11/09 473 Santee, G..12/5/09 470 Wess, R..4/11/09 470 Heath, D..10/31/09 468 Lewis, S..5/1/09 459 Hedrick, T..10/17/09 446 Sato, B..3/21/09	<b>165 DEADLIFT</b> 640 Kiser, G..3/7/09 640 Cayer, A..8/8/09 620 Conyers, T..12/5/09 601 Cirigliano, R..10/29/09 600 Croft, B..12/5/09 584 Dalessio, J..5/2/09 567 Kelyn, C..4/25/09 565 McVaney, A..2/7/09 551 White, F..4/4/09 551 Felton, D..4/25/09 551 Anderson, D..6/27/09 540 Phillips, J..10/3/09 534 Sigala, M..12/6/09 530 Theodorou, N..12/6/09 529 Petrucelli, M..4/11/09 529 Johnson, D..4/25/09 529 Brown, C..5/16/09 523 Thompson, D..5/2/09 518 Lewis, C..10/1/09 507 Wiltshire, G..2/21/09	<b>181 DEADLIFT</b> 716 Eiseaman, T..4/25/09 688 Woodley, L..3/8/09 644 Garofalo, R..10/1/09 625 Wright, G..11/14/09 606 Braca, J..5/2/09 606 Rodriguez..10/18/06 660 Graser, B..11/7/09 587 Krowech, R..8/1/09 584 Benedix, B..11/12/09 575 Ruplinger, M..2/14/09 575 Dennison..12/5/09 625 Baxter, G..7/3/09 573 Ascani, J..5/30/09 570 Ligouri, L..5/2/09 567 Stone, R..5/2/09 565 Raya, M..4/4/09 560 Hubert, S..5/30/09 560 Fleming, M..11/7/09 556 Walker, B..11/28/09 551 Penny, K..4/5/09
<b>114 TOTAL</b> 947 Hartwig-Gary, S..10/1/09 865 Zeolla, G..6/12/09 848 Barnes, L..4/24/09 799 Shumaker, A..4/18/09 738 Leverett, A..2/14/09 738 Clough, J..11/14/09 672 Moore, R..11/28/09 650 Baker, S..6/5/09 650 Cutrona, T..10/17/09 595 Ryman, K..11/7/09 585 Michaud, O..5/2/09 585 Poyner, K..5/9/09 578 Jackson, R..8/15/09 570 Aliminosa, D..5/2/09 565 Ellis, S..4/25/09 550 Stefan, B..7/11/09 468 Nelson, K..5/16/09 462 Longshore, K..10/17/09 457 Whiting, S..11/14/09 451 Thompson, M..7/24/09	<b>123 TOTAL</b> 810 Kemper, T..2/14/09 804 Pantilat, L..2/14/09 795 Soukup, S..11/14/09 782 Hedman, S..11/11/09 738 Snow, D..2/14/09 733 Moore, K..7/24/09 727 Mach, J..6/20/09 722 Jackson, D..5/16/09 683 Lamp, L..2/14/09 683 Simons, A..10/1/09 650 Moore, R..5/31/09 606 McKee, P..8/2/09 584 Aerts, ZB..4/26/09 562 Marrs, M..5/16/09 540 Michaels-W, T..2/14/09 534 Kemmer, A..12/09 530 Azlin, P..5/9/09 530 Drach, S..11/7/09 523 Galant, A..5/1/09 501 McCarty, G..10/24/09	<b>132 TOTAL</b> 1366 Kupperstein, E..5/1/09 1210 Smith, T..1/7/09 1058 Richey, S..7/4/09 1003 Drenik, P..10/2/09 975 Aulridge, R..5/23/09 925 Marchio, J..7/25/09 920 Stein, E..10/2/09 870 Franciscus, A..2/28/09 815 Helms, J..11/14/09 810 Meskew, K..3/28/09 793 Carlsson, R..2/14/09 782 Simons, A..2/14/09 782 Shivaie, H..2/21/09 771 Bales, M..11/14/09 770 Soukup, S..7/18/09 733 Callahan, S..11/11/09 688 Barnhill, A..1/24/09 672 Tidmarsh, P..12/5/09 650 Ireland, F..2/14/09 633 Lopez, L..2/14/09	<b>148 TOTAL</b> 1605 Heath, D..10/31/09 1581 Matsumoto, D..1/24/09 1317 Morse, C..8/1/09 1317 Weinstein, L..10/1/09 1285 Bauer, F..5/09 1273 Myers, C..6/26/09 1234 Foddrill, B..5/1/09 1218 Jacobs, J..5/1/09 1212 Sato, B..3/21/09 1212 Lewis, S..5/1/09 1205 Wess, R..4/11/09 1180 Wilson..2/22/09 1162 Hadad, J..5/30/09 1146 Deskis, M..8/1/09 1140 Whitney, D..5/2/09 1124 McLaren, R..3/21/09 1115 Murphy, R..3/7/09 1107 Robinson, M..10/17/09 1107 Warner, J..11/28/09 1080 Wider, M..8/1/09	<b>165 TOTAL</b> 1705 Cayer, A..8/8/09 1550 Conyers, T..12/5/09 1530 McVaney, A..2/7/09 1499 Dalessio, J..5/2/09 1499 Thompson, D..5/2/09 1465 Kiser, G..3/7/09 1455 VanDeWeghe, S..3/15/09 1410 Lewis, C..5/2/09 1388 Sigala, M..12/6/09 1377 Woodworth, M..10/31/09 1365 Boshoven, L..5/09 1361 White, F..4/4/09 1350 Wiltshire, G..2/21/09 1333 Anderson, D..9/19/09 1330 Phillips, J..10/3/09 1322 Edmondson, D..4/5/09 1317 Bolen, K..5/2/09 1317 Cunningham, J..5/2/09 1313 Tunnings, T..3/21/09 1311 Scisney, K..12/6/09	<b>181 TOTAL</b> 1830 VanAlstyne, M..6/28/09 1703 Garofalo, R..10/1/09 1653 Woodley, L..3/8/09 1647 Kellins, H..4/25/09 1636 Benedix, B..1/24/09 1600 Samsbury, T..1/7/09 1537 Braca, J..5/2/09 1526 Sorrell, J..5/3/09 1500 Fleming, M..11/7/09 1490 Alkinany, M..7/18/09 1482 Stone, R..5/2/09 1482 Ammerman, B..8/2/09 1477 Hibbing, B..3/15/09 1450 Wright, G..11/14/09 1432 Ruettiger, R..7/31/09 1410 Fu, A..3/28/09 1394 Rodriguez..12/6/09 1391 Naughton, D..2/28/09 1383 Ascani, J..5/30/09 1370 Boshoven, L..8/29/09

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198 LB. CLASS	220 LB. CLASS	242 LB. CLASS	275 LB. CLASS	SHW CLASS
<b>198 SQUAT</b> 804 Stockton, D..6/21/09 755 Ricks, D..5/3/09 670 Bridges, M..5/3/09 683 Terry, C..5/3/09 527 Jones, G..5/3/09 660 Jeurink, J..11/28/09 644 Hibbing, B..1/31/09 628 Steck, M..7/09 622 Gibson, T..5/3/09 622 Buffington, G..11/12/09 622 Kanemoto, K..11/12/09 617 Rhoades, D..4/11/09 617 Overbay, D..7/09 611 DelSignore, M..11/12/09 600 Hatfield, G..4/4/09 595 Hernandez, J..3/28/09 590 Polis, D..7/19/09 589 Calia, V..11/2/09 585 Jarrett, M..11/14/09 584 Jara, U..5/14/09	<b>220 SQUAT</b> 837 Fletcher, H..11/7/09 771 Rebera, J..8/2/09 760 Bridges, M..5/3/09 755 Carnaghi, T..3/15/09 750 Karam, D..3/14/09 750 Pardue, R..12/5/09 749 Garcia, C..8/29/09 745 Schmidt, R..2/28/09 730 Sheehan, T..8/28/09 716 King, B..4/26/09 710 Howell, J..6/28/09 710 Sengos, P..10/25/09 705 Caballero, N..4/25/09 700 Michel, J..7/18/09 699 Waits, S..5/3/09 675 Lemarie, S..1/17/09 672 Givens, F..1/17/09 672 Ray, J..9/26/09 672 Reza, A..11/28/09 661 DelSignore, M..7/3/09	<b>242 SQUAT</b> 931 Norman, J..5/3/09 810 Schultz, P..4/26/09 810 Mistrlic, L..5/3/09 793 Douglas, J..5/3/09 788 Roberts, P..11/7/09 782 Bowman, T..5/3/09 777 Dibble, J..8/2/09 750 Bodenbender, T..2/28/09 749 Fritz, A..5/3/09 730 Clark, E..5/23/09 727 Zenzen, D..11/18/09 725 Farris, M..2/21/09 723 Pamplin, G..5/3/09 720 Pearo, R..9/20/09 705 Wotring, H..4/4/09 705 Ladnier, J..5/3/09 705 Moore, M..5/24/09 705 Smith, M..9/26/09 700 Perkins, K..9/19/09 694 Cavaretta, K..11/7/09	<b>275 SQUAT</b> 900 Warren, B..4/4/09 892 Harris, A..10/1/09 837 Bailey, C..1/24/09 810 McKee, B..5/3/09 810 Dague, D..6/28/09 804 Favre, D..5/3/09 804 Goldman, M..5/3/09 800 Young, C..5/23/09 800 Phillips, F..10/4/09 800 Sturdivant, B..12/5/09 793 Mistric, L..11/7/09 760 Gonzales, D..5/3/09 760 Newman, L..7/19/09 755 Efferding, S..2/28/09 750 Becker, B..1/25/09 744 Shadid, K..8/29/09 740 Wilson, M..7/19/09 730 Hall, R..3/14/09 705 Halter, L..11/7/09 705 Francis, M..3/21/09	<b>SHW SQUAT</b> 970 Phillips, W..10/4/09 920 Damminga, G..5/3/09 909 Petrino, A..5/9/09 881 Hoskinson, J..1/24/09 881 Whitmore, J..5/3/09 854 Bustillos, E..11/7/09 850 Peshek, J..7/19/09 837 Gillingham, B..5/3/09 821 Mersberg, J..4/25/09 821 Gaudreau, D..5/3/09 815 Barlow, R..8/8/09 804 Turley, D..8/2/09 775 Cameron, P..7/25/09 771 Ufford, K..2/28/09 766 Hendrix, R..5/3/09 765 Aracri, P..1/17/09 760 Lane, T..5/9/09 733 Shadid, K..11/7/09 730 Moore, B..6/7/09 716 Green, S..5/3/09
<b>198 BENCH PRESS</b> 610 Dussault, S..4/18/09 600 Daly, R..2/21/09 584 Hennigar, R..4/25/09 551 Woods, J..10/30/09 545 Cieri, D..4/16/09 540 Ross, B..7/17/09 525 Conner, T..8/22/09 505 Dworek, C..3/29/09 500 Smith, S..4/11/09 490 Gibson, T..5/3/09 485 Swift, T..10/28/09 480 Costanzo, F..3/29/09 479 Ricks, D..5/3/09 479 Ross, B..8/29/09 473 Stockton, D..6/21/09 473 Hammond, P..10/24/09 462 Beebe, B..3/21/09 462 Buffington, G..7/3/09 460 Wargo, C..10/11/09 451 Rosenzweig, D..3/21/09	<b>220 BENCH PRESS</b> 727 Berding, J..10/17/09 660 Tomaszewicz, S..10/17/09 620 Shaughnessy, J..11/22/09 617 Yearby, A..12/12/09 611 Millrany, K..12/12/09 606 Hennigar, R..1/31/09 605 Stebbins, D..3/14/09 600 Idelie, D..7/5/09 600 Cier, D..10/18/09 589 Brubaker, B..7/5/09 578 Coleman, M..10/31/09 575 Smothers, M..8/23/09 573 Nelson, J..3/7/09 573 Powell, G..8/2/09 562 Caballero, N..4/25/09 555 Stevens, B..5/2/09 551 Gerard, H..4/11/09 551 Ferrantelli, M..4/18/09 551 Woodson, F..6/27/09 551 Baldwin, T..10/29/09	<b>242 BENCH PRESS</b> 672 Schmidt, T..4/4/09 660 Parrich, K..10/17/09 622 Wakakuwa, F..10/29/09 617 Norman, J..5/3/09 606 Laija, J..12/12/09 601 Fischer, D..10/31/09 600 Bodenberger, T..2/28/09 600 Doan, D..4/17/09 600 Pernu..4/18/09 600 Moon, T..10/24/09 600 Murphy, G..11/22/09 595 Macauley, E..8/22/09 589 Nichols B..2/28/09 584 Murphy, J..10/31/09 578 Schultz, P..4/26/09 578 Pamplin, G..5/3/09 573 Walker, D..4/18/09 573 Smolinski, J..7/31/09 573 Bartolomei, T..11/18/09 562 Murphoy, D..8/2/09	<b>275 BENCH PRESS</b> 733 Stewart, J..3/28/09 727 Parnell, P..2/21/09 705 Gibson, T..3/29/09 700 Norris, R..4/11/09 700 Manno, T..1/25/09 700 Peshek, J..3/15/09 672 Holloway, P..5/30/09 655 McDowell, R..10/10/09 650 Bailey, C..1/24/09 650 Lincoln Jr., R..10/29/09 635 Saviano, L..3/28/09 635 Weaver, J..5/23/09 628 Wells, E..5/9/09 628 Dublin, E..7/18/09 617 Crossen Jr., W..3/14/09 615 Shor, L..6/13/09 610 Young, C..5/23/09 605 Moon, T..12/	



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BY 20%**



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INCREASE  
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<sup>1</sup>In an eight-week, randomized, double-blind, placebo-controlled study of healthy male volunteers, 18 subjects completed three sets of resistance training (RT) daily with the macronutrient blend in Amplified MASS XXX, and 16 subjects performed five sets RT daily with no supplement. After eight weeks, subjects on the supplement showed equal gains in body weight, fat-free mass (FFM), maximal muscle strength (MMS) and muscle endurance (ME) with only three sets RT per day compared to the control group who completed five sets RT per day. <sup>2</sup>In a randomized, double-blind, placebo-controlled study, 50 healthy, untrained male volunteers were given Amplified Maxertion N.O. or a placebo. Each subject exercised on a cycle ergometer prior to receiving the supplement or placebo and again after the treatment period was finished. Those subjects supplemented with Amplified Maxertion N.O. had a 20% increase in PWCF (physical working capacity at the fatigue threshold) after four weeks of supplementation relative to the placebo group. <sup>3</sup>In a randomized, double-blind clinical study of 57 healthy young adult males, subjects who took GNC Pro Performance AMP Amplified Creatine 189 containing only 1.25 grams creatine significantly improved leg press 1-RM performance by 54 pounds, while subjects on five grams of creatine monohydrate improved by 54 pounds, and the placebo group demonstrated no significant improvement. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. Call 1.888.462.2548 or visit GNC.com for the store nearest you. ©2010 General Nutrition Corporation. May not be available outside the U.S.



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## QUESTIONS ANSWERED

by Mauro Di Pasquale, MD, MRO, MFS » [mauro@metabolicdiet.com](mailto:mauro@metabolicdiet.com) » [www.metabolicdiet.com](http://www.metabolicdiet.com)

### NEWS FLASH!

If you like getting the latest tips on lifting issues, sign up for Dr. Mauro's Elite Performance Newsletter. Every month Dr. Mauro will be covering topics ranging from diets, nutritional supplements and the nutritional supplement industry, to performance enhancement, drug testing, scams, and more.

To sign up for the monthly newsletter email Dr. Mauro at [mauro@metabolicdiet.com](mailto:mauro@metabolicdiet.com)

**DEAR MAURO:** At what age do you think a fella stops getting stronger? I'm 45 years old.  
Murray

**MURRAY:** Although the potential for massive strength gains made by way of years of intensive and heavy training may peak in your thirties, for most people I think that you continue to get stronger well into your fifties, but you do have to pace yourself more and watch out for injuries.

I'll be covering the aging athlete in a future issue of my Elite Performance Newsletter. If you're interested you can download the first two issues from [www.ElitePerformanceNewsletter.com](http://www.ElitePerformanceNewsletter.com). There's no charge and if you find it useful perhaps you can send the link to anyone you think might be interested—it would help me spread the word.

Thanks, Mauro

**DEAR MAURO:** Can you recommend a supplement that helps to efficiently transfer oxygen to the muscles during an intense workout? In Jui Jitsu we roll for 5 minute rounds, sometime 3 rounds back to back and I am gassing out after about 7 mins...breathing really hard. I know part of it is controlling the breathing, and I'm working on that, but I want to know if there is something else I can do to help with this. I know you're busy, but when you have time, let me know your thoughts.

Thanks, Rick

**RICK:** Unfortunately, there isn't just one

More information on POWERbreathe® inhalers is available at [www.powerbreathe-usa.com](http://www.powerbreathe-usa.com)



supplement on its own that will do the trick. However, a combination of supplements will definitely help. That's because there are a number of mechanisms involved in decreasing fatigue—both physiological and psychological. And this applies to all athletes, both power and endurance, as fatigue affects us all.

The mental aspect of decreasing fatigue is important and some of the supplements work on that end. Others work mostly on increasing oxygen delivery to the muscle mitochondria and thus maximizing ATP production and minimizing metabolic changes, such as lactic acidosis, that can lead to premature fatigue.

Decreasing fatigue and increasing oxygen carrying capacity involves a number of interdependent processes. As mentioned it involves both mind and body and the two are interdependent and work synergistically to decrease perceived exertion and increase power and endurance, resulting in markedly increased performance.

On the physical end a number of processes are involved (I've actually broken it down to four main ones) and each can be improved upon to increase exercise performance. The degree of improvement seen with improving each of these processes will depend on the individual athlete's circumstances.

For example, increasing breathing performance by strengthening the intrinsic and extrinsic chest and abdominal musculature. Fatigue in these muscles can impact oxygen availability and delivery and increase perceived exertion. With increased strength and endurance in these

muscles, the amount of air inhaled and exhaled per minute over both the short and long term can be increased (ventilatory capacity and rate can be increased and ventilatory muscle fatigue lessened). These muscles can be strengthened in a number of ways including a device called PowerBreathe.

For more info on PowerBreathe see the product links and Medline abstracts I've included.

The other processes involve oxygen concentration in the inhaled air (breathing a higher oxygen mixture), diffusion capacity between the oxygen and carbon dioxide in the lungs (alveoli) and the lung capillaries (this involves several processes including the shunting of blood away from poorly oxygenated parts of the lungs to the more richly oxygenated parts as well as the presence of factors such as inflammation that affect the diffusion of oxygen through the tissues separating the oxygen in the lung from the red blood cells in the capillaries), the amount of oxygen delivered to working muscles via the circulation, which relates among others to cardiac and arterial efficiency and endurance (these tire as well), and oxygen carrying capacity (red blood cell mass in the body), the extraction percentage between oxygen in the arterial and venous blood (the oxygen saturation differential), which is dependant on several factors including increasing blood flow through the muscles, more efficient extraction of oxygen from the capillaries, the diffusion of oxygen into the cellular space and more specifically the mitochondria, and finally mitochondrial efficiency in utilizing the available

oxygen, including adequate anaplerotic processes to keep the Krebs Cycle well stocked, the availability of various nutrients and micronutrients to facilitate ATP production.

There's a lot more to the story and many more variables to consider, but I've been long winded enough (bad pun). I'll be covering all of this in much more detail in the next two or three issues of my Elite Performance Newsletter—if you're interested you can download the first two issues from [www.ElitePerformanceNewsletter.com](http://www.ElitePerformanceNewsletter.com). There's no charge for the newsletter. Maybe you can help me spread the

word about EPN by sending the link to anyone you think might be interested.

The bottom line is that there's a lot you can do to decrease fatigue and that includes using specific supplements that will impact on all of the processes involved. The supplements will be even more effective by allowing increased training intensity and thus an increased training response, and they also work well when using other methods that affect one or more of the processes mentioned. On the supplement end I would suggest that you use a fairly simple combo of supplements that includes MVM,

EFA+, GHboost, TestoBoost, and Resolve. If you wish, I can set up a supplement regimen for you that includes this group of supplements, making changes as needed.

By the way, I have a lot of elite athletes, including fighters (boxers, wrestlers, MMA, etc.) on these same supplements, and in some cases several more, and they definitely help to decrease fatigue, enhance their oxygen carrying capacity and utility, and their power and endurance.

Hope this helps.  
Best, Mauro

### ABSTRACTS ON POWERbreathe®

*Br J Sports Med. 2008 Oct;42(10):823-7. Epub 2008 Feb 28.*

#### CONCURRENT INSPIRATORY MUSCLE AND CARDIOVASCULAR TRAINING DIFFERENTIALLY IMPROVES BOTH PERCEPTIONS OF EFFORT AND 5000 M RUNNING PERFORMANCE COMPARED WITH CARDIOVASCULAR TRAINING ALONE

Edwards AM, Wells C, Butterly R. » *UCOL Institute of Technology, School of Applied Health Sciences, Cnr of Princess and Queen St, Palmerston North, 4412, New Zealand. a.m.edwards@ucol.ac.nz* » Erratum in: *Br J Sports Med. 2009 Apr;43(4):310-1.*

**ABSTRACT—OBJECTIVE:** To examine whether inspiratory muscle training (IMT) is a useful additional technique with which to augment cardiovascular exercise training adaptations. **METHODS:** 16 healthy untrained males agreed to participate in the study and were randomly assigned to training (TRA; n = 8) and placebo (PLA; n = 8) groups. Pre- and post-training measurements of spirometry and maximal inspiratory mouth pressure (MIP) were taken in addition to i) maximal aerobic power (VO(2max)) and ii) 5000 m run time-trial. All subjects completed the same 4 week cardiovascular training programme which consisted of three running sessions (CV1: 5 x 1000 m, CV2: 3 x 1600 m, SP1: 20 min run) in each of the 4 weeks. IMT was performed daily by both groups using an inspiratory muscle trainer (POWERbreathe). TRA completed 30 maximal inspirations while PLA inspired 30 times against a negligible resistance. **RESULTS:** Mean MIP increased significantly in both groups (TRA: 14.5 (SD 6.8)% change, PLA: 7.8 (7.4)% change) from pre- to post-training (p<0.01) but was not significantly related to changes in running performance. Mean CV1 training-repetition runs improved similarly in both groups, but RPE evaluations were significantly reduced in TRA (15.7 (0.7)) compared with PLA (16.6 (0.8)) at week 4 (p<0.05). Pre- to post-training changes in VO(2max) were well-matched between both TRA (+2.1 (2.3)%) and PLA (+1.3 (2.4)%) while post-intervention 5000 m performance was significantly augmented in TRA compared with PLA (TRA: 4.3 (1.6)%, PLA: 2.2 (1.9)%, p<0.05). **CONCLUSIONS:** The addition of IMT to a cardiovascular training programme augments 5000 m running performance but exerts no additional influence over VO(2max) compared with a cardiovascular-training group. This is probably due to IMT-induced reduction in perceived effort at high ventilatory rates, which is of greater consequence to longer duration time-trial performances than incremental tests of VO(2max).

PMID: 18308881 [PubMed - indexed for MEDLINE]

*Eur J Appl Physiol. 2004 Oct;93(1-2):139-44. Epub 2004 Aug 19.*

#### OXYGEN UPTAKE KINETICS AND MAXIMAL AEROBIC POWER ARE UNAFFECTED BY INSPIRATORY MUSCLE TRAINING IN HEALTHY SUBJECTS WHERE TIME TO EXHAUSTION IS EXTENDED

Edwards AM, Cooke CB. » *Carnegie Faculty of Sport and Education, Fairfax Building, Leeds Metropolitan University, Beckett Park, LS6 3QS, Leeds, UK. a.m.edwards@leedsmet.ac.uk*

**ABSTRACT—**The aim of this study was to determine whether 4 weeks of inspiratory muscle training (IMT) would be accompanied by alteration in cardiopulmonary fitness as assessed through moderate intensity oxygen uptake (V.(O)(2)) kinetics and maximal aerobic power (V.(

O(2max)). Eighteen healthy males agreed to participate in the study (training group (Tra) n=10, control group (Con) n=8). Measurements of spirometry and maximal static inspiratory mouth pressure (PI(max)) were taken pre- and post-training in addition to: (1) an incremental test to volitional exhaustion, (2) three square-wave transitions from walking to running at a moderate intensity (80% ventilatory threshold) and (3) a maximal aerobic constant-load running test to volitional fatigue for the determination of time to exhaustion (T(lim)). Training was performed using an inspiratory muscle trainer (Powerbreathe). There were no significant differences in spirometry either between the two groups or when comparing the post- to pre-training results within each group. Mean PI(max) increased significantly in Tra (P<0.01) and showed a trend for improvement (P<0.08) in Con. Post-training T(lim) was significantly extended in both Tra [232.4 (22.8) s and 242.8 (20.1) s] (P<0.01) and Con [224.5 (19.6) and 233.5 (12.7) s] (P<0.05). Post-training T(lim) was significantly extended in Tra compared to Con (P<0.05). In conclusion, the most plausible explanation for the stability in V.(O)(2) kinetics and V.(O)(2max) following IMT is that it is due to insufficient whole-body stress to elicit either central or peripheral cardiopulmonary adaptation. The extension of post-training T(lim) suggests that IMT might be useful as a stratagem for producing greater volumes of endurance work at high ventilatory loads, which in turn could improve cardiopulmonary fitness.

PMID: 15322855 [PubMed - indexed for MEDLINE]

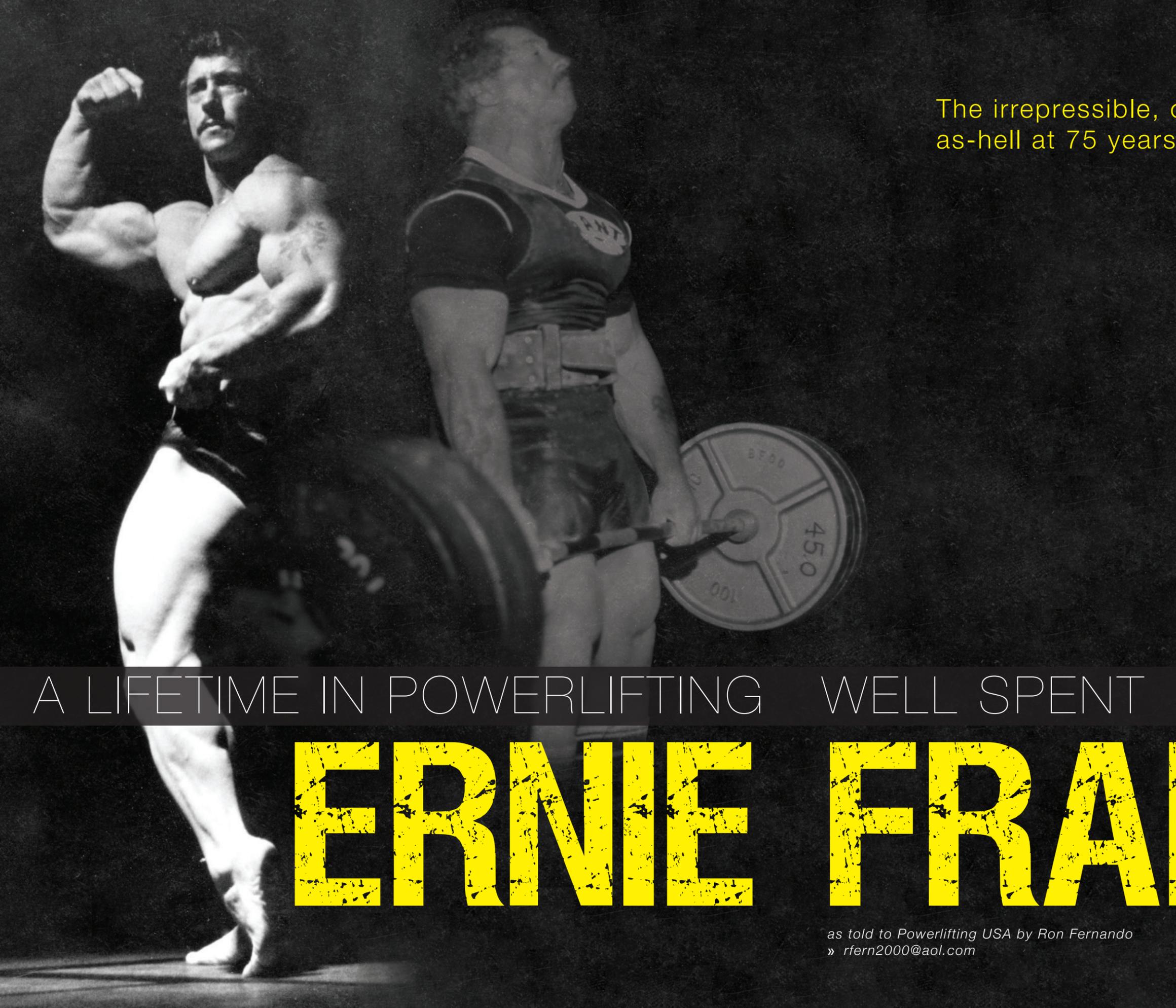
*Respir Med. 2001 Jun;95(6):526-31.*

#### EVALUATION OF AN INSPIRATORY MUSCLE TRAINER IN HEALTHY HUMANS

Hart N, Sylvester K, Ward S, Cramer D, Moxham J, Polkey MI. » *Respiratory Muscle Laboratories, Royal Brompton and Kings College Hospitals, London, UK. Comment in » Respir Med. 2002 Apr;96(4):287-9; author reply 289-90 and Respir Med. 2002 Feb;96(2):129-33.*

**ABSTRACT—**The Powerbreathe is an inspiratory muscle trainer promoted as improving inspiratory muscle strength (and consequently exercise performance) in athletes and patients with respiratory disease. No published evidence supports its efficacy. We performed a prospective randomized controlled study in which 12 normal subjects received either Powerbreathe training or sham training for a 6-week period. The primary outcome measure was diaphragm strength evaluated as twitch transdiaphragmatic pressure (Tw Pdi) but secondary outcome measures were provided by full respiratory muscle assessment and cardiopulmonary exercise testing. An advantage to training was observed when outcome was assessed by maximal static inspiratory mouth pressure (mean advantage 14.5 cm H2O, 95% CI 2.2-26.9 cm H2O, P=0.025). However, no significant difference was observed between the groups in any other parameter. In particular the delta Tw Pdi was not different between groups (mean 'advantage' 0.7 cmH2O, 95% CI - 7.0+/-5.5 cmH2O, P=0.8). The continued sale and use of the Powerbreathe device is not justified by our data. A sample size calculation showed that 234 subjects would need to be randomized to definitively refute the hypothesis that Powerbreathe improves Tw Pdi and we argue that such a study is required.

PMID: 11421512 [PubMed - indexed for MEDLINE]



The irrepressible, controversial, still strong-as-hell at 75 years of age Ernie Frantz...

You know, powerlifting should really have its own glitzy award show like the actors do. If this event was ever televised, I believe it would be a HUGE hit, unlike the sorry spectacle being delivered these days on network TV. I don't know about you, but I rarely, if ever, watch the Academy Awards anymore. Somehow, my fond childhood memories of sitting in front of the then brand new Sylvania Color TV in my parents living room watching the greats like John Wayne, Marlon Brando, Charlton Heston, Bette Davis, Humphrey Bogart and Sophia Loren battle it out in such classics as *Ben Hur*, *Casablanca* and *The Godfather* does not quite match up with trying to follow the current Hollywood "crowd," most of whom have as many mug shots on file with the LAPD as they do publicity shots with their agent, and the current "show," hosted by an ever changing array of comedic pretenders-slash-political pundits (some fresh out of rehab) that can never match up to the legendary genius of Bob Hope.

In those days, the Oscars were about 60 minutes long, and didn't waste a lot of time getting right down to the meat of the issue: best actor, best actress, and, of course, best picture. Now? Too Long. Too Boring. Too many half out-of-it Hollywood nitwits (and their hangers on) painfully reading something as simple as "and the nominees for Foreign Documentary are..." from a Teleprompter. Some, by the way, make it seem pretty obvious that they may have actually flunked 4th grade reading. Great role models, huh? »

A LIFETIME IN POWERLIFTING WELL SPENT

# ERNIE FRANTZ

as told to Powerlifting USA by Ron Fernando  
» [rfern2000@aol.com](mailto:rfern2000@aol.com)

## ERNIE FRANTZ »

And PLEASE, please don't get me started on the fake, nauseating "smiles" from the losers in the audience. Are they really that glad they lost (again)? Are they smiling and clapping for the other guy because, after all, they are just thrilled to have wasted three years of their lives on a total bomb of a movie, publicity campaign, filming on location in some god-forsaken-hell-hole complete with the requisite 5 AM wakeup calls, lousy food, and sadistic director? Do they all think that the winner didn't somehow resort to the usual backstabbing, begging and bribery all too typical in Hollywood? Of course they do! Why can't these folks act more normal...like, say, some disgruntled high school football coach on the sideline after an obviously botched call by an incompetent ref rather than trying to look like good sports? You know, scream a lot, sulk some, and generally throw a fit. Better yet, why can't they act like some freaked-up powerlifter who just got jobbed out of a world record squat? I would love it, and I bet the world would too if once, just once, some nominee would mouth the F-word, the S-word and Son of a B word and generally just cuss up a storm when the camera pans to them after they lose. Maybe the loser can simply give the middle finger to the camera and then proceed to deck the winner out his Armani Tux. Now that's entertainment! But for all of this Hollywood mumbo jumbo, there is one award that these folks give out each time that actually has some real meaning, and one that the powerlifting world would consider emulating. I am, of course, referring to their Lifetime Achievement Award, which the movie folks call the Academy Honorary Award, given to the real superstars and true icons of the industry for a lifetime's work, both in and out of the film industry. Such luminaries as Bob Hope, Cary Grant, Robert Redford, Deborah Kerr and others have won this after, in many cases, over a half century of work and achievement. Few of these awards were given to the TMZ.com generated "flavor of the month" reality show morons or the one with the most hits on Twitter, Facebook or sleazy grocery store tabloid covers.

Which brings me to this point. In my humble opinion, actors and powerlifters have more in common than meets the eye. Stop and think about it; there are the real actors—the De Niro's, the Streeps, the Pacinos and the one guy that I believe exemplifies acting excellence, Clint Eastwood—and there are the legion (upon legion) of fakes, one-shot wonders, Internet superstars and complete scam artists, just like there are the real icons of powerlifting—the Ed Coans, the Louie Simmons, the Mike Bridges—as well as the legion of fakes, one hit wonders, Internet superstars and, yes, complete and utter scam artists.

I think that real actors are, in their own way, as talented and driven as any lifetime world class powerlifter and are as far removed from the MySpace, Twitter and Facebook crew as the world class lifter is from the backyard "scam" lifters. The real actors take pride in developing their craft, nurturing their roles, and immers-

ing themselves totally in their roles—anyone remember De Niro gaining and losing 100 lb. to play a young, then aging Jake La Motta in the 1980 film (best actor – De Niro, best director – Martin Scorsese) *Raging Bull*? How about the number and variety of roles the great Meryl Streep played? She is known for her meticulous preparation, endless hours practicing her craft, and pinpoint attention to detail for one purpose—to achieve the maximum performance, each and every time, regardless of the size of role or the scope of the film. Sounds eerily like the likes of Ed Coan, Chuck Vogelphol, Bob Gaynor and Bob Cortes doesn't it—a lifetime of meticulous, hard work with strict attention to detail for that one avowed purpose, the big total. Much has been written about Ernie throughout the years, but like fine wine, the story of Ernie Frantz needs to once again be decanted and enjoyed. I'll start this out by saying what I believe is the obvious: Ernie has affected the sport of powerlifting more than

★ ★ ★

"I'll put up hard cash and I bet that my guys will out-squat anyone around, especially when you consider proper depth in the 'pocket.' Lotta guys claim big squats but let's get real, most of the really big squats today are six inches high, but since they don't want to get their feelings hurt, they join the federations that allow this sort of stuff."

★ ★ ★

any living human being. Ernie has done it all (and is still doing it all)—a world champion in powerlifting, successful gym owner (his Gym has been in Aurora for over 40 years), inventor of a number of powerlifting gear innovations in shirt and squat suit technology, as well as specialized powerlifting equipment, founder of one of the world's largest powerlifting federations, meet promoter on a global scale, and, the roles he cherishes above all, coach and trainer.

Ernie was born in the northwest side of Chicago and was, by his own admission, a restless youth and an indifferent student. He really didn't know what he wanted to do with his life when Uncle Sam made that decision for him by drafting him into the Army for the Korean War. His memories of that hellish encounter so long ago are still extremely vivid. He was not only on the front lines, but ahead of the U.S. and South Korean infantry, clearing the mines the North Koreans and Chinese had lain. The Korean

War profoundly affected Ernie and taught him to value life and to make something of himself. Though not terribly religious, Ernie made a pact with himself that if he survived, he would do something with his life that would impact others. Returning to the USA, and his hometown of Oswego, IL, Ernie made his living for years first as a police officer, then as a as a carpenter and building contractor, and this physical labor laid the foundation for the great years to come in powerlifting.

"I think that wrestling with those heavy I-beams, hour after hour, every single day not only got me strong, but proved to me that the human body is capable of a huge amount of work. Think about it, if I told my boss that carrying the huge joists and beams tired me out so much that I could only do this activity once or twice a week, I would have been fired. Same in my training. I have proven that if properly trained with good nutrition, one can lift day after day at a high level with maximum intensity." Seeing his training log with heavy squats done several times a week is a testament to his unusual recuperative powers. His training hasn't varied terribly much in all these years, and he has shied away from what he terms as "faddish" or, dare I use this word, cultish training.

"My system is very simple: Tuesday, Thursday, and Saturday concentrating on the three event lifts, and Monday, Wednesday, and Friday on a variety of bodybuilding movements like lat work, curls and abs. Remember, for years I was both a bodybuilder and a lifter, although I knew eventually I would have to make the difficult decision in which direction to go—full bore. In 1974, I was able to, with the aid of a friendly taxi driver, win the 181 class at the IPF World Championships, and race 12 miles across town later to win runner up to Pat Neve (another powerlifter, from Arizona) at the Mr. USA. The meet promoters weren't very happy about this, but I did it, and today it still ranks as one of my most cherished memories." Ernie quit competitive bodybuilding about 10 years later when on a whim he entered the 1984 Mr. Illinois with one week's notice. Starving himself, doing endless reps of abs and curls, and literally par-broiling his skin under sun lamps, he sliced 20 lb. from his frame and left him in what he thought was a cut to the bone condition—enough to win Mr. Illinois. Alas, the judges saw it differently. A disappointing third place reinforced his own thinking that you cannot be a full time bodybuilding powerlifter, you have to choose. In his eyes, this was one of the turning points in his career, as now he was a "full time" powerlifter, and it was all systems go. Ernie still uses the same system today that he did 30 years ago.

"It's a template that just requires a lot of hard work on old fashioned exercises like basic squats, heavy lockout/rack squats or walkouts, bench presses close and regular, and deadlifts sumo and regular. I have also developed two smaller movements which

are the 'shorts' and the 'downs-shorts' being essentially half movements from the bottom of the lift, just past the sticking point, and the 'Downs' are a controlled negative with an ultra heavy weight. I have always thought that if you can control a huge weight, that this is the key to strength." Ernie has done some marvelous competition lifts but he has also done some unreal training lifts: a 900 lb. deadlift from a 2 inch platform, a 1000 lb. controlled negative deadlift, a 903 squat, a raw 550 bench, 1500 lb. calf raises for sets of 10, heavy dips with 350 lb., and heavy cheat curls with around 300 lb. Even today, at the age of 75, Ernie is pushing 600 in both the squat and deadlift, and he feels that 660 is within reach for both. Many years ago I saw a home movie of Ernie (taken by the late Tom Eldridge) squatting 720—in shorts, knee wraps and sandals! Recently he improved his deadlift by employing a simple trick. Every time he passed the power rack, he would do several sets of deadlifts from three different heights with light weights. "I didn't count this as a workout, but just a little something extra." The result? A 50 lb. jump in his deadlift in six months, at the age of 75! He had surgery a while back where two titanium ball joints were placed in his shoulders, so heavy benching is out. Ernie is unabashed about the pride he holds for legion of his powerlifters throughout the years; names like Ed Coan, Bill Nichols, Noel Levario, Jose Garcia, Jason Patrick (all 1000 lb. squatters), legendary women lifters like his wife of over 35 years Diane Frantz, Nancy Dangerfield, Maris Sternberg, Stephanie van DeWeghe, Sydney Thoms, and many others through the last 30+ years. "I'll put up hard cash and I bet that my guys will out-squat anyone around, especially when you consider proper depth in the 'pocket.' Lotta guys claim big squats today are six inches high, but since they don't want to get their feelings hurt, they join the federations that allow this sort of stuff." Like I said, shy he is NOT.

Ernie has always been a kind hearted individual, and I bet most people do not know this—that he has taken out, on more than one occasion, personal loans to pay for lifters' travel expenses, as far away as Maui and Soviet Russia. "The Russia trip (back in the early 80s) was difficult, but I told everyone that it would be like camping out—a lot of 'roughing it.'" That meet pitted Ernie's USA team against the fledging Soviet team, many of whom were ex-weightlifters. Ernie's team won all the weight classes, except the 242s where Craig Tokarski was narrowly beaten by his Soviet counterpart. He financed yet another trip to Maui, including shipping tons of heavy equipment (racks, benches, and bars) at an astronomical cost. After the meet, he donated this gear to the local high school. Finally, Ernie purchased (again out of his own funds) trophies for master lifters who had traveled from foreign countries to come to a competition. Ernie has always had a soft spot for someone down on his luck, and there were



Ernie Frantz was both a world class bodybuilder AND powerlifter!

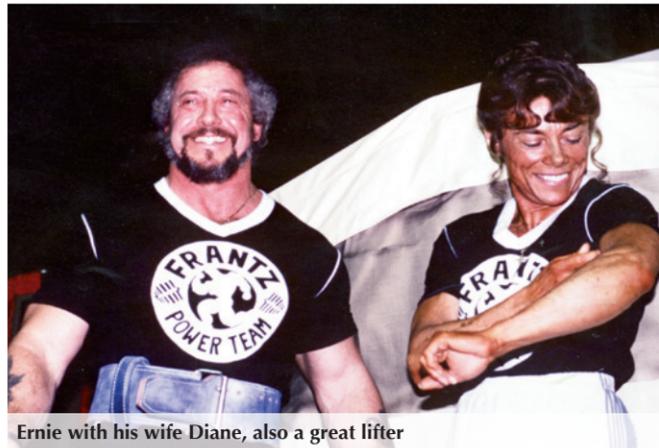


Ernie at the American Cup in 1982

photos courtesy Ernie Frantz and Mike Lambert

next page »

## ERNIE FRANTZ »



Ernie with his wife Diane, also a great lifter



Ernie remains one of the best squatters of all time

many a time when a lifter or friend found a few extra bucks in his pocket to tide him through a rough patch thanks to Ernie. There have been several people, who shall remain unnamed for the purposes of this article, who have literally stolen from him, but always in the end have been forgiven by him. "My mother, rest her soul, probably would have been a nun if she didn't marry and start our family, she was that godly. She taught me well that you need to leave this earth with no ill will toward anyone, and that to forgive is very special." Amen to that one.

Ernie's desire to help others began during his time in law enforcement. He worked tirelessly with the Illinois prison system and through lifting and gymnastics helped turn around the lives of many hard cases. He still finds it amazing that a lot of prisons removed barbells and weight lifting from the recreation yards, and believes that this may be one contributing factor in the rise of prison violence. "A lot of these guys had nothing but their lifting. Lifting gave them a sense of meaning and pride. Now what? All they think about is how to kill each other or get high." A lot of Ernie's lifters throughout the years have come from difficult backgrounds and he cannot count the number of lifters, and now their sons and nephews, he has trained and kept from sinking into the abyss of gang life and crime.

His current crop of youngsters make up the nucleus of his C.R.E.D.O. organization, a foundation he started to help the young overcome childhood obesity through exercise, and not just powerlifting. These kids are infinitely blessed to have an icon of the sport take such a keen interest in their well being with no thought of personal financial gain.

"Ron, I could have made a lot of money as a personal trainer. I had some big business types offer me upwards of \$75 an hour (in the 80s) to go to Chicago and train them, but I declined because I felt it was my life's work to help kids and others who could never afford it." Ernie has always been for the "people" and his formation of the APF and the AMPF was predicated on a "lifters first" attitude. He had one too many run-ins with tyrannical judges looking to bomb out folks, and decided that was that. I am sure that there are thousands of lifters who have their lifting careers today thanks to him. By the way, I think Ernie and Clint Eastwood, my favorite actor, would be good buddies if they ever had a chance to meet. In fact, I can just see Clint being spotted by Ernie in one of their Saturday all day lifting marathons. "Go ahead, make my day—call me high."

More importantly, Clint would have recognized in Ernie all of the same characteristics that made him a global icon in the film industry—aggressiveness, attention to detail, willingness to give back to the community, and a wide array of talents not just limited to performing. Ernie has indeed affected this sport more than any living individual, and I for one dread the day when we won't have him around anymore. He represents a living, breathing link to the history of both bodybuilding and powerlifting. His achievements and contributions to the sport, his family, friends and neighbors and the endless array of young people—some teetering on the brink of a life of crime who were pulled back by Ernie and his power team—all of who have come and gone into his downtown Aurora Gym are far too many to be recounted. Let's just say this, Ernie Frantz, bravo to you sir. A lifetime in powerlifting well spent. «

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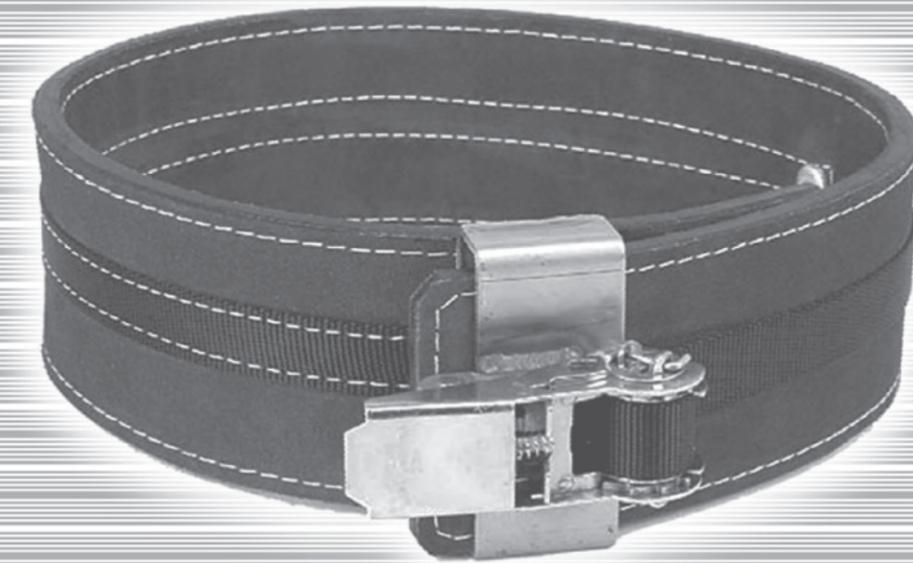


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# RESULTS

## USAPL OHIO PL/BP

NOV 14 2009 » Bedford Hts., OH

BENCH	W. Griffith	335		
<b>FEMALE</b>				
Open	J. Ross	335		
114 lbs.	B. Archinal	320		
Open	J. Demassimo	275		
P. Beno	100	<b>198 lbs.</b>		
Open Raw	Master I			
P. Beno	100	T. Tinge 365*		
123 lbs.	Master III			
Open	D. Yanoscik	305		
N. Proctor	145	Open		
198+ lbs.	T. Strohshine	570		
Open	M. McHargh	405		
J. Koenig	130	<b>220 lbs.</b>		
MALE	Master III			
148 lbs.	H. Selner	225		
Teen	Open			
C. Giotta	255	J. Wharton 275		
165 lbs.	275 lbs.			
Open	Teen			
J. Clause	275	N. Bartell 250		
Teen	275+ lbs.			
J. Jones	230	Master I		
181 lbs.	P. Aracri	570		
Master I	Open			
J. Ross	335	A. Davis Jr. 360		
Open				
Powerlifting	SQ	BP	DL	TOT
<b>FEMALE</b>				
114 lbs.				
Open Raw				
D. Ustar	135	95	220	450
123 lbs.				
Open				
L. Hilliard	135	105	245	485
N. Freed	300	—	—	300

132 lbs.				
Open Raw				
N. Drane	215*	140*	240*	595*
148 lbs.				
Open				
R. Patterson	260	140	300	700
L. Hummer	—	65	175	240
198+ lbs.				
Open				
J. Fster	355	265	360	980
E. Buza	225	135	265	625
K. Davis	130	115	230	475
Open Raw				
J. Koenig	225*	130*	330*	685*
MALE				
132 lbs.				
Master I				
J. Helms	230	220*	365*	815*
148 lbs.				
Open				
J. Long	305	250	405	960
165 lbs.				
Open				
R. Stover	465	325	470	1260
B. Gliba	—	275	435	710
181 lbs.				
Master I				
T. Mazzotta	325	205	400	930
198 lbs.				
Master I				
M. Jarrett	585	405	605	1595
J. White	525	400	600	1525
Master III				
D. Yanoscik	390	305	400	1095
A. Russ	325	275	400	1000
Open				
M. Jarrett	585	405	605	1595
M. Cantu	585	350	530	1465

T. Moore	550	310	600	1460
B. Striker	—	280	475	755
N. Schneider	420	275	520	1215
J. Laguardia	365	245	390	1000
Teen				
C. Blackburn	355	265	405	1025
220 lbs.				
Master I				
S. Fressie Sr.	425	315	475	1215
Master II				
R. Brown Jr.	—	—	—	—
Open				
J. Makc	505	350	550	1405
B. Eucker	—	450	705	1155
B. Godsen	490	330	550	1370
P. Compton	435	385	525	1345
S. Fressie Sr.	425	315	475	1215
S. Siwa	375	305	480	1160
P. Bersticker	345	325	465	1135
E. Butcher	375	225	405	1005
J. Clemens	—	315	500	815
Teen				
C. Seitz	450	345	550	1345
242 lbs.				
Master I				
M. Wynn	480	390	500	1370
Open				
T. Sams	500	435	470	1405
123 lbs.				
J. Miller	—	—	—	181
181 lbs.				
Master V Raw				
M. Thompson	99*	—	—	570
MALE				
123 lbs.				
Teen III Raw				
H. Price	420	385	555	1360
Teen I Raw				
H. Grace	128*	—	—	308*

pionships had the best turnout in recent years. The standing room only crowd witnessed some exceptional lifting. With the help of Joe and Kathy Marksteiner and their computer program, the competition ran smooth and ended in record time. Many lifters set Ohio state records. American records also fell. Best overall male lifter in the powerlifting contest went to Cardyl Trionfantie with a total of 1805 in the 275 lb. weight class. Best overall female lifter went to Jannie Foster with a total of 980 in the 198+ weight division. Best lifter in the mens bench press competition went to Tim Strohshine with a bench of 560 in the 198 lb. weight class. The team trophy went to team Ohio. Frank and I would like to thank all the volunteers who sacrificed their weekend. Without them this contest could not take place. See you next year.  
» courtesy Edwin King of Kings Gym

## USAPL MICHIGAN STATE OCT 31 2009 » Flushing, MI

BENCH	132 lbs.
FEMALE	Master IV Raw
114 lbs.	M. Hess 203*
Open Raw	148 lbs.
J. Lamson	110*
123 lbs.	J. Miller 181
Teen I Raw	181 lbs.
M. Thompson	99*
MALE	R. Ingram —
123 lbs.	Teen III Raw
Teen I Raw	Chamberlain 308*
H. Grace	128*
Open Raw	

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

If I am suspended from membership for any reason, including testing positive for a banned substance or doping method, I permit USAPL to publish my name as a suspended member and/or a member who is suspended for testing positive for a banned substance or doping method on the Internet, in Powerlifting USA, or any other publication that USAPL so chooses.

**SIGNATURE:** \_\_\_\_\_ **If under 21 yrs., Parent Initial:** \_\_\_\_\_ **Date:** \_\_\_\_\_ **Prior Reg. #** \_\_\_\_\_

**Name:** \_\_\_\_\_ **Phone:** (\_\_\_\_) \_\_\_\_\_ **E-Mail:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip Code:** \_\_\_\_\_

**Date Of Birth:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Sex:** \_\_\_\_\_ **U.S. Citizen?** \_\_\_\_\_ **USAPL Registered Club Represented:** \_\_\_\_\_

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• White Referee Designation Polo - \$30.00 (size \_\_\_ qty. \_\_\_) • Kids T-Shirts and hooded sweatshirts - see e.store on website

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• Sweatshirts (Crewneck, zipper or hooded) see e.store on website • Caps and Beanies - \$15.00 (qty. \_\_\_) (colors: Navy)

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Credit Card: Visa-Mastercard-Discover Exp. Date: \_\_\_\_\_ Merchandise Total: \$ \_\_\_\_\_

Card # \_\_\_\_\_ Merchandise Shipping: \$5.85

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R. Ingram	—	M. Coleman	578*	Master III Raw				
Open		Open		V. Strong	220	132*	231	584
M. Ruelan	501*	M. Coleman	578*	198+ lbs.				
198 lbs.		W. Irom	429	Open				
Master V Raw		Open Raw		S. Lamb	407	214	308	931
G. Chapman	231*	B. Faber	362*	Teen II				
Master III Raw		N. Kaltsounds	336	S. Lamb	407*	214	380	931
W. Nicoletti	347*	MALE		132 lbs.				
Master II Raw		Teen III Raw		D. Neely	303*	158*	424*	887*
J. Jachim	319*	Master II Raw		MacDonald	308	185	338	610
Emmendorfer	292	J. Campion	374	Master II Raw				
Master I Raw		Open Raw		J. Helms	225	225	352	804
C. Anderson	330*	J. Johnson	457	148 lbs.				
Open Raw		Open		Master I Raw				
G. Knurek	402*	K. Rzeszulek	352	J. Miller	281*	181	352*	818*
C. Henderson	330	SHW		Open Raw				
Open		Master VII Raw		B. Schuller	407*	225	435*	1099*
T. Zintmaster	407	A. Andrews	178*	P. Weinrauch	358	53	402	1014
J. Gordan	—	Master I		165 lbs.				
Master II		T. Allred	—	Open				
J. Jachim	374*	Open		V. Nedowks	633	396	600	1631
220 lbs.		J. Skorups	606	B. Metz	429*	347*	487*	1234*
Master I		T. Allred	—	181 lbs.				
Powerlifting	SQ	BP	DL	TOT				
FEMALE								
123 lbs.								
Open Raw								
T. Gamble	137	88	242*	468				
132 lbs.								
Teen II								
E. Ockerman	303	115	275	694				
148 lbs.								
Open Raw								
J. Varner	283*	142*	325	722*				
C. Proud	225	125	275	628				
A. Huber	165	110	225	501				
C. Eggard	165	93	225	485				
165 lbs.								
Master II Raw								
P. Jurado	159	137*	281*	578				
181 lbs.								
Open Raw								
M. Steere	286*	176*	325*	788*				
198 lbs.								

Teen III

Open Raw

220 lbs.

Open Raw

A. Stabbins
 628 | 358 | 606 | 1592 || P. Berstricker | 341 | 330 | 429 | 1102 |
C. Kennedy	429\*	325\*	407	1163\*
D. Rozenberg	275	253	407	937
Master II				
B. Birchmeier	582	319	529	1410\*
R. Jones	518	358	473	1350
242 lbs.				
Open Raw				
M. Gunjak	435	374\*	623\*	1333\*
B. Feldpausch	448\*	303	501	1251
R. Huber	292	248	391	931
275 lbs.				
Master I Raw				
R. Cairne	507\*	336\*	534\*	1377\*
Master II Raw				
M. Marcotte	501	314	501	1317
Master III Raw				
T. Strong	—	—	—	—

Open Raw

M. Stewart
 42 | 325 | 584\* | 1333 || Open |  |  |  |  |
A. Reynolds	—	—	—	—
Master I				
A. Reynolds	—	—	—	—
SHW				
Master I				
T. Simmons	540	—	—	—
a. Foust	—	—	—	—
Master III				
T. Drake	418	—	551	—
Female Best Lifter Bench: Jenny Lamson.				
Female Best Lifter Full Meet: Emily Ockerman.				</

# RESULTS

## USAPL AMERICAN OPEN DEC 6 2009 » Denver, CO

BENCH	T. Cencich	—	—	—
<b>FEMALE</b>	<i>Open</i>			
Colorado State	M. Oliynyk	440		
<b>148 lbs.</b>				
<i>Open</i>	(70+)			
U. Pikhunyk	286	204		
<b>MALE</b>	<i>Master III</i>			
Colorado State	H. Blackmon	407		
<b>165 lbs.</b>	<i>Open</i>			
Junior Raw	A. Shipley	479		
D. Maria	286			
<b>181 lbs.</b>	<i>Open Raw</i>			
<i>Master I</i>	C. Porter	369		
<b>Powerlifting</b>	<b>SQ</b>	<b>BP</b>	<b>DL</b>	<b>TOT</b>
<b>FEMALE</b>				
<i>American Open</i>				
<b>105 lbs.</b>				
<i>Open Raw</i>				
R. Jackson	182	138	253	573
<b>115 lbs.</b>				
<i>Open</i>				
J. Najera	275	171	314	760
<i>Open Raw</i>				
M. Thompson	182	127	237	545
<b>123 lbs.</b>				
<i>Open</i>				
K. Bending	160	105	226	490
<b>148 lbs.</b>				
<i>Open</i>				
D. Duffy	253	204	275	732
<i>Police/Fire Nationals</i>				
<b>165 lbs.</b>				
D. Jeffrey	242	—	259	501
Colorado State				
<b>105 lbs.</b>				
<i>Master I Raw</i>				
R. Jackson	182	138	253	573
<b>114 lbs.</b>				
<i>Junior Raw</i>				
F. Sanders	121	—	—	121
<i>Master I Raw</i>				
K. Nelson	138	94	198	429
<b>123 lbs.</b>				
<i>Teen II</i>				
K. Bending	160	105	226	490
<b>132 lbs.</b>				
<i>Master II</i>				
J. Harms	116	160	187	462
<i>Teen III</i>				
K. Taylor	182	110	193	484
<b>148 lbs.</b>				
<i>Master I Raw</i>				
B. Walzel	171	116	220	506
<i>Teen III Raw</i>				
M. Scavuzzo	110	99	165	374
<b>165 lbs.</b>				
<i>Master I</i>				
K. Reilly	182	105	220	506

D. Jeffrey	242	—	259	501
<b>181 lbs.</b>				
<i>Open</i>				
L. Smith	363	231	352	947
<b>MALE</b>				
<i>American Open</i>				
<b>132 lbs.</b>				
<i>Open Raw</i>				
O. Valdez	187	132	275	595
<b>148 lbs.</b>				
<i>Open</i>				
B. Sato	468	303	501	1272
<b>165 lbs.</b>				
<i>Open</i>				
M. Sigala	523	330	534	1387
A. Caceres	451	259	402	1112
<b>181 lbs.</b>				
<i>Open</i>				
L. Slaughter	341	424	424	1189
C. Carter	402	253	429	1084
T. Cencich	407	—	424	831
T. O'Keefe	275	204	319	798
<i>Open Raw</i>				
V. Restivo	341	242	462	1046
<b>198 lbs.</b>				
<i>Open</i>				
R. Clark	556	363	567	1486
J. Gaethje	517	297	534	1349
C. Clark	418	308	468	1195
<i>Open Raw</i>				
N. Schneider	418	275	517	1211
S. Bergin	402	264	446	1112
<b>220 lbs.</b>				
<i>Open</i>				
I. Boling	501	374	501	1376
T. Smallwood	501	303	573	1376
D. Lang	473	341	523	1338
C. Lotvedt	424	314	534	1272
<i>Open Raw</i>				
J. Schaffer	528	429	490	1448
<b>242 lbs.</b>				
<i>Open</i>				
B. Ogle	352	—	—	352
V. Gushterov	661	523	732	1916
<i>Open Raw</i>				
Silbernagel	528	424	573	1525
D. Wolf	363	281	501	1145
C. Coleman	380	281	462	1123
<b>275 lbs.</b>				
<i>Open</i>				
D. Schneider	—	—	—	—
N. Ward	771	523	705	1998
<i>UNL</i>				
<i>Open</i>				
Gouchterov	600	385	727	1712
<i>Police/Fire Nationals</i>				
<b>165 lbs.</b>				
<i>Open</i>				
K. Scisney	484	347	479	1310
Colorado State				
<b>114 lbs.</b>				
<i>Teen III</i>				

B. Parks	—	94	226	319
<b>123 lbs.</b>				
<i>Teen I</i>				
A. Scavuzzo	226	110	259	595
<b>132 lbs.</b>				
<i>Teen II</i>				
R. Robinson	215	154	264	633
<i>Teen I</i>				
J. Pogue	231	138	226	595
<i>Teen I Raw</i>				
O. Valdez	187	132	275	595
<i>Teen II Raw</i>				
T. Moore	264	237	303	804
<b>148 lbs.</b>				
<i>Junior</i>				
M. Thompson	286	198	325	809
<i>Teen I</i>				
B. Wegner	259	160	281	699
<i>Teen I Raw</i>				
M. Bell	220	138	281	639
<b>165 lbs.</b>				
<i>Master I</i>				
M. Sigala	523	330	534	1387
<i>Master III</i>				
D. Bultman	303	226	336	864
<i>Master III</i>				
B. Beamer	165	336	336	837
<i>Open</i>				
T. Baca	308	237	435	980
<i>Teen I Raw</i>				
J. Esch	242	187	303	732
<i>Teen III Raw</i>				
D. Parrish	402	319	451	1173
<b>181 lbs.</b>				
<i>(70+)</i>				
T. O'Keefe	275	204	319	798
<i>Junior</i>				
N. Smith	—	248	—	248
<i>Master I</i>				
T. Cencich	407	—	424	831
<i>Open Raw</i>				
V. Restivo	341	242	462	1046
<i>Teen II</i>				
A. Weisiger	330	204	253	787
<i>Teen II Raw</i>				
A. Bell	281	193	336	809
<i>Teen III</i>				
T. Seaver	424	319	440	1184
<i>Teen III Raw</i>				
E. Larson	270	231	347	848
<b>198 lbs.</b>				
<i>(70+) Raw</i>				
P. Predecki	297	253	380	930
<i>Junior Raw</i>				
C. Manuel	385	286	501	1173
Daughenbaugh	402	—	—	402
<i>Master I</i>				
R. Clark	556	363	567	1486
<i>Master II Raw</i>				
J. Brookshire	292	209	325	826
<i>Master III</i>				

R. Keele	418	264	462	1145
S. Harms	402	369	369	1140
B. Hertzog	121	121	275	517
<i>Open</i>				
J. Casteel	440	380	457	1277
<i>Open Raw</i>				
C. Clark	418	308	468	1195
S. Bergin	402	264	446	1112
<b>220 lbs.</b>				
<i>Master I Raw</i>				
G. Schamel	270	176	374	820
<b>242 lbs.</b>				
<i>Master I Raw</i>				
M. Skelton	380	402	462	1244
<i>Master II Raw</i>				
D. Wolf	363	281	501	1145
<i>Open</i>				
V. Gushterov	661	523	732	1916
B. Ogle	352	—	—	352
<i>Open Raw</i>				
A. Tischler	413	286	468	1167
<b>275 lbs.</b>				
<i>Open</i>				
N. Ward	771	523	705	1998
<i>UNL</i>				
<i>Open</i>				
Gouchterov	600	385	727	1712

## USAPL HUDSON NATURAL OCT 31 2009 » Hudson, WI

Powerlifting	SQ	BP	DL	TOT
<b>FEMALE</b>				
<i>Master Raw</i>				
W. Sivanich	165	125	235	525
<i>Master</i>				
L. Lee	165	80	295*	540
<i>Open Raw</i>				
Zimmermann	235	170	325	730
F. Friday	255	115	315	685
A. White	245	130	265	640
M. Augustine	325	205	350	880
B. Beschta	170	105	195	470
J. Skallet	210	130	265	605
<b>MALE</b>				
<i>Teen</i>				
Schoenborn	315	180	395	890
B. Peterson	420	175	495	1090
<i>Master (40-49) Raw</i>				
T. Swanson	425	315	500	1240
<i>Master (50+) Raw</i>				
B. Briggs	315	250	405	970
D. Rgnonti	485	300	600	1385
Haggenmiller	255!	255!	450!	960!
S. Reid	330	215	450	995
G. Edwards	375 A	300!	520!	1195!
J. Monahos	435	310	505	1250!
J. Woods	315	255!	350	920
<i>Master (40-49)</i>				

Weixeldorfer	455	275	455	1185
<i>Master (50+)</i>				
G. Gralm	445	305	450	1200
R. Kolbeck	—	—	—	—
<i>Open Raw</i>				
B. Madvig	690	490	665	1845
J. Cahill	625	420	730	1775
A. Holley	490	350	565	1405
S. Reishus	385	215	425	1025
E. Lohman	400	275	500	1175
C. Jones	435	275	500	1210
K. Norman	330	260	425	1015
J. Kadlec	255!	170!	360!	185!
S. Northuis	425	300	450	1175
R. Beer	365	315	455	1135
S. Barliel	430	375	—	—
<i>Open</i>				
P. Row	485	285	475	1245
J. Linn	350	250	365	965
<b>165 lbs.</b>				
M. Schuelko	470	245	460	1175
Kaczorowski	440	280	440	1160
D. Williams	725	410	665	1800
Z. Hofstetter	485	300	430	1215

# COMING EVENTS

**MEET DIRECTORS:** a listing here is a FREE service. To have your event added to our listing, send details preferably at least three months prior to your event by mail to PL USA Coming Events, P.O. Box 467, Camarillo, CA 93011, or by email to [info@powerliftingusa.com](mailto:info@powerliftingusa.com), or by phone at 1.800.448.7693.

**4-6 JUN** » **AAU Equipped National Powerlifting Championships** & US Open RAW Powerlifting and Single Lift Championships (Pittsburgh, PA) at the Holiday Inn Pittsburgh Airport » Matt McCas, 304.376.7538, [www.powerpromotion-susa.com](http://www.powerpromotion-susa.com)

**5 JUN** » NASA Indiana State Push Pull (PP/Equipped & Unequipped BP/PS) (Indianapolis, IN) » Job Hou-seye, [aandz.insurance@sbcglobal.net](mailto:aandz.insurance@sbcglobal.net), [www.nasa-sports.com](http://www.nasa-sports.com)

**5 JUN** » 100% RAW NE American Challenge (Omaha, NE) » Ed Horwitz, [www.rawpowerlifting.com](http://www.rawpowerlifting.com)

**5 JUN** » Bridgeport House of Pain presents: 1st Annual Powerlifting Meet (SQ/PB/DL) (New Haven, CT) at Golds Gym, 31 Bernahd Rd., \$500 cash prize for best overall lift, \$250 prize for 1st lightweight, middleweight, light heavy-weight, and heavyweight, \$75 entry fee » Dino Carbone, 203.556.3117, Jay Picarillo, 203.650.8536, [bridgeporthouseofpain@mail.com](mailto:bridgeporthouseofpain@mail.com), [www.bridgeporthouseofpain.com](http://www.bridgeporthouseofpain.com)

**5 JUN** » IPA South Philly Push/Pull (Philadelphia, PA) » Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, [bench\\_a\\_grand@yahoo.com](mailto:bench_a_grand@yahoo.com), [www.rychlakpowersystems.com](http://www.rychlakpowersystems.com)

**5 JUN** » USPF Push-Pull Meet (SLB Meet & SLD Meet; Open/Submaster/Master) (Tombstone, AZ) at Cold Iron Gym » Danni Eldridge, [www.coldirongym.com](http://www.coldirongym.com)

**5 JUN** » NASA West TX State (Equipped & Unequipped PL/BP/PS/PP) (Hereford, TX) » [www.nasa-sports.com](http://www.nasa-sports.com)

**5 JUN** » WABDL Great Lakes Regional BP & DL Championships (Lansing, MI) at Holiday Inn South » Gus Rethwisch, 503.901.1622, [www.wabdl.org](http://www.wabdl.org)

**5 JUN** » APA Longhorn Championships (PL/PP/BP/DL, Raw & Equipped) (McAllen, TX) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, [scott@apa-wpa.com](mailto:scott@apa-wpa.com), [www.apa-wpa.com](http://www.apa-wpa.com)

**5 JUN** » Summer 2010 Push/Pull Meet (Elkhart, IN) » Jon Smoker, [jjrcsmoker@hotmail.com](mailto:jjrcsmoker@hotmail.com)

**5 JUN** » SLP Missouri Open BP/DL Championship (Chesterfield, MO) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlightgym@verizon.net](mailto:sonlightgym@verizon.net)

**5 JUN** » APF Metroflex's Show of Strength (Plano, TX) at the Plano Centre » Greg McCoy, [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)

**5 JUN** » USAPL 2nd Annual Orange County PL Championship, Ironman & BP Meet (Pine Bush, NY) » Frank Panaro, 845.778.1884, [frankjpanaro@gmail.com](mailto:frankjpanaro@gmail.com), [www.usapowerlifting.com](http://www.usapowerlifting.com)

**5-6 JUN** » **APF Senior Nationals** » Kieran Kidder/Amy Jackson, 866.389.4744, [amyljackson@aol.com](mailto:amyljackson@aol.com), [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)

**5-6 JUN** » **SPF National PL/BP Championship** (Nashville, TN) » Jesse Rodgers, 423.255.3672, [www.southernpowerlifting.com](http://www.southernpowerlifting.com)

**6 JUN** » SLP Black River Open BP/DL Championships (Pocahontas, AR) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlightgym@verizon.net](mailto:sonlightgym@verizon.net)

**6 JUN** » New England Raw PL/BP/DL Championships (Warwick, RI) at N.E. Training Centre » Joe Reeves, 45 Falcon Ln., Cranston, RI 02921, 401.952.9166, [joemusclehead845@yahoo.com](mailto:joemusclehead845@yahoo.com), [www.motonutracing.com/Forms.html](http://www.motonutracing.com/Forms.html)

**6 JUN** » USAPL New Jersey High School BP/PL Championships (NJ) » Mark Salandra, 5 Thompson Close, Hillsborough, NJ 08844, 908.874.5843

**9-13 JUN** » WPC European Championships (Hungary) » Peter Kerecsenyi, [hungarianpowerliftingcongress@gmail.com](mailto:hungarianpowerliftingcongress@gmail.com), [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)

**11-13 JUN** » **APC National PL/BP Championships** (raw & equipped, world team qualifier) (Athens, GA) » L. B. Baker, 770-713-3080, \*the best lifter will receive a plaque with the image of Dave Pasanella, the "David Scott Pasanella," award to commemorate the 20th anniversary of Dave's death, [www.american-powerliftingcommittee.com](http://www.american-powerliftingcommittee.com)

**12 JUN** » APF Fargo Open Powerlifting Championships (Fargo, ND) » Anthony Carlquist, 701.412.1046, [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)

**12 JUN** » USAPL Badger Open (Neenah, WI) » Joe Lewis, 920.205.3315, [www.usapowerlifting.com](http://www.usapowerlifting.com)

**12 JUN** » 100% RAW VT American Challenge (Burlington, VT) » Bret Kernoff, [VT\\_Chair@rawpowerlifting.com](mailto:VT_Chair@rawpowerlifting.com), [www.rawpowerlifting.com](http://www.rawpowerlifting.com)

**12 JUN** » 100% RAW VA American Challenge (Gordonsville, VA) » John Shifflett, [VA\\_Chair@rawpowerlifting.com](mailto:VA_Chair@rawpowerlifting.com), [www.rawpowerlifting.com](http://www.rawpowerlifting.com)

**12 JUN** » 100% RAW NV American Challenge (Las Vegas, NV) » Dustin New-som, [NV\\_Chair@rawpowerlifting.com](mailto:NV_Chair@rawpowerlifting.com), [www.rawpowerlifting.com](http://www.rawpowerlifting.com)

**12 JUN** » 100% RAW NJ American Challenge (Pitman, NJ) » Mike Binkley,

[NJ\\_Chair@rawpowerlifting.com](mailto:NJ_Chair@rawpowerlifting.com), [www.rawpowerlifting.com](http://www.rawpowerlifting.com)

**12 JUN** » 100% RAW NASF Carolina Open Bodybuilding & Figure Championships (Elizabeth City, NC) » Paul Bossi, [pres@rawpowerlifting.com](mailto:pres@rawpowerlifting.com), [www.rawpowerlifting.com](http://www.rawpowerlifting.com)

**12 JUN** » 100% RAW NC American Challenge (Elizabeth City, NC) » Dan Cor-ridean, [NC\\_Chair@rawpowerlifting.com](mailto:NC_Chair@rawpowerlifting.com), [www.rawpowerlifting.com](http://www.rawpowerlifting.com)

**12 JUN** » 100% RAW AZ American Challenge (Prescott, AZ) » Paul Gillott, [AZ\\_Chair@rawpowerlifting.com](mailto:AZ_Chair@rawpowerlifting.com), [www.rawpowerlifting.com](http://www.rawpowerlifting.com)

**12 JUN** » 11th Miller's Ironhouse Natural Bench Press Competition (Open/Raw/Teen/Women/5 Master classes/Body Rep Contest; sculptured awards plus swords and goodie bags) (Cumberland, MD) » Brian Cumberland, 301.777.0644, [bmillersgym@yahoo.com](mailto:bmillersgym@yahoo.com)

**12 JUN** » APA American Big Iron Classic (Full Power/PP/BP/DL) (Raw & Equipped) (Southampton, MA) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, [scott@apa-wpa.com](mailto:scott@apa-wpa.com), [www.apa-wpa.com](http://www.apa-wpa.com)

**12 JUN** » YMCA Powerlifting Championship (Omaha, NE) at the YMCA, 7502 Maple St. » Tim Horton, 402.871.4059

**12 JUN** » 11th Annual Capital City Challenge Strongman Competition (Madison, WI) at Ford's Gym » 608.249.4227, [www.fordsgym.com](http://www.fordsgym.com)

**12 JUN** » IPA Lexenxtreme In-House Bench Meet (Grove City, OH) at the Lex-entreme Gym, 3663 Garden Ct. » Dan Dague, 614.554.8824, [lexenxtreme@aol.com](mailto:lexenxtreme@aol.com), [www.lexenxtreme.com](http://www.lexenxtreme.com)

**12 JUN** » IBP NC State Push Pull Championships (Shelby, NC) » Keith Payne, 336.251.8704, [keith@ironboypowerlifting.net](mailto:keith@ironboypowerlifting.net), [www.ironboypowerlifting.net](http://www.ironboypowerlifting.net)

**12 JUN** » **WABDL GLC Direct 2010 National Push-Pull** (Phoenix, AZ) at Sheraton Crescent Hotel » Gus Rethwisch, 503.901.1622, [www.wabdl.org](http://www.wabdl.org)

**12 JUN** » SLP Superman Classic BP/DL Championship (Metropolis, IL) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlightgym@verizon.net](mailto:sonlightgym@verizon.net)

**12 JUN** » NASA East Texas Open, Equipped/Unequipped PL/BP/PS/PP (Tyler, TX) » [www.nasa-sports.com](http://www.nasa-sports.com)

**13 JUN** » RAW United New Jersey Open (Fairlawn, NJ) at Parisi Speed School, 5.22.10 entry deadline » Spero Tshontikidis, 321.505.1194, [rawunitedinc@gmail.com](mailto:rawunitedinc@gmail.com), [www.rawunited.org](http://www.rawunited.org)

**13 JUN** » **Amateur Pro Raw Nationals** (Toronto, Canada) » Bruce McIntyre, [brucecmintyre@sympatico.ca](mailto:brucecmintyre@sympatico.ca), [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)

**13 JUN** » Immaculate Heart of Mary Festival (BP/DL/Strongman) (Youngstown, OH) » Ron Deamicis, 330.792.6670, 330.519.3078, [powerl103@aol.com](mailto:powerl103@aol.com)

**18-19 JUN** » **USPF Multi-Nationals Powerlifting Championships** (Men's, Women's, Master's, Junior Nationals) (Warwick, RI) at the Shearton-Providence Airport Hotel » Ted Isabella, 401.946.5350, [uspf-ri@cox.net](mailto:uspf-ri@cox.net), [www.ripl.org](http://www.ripl.org), [www.wvusp.com](http://www.wvusp.com)

**18-20 JUN** » **USPF PL/BP/DL Nationals** (WPF World Qualifier) (Providence, RI) » Ted Isabella, [www.uspf.com](http://www.uspf.com)

**18-20 JUN** » **USAPL Men's Open & Teen/Junior Nationals** (Palm Springs, CA) » Lance Slaughter, 310-995-0047, [lanceoslaughter@yahoo.com](mailto:lanceoslaughter@yahoo.com), [www.usapowerlifting.com](http://www.usapowerlifting.com)

**19 JUN** » APA Heavy Metal Classic (PL/PP/BP/DL/Overhead Press/Strict Curl) (Raw & Equipped) (Hot Springs, AR) » Scott Taylor (APA President), 356 Lake-land Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, [scott@apa-wpa.com](mailto:scott@apa-wpa.com), [www.apa-wpa.com](http://www.apa-wpa.com)

**19 JUN** » 4th Annual Southwest Minnesota Bench Press Championships (Sleepy Eye, MN) at Dungeon's Gym » Brent Mielke, [zooman@sleepyeyetel.net](mailto:zooman@sleepyeyetel.net), 507.794.6197, <http://thesouthwestminnesotabenchpress.blogspot.com>

**19 JUN** » APF Open/Novice Powerlifting Meet (Fresno, CA) » Bob Packer, 559.760.2970 or 559.323.3892, [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)

**19 JUN** » USPF Sooner State Summer Games (Shawnee, OK) » Rickey Dale Crain, 405.275.3689 or 1.800.272.0051, [rcrain@allegiance.tv](mailto:rcrain@allegiance.tv), [www.sooner-stategames.org](http://www.sooner-stategames.org)

**19 JUN** » Sampson's Gym 12th Annual BP Championships (non-sanctioned) (Taft, CA) » Travis Botts, [www.powerliftingCA.com](http://www.powerliftingCA.com)

**19 JUN** » WABDL Rocky Mountain Regional BP & DL Championships (Salt Lake City, UT) » Ken Lyons, 801.690.4467, [www.wabdl.org](http://www.wabdl.org)

**19 JUN** » WABDL Houston Open BP & DL Championships (Humble, TX) » Tiny Meeker, 832.423.7662, [www.wabdl.org](http://www.wabdl.org)

**19 JUN** » SLP Michigan Open BP/DL Championship (Ionia, MI) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlightgym@verizon.net](mailto:sonlightgym@verizon.net)

**19-20 JUN** » RAW United Mike Witmer Memorial Open (Tampa, FL) at Jackson Springs Recreation Center, 5.15.10 entry deadline, will be streamed live in HD, filmed for a Reality TV Series by FOX Sports » Spero Tshontikidis, 321.505.1194, [rawunitedinc@gmail.com](mailto:rawunitedinc@gmail.com), [www.rawunited.org](http://www.rawunited.org)

**19-20 JUN** » **NASA USA Nationals**, Equipped/Unequipped PL/BP/PS/PP

(Springfield, OH) » [www.nasa-sports.com](http://www.nasa-sports.com)

**20 JUN** » SLP Extreme Fitness Open BP/DL Classic (Milton, WI) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlightgym@verizon.net](mailto:sonlightgym@verizon.net)

**20 JUN** » **USPF Bench Press & Deadlift National Championships** (Warwick, RI) at the Shearton-Providence Airport Hotel » Ted Isabella, 401.946.5350, [uspf-ri@cox.net](mailto:uspf-ri@cox.net), [www.ripl.org](http://www.ripl.org), [www.wvusp.com](http://www.wvusp.com)

**24-26 JUN** » WPF European Championships PL, BP, DL (Akureyri, Iceland) » Sigfus Fossdal, [www.wfpfpowerlifting.com](http://www.wfpfpowerlifting.com)

**26 JUN** » USAPL YMCA Seattle Summer Classic (Seattle, WA) » Paula Houston, 206.709.0410, [www.usapowerlifting.com](http://www.usapowerlifting.com)

**26 JUN** » AAU Natural Power Push/Pull (Peachtree, GA) » Scott Seymour, 770.631.0931, [scott@seymourinc.net](mailto:scott@seymourinc.net), [www.aapowerlifting.org](http://www.aapowerlifting.org)

**26 JUN** » 4th Annual Chanhassen Lifetime Fitness Bench Classic (Chanhassen, MN) » Trent Hedtke, 952.446.9587, [tnjedtke@mchsi.com](mailto:tnjedtke@mchsi.com)

**26 JUN** » USAPL East Bay Open (Concord, CA) » Steve Denison, [www.powerliftingca.com](http://www.powerliftingca.com)

**26 JUN** » EPF Summer Slam All Powerlifting Meet (Peabody, MA) at Gym Warriors, \*prizes will be awarded-trophies, supplements, and \$100 cash prize to any one raw DL 800, SQ 700, or BP over 550 » Paul Desimone, 978.766.6280, [pauldesimone01@aol.com](mailto:pauldesimone01@aol.com), [www.elitepowerlifting.com](http://www.elitepowerlifting.com)

**26 JUN** » **ADFPF Powerlifting Nationals** (Columbia, MO) » Bill Duncan & Eli Burke, [mopowrlftr@yahoo.com](mailto:mopowrlftr@yahoo.com), [www.adfpf.org](http://www.adfpf.org)

**26 JUN** » SLP Samson's Gym Open BP/DL Championship (Hamilton, OH) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlightgym@verizon.net](mailto:sonlightgym@verizon.net)

**26 JUN** » **11th WNPf Elite Nationals** (PL/BP/DL/PC) (Ephrata, PA) » Troy Ford, [wnpf@aol.com](mailto:wnpf@aol.com), 770.668.4841, [www.wnpf.net](http://www.wnpf.net)

**26 JUN** » USAPL 8th Big K Powerlifting Championships (Cleveland, OH) » Gary Kanaga, 440.241.7984, [bigkspowermeets@gmail.com](mailto:bigkspowermeets@gmail.com), [www.bigkspower-meets.com](http://www.bigkspower-meets.com)

**26-27 JUN** » IPA Strength Spectacular – **World Powerlifting & BP Champion-ships** (York, PA) at York Barbell Company, 3300 Board Rd. » Mark & Ellen Chaillet, 717.495.0024, [chailfit@yahoo.com](mailto:chailfit@yahoo.com), [echaillet@aol.com](mailto:echaillet@aol.com), [www.ipapower.com](http://www.ipapower.com)

**26-27 JUN** » **AAU National Bench Press, Deadlift, Push-Pull & North American Powerlifting Championships** (San Diego, CA) at the Rancho Buena Vista Performing Arts Center, (meet capped at 1st 350 lifters) » Martin Drake, 951.928.4797, [naturalpower@earthlink.net](mailto:naturalpower@earthlink.net)

**27 JUN** » Chad Aichs Seminar (Full day seminar with Chad as he shares the secrets of big lifting and perfect technique - tickets \$125, lunch provided) (Mentor, OH) at the Gorilla Pit » Ty Phillips, 216.310.2283, [gorillapits@gmail.com](mailto:gorillapits@gmail.com), [www.gorilla-pit.com](http://www.gorilla-pit.com)

**27 JUN** » APF/AAPF Monster Garage Bench Press Challenge (Waukegan, IL) » Eric Stone, [thestone@chicagopowerlifting.com](mailto:thestone@chicagopowerlifting.com), [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)

**27 JUN** » APF/AAPF Monster Garage BP Challenge (Waukegan, IL) at Monster Garage Gym » Eric Stone, 630.677.4358, [thestone@chicagopowerlifting.com](mailto:thestone@chicagopowerlifting.com)

**27 JUN** » WNPf New Jersey Championships & 2nd WNPf Lifetime USA (PL/BP/DL/PC) Championships (Atlantic City, NJ) » Troy Ford, [wnpf@aol.com](mailto:wnpf@aol.com), 770.668.4841, [www.wnpf.net](http://www.wnpf.net)

**27 JUN** » WABDL Sonny's 6th Annual Push-Pull Championships (Honolulu, HI) at the Hawaii Convention Center » Mike Saito, 808.221.0129, Jocelyn Ronolo, 808.387.8776, [www.wabdl.org](http://www.wabdl.org)

**28 JUN - 3 JUL** » GPC Europe PL Championships (Limerick, Ireland) at the Kilmurry Lodge » Gerry Mc Namara, 003.536.135.5735, [www.irish-powerlift-ing-gpc.com](http://www.irish-powerlift-ing-gpc.com)

**9-11 JUL** » **AAU National BP/DL/PP Championships** and North American Powerlifting (Mesquite, NV) at the Casablanca Resort Hotel Casino » Martin Drake, [naturalpower@earthlink.net](mailto:naturalpower@earthlink.net), [www.aapowerlifting.org](http://www.aapowerlifting.org)

**10 JUL** » APA New Jersey Summer Bash (PL/PP/BP/DL) (Raw & Equipped) (Edison, NJ) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, [scott@apa-wpa.com](mailto:scott@apa-wpa.com), [www.apa-wpa.com](http://www.apa-wpa.com)

**10 JUL** » NASA Mid-America Classic (Equipped & Unequipped PL/BP/PS/PP) (Mt. Grove, MO) » [www.nasa-sports.com](http://www.nasa-sports.com)

**10 JUL** » SPF Battle of the States PL/BP Championship (Branson, MO) » Jesse Rodgers, 423.255.3672, [www.southernpowerlifting.com](http://www.southernpowerlifting.com)

**10 JUL** » USAPL Brute Strength Stars and Stripes BP/PL Championships (Norfolk, VA) at Brute Strength » Gary and Tricia Emrich, 804.240.8632 & [fatboydd@comcast.net](mailto:fatboydd@comcast.net) (Gary), 804.239.8738 & [swtpea4gary@comcast.net](mailto:swtpea4gary@comcast.net) (Tricia), [www.virginiapowerlifting.blogspot.com](http://www.virginiapowerlifting.blogspot.com), [www.usapowerlifting.com](http://www.usapowerlifting.com)

**10 JUL** » USPF Patriot Challenge (Parkersburg, WV) at Patriot Fitness Center » Tim Cochran, 304.615.3984, [ohio.uspf@yahoo.com](mailto:ohio.uspf@yahoo.com), [www.wvusp.com](http://www.wvusp.com)

**10 JUL** » APF Gator Open PL & BP (Jacksonville, FL) » Jim Hoskinson, 904.879.7457, [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)

**10 JUL** » **NASA Youth Nationals** (PL/PS/PP) (Ravenswood, WV) » Greg & Susan Van Hoose, [greg@vhpower.com](mailto:greg@vhpower.com), [www.vhpower.com](http://www.vhpower.com), [www.nasa-sports.com](http://www.nasa-sports.com)

**10 JUL** » NASA WV Open Championships (BP/PS/PP) (Ravenswood, WV) » Greg & Susan Van Hoose, [greg@vhpower.com](mailto:greg@vhpower.com), [www.vhpower.com](http://www.vhpower.com), [www.nasa-sports.com](http://www.nasa-sports.com)

**10 JUL** » IPA Ohio State Championships & 1st Annual State Records Meet - Full Power/BP/PP (Hilliard, OH) at the Courtyard Marriott, 2450 Roberts Rd. » Dan Dague, 614.554.8824, [lexenxtreme@aol.com](mailto:lexenxtreme@aol.com), [www.lexenxtreme.com](http://www.lexenxtreme.com)

**10 JUL** » **ANPPC World Cup Powerlifting Championship** (Tuscola, IL) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlightgym@verizon.net](mailto:sonlightgym@verizon.net)

**10 JUL** » RAW United Southern States Bench (Melbourne, FL) at The Gym, 2300 Avocado Ave., Suite E, Melbourne, FL 32935, 6.19.10 entry deadline » Spero Tshontikidis, 321.505.1194, [rawunitedinc@gmail.com](mailto:rawunitedinc@gmail.com)

**10 JUL** » USAPL Dells Summer High School Classic » Brian Kenney, Box 556, Wisconsin Dells, WI 53965, 608-448-9034

**10 JUL** » California State Games (sanctioned by USAPL) (San Diego, CA) » Lance Slaughter, (310) 995-0047, [lanceoslaughter@yahoo.com](mailto:lanceoslaughter@yahoo.com), [calstategames.org](http://calstategames.org)

## APF/AAPF/WPC Schedule

5 JUN, APF MetroFlex's Show of Strength

5-6 JUN, APF Senior Nationals

9-13 JUN, WPC European Championships

12 JUN, APF Fargo Open PL Championships

13 JUN, Amateur Pro Raw Nationals

19 JUN, APF Open/Novice Powerlifting Meet

27 JUN, APF/AAPF Monster Garage BP Challenge

10 JUL, APF Gator Open (PL/BP)

16-18 JUL, AWPC World Championships

17 JUL, AAPF Big Sky State Games

24 JUL, APF Mayhem in Myrtle Beach

JUL, APF Push Pull Meet

JUL, Montreal Power War

7 AUG, APF Texas Challenge

14 AUG, APF/AAPF Northwest PL Championships

21 AUG, APF California Summer Bash

21 AUG, APF Ohio State Meet

AUG, APF/AAPF Chicago Summer Bash 7

3-5 SEP, AWPC/WPC Raw Worlds

11 SEP, APF/AAPF Summer Heat VI

11 SEP, APF Georgia State Meet

29 SEP – 3 OCT, WPC/AWPC Asian Open Championships

SEP, APF Mississippi State PL Meet

9 OCT, Iron Warriors BP AAPF Raw & APF Equipped

16 OCT, APF Orlando Barbell Classic

23 OCT, APF Wolverine Open

1-7 NOV, WPC World Championships

4 DEC, APF/AAPF Southern States (PL/BP)

11 DEC, Israel Open Championships

# COMING EVENTS »

**11 JUL** » APA 23rd Annual Nutmeg State Open (PL/PP/BP/DL, Raw & Equipped) (Wallingford, CT) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com  
**14 JUL** » SPF Southeastern Regionals PL/BP Championship (Guntersville, AL) » Jesse Rodgers, 423.255.3672, www.southernpowerlifting.com  
**16-18 JUL** » **AWPC World Championships** » Kieran Kidder/Amy Jackson, 866.389.4744, amyjackson@aol.com, www.worldpowerliftingcongress.com  
**17 JUL** » AAPF Big Sky State Games (Billings, MT) » Jim Thompson, 406.655.1738, ironjim@bresnan.net, www.worldpowerliftingcongress.com  
**17 JUL** » WCPF USA Championships (Atlanta, GA) » Troy Ford, 678.817.4742, wcpfpowerlifting@aol.com, Adrian Locklear, 404.519.2496, adrian.locklear@hotmail.com, www.wnpf.net/wcpfmain.htm  
**17 JUL** » SLP Derby City Open BP/DL Classic (Louisville, KY) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net  
**17 JUL** » **SSA National Powerlifting Championships** (Full Power/Ironman/Single Lift) (Tribes Hill, NY) at Iron Asylum Gym » Sandi McCaslin, 518.829.7990, www.ironasylumgym.com  
**17 JUL** » Kinross Powerlifting Club Meet (Kincheloe, MI) at Kinross Correctional Facility » Dave Mastaw, 906.495.2282  
**17 JUL** » Show-Me State Games Powerlifting (BP/DL) (Columbia, MO) at Lange Middle School » Joe Garcia, 573.687.3161 or 573.289.3921, www.smsg.org/sports.php  
**17 JUL** » **NASA Grand Nationals**, Equipped/Unequipped PL/BP/PS/PP (Alvin, TX) » www.nasa-sports.com  
**17 JUL** » WABDL Great Northern BP & DL Championships (Olympia, WA) at Red Lion Hotel » Gus Rethwisch, 503.901.1622, www.wabdl.org  
**17 JUL** » WABDL Louisiana State BP & DL Championships (Zachary, LA) at Zachary High School Field House » Brandon Bankston, 225.362.2391, www.wabdl.org  
**17 JUL** » **AAU Teenage Nationals PL/BP** (Sapulpa, OK), at Sapulpa Middle School Gym » Danny Berry, 918.695.3823, www.ausports.org  
**17 JUL** » 12th WNPF USA & 3rd WNPF Lifetime USA Championships (PL/BP/DL/PC) (Atlanta, GA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**17 JUL** » WCPF American Open (Full PL & Single Lifts) (Youngstown, OH) » Ron DeAmicis, 330.792.6670, powerlt103@aol.com, www.wnpf.net/wcpfmain.htm  
**17 JUL** » APA 7th Annual Maine Iron Bash (Raw & Equipped) (Freeport, ME) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com  
**17 JUL** » RAW United Maryland Open (Hagerstown, MD) at Anytime Fitness » Spero Tshontikidis, 321.505.1194, rawunitedinc@gmail.com, www.rawunited.org  
**17-18 JUL** » Putting It All Together Out East: Combining Weightlifting, Powerlifting, and GPP to Work for You (Seminar/Clinic) (Brogue, PA) at Vision Fitness Gym » Niko Hulslander, 717.779.5622, garageinkpowerlifting@hotmail.com, www.garageinkpowerteam.com, www.visionfitnessofpa.com  
**18 JUL** » EPF Test Your Strength (trap bar DL, grip strength gripper machine

hold, BP medly, log press) (Peabody, MA) at Gym Warriors » Paul Desimone, 978.766.6280, pauldesimone01@aol.com, www.elitepowerlifting.com  
**18 JUL** » **14th WNPf Drug Free Nationals** & 2nd WNPf Lifetime All-Americans (Youngstown, OH) » Ron Deamicis, 330.792.6670, powerlt103@aol.com, www.wnpf.net  
**20 JUL** » USAPL Summer Power Fest (Spring, TX) » Tony Cardella, 281.419.0286, www.usapowerlifting.com  
**23-24 JUL** » EUROPA Show of Champions Sports & Supplement Expo (Hartford, CT) » www.visionstarinc.com  
**24 JUL** » USAPL Iron Works Open VI (Midland, MI) » Matt Smith, 989.948.3738, matt@smittysironworks.com, www.usapowerlifting.com  
**24 JUL** » NASA Georgia Tri-State (Equip & Unequip PL/BP/PS/PP (Dalton, GA) » www.nasa-sports.com  
**24 JUL** » APF Mayhem in Myrtle Beach (North Myrtle Beach, SC) » Will Millman, 843.886.5366, www.worldpowerliftingcongress.com  
**24 JUL** » Nevada State BP/DL Championships (Pahrump, NV) » Gary J. Miller, 775.209.4916  
**24 JUL** » USPF Buckeye Open Ohio State and Open Single Lift Championships (Circleville, OH) at Pickaway County Fairgrounds » Tim Cochran, 304.615.3984, ohio.uspf@yahoo.com, Dave Jeffrey, 304.489.2428, matofficial@yahoo.com, Jon Elick, 740.412.1177, antman517@aol.com, www.wvuspf.com  
**24 JUL** » Backyard BP/DL (Madison, WI) at Ford's Gym » 608.249.4227, www.fordsgym.com  
**24 JUL** » USPF Europa Battle of Champions (Harford, CT) at the Connecticut Convention Center » Dave Follansbee, 603.703.8379, dave@usabodybuilding.net, www.usfpowerlifting.com  
**24 JUL** » 6th Vermont State Open Raw BP, All American Fitness Center » 1881 Williston Rd., S. Burlington, VT 05403, 802.999.7845, Rick Poston, www.allamericanfitnessvt.com  
**24 JUL** » WABDL Nevada State BP & DL Championships (Pahrump, NV) at Pahrump Nugget » Gary Miller, 775.751.5763, www.wabdl.org  
**24 JUL** » IPA Connecticut State Powerlifting Championships/Europa Supershow (Hartford, CT) » Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench\_a\_grand@yahoo.com, www.rychlakpowersystems.com  
**24 JUL** » ADFPF "Un-Equipped" Larry Garro Memorial Bench & Deadlift & USPC Power Curl (Towson, MD) at Dumbarton Middle School » Brian Washington, 410.265.8264, brian@usbf.net  
**24 JUL** » SLP Northwest Arkansas Open BP/DL/Curl Championships (Rogers, AR) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net  
**24 JUL** » USAPL Mississippi State Championships (Hattiesburg, MS) » Knute Douglas, 601.606.1912, ogdawg29@yahoo.com, www.usaplmississippi.com  
**30 JUL** » AAU Junior Olympic Games Powerlifting - 3 lift event & PP/BP (Chesapeake, VA) at Greenbrier Middle School » Roger Ernst, rlenst828@aol.com, www.ausports.org  
**30-31 JUL** » **UPA PL/BP National Championships** (Dubuque, IA) » Bill Carpenter, 563.599.1390, www.iowa.upapower.com  
**31 JUL** » USAPL New York State BP Championships (Utica, NY) » Dave Kingwater, 315.723.2296, www.usapowerlifting.com  
**31 JUL** » Power Works Gym Push-Pull & BBQ (all classes, plus rep your bodyweight BP, Farmer's Dumbbell Walk, and Sled Pull) (Perham, MN) » Tom Haggemiller, 651.366.1595  
**31 JUL** » SPF Bristol Classic Full Powerlifting (Bristol, VA) » Jesse Rodgers, 423.255.3672, www.southernpowerlifting.com  
**31 JUL** » 2nd WNPF U.S. Open & **3rd WNPF Lifetime Raw Nationals** (PL/BP/DL/PC) (Kissimmee, FL) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**31 JUL** » WABDL Southern Regional BP & DL Championships (Dallas, TX) at Crown Plaza Hotel » Alex Calvo, 817.403.3525, www.wabdl.org  
**31 JUL** » SLP Vince Soto Memorial Ohio State Fair BP/DL Championship (Columbus, OH) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net  
**31 JUL** » APA Wolverine State (PP/BP/DL/Strength Sports/Strict Curl/Overhead Press, Raw and Equipped) (Monroe, MI) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com  
**31 JUL** » **WCPF Nationals** (Kissimmee, FL) » Troy Ford, 678.817.4742, wcpfpowerlifting@aol.com, Adrian Locklear, 404.519.2496, adrian.locklear@hotmail.com, www.wnpf.net/

wcpfmain.htm  
**31 JUL** » NASA Tri-State Regional (Flora, IL) at The Gym, all current NASA weight classes and divisions will be offered » Smitty, 618.662.3413, lesmitty@speedy.com, www.nasa-sports.com  
**31 JUL** » USAPL NJ State BP/PL Championships (NJ) » Rob Keller, 954.790.2241, www.usapowerlifting.com  
**31 JUL** » USAPL Arizona State Championships (Peoria, AZ) » Rich Wenner, 480.688.7336, Mass Barbell Club, 623.825.7818, www.usapowerlifting.com  
**31 JUL-1 AUG** » **100% RAW Western Canadian PL/BP National Championships** (Calgary, AB, Canada) » Paul Bossi, pres@rawpowerlifting.com, www.rawpowerlifting.com  
**31 JUL - 1 AUG** » USAPL Rocky Mountain State Games/State Games of the West (Aurora, CO) » Dan Gaudreau, 303.475.3366, www.usapowerlifting.com  
**31 JUL - 1 AUG** » USAPL 27th New Jersey State BP/PL Championships (Princeton, NJ) » Robert Keller, 954.790.2249, www.usapowerlifting.com  
**JUL** » APF Push Pull Meet (MI) » JJ Thomas, 734.642.7877, www.worldpowerliftingcongress.com  
**JUL** » Montreal Power War (Montreal, Canada) » Bruce McIntyre, bruce-mcintyre@sympatico.ca, www.worldpowerliftingcongress.com  
**1 AUG** » SPF Strongest in the South PL/BP Championship (Russellville, AR) » Jesse Rodgers, 423.255.3672, www.southernpowerlifting.com  
**6 AUG** » Northern VA Raw Meet (Sterling, VA) » John James, 703.475.9885  
**7 AUG** » APF Texas Challenge (Houston, TX) » Greg & Heather Tillinghast, aptexas@yahoo.com, www.worldpowerliftingcongress.com  
**7 AUG** » 100% RAW Mid-Atlantic Powerlifting Championships (MD) » Paul Bossi, rawlifting@aol.com, www.rawpowerlifting.com  
**7 AUG** » IPA New York State Powerlifting Championships (Rochester, NY) » Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench\_a\_grand@yahoo.com, www.rychlakpowersystems.com  
**7 AUG** » WABDL Midwest Regional BP & DL Championships (Minneapolis, MN) at Marriot Hotel » Gus Rethwisch, 503.901.1622, www.wabdl.org  
**7 AUG** » SLP Wisconsin State Fair Outlaw BP/DL Championship (West Allis, WI) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net  
**7 AUG** » APA Gulf Coast Open (PL/PP/BP/DL, Raw & Equipped) (La Marque, TX) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com  
**7 AUG** » RAW United UPF Challenge II (Orlando, FL) at UPF Gym, 7.17.10 entry deadline » Spero Tshontikidis, 321.505.1194, rawunitedinc@gmail.com  
**7-8 AUG** » **NASA World Cup**, Equipped/Unequipped PL/BP/PS/PP (Denver, CO) » www.denver.com/holiday-inn-central, www.nasa-sports.com  
**13-14 AUG**, EUROPA Show of Champions Sports & Supplement Expo (Dallas, TX), www.visionstarinc.com  
**14 AUG** » APA Summer Bench Bash and BBQ (BP Only & bodyweight for reps) (Fair Haven, VT) at Fair Haven Fitness » Jamie Matta, 802.265.3470, capejam@hotmail.com, www.apa-wpa.com  
**14 AUG** » USPF Sierra Nevada Cup PL/BP/DL/PP Championship (Grass Valley, CA) » Steve & Karen Matthews, 530.263.4969 or 530.205.9114, karen@mail-2freedom.com, www.powerliftingCA.com  
**14 AUG** » Wisconsin State Fair Park BP/DL Competition (West Allis, WI) at the Wisconsin State Fair Park Grounds » Jeffrey Scott Stage, Eddie Santiago, 414.645.4624, edwardo.santiago@milwcnty.com  
**14 AUG** » ADFPF Battle on the Beach (Holland, MI) at the State Park, Single Events, Equipped/Unequipped » John Jachim, www.adfpf.org  
**14 AUG** » WABDL West Coast Open BP & DL Championships (Sacramento, CA) at Marriott Hotel Rancho Cordova » Jody Woods, 916.524.0914, www.wabdl.org  
**14 AUG** » RAW United Southern States Deadlift (Melbourne, FL) at The Gym, 2300 Avocado Ave., Suite E, Melbourne, FL 32935, 7.24.10 entry deadline » Spero Tshontikidis, 321.505.1194, rawunitedinc@gmail.com  
**14 AUG** » APF/AAPF Northwest Powerlifting Championships (Portland, OR) » Chris Duffin, 503.784.6389, www.worldpowerliftingcongress.com  
**14 AUG** » **14th WNPf Raw Nationals** & 11th WNPf (Equipped) Powerfest (PL/BP/DL/PC) & **3rd WNPf Lifetime Raw Nationals** (Bordentown, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**14 AUG** » APA Arkansas Summer Bash (PL/PP/BP/DL/Overhead Press/Strict Curl) (Raw & Equipped) (Hot Springs, AR) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com  
**14 AUG** » APA Summer Bench Bash & BBQ (Fair Haven, VT) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com  
**14-15 AUG** » **ADAU Raw Open Single Lift Nationals** (Ft. Washington, PA) » Tony Braca, 610.945.4037, www.pikitung.com  
**15 AUG** » SLP Missouri State Fair BP/DL Championship (Sedalia, MO) » Dr.

## UPCOMING SLP COMPETITIONS

**5 JUN**, SLP Missouri Open (Chesterfield, MO)  
**6 JUN**, SLP Black River Open (Pocahontas, AR)  
**12 JUN**, SLP Superman Classic BP/DL (Metropolis, IL)  
**19 JUN**, SLP Michigan Open BP/DL (Ionia, MI)  
**20 JUN**, SLP Extreme Fitness Open BP/DL (Milton, WI)  
**26 JUN**, SLP Samson's Gym Open BP/DL (Hamilton, OH)

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

[www.sonlightpower.com](http://www.sonlightpower.com) [sonlightgym@verizon.net](mailto:sonlightgym@verizon.net)

Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net  
**19-20 AUG** » Lexextreme hosts the IPA Police & Fire Can/Am Games (Hilliard, OH) at the Courtyard Marriott, 2450 Roberts Rd. » Dan Dague, 614.554.8824, lexextreme@aol.com, www.lexextreme.com, www.canampolicefiregames.org  
**20-21 AUG** » SPF Powerstation Pro/Am (Cincinnati, OH) » Jesse Rodgers, 423.255.3672, www.southernpowerlifting.com  
**21 AUG** » APA Florida East Coast Championships (FL) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com  
**21 AUG** » WNPf Summer Classic (Cleveland, TN) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net  
**21 AUG** » WCPF Summer Classic (Cleveland, TN) » Troy Ford, 678.817.4742, wcpfpowerlifting@aol.com, Adrian Locklear, 404.519.2496, adrian.locklear@hotmail.com, www.wnpf.net/wcpfmain.htm  
**21 AUG** » APF Ohio State Meet (Full Power/Bench Only/Deadlift Only) (Plainfield, OH) » John Blackstone, 740.502.4964, www.worldpowerliftingcongress.com  
**21 AUG** » APC Americas Cup Powerlifting and Bench Press Championships (Athens, GA) » LB Baker, 779.713.3080, www.americanpowerliftingcommittee-usa.com  
**21 AUG** » 26th Annual Iowa State Fair Drug Free BP/DL Meet (Bench Divs - Raw, Pure, Novice, Masters 1, 2 & 3, Sub Masters, Womens, Teens, Beginners; DL Divs - Pure, Masters, Sub Masters, Womens, Teen) (IA) » Jeff Baird, 515.953.6833, bairdzz@aol.com  
**21 AUG** » APF California Summer Bash (Van Nuys, CA) » Scot Mendelson, 818.399.0905, www.worldpowerliftingcongress.com  
**21 AUG** » APC America's Cup PL/BP Championships (Raw & Equipped) (Athens, GA) » L.B. Baker, 770.713.3080, lbbaker@ironawg.com, www.americanpowerliftingcommittee.com  
**21 AUG** » IBP SC Powerlifting Championships (Easley, SC) at RIPT 24/7 Gym » Keith Payne, 336.251.8704, keith@ironboypowerlifting.net, www.ironboypowerlifting.net  
**21 AUG** » SLP Indiana State Fair Outlaw BP/DL Championship (Beech Grove, IN) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net  
**22 AUG** » SLP Illinois State Fair BP/DL Championship (Springfield, IL) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net  
**28 AUG** » Emerald Coast Power Expo (APA Powerlifting, NPC Bodybuilding, Fitness, Bikini, NAS Strongman, Arm Wrestling, USA Wrestling, Grappling) (Fort Walton Beach, FL) » Bobby Myers, 850.974.2880, alaqu-pits@netzero.net, John Micka, 601.297.5646, jgmicka@aol.com  
**28 AUG** » APA Emerald Coast Classic (Fort Walton Beach, FL) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com  
**28 AUG** » APA South Carolina Summer Bash (PP/BP/DL) (Florence, SC) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com  
**28 AUG** » WABDL Southwest BP & DL Championships (Humble, TX) » Tiny Meeker, 832.423.7662, www.wabdl.org  
**28 AUG** » WABDL Hawaii State BP & DL Championships (Waimanalo, HI) at Kamilioki Elementary » Keith Ward, 808.375.8700, www.wabdl.org  
**28 AUG** » SLP Kentucky State Fair Outlaw BP/DL Championship (Louisville, KY) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net  
**28-29 AUG** » **USAPL Bench Press Nationals** (Charlottesville, VA - www.usaplntoanls.com/2010-benchpress-Nationals/index.html) » John Shifflett,

**100% RAW Powerlifting Federation**  
Membership Application

LAST NAME: \_\_\_\_\_ FIRST NAME: \_\_\_\_\_ INT. \_\_\_\_\_

STREET ADDRESS: \_\_\_\_\_

CITY / STATE / ZIP: \_\_\_\_\_

AREA CODE / TELEPHONE: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_

AGE: \_\_\_\_ SEX: \_\_\_\_ E-MAIL ADDRESS: \_\_\_\_\_

<b>REGISTRATION FEE</b> \$25 - ADULTS \$10 - HIGH SCHOOL	<b>MAKE CHECK PAYABLE TO: 100% RAW</b> 139 MARLAS WAY, CAMDEN, NC 27921 <b>NOTE: Your 100% RAW Membership Will Expire One Year From The Date of Application.</b>
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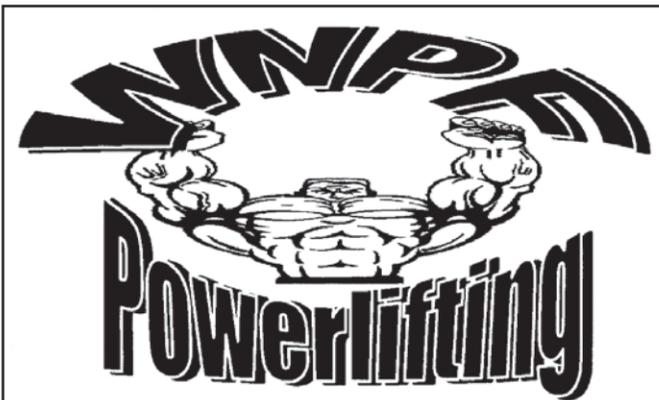
LIFTERS SIGNATURE: \_\_\_\_\_ PARENTS SIGNATURE IF UNDER 18 YRS. OLD \_\_\_\_\_

DATE OF APPLICATION: \_\_\_\_\_ *(This Will Be Your Renewal Date)*

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

[www.RAWPOWERLIFTING.com](http://www.RAWPOWERLIFTING.com)

# COMING EVENTS »



## WORLD NATURAL POWERLIFTING FEDERATION

**26 JUN**, 11th WNPFA Elite Nationals (PL/BP/DL/PC) (Ephrata, PA)

**27 JUN**, WNPFA New Jersey Championships & 2nd WNPFA Lifetime USA (PL/BP/DL/PC) Championships (Atlantic City, NJ)

**17 JUL**, 12th WNPFA USA & 3rd WNPFA Lifetime USA Championships (PL/BP/DL/PC) (Atlanta, GA)

**18 JUL**, 14th WNPFA Drug Free Nationals & 2nd WNPFA Lifetime All-Americans (Youngstown, OH)

**Contact Info: Troy Ford, 770.668.4841 or wnpf@aol.com  
www.wnpf.net**

186 Happy Hollow Rd., Ruckersville, VA 22968, www.virginiapowerlifting.blogspot.com, valifting@aol.com

**AUG** » APF/AAPF Chicago Summer Bash 7 (Chicago, IL) » Eric Stone, 630.677.4358, thestone@chicagopowerlifting.com, www.worldpowerliftingcongress.com

**3-5 SEP** » **AWPC/WPC Raw Worlds** (Idaho Falls, ID) » Mike & Linda Higgins, 208.528.0444, snakeriverp@yahoo.com, www.worldpowerliftingcongress.com  
**4 SEP** » USPF West Coast Muscle Beach PL/BP/DL Championship (Venice Beach, CA) » Steve Denison, 661.333.9800, pwrfltrs@msn.com, www.powerliftingCA.com

**4 SEP** » NASA 3rd Annual Texas State PL Picnic (Equipped & Unequipped BP/PS/PP) (Gilmer, TX) » www.nasa-sports.com

**4 SEP** » SLP Florida State Open BP/DL/Curl Championship (Kissimmee, FL) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

**7-12 SEP** » **SPF/GPC Mutli-Ply World Championship** (Prague) » Jesse Rodgers, 423.255.3672, www.southernpowerlifting.com

**11 SEP** » USAPL Virginia State PL/BP (Zion Crossroads, VA) » John Shifflett, 434.985.3932, www.usapowerlifting.com

**11 SEP** » APF Georgia State Meet (Kennesaw, GA) » John Grove, iron\_mover1@hotmail.com, www.worldpowerliftingcongress.com

**11 SEP** » WCPF South Georgia BP/DL/PC (Atlanta or Perry, GA) » Troy Ford, 678.817.4742, wcpfpowerlifting@aol.com, Adrian Locklear, 404.519.2496, adrian.locklear@hotmail.com, www.wnpf.net/wcpfmain.htm

**11 SEP** » King of the Beach IV Bench Press & Deadlift Contest (Pensacola Beach, FL) at Bamboo Willie's » Chip Holston, 850.304.9097, www.chip-24hrhealth.com

**11 SEP** » 2nd Annual PRPA Clash for Cash Raw Powerlifting Championships (Kenner, LA) at the Crowne Plaza Hotel » Jake Impastato, jraw504@gmail.com, 504.494.1238, www.raw504.com

**11 SEP** » USAPL Virginia State PL, BP, DL, Ironman (raw & assisted) (Zion Crossroads, VA) » John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, www.virginiapowerlifting.blogspot.com, valifting@aol.com

**11 SEP** » USPF American Record Breakers (New Martinsville, WV) at Work's Fitness World » Tim Cochran, 304.615.3984, ohio.uspf@yahoo.com, www.wv.uspf.com

**11 SEP** » NASA Indiana Regional (Equipped & Unequipped PL/BP/PS/PP) (Kokomo, IN) » Job Hou-Sey, P.O. Box 565, Sheboygan, WI 53082, statechairman@

wisconsinpowerlifting.com, 888.502.4087, www.nasa-sports.com

**11 SEP** » IPA Pennsylvania State Powerlifting Championships (Hanover, PA) » Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench\_a\_grand@yahoo.com, www.rychlakpowersystems.com

**11 SEP** » 4th WNPFA Jake the Hammer Classic (BP/DL/PC) (Atlanta or Perry, GA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

**11 SEP** » SLP Tennessee State Fair Outlaw BP/DL Championship (TN) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

**11 SEP** » APF/AAPF Summer Heat VI (Rock Hill, SC) » Eric Hubbs, 803.366.9895, nettin\_fish@msn.com, www.worldpowerliftingcongress.com

**11 SEP** » APA Border Brawl (PL/PP/BP/DL, Raw and Equipped) (McAllen, TX) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

**11-12 SEP** » RAW United Armed Forces Open III (Melbourne, FL) at The Gym, 2300 Avocado Ave., Suite E, Melbourne, FL 32935, 8.21.10 entry deadline » Spero Tshontikidis, 321.505.1194, rawunitedinc@gmail.com

**12 SEP** » WPF UK Open PL, BP, DL (Four Seasons, Trallwn Rd., Llanamlet, Swansea) » Ken Williams, 07970 625946, www.britishtpowerliftingorganisation.co.uk, www.wfpowerlifting.com

**18 SEP** » **(NEW DATE)** NASA Tennessee Regional (Equipped & Unequipped BP/PS/PP) (Pickwick, TN) » www.nasa-sports.com

**18 SEP** » APA Indiana Powerfest Championships (PL/PP/BP/DL/Strict Curl) (Raw & Equipped) (Wheatfield, IN) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

**18 SEP** » 100% RAW Illinois State Powerlifting Championships & Single Lift (Bloomington, IL) » Paul Bossi, rawlifting@aol.com, www.rawpowerlifting.com

**18 SEP** » IBP 10th Annual BP Classic & Strict Curl (Pfaltown, NC) at West Central Community Center, Keith Payne, 336.251.8704, keith@ironboypowerlifting.net, www.ironboypowerlifting.net

**18 SEP** » **(TENTATIVE DATE)** NASA Nebraska Regional (Equipped & Unequipped BP/PS/PP) (Omaha, NE) » www.nasa-sports.com

**18 SEP** » SLP Bodyworks Gym/Spars Foundation BP/DL Championship (Dry Ridge, KY) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

**19 SEP**, » 4th WNPFA All-Americans & 2nd WNPFA Lifetime Pan-Ams (PL/BP/DL/PC) (Port St. Lucie, FL) » wnpf@comcast.net, 812.204.2886

**25 SEP** » NASA New Mexico Regional (Equipped & Unequipped PL/BP/PS/PP) (Gallup, NM) » www.nasa-sports.com

**25 SEP** » USPF 3rd Annual Tom Eldridge Top Gun AZ State Championship Meet (Full meet/SLB & SLD meet/Open/Jr./Submaster/Master) (Tombstone, AZ) at Cold Iron Gym » Danni Eldridge, www.coldirongym.com

**25 SEP** » 19th WNPFA Penn. States & 2nd WNPFA Lifetime Penn. States (PL/BP/DL/PC) (Ephrata, PA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

**25 SEP** » **SLP National Powerlifting Championship** (Tuscola, IL) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

**25 SEP** » APA Gulf of Mexico Championships (PL/PP/BP/DL, Raw and Equipped) (Corpus Christie, TX) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

**25 SEP** » WCPF Penn State Championships (Ephrata, PA) » Troy Ford, 678.817.4742, wcpfpowerlifting@aol.com, Adrian Locklear, 404.519.2496, adrian.locklear@hotmail.com, www.wnpf.net/wcpfmain.htm

**26 SEP** » SLP Atlas Gym Open BP/DL Championship (Kenosha, WI) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

**26 SEP** » **22nd WNPFA Lifetime Drug Free Nationals** (PL/BP/DL/PC) (WNPF sanctioned) (Bordentown, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

**29 SEP - 3 OCT** » WPC/AWPC Asian Open Championships (Raw & Equipped) (Russia) » Andrey Repnityn & Yuri Ustinov, www.golden-tiger.ru, www.worldpowerliftingcongress.com

**SEP** » APF Mississippi State Powerlifting Meet (MS) » Garry Frank, 225.241.8154, www.worldpowerliftingcongress.com

**SEP** » **WNPF Can-Am Nationals** (Rochester, NY) » Ron Deamicis, 330.792.6670, powerl103@aol.com, www.wnpf.net

**1-3 OCT** » 100% RAW West Coast Single Lift Championships (Las Vegas, NV) » Paul Bossi, pres@rawpowerlifting.com, www.rawpowerlifting.com

**2 OCT** » NASA Wisconsin State (Sheboygan, WI) at Sheboygan Falls YMCA » Job Hou-Sey, P.O. Box 565, Sheboygan, WI 53082, statechairman@wisconsinpowerlifting.com, 888.502.4087, www.nasa-sports.com

**2 OCT** » SLP Tennessee State BP/DL Championship (Lexington, TN) » Dr.

Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

**2 OCT** » APA Great Lake State Championships (PL/PP/BP/DL, Raw and Equipped) (Monroe, MI) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

**2 OCT** » NASA East Texas Regional, Equipped/Unequipped PL/BP/PS/PP (Tyler, TX) » www.nasa-sports.com

**2-3 OCT** » **100% RAW World Powerlifting Championships** (Las Vegas, NV) » Paul Bossi, rawlifting@aol.com, www.rawpowerlifting.com

**3 OCT** » APA Green Mountain Fall Classic (Full Power, Push-Pull, BP only, DL only) (Fair Haven, VT) at Fair Haven Fitness » Jamie Matta, 802.265.3470, capejam@hotmail.com, www.apa-wpa.com

**8-10 OCT** » **AAU World Bench Press, Deadlift, Push-Pull & International Powerlifting Championships** (Las Vegas, NV) at the Imperial Palace Hotel Casino, (meet capped at 1st 500 lifters) » Martin Drake, 951.928.4797, naturalpower@earthlink.net, www.aapowerlifting.org

**9 OCT** » NASA Mid America Regional (Equipped & Unequipped PL/BP/PS/PP) (Mt. Grove, MO) » www.nasa-sports.com

**9 OCT** » **SLP Western National**/Oklahoma State BP/DL/Curl Championship (Tulsa, OK) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

**9 OCT** » RAW United Southern States Push/Pull II (Melbourne, FL) at The Gym, 2300 Avocado Ave., Suite E, Melbourne, FL 32935, 9.18.10 entry deadline » Spero Tshontikidis, 321.505.1194, rawunitedinc@gmail.com

**9 OCT** » SPF Hawkeye Classic PL/BP Championship (Des Moines, IA) » Jesse Rodgers, 423.255.3672, www.southernpowerlifting.com

**9 OCT** » Iron Warriors Bench Press AAPF Raw & APF Equipped (Dillon, MT) » Phil Turner, 406.683.4663, www.worldpowerliftingcongress.com

**9 OCT** » APA Billy Funk Memorial (Portola, CA) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

**9-10 OCT** » **SPF/WBPLA World PL/BP Championship** » Jesse Rodgers, 423.255.3672, www.southernpowerlifting.com

**10 OCT** » USPF New England BP/DL/PP (USPF Division II - Multi-Ply) (Manchester, NH) at the Courtyard Marriott » Dave Follansbee, 603.703.8379, dave@usabodybuilding.net, www.uspfpowerlifting.com

**15-17 OCT** » **IBP National Powerlifting Championships** (Pfaltown, NC) at West Central Community Center » Keith Payne, 336.251.8704, keith@ironboypowerlifting.net, www.ironboypowerlifting.net

**16 OCT** » APF Orlando Barbell Classic Powerlifting Meet (Orlando, FL) » Brian Schwab, 407.678.2447, www.orlandobarbell.com, www.worldpowerliftingcongress.com

**16 OCT** » APC Region 5 PL/BP Championships (East Peoria, IL) at Fitness America » Stephen Parkhurst, 309.657.0963, parhurst111@hotmail.com, www.americanpowerliftingcommittee.com

**16 OCT** » 100% RAW Supreme Fitness IV (Brattleboro, VT) » Bret Kernoff, VT\_Chair@rawpowerlifting.com, www.rawpowerlifting.com

**16 OCT** » SSA Asylum Power (Full Power/Ironman/Single Lift) (Tribes Hill, NY) at Iron Asylum Gym » Sandi McCaslin, 518.829.7990, www.ironasylumgym.com

**16 OCT** » **USAPL Deadlift and Push/Pull Nationals** (Denver, CO) » Dan Gaudreau, 1600 S. Abilene St., Aurora, CO 80011, 303.475.3366, www.usapowerlifting.com

**16 OCT** » NASA Unequipped Nationals, Equipped/Unequipped PL/BP/PS/PP (Oklahoma City, OK) » www.nasa-sports.com

**16 OCT** » SLP Indiana State Open BP/DL Championship (Beech Grove, IN) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

**17 OCT** » NASA 3rd Annual Pro Power Sports Championships & Pro Powerlifting (Registered Pro Lifters Only) (\$14,000 in cash) (Oklahoma City, OK) » www.nasa-sports.com

**22-24 OCT** » MMA & Sports Extravaganza (bodybuilding, boxing, strongman and more) (Atlantic City, NJ) at the Taj Mahal » mmasportsexpo.com

**23 OCT** » USPF 13th Annual Crain PL/BP/DL Open (Shawnee, OK) » Rickey Dale Crain, 405.275.3689, 1.800.272.0051, rrcrain@alliance.tv, www.wv.uspf.com

**23 OCT** » APA Barbee Classic (Corpus Christie, TX) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot

Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

**23 OCT** » APT Night of the Living Dead Deadlift Competition (Elizabethton, TN) at Elizabethton High School Gym » Alex Campbell, abcampbell69@hotmail.com, www.nightofthelivingdeadlift.blogspot.com

**23 OCT** » IPA New England Power Challenge (Cranston, RI) » Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench\_a\_grand@yahoo.com, www.rychlakpowersystems.com

**23 OCT** » APF Wolverine Open (Kalamazoo, MI) » Mike White, 269.207.8316, strengthbeyondfitness@yahoo.com, www.worldpowerliftingcongress.com

**23 OCT** » **(TENTATIVE DATE)** NASA Iowa Regional (Equipped & Unequipped BP/PS/PP) (Des Moines, IA) » www.nasa-sports.com

**23 OCT** » NASA KY Regional Championships (Equipped & Unequipped BP/PS/PP) (Morehead, KY) at the Morehead Conference Center » Greg & Susan Van Hoose, greg@vhepower.com, www.vhepower.com, www.nasa-sports.com

**23 OCT** » **ANPPC National Powerlifting Championship** (Tuscola, IL) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

**23 OCT** » 28th annual ADAU Raw Power "Central PA Open" PL (open and all age groups/divisions for men/women (Bigler, PA), the longest continually conducted drug free meet in the world) » Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, www.pikitup.com, al@pikitup.com

**23-24 OCT** » **19th WNPFA World Championships & International BP/DL Championships** (Guatemala City, Guatemala) » Troy Ford, wnpf@aol.com, 770.668-4841, www.wnpf.net

**24 OCT** » IPA Lexentreme Fall Classic - Full Power/BP/PP (Hilliard, OH) at the Courtyard Marriott, 2450 Roberts Rd. » Dan Dague, 614.554.8824, lexentreme@aol.com, www.lexentreme.com

**30 OCT** » APA Southern Regionals (Raw & Equipped, PL/BP/DL) (Hot Springs, AR) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

**30 OCT** » **(TENTATIVE)** USPF 13th Annual Crain PL/BP/DL Open (Shawnee, OK) » Rickey Dale Crain, 405.275.3689 or 1.800.272.0051, rrcrain@alliance.tv, www.wv.uspf.com

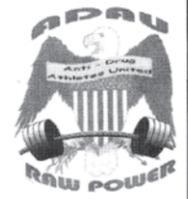
**30 OCT** » 2nd Annual Unleash the Beast Raw Powerlifting Meet (Ft. Worth, TX) at MetroFlex Gym, 5501 Thelin St. #125, (will be giving away swords, \$50 to best BP/SQ/DL and \$200 to overall best lifter; meet is to benefit the community and keep kids off drugs, gangs and streets) » Rendy & Christine DeLaCruz, 817.891.6261 or 817.713.7118, metroflexgymftw@yahoo.com

**30 OCT** » APA 2nd Annual Irontoberfest (Raw & Equipped, PL/BP/DL) (Hartford, AL) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, scott@apa-wpa.com, www.apa-wpa.com

**30 OCT** » **SLP Open Grand National BP/DL/Curl Championships** (Baraboo, WI) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlightgym@verizon.net

**30 OCT** » 6th Westminster Family Center Open Bench Press (Westminster, MD) 11 Longwell Ave. Westminster, MD » for entry form and more info contact Scott Bixler, 443.789.9452

**30 OCT** » **(TENTATIVE DATE)** NASA Ohio Regional, Equipped/Unequipped PL

		<b>REFEREE STATUS:</b>	
		National Referee _____	State Referee _____
Club No.	Club Name:		
Membership good for 1 year from date of application. For information on registration and program, call your State Chairman or 814-833-3727. A.D.A.U. membership provides each member with an opportunity to participate in A.D.A.U. events.			
<b>MEMBERSHIP APPLICATION</b> Adult <input type="checkbox"/> 30.00    Youth <input type="checkbox"/> 20.00    For information: www.adaurawpower.com			
<b>ANTI-DRUG ATHLETES UNITED, INC.</b>			
Date of Birth	Age	Sex <input type="checkbox"/> Male <input type="checkbox"/> Female	Social Security Number
Application Date			
First Name	Middle Initial	Last Name	
Address			
City		State	Zip Code
E-mail		Phone (With Area Code)	
I agree to submit to any drug testing procedure, either in meet, or out of meet without any prior notice, deemed appropriate by the A.D.A.U. rule book. NOTE: Parent/Guardian signature required if member under 18 years old. Member's Signature _____ Parent/Guardian Signature _____ For more information, contact: Allan Siegel, President, CFO 304 Daisy Street • Clearfield, PA 16830 Phone or Fax: 814-768-9400 E-mail: al@pikitup.com • Website: www.pikitup.com			
<b>PLEASE PRINT FIRMLY OR TYPE ALL INFORMATION</b>			

# COMING EVENTS »

## 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](http://www.adfpf.org)>

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

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

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

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

Signature \_\_\_\_\_ If Under 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 \_\_\_\_\_

Referee Ranks & Organizations \_\_\_\_\_

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.

BP/PS/PP (Springfield, OH) » [www.nasa-sports.com](http://www.nasa-sports.com)

**1-7 NOV » WPC World Championships** (Mikaeli, Finland) » Minna & Ano Turtiainen, [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)

**3-7 NOV » WPF World PL, BP & DL** (University of Bath, Somerset, GBR) Entry to BPO no later than September 23rd » Meet Director Greg Ashford, 01373-859997, [www.britishtpowerliftingorganisation.co.uk](http://www.britishtpowerliftingorganisation.co.uk), [www.wppowerlifting.com](http://www.wppowerlifting.com)

**4-6 NOV » Natural Olympia International Multi-Sports Expo** - Bodybuilding, Martial Arts, Powerlifting, Bikini Contest, Arm Wrestle, Strongman and more! (Reno, NV) at the Grand Sierra Resort Casino & Convention Center » 951.734.3900, [naturalaba@aol.com](mailto:naturalaba@aol.com), [www.naturalbodybuilding.com](http://www.naturalbodybuilding.com)

**6 NOV » 8th Annual Tom Foley DL/BP Classic** (fundraiser for Thomas Foley - NYC Firefighter who lost his life on 9/11; all proceeds go to the Tom Foley Memorial Scholarship) (Nanuet, NY) at Premier Fitness Gym » Abby Mahoney, 845.920.0501

**6 NOV » Northern VA Raw Meet** (Sterling, VA) » John James, 703.475.9885

**6 NOV » SLP Ohio State BP/DL Championship** (Hamilton, OH) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlightgym@verizon.net](mailto:sonlightgym@verizon.net)

**6 NOV » APA Gulf Coast Battle of the Bad** (PL/PP/BP/DL, Raw and Equipped) (Corpus Christie, TX) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, [scott@apa-wpa.com](mailto:scott@apa-wpa.com), [www.apa-wpa.com](http://www.apa-wpa.com)

**6-7 NOV » 19th WNPf World BP/DL/Reps/PC** (Atlantic City, NJ) » Troy Ford, [wnpf@aol.com](mailto:wnpf@aol.com), 770.668.4841, [www.wnfp.net](http://www.wnfp.net)

**6-7 NOV » WCPF International Invitational Championships** (Atlantic City, NJ) » Troy Ford, 678.817.4742, [wcpfpowerlifting@aol.com](mailto:wcpfpowerlifting@aol.com), Adrian Locklear, 404.519.2496, [adrian.locklear@hotmail.com](mailto:adrian.locklear@hotmail.com), [www.wnfp.net/wcpfmain.htm](http://www.wnfp.net/wcpfmain.htm)

**6-7 NOV » (TENTATIVE DATE) NASA Masters/Sub Masters Nationals**, Equipped/Unequipped PL/BP/PS/PP (Mesa, AZ) » [www.nasa-sports.com](http://www.nasa-sports.com)

**6-7 NOV » RAW United North American Open** (Tampa, FL) at Jackson Springs Recreation Center, will be streamed live in HD, filmed for a Reality TV Series, 10.9.10 entry deadline » Spero Tshontikidis, 321.505.1194, [rawunitedinc@gmail.com](mailto:rawunitedinc@gmail.com), [www.rawunitymeet.com](http://www.rawunitymeet.com)

**6-7 NOV » 100% RAW Single Lift World Championships** (Norfolk, VA) » Paul Bossi, [pres@rawpowerlifting.com](mailto:pres@rawpowerlifting.com), [www.rawpowerlifting.com](http://www.rawpowerlifting.com)

**7 NOV » 100% RAW Old School Iron Wars Full Powerlifting** (Burlington, VT) » Bret Kernoff, [VT\\_Chair@rawpowerlifting.com](mailto:VT_Chair@rawpowerlifting.com), [www.rawpowerlifting.com](http://www.rawpowerlifting.com)

**13 NOV » APA 23rd Annual Bay State Open** (PP/BP/DL, Raw & Equipped) (Northampton, MA) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, [scott@apa-wpa.com](mailto:scott@apa-wpa.com), [www.apa-wpa.com](http://www.apa-wpa.com)

**13 NOV » USPF NorCal PL/BP/DL/PP Championship** (TBD) » Steve Denison, 661.333.9800, [pwrlftrs@msn.com](mailto:pwrlftrs@msn.com), [www.powerliftingCA.com](http://www.powerliftingCA.com)

**13 NOV » IBP Battle of the Bench** (Shelby, NC) » Keith Payne, 336.251.8704, [keith@ironboypowerlifting.net](mailto:keith@ironboypowerlifting.net), [www.ironboypowerlifting.net](http://www.ironboypowerlifting.net)

**13 NOV » SPF Arkansas Christmas Classic PL Championship** » Jesse Rodgers, 423.255.3672, [www.southernpowerlifting.com](http://www.southernpowerlifting.com)

**13 NOV » NASA Kansas Regional, Equipped/Unequipped PL/BP/PS/PP** (Salina, KS) » [www.nasa-sports.com](http://www.nasa-sports.com)

**13 NOV » NASA WV Regional** (Equipped & Unequipped BP/PS/PP) (Ravenswood, WV) » Greg & Susan Van Hoose, [greg@vhepower.com](mailto:greg@vhepower.com), [www.vhepower.com](http://www.vhepower.com)

[www.vhepower.com](http://www.vhepower.com), [www.nasa-sports.com](http://www.nasa-sports.com)

**13 NOV » SLP Kentucky State BP/DL Championship** (Louisville, KY) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlightgym@verizon.net](mailto:sonlightgym@verizon.net)

**13-14 NOV » 3rd WNPf Lifetime World Championships** (PL/BP/DL/PC) (Atlanta, GA) » Troy Ford, [wnpf@aol.com](mailto:wnpf@aol.com), 770.668.4841, [www.wnfp.net](http://www.wnfp.net)

**13-14 NOV » WDFPF PL World Championships** (Castleblayney Co, Monaghan, Ireland) » [www.adfpf.org](http://www.adfpf.org)

**14 NOV » WCPF World Record Breakers** (Atlanta, GA) » Troy Ford, 678.817.4742, [wcpfpowerlifting@aol.com](mailto:wcpfpowerlifting@aol.com), Adrian Locklear, 404.519.2496, [adrian.locklear@hotmail.com](mailto:adrian.locklear@hotmail.com), [www.wnfp.net/wcpfmain.htm](http://www.wnfp.net/wcpfmain.htm)

**16-21 NOV » WABDL Goodson Honda World BP & DL Championships** (Las Vegas, NV) at the Hilton Hotel » Gus Rethwisch, 503.901.1622, [www.wabdl.org](http://www.wabdl.org)

**20 NOV » APA West Coast RAW Regional Powerlifting Championships** (Sacramento, CA) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, [scott@apa-wpa.com](mailto:scott@apa-wpa.com), [www.apa-wpa.com](http://www.apa-wpa.com)

**20 NOV » SPF Record Breakers PL Championship** » Jesse Rodgers, 423.255.3672, [www.southernpowerlifting.com](http://www.southernpowerlifting.com)

**20 NOV » NASA Colorado Regional, Equipped/Unequipped PL/BP/PS/PP** (Denver, CO) » [www.nasa-sports.com](http://www.nasa-sports.com)

**20 NOV » USA Raw Bench Press Federation World Championship** (Tuscola, IL) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlightgym@verizon.net](mailto:sonlightgym@verizon.net)

**21 NOV » SLP Michigan State BP/DL Championship** (Saranac, MI) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlightgym@verizon.net](mailto:sonlightgym@verizon.net)

**27 NOV » NASA Oklahoma Boomer Classic** (Equipped & Unequipped BP/PS/PP) (Oklahoma City, OK) » [www.nasa-sports.com](http://www.nasa-sports.com)

**NOV » IPA Autumn Apocalypse** » Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, [bench\\_a\\_grand@yahoo.com](mailto:bench_a_grand@yahoo.com), [www.rychlak-powersystems.com](http://www.rychlak-powersystems.com)

**NOV » USAPL Stars & Stripes BP & DL** (Scranton, PA) » [www.purepowerlifting.com](http://www.purepowerlifting.com)

**2-4 DEC » Global PL Alliance for Raw Powerlifting World PL/BP Championships** (Athens, GA) » L.B. Baker, 770.713.3080, [lbbaker@irondawg.com](mailto:lbbaker@irondawg.com), [www.globalpowerliftingalliance.com](http://www.globalpowerliftingalliance.com)

**4 DEC » NASA New Mexico Push-it Lift-it** (PP/BP/PS) (Rio Rancho, NM) » Mike & Teale Adelman, [mike@liftinglarge.com](mailto:mike@liftinglarge.com), [www.liftinglarge.com](http://www.liftinglarge.com)

**4 DEC » APA Winter Power Wars** (Fair Haven, VT) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, [scott@apa-wpa.com](mailto:scott@apa-wpa.com), [www.apa-wpa.com](http://www.apa-wpa.com)

**4 DEC » APA Winter Power Wars** (Full Power, Push-Pull, BP only, DL only) (Fair Haven, VT) at Fair Haven Fitness » Jamie Matta, 802.265.3470, [capejam@hotmail.com](mailto:capejam@hotmail.com), [www.apa-wpa.com](http://www.apa-wpa.com)

**4 DEC » USAPL Midwest Sr. States** (Fremont, NE) » Tim Anderson, 402.687.4182, [www.usapowerlifting.com](http://www.usapowerlifting.com)

**4 DEC » APF/AAPF Southern States Powerlifting & Bench Press** (Jacksonville, FL) » Wayne Pullum, 904.374.5333, [pullumsplatform@aol.com](mailto:pullumsplatform@aol.com), [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)

**4 DEC » IPA 6th Annual Christmas Carnage** (Boyerstown, PA) » Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, [bench\\_a\\_grand@yahoo.com](mailto:bench_a_grand@yahoo.com), [www.rychlakpowersystems.com](http://www.rychlakpowersystems.com)

**4 DEC » ADFPF "Un-Equipped" December Bench & Deadlift** (Towson, MD) at Dumbarton Middle School » Brian Washington, 410.265.8264, [brian@usbf.net](mailto:brian@usbf.net)

**4 DEC » USPC December Power Curl** (Towson, MD) at Dumbarton Middle School » Brian Washington, 410.265.8264, [brian@usbf.net](mailto:brian@usbf.net)

**4 DEC » APA Battle of the Iron Barbarians** (PL/PP/BP/DL, Raw and Equipped) (McAllen, TX) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, [scott@apa-wpa.com](mailto:scott@apa-wpa.com), [www.apa-wpa.com](http://www.apa-wpa.com)

**4 DEC » (TENTATIVE DATE) NASA Missouri Regional, Equipped/Unequipped PL/BP/PS/PP** (Carthage, MO) » [www.nasa-sports.com](http://www.nasa-sports.com)

**4 DEC » SLP Tennessee Christmas for Kids BP/DL/Curl Championship** (Bartlett, TN) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlightgym@verizon.net](mailto:sonlightgym@verizon.net)

**4 DEC » 2nd WNPf Winter Classic** (BP/DL/PC) & **2nd WNPf Lifetime BP/DL/PC Nationals** (Merritt Island, FL) » Troy Ford, [wnpf@aol.com](mailto:wnpf@aol.com), 770.668.4841, [www.wnfp.net](http://www.wnfp.net)

**4-5 DEC » USAPL Colorado State Powerlifting Championships** (Denver, CO) » Dan Gaudreau, 303.475.3366, [www.usapowerlifting.com](http://www.usapowerlifting.com)

**5 DEC » WPF British BP, DL Open Record Breakers**, (Four Seasons, Trallwn Rd., Llanamlet, Swansea) » Ken Williams, 07970 625946, [www.britishtpowerliftingorganisation.co.uk](http://www.britishtpowerliftingorganisation.co.uk), [www.wpfpowerlifting.com](http://www.wpfpowerlifting.com)

**5 DEC » USPF Northern Cup BP/DL/PP** (USPF Division II - Multi-Ply) (Manchester, NH) at the Courtyard Marriott » Dave Follansbee, 603.703.8379, [dave@usabodybuilding.net](mailto:dave@usabodybuilding.net), [www.uspfpowerlifting.com](http://www.uspfpowerlifting.com)

**5 DEC » 18th annual Raw ADAU "Coal Country" Classic** (separate SQ/ BP/DL meets, open and all age groups/divisions for men/women) (Bigler, PA) » Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814.765.3214, [www.pikitung.com](http://www.pikitung.com), [al@pikitung.com](mailto:al@pikitung.com)

**11 DEC » USPF San Diego Open PL/BP/DL/PP Championship** (San Diego, CA) » Steve Denison, 661.333.9800, [pwrlftrs@msn.com](mailto:pwrlftrs@msn.com), [www.powerliftingCA.com](http://www.powerliftingCA.com)

**11 DEC » 13th WNPf Sarge McCray** (PL/BP/DL/PC) (Bordentown, NJ) » Troy Ford, [wnpf@aol.com](mailto:wnpf@aol.com), 770.668.4841, [www.wnfp.net](http://www.wnfp.net)

**11 DEC » USPF Region 4 Open Championships** (Parkersburg, WV) at the Patriot Fitness Center » Tim Cochran, 304.615.3984, [ohio.uspf@yahoo.com](mailto:ohio.uspf@yahoo.com), [www.wvuspf.com](http://www.wvuspf.com)

**11 DEC » 100% Raw Christmas Classic** BP, DL, SC (Stanardsville, VA) » John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, [www.virginiapowerlifting.blogspot.com](http://www.virginiapowerlifting.blogspot.com), [valifting@aol.com](mailto:valifting@aol.com)

**11 DEC » NASA West Texas Regional, Equipped/Unequipped PL/BP/PS/PP** (Hereford, TX) » [www.nasa-sports.com](http://www.nasa-sports.com)

**11 DEC » SLP Arkansas Christmas for Kids BP/DL/Curl Championship** (Rogers, AR) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlightgym@verizon.net](mailto:sonlightgym@verizon.net)

**11 DEC » WPC Israel Open Championship** (Haifa, Israel) » Anna Marcus, [annamarcus@rambler.ru](mailto:annamarcus@rambler.ru), [www.big-champ.com](http://www.big-champ.com), [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)

**12 DEC » WCPF Delaware Championships** (Lewes, DE) » Troy Ford, 678.817.4742, [wcpfpowerlifting@aol.com](mailto:wcpfpowerlifting@aol.com), Adrian Locklear, 404.519.2496, [adrian.locklear@hotmail.com](mailto:adrian.locklear@hotmail.com), [www.wnfp.net/wcpfmain.htm](http://www.wnfp.net/wcpfmain.htm)

**12 DEC » APA New England Winter Bash** (Raw and Equipped) (Wallingford, CT) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, [scott@apa-wpa.com](mailto:scott@apa-wpa.com), [www.apa-wpa.com](http://www.apa-wpa.com)

**12 DEC » WNPf Delaware Championships** (BP/DL/PC) (Lewes, DE) » Troy Ford, [wnpf@aol.com](mailto:wnpf@aol.com), 770.668.4841, [www.wnfp.net](http://www.wnfp.net)

**13 DEC » APF Ironman Meet** (Fresno, CA) » Bob Packer, 559.760.2970 or 559.323.3892, [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)

**18 DEC » APA Lake Hamilton Open** (PL/PP/BP/DL/Overhead Press/Strict Curl) (Raw & Equipped) (Hot Springs, AR) » Scott Taylor (APA President), 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, 941.626.4247, [scott@apa-wpa.com](mailto:scott@apa-wpa.com), [www.apa-wpa.com](http://www.apa-wpa.com)

**18 DEC » SLP The Last One!** BP/DL Championship (Tuscola, IL) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlightgym@verizon.net](mailto:sonlightgym@verizon.net)

**18 DEC » NASA Illinois Christmas Regional, Equipped/Unequipped PL/BP/PS/PP** (Flora, IL) » [www.nasa-sports.com](http://www.nasa-sports.com)

**18-19 DEC » RAW United Police, Firefighter & Military Cup** (Melbourne, FL) at The Gym, 2300 Avocado Ave., Suite E, Melbourne, FL 32935, 11.27.10 entry deadline » Spero Tshontikidis, 321.505.1194, [rawunitedinc@gmail.com](mailto:rawunitedinc@gmail.com)

**DEC » APF South Carolina Championships** (Columbia, SC) » Will Millman, 843.886.5366, [shelter223@gmail.com](mailto:shelter223@gmail.com), [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)

**DEC » Ontario Amateur Pro Championships** (Ontario, Canada) » Bruce McIntyre, [brucemcintyre@sympatico.ca](mailto:brucemcintyre@sympatico.ca), [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)

**2010 » USAPL Raw Nationals** (Denver, CO) » Dan Gaudreau, 1600 S. Abilene

St., Aurora, CO 80011, 303.475.3366, [www.usapowerlifting.com](http://www.usapowerlifting.com)

**2010 » USAPL Police & Fire Nationals** » [www.usapowerlifting.com](http://www.usapowerlifting.com)

**2010 » USAPL Military Nationals** » [www.usapowerlifting.com](http://www.usapowerlifting.com)

**2010 » 9th Annual South Jersey Sports Extravaganza** (PL, Olympic Lifting, Strong Man, Arm Wrestling) (Jersey Shore, NJ) » Robert Keller, [www.southjerseyexpo.com](http://www.southjerseyexpo.com)

**22-23 JAN 2011 » Raw Unity Powerlifting presents Championships 4** (Tampa, FL) at Jackson Springs Recreation Center, will be streamed live in HD, filmed for a Reality TV Series, Jay Adams Brawl Call Fight Zone TV Fox Sports » [www.rawunitymeet.com](http://www.rawunitymeet.com)

**JAN 2011 » Battle in Montreal** (Montreal, Canada) » Bruce McIntyre, [brucemcintyre@sympatico.ca](mailto:brucemcintyre@sympatico.ca), [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)

**JAN 2011 » USAPL HS/Collegiate Raw** (Scranton, PA) » [www.purepowerlifting.com](http://www.purepowerlifting.com), [www.usapowerlifting.com](http://www.usapowerlifting.com)

**29 JAN 2011 » IPA 2nd Annual NJ State Powerlifting Championships** (Newark, NJ) » Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, [bench\\_a\\_grand@yahoo.com](mailto:bench_a_grand@yahoo.com), [www.rychlakpowersystems.com](http://www.rychlakpowersystems.com)

**12 FEB 2011 » IPA 5th Annual Barno-Newman Classic** (Whitehall, PA) » Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, [bench\\_a\\_grand@yahoo.com](mailto:bench_a_grand@yahoo.com), [www.rychlakpowersystems.com](http://www.rychlakpowersystems.com)

**12 FEB 2011 » APF 4th Annual Arizona Open State PL Meet** (Peoria, AZ) » JR Bolger, [azapf@cox.net](mailto:azapf@cox.net), [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)

**19 FEB 2011 » Red Brick Bench Press Championships VIII** Fundraiser for WNY Military Family Readiness Groups (Buffalo, NY) » Dennis Brochey, 716.200.3533, [cdbrochey@roadrunner.com](mailto:cdbrochey@roadrunner.com), [www.niagarapowerliftingclub.com](http://www.niagarapowerliftingclub.com)

**27 FEB 2011 » USPF Northeastern Open BP/DL/PP** (USPF Division II - Multi-Ply) (Manchester, NH) at the Courtyard Marriott » Dave Follansbee, 603.703.8379, [dave@usabodybuilding.net](mailto:dave@usabodybuilding.net), [www.uspfpowerlifting.com](http://www.uspfpowerlifting.com)

**26-28 MAR 2011 » USAPL High School Nationals** (Corpus Christi, TX) » Hector Munoz, 361.813.9691, [www.usapowerlifting.com](http://www.usapowerlifting.com)

**8-10 APR 2011 » USAPL Collegiate Nationals** (Scranton, PA) » [www.purepowerlifting.com](http://www.purepowerlifting.com), [www.usapowerlifting.com](http://www.usapowerlifting.com)

**20-22 MAY 2011 » USAPL Women's Nationals** (Atlanta, GA) » Greg Jones, 770.266.9258, [www.usapowerlifting.com](http://www.usapowerlifting.com)

**27 MAY 2011 » Andy Bolton Deadlift Challenge** (Cleveland, OH) » Ty Phillips, 216.310.2283, [gorillapitps@gmail.com](mailto:gorillapitps@gmail.com)

**27-29 MAY 2011 » MMA & Sports Extravaganza** (bodybuilding, boxing, strongman and more) (King of Prussia, PA) at the Valley Forge Convention Center » [mmasportsexpo.com](http://mmasportsexpo.com)

**10-12 JUN 2011 » MMA & Sports Extravaganza** (bodybuilding, boxing, strongman and more) (Denver, CO) at the Crowne Plaza Denver International Airport » [mmasportsexpo.com](http://mmasportsexpo.com)

**10-12 JUN 2011 » USAPL Men's Open, Teen, Jr. Nationals** » Jim Battenfield/Paul Fletcher, 505 Ridgecrest Dr., Pearl, MS 39208, 601-665-7783, [www.usapowerlifting.com](http://www.usapowerlifting.com)

**JUL 2011 » USAPL Raw Nationals** (Scranton, PA) » Steve Mann, 127 Sumner Ave., Clarks Summit, PA 18411, 570.309.6316, [www.purepowerlifting.com](http://www.purepowerlifting.com), [www.usapowerlifting.com](http://www.usapowerlifting.com)

**26-28 AUG 2011 » MMA & Sports Extravaganza** (bodybuilding, boxing, strongman and more) (New York, NY) at the Hilton » [mmasportsexpo.com](http://mmasportsexpo.com)

**8 OCT 2011 » IPA MD State Powerlifting Championships** (Westminster, MD) » Scott Bixler, 443.789.9452, [www.ipapower.com](http://www.ipapower.com)

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Last One best lifters – husband/wife Rich & Christina McDowell



Christina McDowell – 220 BP



Christmas for Kids – Best lifters Michael Supilowski, Leezaira Thompson & Tom Bennett (Latch photos)



Darryl Silver with a 560 DL at 242

### SLP THE LAST ONE DEC 26 2009 » Tuscola, IL

<b>BENCH FEMALE</b>			
Teen (13-15)			
132 lbs.			
J. Allen	120*		
4th-125*			
Teen (18-19)			
132 lbs.			
L. Thompson	115*		
4th-120*			
Submaster			
132 lbs.			
J. Dantzier	95		
4th-100			
Master (45-49)			
165 lbs.			
S. Hogan	115*		
Open			
181 lbs.			
A. Tabit	200		
MALE			
Teen (13-15)			
242 lbs.			
S. Tolson	275*		
4th-280*			
Teen (18-19)			
275 lbs.			
S. Willoughby	250		
Master (40-44)			
242 lbs.			
J. Tabit	375		
Master (45-49)			
220 lbs.			
D. Leslie	410		
M. Supilowski	355		
Master (50-54)			
198 lbs.			
J. Dougherty	255		
Master (55-59)			
275 lbs.			
T. Bennett	550*		
Master (55-59)			
275 lbs.			
J. Willoughby	270*		
M. Price	265		
Police/Fire			
242 lbs.			
A. Harper	430*		
Open			
220 lbs.			

\*=Son Light Power Illinois State Records. Best Lifter Bench Women: Anna Tabit. Best Lifter Bench Men: Tom Bennett. Best Lifter Deadlift Women: Leezaira Thompson. Best Lifter Deadlift Men: Michael Supilowski. The Last One! Bench Press/Deadlift Championship was held at Son Light Power Gym. This was the eleventh annual Last One! which originated in 1999. In the bench press event first time

competitor Janelle Allen set the raw state record at teenage women 13-15/132 with 125. Leezaira Thompson broke the record at 18-19/132 with a new personal record of 120. Another first timer, Jan Dantzier, won at submaster 132 with 100. Also lifting in her first competition, was Suzette Hogan. Suzette finished the day with a new raw state record of 115 for the 45-49/165 class. Our final bencher was also our best lifter among the women, Anna Tabit. She finished with a personal best 200, taking the title in the open 181 class. Anna also set the state record at submaster 181. For the men it was Spencer Tolson breaking the state record at 13-15/242 with 280. Our only other teenage lifter was Steve Willoughby, who finished with 250 at 18-19/275. Joe Tabit, owner along with his wife Anna of Route 29 Fitness of Athens, Illinois, won at 40-44/242 with 375. In the 45-49 age group Dave Leslie won over Michael Supilowski 410 to 355. John Dougherty took the title at 50-54/198 with 255. Our only assisted lifter was Michigan's own Tom Bennett. Tom finished the day with 550 for the win at 50-54/275. This bettered the Michigan and Illinois state records along with the SLP national record for that class. Tom was also awarded the best lifter trophy among the men. At 55-59/275 Jerry Willoughby won over Michael Price 270 to 265. Jerry's 270 was a new state record as well. Aaron Harper broke the state record at police & fire 242, finishing with 430. Dave Leslie also won the open 220 pounds class with his 410 final attempt. Moving to the deadlift competition Janelle Allen set her second state record of the day at 13-15/132 with a great 245 pull. Newcomer Kelsey Moreland won at 16-17/181 with 215. Best lifter among the ladies, Leezaira Thompson, pulled a great PR and state record 325 for the win at 18-19/132. Jan Dantzier, another new gal, broke the state record at submaster/132 with 225. Coming all away from South Carolina to lift in her first competition was Shanda Jefferies. Shanda finished the day with a great 275 state record pull at 40-44/148, just missing a final attempt with 300. Suzette Hogan won her second title of the day at 45-49/165 with 205. For the men Spencer Tolson won at 13-15/240 with 245. Dakota Walter, lifting in his first competition, won at 16-17/242 with a great 385 pull. Steve Willoughby won his second title of the day at 18-19/275 with his 405. Best lifter among the men in the deadlift competition went to Michael Supilowski, who won at 45-49/220 with a new state record of 650.

Second place at 220 went to Dave Leslie who finished with 420. Darryl Silver, lifting in memory of his son Trent, who passed away due to leukemia this past May, finished with a great 560 at 242. John Dougherty finished with a strong 500 pull at 50-54/198. Jerry Willoughby won again at 55-59/275 with 315. Our final puller was Aaron Harper who won at police & fire/242 with 565. Thanks to my sons D.C. and Joey Latch for doing a great job loading and spotting and to all others who helped out in any way. Thanks also to Keith and Mollie Tolson for all they do for the young lifters from the Dungeon Gym in Danville, Illinois. See you all again next year!  
» courtesy Dr. Darrell Latch

### SLP ARKANSAS CHRISTMAS FOR KIDS DEC 12 2009 » Rogers, AR

<b>BENCH FEMALE</b>			
RAW			
Master (50-54)			
148 lbs.			
L. Kemp	65		
Police/Fire			
181 lbs.			
T. DeMier	155*		
Open			
123 lbs.			
H. Sommer	95*		
148 lbs.			
C. McDowell	220*		
181 lbs.			
T. DeMier	155*		
Novice			
242 lbs.			
J. Wibling	415		
4th-425			
Master (40-44)			
275 lbs.			
R. McDowell	630*		
Master (55-59)			
220 lbs.			
M. Lowry	415*		
4th-425*			

Best Lifter Bench Women: Christina McDowell. Best Lifter Bench Men: Rich McDowell. The Son Light Power Arkansas Christmas For Kids Bench Press/Deadlift Championship was held at Benton County Barbell. Thanks to owners Tom and Sandy Hayes for once again hosting this event. In the raw bench press competition Liz Kemp, state record holder at women's 50-54/148, won there with 65. In the police & fire division,

first-timer Tammy DeMier set the state record at 181 with 155. Tammy also set the record for the open 181 class as well. Heidi Sommer broke the state record at open 123 with 95. But it was best lifter Christina McDowell who really put on a show. Christina, state record holder at submaster 148, moved to the open class where she finished with a new personal best and state record 220! Moving to the men, another newcomer, Brandon Cox, set the state record at submaster 181 with 305. Tom Hayes won at 45-49/220 with 370. John Alaniz won at 50-54/242 with 380. Our final raw lifter was Steve Webb, who set the state record at police/fire 60-64/220 with 265. This was sixty-three year old Steve's first competition. In the assisted division Josh Wibling got a new personal record at novice 242 with 425. Best lifter Rich McDowell hit a new state record at 40-44/275 with 630. At 55-59/220 Maurice Lowry broke the state record there with 425. Austin Webb broke the state record at 275 with 420. Our final lifter was open shw winner Gordon Castling. Gordon finished with 500. We also had two fine deadlifters, both of which set state records for their respective classes. Liz Kemp, deadlifting for the first time, finished with 185 at 50-54/148. Bob Dale broke his own state record at 40-44/275 with a new personal best 705. Thanks to my son Joey Latch and Jim Wimpigler for doing a great job loading and spotting and to Carmen Wimpigler for taking some great pictures of the meet. Thanks also to Sandy Hayes for serving as our trophy girl. See you all again next year.  
» courtesy Dr. Darrell Latch

### APA ROCK SOLID DEADLIFT CHALLENGE FEB 20 2010 » Defuniak Sprgs, FL

<b>DEADLIFT FEMALE</b>			
Raw			
Master (40-44)			
132 lbs.			
C. Hart	305!		
Junior (20-23)			
230!			
Open			
198 lbs.			
C. Hart	305!		
148 lbs.			
(40-44) Open			
C. Myers	405!		
MALE			
220 lbs.			
J. Rayer	605!		

» courtesy Bobby Myers

## Application for Registration

### UNITED STATES POWERLIFTING FEDERATION

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State		Zip		Area Code/Telephone			
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Current Collegiate	U.S. Citizen	Date of Birth	Sex	Today's Date		Card Issued By	
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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.

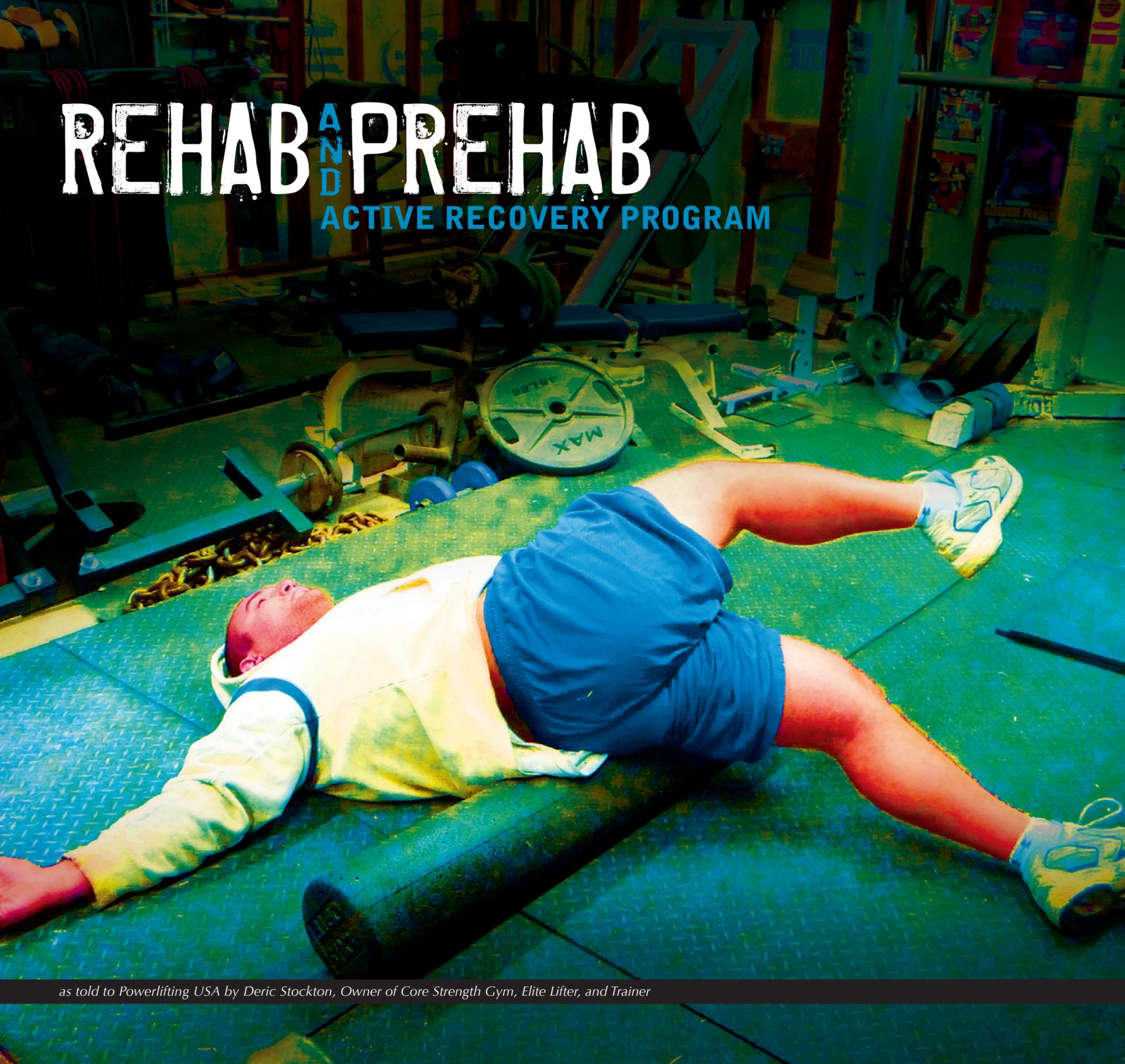
In recognizing the need for drug-usage detection, I agree to submit to any testing procedures deemed appropriate by the USPF or its agents and shall accept the results and consequences of such tests.

If Under 18 have Parent Initial \_\_\_\_\_ Signature \_\_\_\_\_

White: USPF Office Yellow: Member Pink: Meet Director

# REHAB AND PREHAB

## ACTIVE RECOVERY PROGRAM



as told to Powerlifting USA by Deric Stockton, Owner of Core Strength Gym, Elite Lifter, and Trainer

**PART TWO:** IT DOESN'T MATTER WHETHER YOU TRAIN ON A WESTSIDE STYLE ROUTINE OR A SHIEKO PROGRAM, WHETHER YOU COMPETE RAW, SINGLE-PLY, OR MULTIPLE PLY; OR WHETHER YOU TRAIN AT A BIG COMMERCIAL GYM OR A SMALL GARAGE GYM. AS STRENGTH ATHLETES, WE'RE GOING TO HIT THOSE PRS IN THE GYM AND AT OUR NEXT MEET. NO MATTER WHAT! RIGHT? RIGHT! AND TRUST ME, YOUR CHANCES OF HITTING THE NUMBERS YOU WANT WILL BE A LOT BETTER IF YOU'RE FEELING HEALTHY AND STRONG, AND NOT INJURED AND BEAT UP.

I went into my last meet feeling the healthiest and strongest I've EVER been and it reflected in my performance. I hit my first Elite, set a UPA open national squat record of 804.5 at 198, and got my first best lifter award. My performance reflected my preparedness in lots of ways. And of utmost importance is how healthy I am. Can I endure the stress of my normal life stuff and throw bone crushing workouts on top of it, and still stay anabolic, and hit PRs without any juice!? And at 41 years old!? Eight years ago I would have said hell no! My neck was #!^'ed up! I thought both of my shoulders needed operations! My elbows were toast. And my low back and hips were always at risk of locking up! I experienced Thoracic Outlet Syndrome so bad that it felt like someone was pounding my thumbs with hammers with each pulse beat at night time! I had Sciatica every time I drove and Plantar Fasciitis in both feet from old Marine Corps and motorcycle racing injuries. So I know what it's like to live in pain, to try to sleep in pain, and try to train injured—it ain't no fun! In fact, it down right sucks! And speaking of injured and in pain, how are your sore spots doing? Shoulder getting better? Hip getting worse? Don't know? Don't care? Or you'd rather just have someone else take care of it, if it flares up? This attitude is not good enough. Your ability to communicate with your body as to the health of your body is key. Absolving your health to someone else is not good enough for me, and should not be good enough for you. Now I'm not saying don't seek professional help when necessary, but ultimately we must learn to be a proactive conductor of our own health. And this is difficult if your language to communicate is limited to just a few levels, ie: 1. It feels good 2. It feels Okay or 3. It hurts. You want to develop 20+ levels of sensation, so that you'll be able to communicate better with your body and monitor where your pain is, and which way it's/you're going. For those of you who have already begun the Active Recovery Plan in Part 1 of this series, I would hope that you are beginning to communicate with your neck, upper back and shoulders with this new dialogue of daily use of the backnobber, foam rolling, traction, spine based movements, relaxation, and breathing. When you get good at it, you can actually dictate the direction which the health of your joints and surrounding tissue is going. And there is no finish line—there is no "I'm finally healthy"—there is only another level of health yet to be attained—healthIER. So, the days you feel good are the most important days to do your Active Recovery Program. Because it is these days/sessions that give you the opportunity to get ahead of the game, prepare for what's ahead, and begin to change your recovery paradigm from one of rehabilitation, to one of prehabilitation.

Here in part two of this series, we are going to focus on the L-spine, sacrum, SI joints, and hips. Once again the foam rollers and the backnobber with heat and/or ice are staples in the plan. Learning spine based movements and hip stretch/traction movements over the full and half rollers will foster your communication process with these body parts and begin to mobilize the joints and relax the tissue in these areas. (Check my website, [www.CorestrengthRX.com](http://www.CorestrengthRX.com), for all the roller positions.) One of our junior/elite lifters, Jordan Ritchie, went up to Diablo Barbell, in Concord, CA, to train with Elite lifters/coaches Charlie Telesco and Ted Oniel. He got there a bit early and they said "Relax; make yourself at home, Jordan." So he broke out his foam roller and started into some spine based movements over the roller, and I guess when he hit the upside down, spread eagle/groin stretch, inverted on the roller, all the guys present were like, "Whoa, hold on! Wait a minute! NOT THAT COMFORTABLE!" So, some of the positions may look a little strange, but I assure you that as you find more comfort in each position, over time your body will hurt less and function better.

Learning to effectively utilize the backnobber to break up adhesions in your soft-tissue and connective tissue is a must! With the application of some liniment, you're ready for some self trigger point therapy and some self active release therapy. Cross your leg and reach around to your hip, glute and SI joint with the nobber. Run lines through your glutes/hip. This will break up adhesions around your sacrum and hip extensors. For the hip flexors, while seated kick your leg back across a bench like a quad stretch, and find those tight fibers and insertions around the front of your hip and follow lines down through your upper leg, towards your knee. This will help free up your femoral and sciatic (amongst other) nerves.

Hot baths, hot tubs, or saunas with movement, stretching, and deep breathing will also continue to be paramount in order to soften tight tissues and to increase oxygen and blood flow. Also, try adding Epsom salts in your baths to help aid in relaxing your muscles.

Once again, morning recovery sessions should take place within ½ hour of waking up, in order

« Practicing spine-based movements with a foam roller helps mobilize joints and relax tissue  
photos courtesy Deric Stockton

# REHAB & PREHAB PT. 2 »



Richard "Doc" Hencke, 62, still puts up 400+

to effectively break up the "Fuzz." All of the traction movements, foam roller movements, and stretching is much more profound at 6 AM than 6 PM—it's just a connection you'll have to make for yourself:

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	- 20 min. hot bath with L-spine & hip movement - 10 min. foam rolling	- Liniment + 10-30 min. foam rolling and stretching	- 20 min. hot bath with Epsom salts - 10 min. foam rolling	Day Off	- Repeat Cycle
PM	- 10 min. ice - 10 min. liniment + backnobber 2x	- Sleep with hot pad or heat patch	- Liniment + 10-30 min. backnobber		

In addition to your active recovery plan, incorporating movements in your training which traction and create lots of circulation through your L-spine and hips is a must. Hanging leg raises and reverse hypers—thanks Louie—have also become staples in our plan. We do them with bands, free weights, and/or a strap, and sometimes unilaterally. At least once per week for three to five sets of 10–25 reps each. (P.S. if you don't have a newer reverse hyper, put a 2-board under either end to change the angle and the emphasis. And hanging with some kind of Ab-strap is a lot easier on the shoulders for the leg raises.) Immediately following the hypers are further traction movements in order to take advantage of the increased circulation around the L-spine and sacrum. We do the precor stretch partner and perform inversion therapy on an orthoped for a couple minutes each. (This is usually the last exercise/complex for a workout.) Lots of decompression, circulation, and emvibation to increase the fluidity and flow of the muscular, skeletal, and nervous systems through the posterior chain feels amazing. Diederik Lagerwerff at 69 years young and John Crites at 62 years young are a couple of the old "dogs" in our crew. Both, amazingly, have double hip replacements. And Richard "Doc" Hencke at 62 years young (with a longer list of injuries than we have room for) still deadlifts over 400 in competition. Learning to take care of your lower back and hips is essential. My body actually craves this circulation in my workouts and in my recovery routine.

My SymetriCORE™ workout plan emphasizes training structurally, neurologically, and muscularly—all while maintaining structural symmetry. We continually re-enforce the three P's: posture, position, and proprioception. What this means is when you train, you learn to do it with your spine in alignment and you have the sense to keep it there. Especially learning to counter lateral shifts and scoliotic patterns. Knowing which way your hips tend to shift on

the box and learning to counter this with the other side of your core, (a slight, opposing side bend, if you will) to maintain a neutral spine and equal hip and leg drive, is imperative. If every time you sit on a low box, and your ass shifts an inch to the right, then your squatting with right dominance. This lateral shift might not hurt you today, but it will catch up with you in the form of strains, tears, and possible disc herniations in the future. Nip this in the bud and learn to move from your hips and with a neutral spine. This will drastically reduce the amount of stress on your back muscles and spine and will help equalize bi-lateral impulses through your body. You might be non-symptomatic now, but that repetitive shift will eventually catch up with you, and after a training session, a training cycle or meet—at some point—you'll end up in a clinical state, hobbling for the chiro. No thanks!

So, not only can you do a lot for yourself in the way of recuperative modalities and your active recovery program, but there are aspects of your training which can greatly increase your health and longevity. So, it's important to continually learn to train smarter and maximize the positive stresses while reducing the negative stresses of our training. If your shoulder is hurting you, then take a light day to foster circulation and to do extra recovery work instead of a ME session—this could get you back to hitting PRs within your next few sessions.

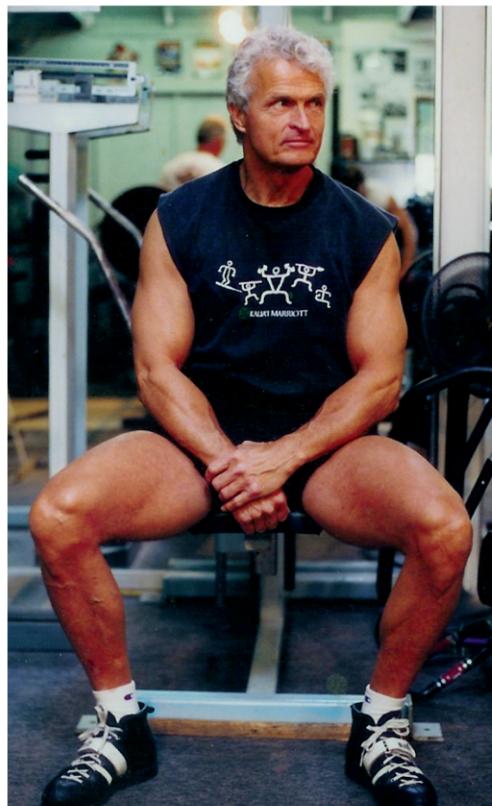
When I was younger, I remember reading articles where Arnold talked about the mind-muscle connection—and yeah, this is important, but let's take it one step further to a mind-bone connection. To develop true structural integrity and proprioception requires allowing your deepest layers of tissue to soften, connective and fascia tissue to heal, and neurology to flow properly out of your spine to your muscles. Only then can you have the proprioceptive awareness of your posture and joint positions in space and time, around which to create leverage and force. Again, it's like Yin-Yang. So, the better you can relax, the better you will contract. Instead of always focusing on how hard you can contract your muscles or how high you can get your heart rate, spend some time on the other side of the spectrum and see how relaxed you can get your body/tight spots and how low you can get your heart rate. Utilize your Active Recovery Sessions to help facilitate this new harmony between your muscular, skeletal, and nervous systems. Your body will have more oxygen and fluidity, less pain and injury, and more strength and power. So, sounds good—where do I sign up? Right? But the key is actually doing it—spending time with the artful side of this process, effective use of the foam rollers and backnobbers is a must, and learning to effectively, breathe, relax, and communicate with your body in a different way—but YOU'VE gotta do it, learn from it, and get better at it—just like training. No one else can do it for you. Having a foam roller or backnobber sitting idle will do you no good. You'll get only as much good out of these tools as you learn to put into them. So, seize the opportunity! Get started on an Active Recovery Routine and learn to get healthier. You'll get stronger, too! ☺



The infamous "spread eagle" style stretch



Stretching and deep breathing softens tight tissues plus increases oxygen/blood-flow



Diederik Lagerwerff, age 69, hasn't let double hip replacements slow him down – he still holds his own in the weight room



S.A.R. Therapy Exercise 1: cross leg and reach around to hip, glute and SI joint with the nobber ; run lines through glutes/hip to break up adhesions around your sacrum and hip extensors



S.A.R. Therapy Exercise 2: kick leg back across bench, find tight fibers and insertions around the front of hip and follow lines through upper leg towards your knee to free up femoral and sciatic nerves

## DR. FRED HATFIELD PT. 2 »

just above their heads in order to show how cute they were! Joe—who placed 3rd in the Canadian National Championships in weightlifting—LOVED strength. Over the years that I hung out with him, I learned that he truly LOVED strength, and it was his real passion, far beyond bodybuilding. It was who he was! The bodybuilding thing was a means to make money. Oh, he loved bodybuilding too, as do I. He just loved strength more. As do I!

Now, I will tell you this. NO MAN has ever done as much as Joe for our sport! He reached MILLIONS of kids every month to tell them the benefits of lifting, of strength, of power, of health and fitness!! I love this guy! He was way more than my boss. More than my mentor. More than my sponsor! He was a fellow lifter!

**JB:** What was the most satisfying lift and/or event in your lifting career?

**FH:** The most satisfying lift in my career was whatever one it was that won the contest for me. Naw...you know better! Winning was not the point of my career, as it is with so many lifters. Going beyond the bounds of mere convention is what it was all about for me. I can't count the number of meets that I OPENED with a world record! But I'll bet that whatever the number is, it's a world record still! THAT was cool for me!

But the most satisfying event of my career was when I got Joe Bradley out of a Wisconsin jail by the governor's decree, and watched him break world record after world record while a guest in my home for the next ten years! He was a guy that needed someone to help him. That, apparently, was me. Loved that guy—still do. Talk to him often. He is (in my mind) the greatest powerlifter who ever lived—for a LOT of reasons!

**JB:** Any comments about the current state of steroid testing in powerlifting and in other sports?

**FH:** Aw, ya had to go and ruin a perfectly civil discussion! Cryin' out loud! Folks, I am so far removed from that world that I just don't have anything to say at this point. I simply don't know. I do believe that I have written enough on this subject. I humbly direct PL USA readers to my latest article on this subject at [www.drssquat.com](http://www.drssquat.com)—"Kids and Juice." While you're there, read the article on the front page, "Man Up!"

**JB:** Is there any correlation or contrast between your Christian beliefs and your experiences in powerlifting?

**FH:** Yes, there is.

**JB:** Can you elaborate on that a little?

**FH:** Sure! You see, it was my quest for strength that ultimately led me to my understanding of the gospel. Now, I recognize that almost NO ONE wants to hear a gospel-spewing zealot proclaim how great it was to finally come to Christ!

Ugh! Nothing would bore me more! I NEVER read that stuff! Don't you! It'll kill ya! But YOU ASKED! I already started answering your question, by the way. Go to [www.drssquat.com](http://www.drssquat.com) and read "MAN UP!"

Then, if you have any further questions

(you will), you are invited to email me or hookup on facebook or on my forum at [www.drssquat.com](http://www.drssquat.com). I spend a LOT of time there these days. I like to think it's to help.

**JB:** What are you most proud of regarding your involvement in powerlifting?

**FH:** I'll take a quick moment to answer that question. Folks, do you know what an "overcomer" is? I am one. That's what my quest for strength was all about. Along the way, I learned that real strength was not simply musculo-skeletal. There is a component to strength that goes beyond mere physicality. Read the first three chapters of the book of Revelation, and you will immediately understand what an overcomer is!

An overcomer is a POWERLIFTER! Say it! Say it to me! "I am an OVERCOMER, SIR!!!"

BOOOO YA!

**JB:** Along these same lines do you have any regrets regarding your involvement in powerlifting?

**FH:** I have NO regrets! How can I? Perhaps a regret from time to time calling the wrong increase. As a coach I have many regrets, not doing what was best for my athlete at the time. I have those kinds of regrets. All of us do. But REAL and SUBSTANTIAL regrets? Naw, I always knew when I was being a screwball or a jerk. Did that lots of times. I regret those times. Sorry to all.

But as for my involvement in powerlifting, I have none! As for my CONTINUED involvement in the sport, I would have many! Get rid of the gear! Come back to a civil and sane single governing body! I do love you! «



Fred "Dr. Squat" Hatfield, Ph.D., after doing battle with a 1000 lb. + squat at Gus Rethwisch's Hawaii Record Breakers in 1986

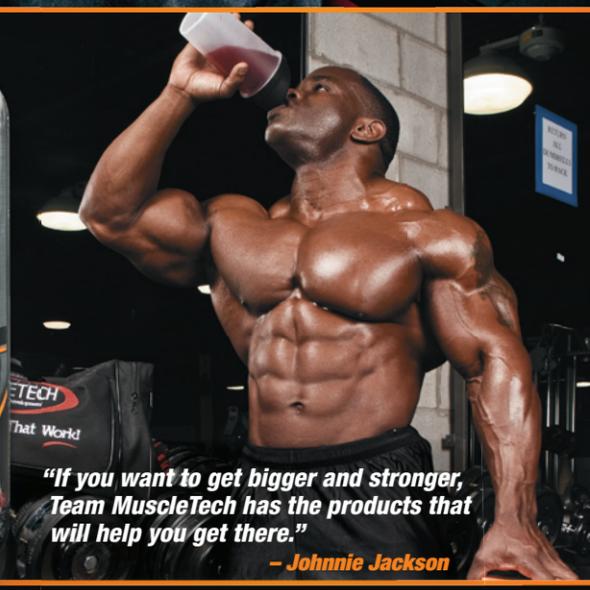
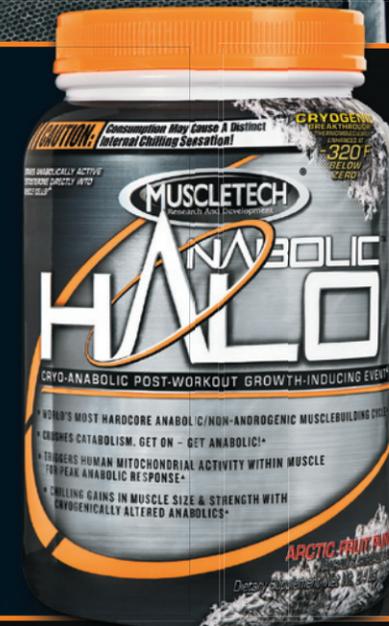


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## DAVE HOFF »

get in this battle of getting to the top before someone else does, because there is always someone out there who is hungry and wants to be number one.

**CB:** Tell everyone here the difference between someone who wants to look "pretty" and someone who does what we do? The difference between a workout and a training session.

**DH:** I would say the pretty people try to look pretty—you know, the beach muscles. On the other hand, someone like us trains for strength, muscle endurance and adapting one's body to heavy weights.

**CB:** What would you tell a powerlifter if they are trying to get to the next level in the sport? Do you believe that powerlifters have a lifestyle of their own?

**DH:** In my experience, going to the next level is a lot of little things—things that normal people don't look at or know what to look for. It's shoring up all the loose ends that will take you to the next level. Do all you can do and then some more, constantly changing to keep your body guessing. Everything from the way you train, what you eat, the calories you eat, your gear and how well it fits you. Look at all the little things and break it down and go a step at a time. Powerlifting great Travis Mash told me that powerlifting isn't a sprint—it's a marathon—so go slow and pace yourself. You don't get brownie points for getting there fast. I've met a lot of powerlifters and they all have different lifestyles, but in a way yes, I will say they have lifestyles of their own because all or most of your time is devoted to the gym.

**CB:** How driven would people say you are about being a powerlifter? How does it affect you outside of the gym?

**DH:** I would say if you talk to someone who knows me personally they would say I'm a driven person. I have a passion for powerlifting. I love doing it and I have a lot of fun. I've met some great friends through powerlifting. I think outside the gym it carries over into my lifestyle. I'm very goal oriented and I have expectations for myself and I try to live my life the way I'm supposed to live.

**CB:** How has powerlifting made you a stronger person away from the sport?

**DH:** It's taught me to bounce back from adversity. In powerlifting you have a couple bad meets in a row. Do you give up or go back to the drawing board and try and fix what you're doing wrong? It's the same in life. When I get thrown a left hook that I didn't see coming, powerlifting has taught me to bounce back and move forward.

**CB:** Do you have any training partners? How have they helped? Tell us about Westside Barbell.

**DH:** Training at Westside Barbell my whole career has allowed me to train with the best. I've had the honor to train with Chuck Vogelpohl, John Stafford, Louie Simmons, Matt Smith—the list goes on and on and on. Currently I train with Joe Jester, Jason Fry, Brad Bishop, Bob Coe, Jeff "gritter" Adams, Louie Simmons and on occasion, Mike, but we call him BULL, John Kerr, Amy Weisberger and Arnold Coleman. For the most part,

I will say this—your training partners are everything. If you don't have good training partners, it will reflect on your lifting. They are the ones that tell you when you're doing something wrong and that's how you get better. I had Bob Coe bring me up through the sport and if it weren't for his help I wouldn't be at the level I'm at now. Westside Barbell is a Gym full of tradition and pride. The second you walk in that door you better be prepared to go to work or get out. You are always reminded of what you have to achieve. The famous chalk board with the best weight class lifts—some of the best powerlifters in history are on that board—Chuck Vogelpohl, Tony Bologone, Greg Panora, the list goes on. Every one in there is strong and wants to move big weights around. The environment there is unlike any other gym. You have to come to Westside Barbell to experience it.

**CB:** What are your workouts like? How are they setup? What training methodology do you follow?

**DH:** Get the Westside Book of Methods—it's all in there. A lot of the training comes straight from Louie. A small percentage are things I have been taught by top lifters that I incorporate into my game plan. Westside training methods brought me to the level I am today. I think that's the best way to train.

**CB:** How did you end up at Westside Barbell?

**DH:** After I left Murph's Gym I went to a gym called Big House Powerlifting. I was there for about two weeks and Travis Fletcher told me that Louie Simmons wanted to meet me, so I was like, "Heck yea!" I went and met and talked with Lou and worked out. I was nervous—sweating bullets—because he was watching me the whole time and here I am the 16 year old kid thrown to the wolves, I learned really, REALLY quick how things were to be and are. It was "put up or get the F\*&% out." So long story short, that's how I came to Westside and I've pretty much been there ever since.

**CB:** What bench shirt do you use and why? Do you have any tips about how to get your bench shirt and use it to get the most of your lifting efforts?



Hoff showing off his denim bench shirt

**DH:** I use a double-ply Karin's extreme denim bench shirt. It's the only bench shirt I have ever used. It has lasted all seven years of my powerlifting career and it's still going strong! If it ain't broke, don't fix it. I never changed shirts because I always made continual progress, so I just went with it and I'm still getting PRs today. Sadly though, I can't even get another shirt because I think Karin stopped making bench shirts. So it would be hard to obtain a Karin's, but I like denim. I think if you know how they work they are just as good if not better than anything out there now.

**CB:** What would you suggest to someone on how to get stronger on all three lifts?

**DH:** Pick your exercises right, don't go balls out every work out, be consistent, do a lot of volume work.

**CB:** What drives you as a lifter? What is your mindset like during training?

**DH:** I just want to be the best. I want to be number one. My mindset in training is very focused. When I start slacking I think, "Who is training harder? Me or my opposition? Does he want it more than me?"

**CB:** Was your training any different prior to your last meet?

**DH:** To be honest I couldn't even tell you because no training cycle is the same. I do something different every time.

**CB:** Do you think using bench shirts/gear are cheating?

**DH:** No, I think that's stupid to think. It's cheating when I enter a raw bench meet with a bench shirt on. To think using a bench shirt is cheating is shallow. It's a part of the sport that has evolved. To take it to the next level you have to be willing to do whatever it takes. If you want to bench raw, more power to you, but I want to bench the biggest weight I can.



Serious pulling power

**CB:** What is your view on training in equipment and learning them?

**DH:** I think there is a time and a place for everything. I believe you should have good balance between geared lifting and raw training. I believe one complements the other.

Learning gear will help with better technique, and better technique leads to strength gains and minimal, if any, injuries.

**CB:** What do you think is the reason for all the big numbers as of late like Kennelly's 1075 and Frankl's freakish total or Hoonstra's raw strength? Has strength training evolved?

**DH:** Those three mentioned are special lifters. They are one of a kind. They have the genetics as well as the mental drive and will to do whatever they have to do. That's what sets them apart from the rest. I never thought I would see a 1000 lb. bench, but obviously anything is achievable if you want it bad enough.

**CB:** Do you think the standards went up in the sport?

**DH:** In a way I believe they have. Judging, for the most part, is impartial and fair. I would rather miss than get a gift and I'm sure most lifters feel the same way.

**CB:** What is your nutrition like now?

**DH:** I had to lose some weight. I was too big and didn't feel too peppy so I dropped to 242 pounds. I use a lot of Get Diesel Nutrition—that guy has some good test boosters that I

think are great. I like Large Nutrition too.

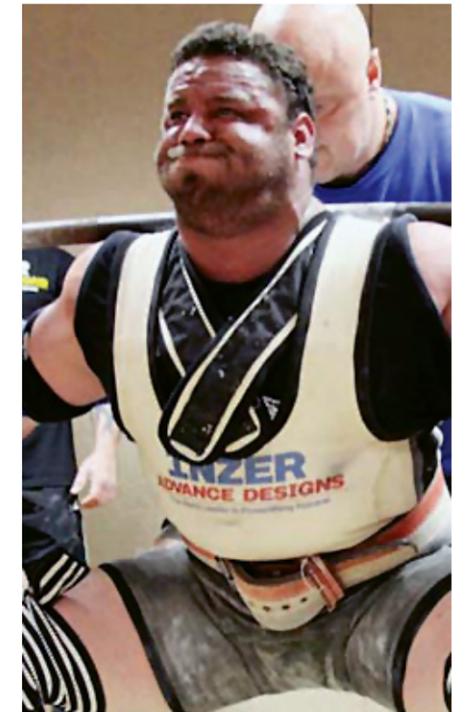
I have a high protein diet so I usually eat a lot of red meat and fish, and chicken when I don't feel like fish.

**CB:** What changes are you going to have to make to go to the next level?

**DH:** New gear every so often, eventually I would like to grow to be a full 275, I was 257 lifting in the 275s, so down the road I would like to be a solid 275 at that weight I think I will have better leverages.

**CB:** Is there anyone you would like to thank right now?

**DH:** First and foremost, Louie Simmons. He gave me the opportunity to be what I am today. He's been very generous and giving and the road would have been a lot harder had he not been there. Also, Bob Coe for keeping me injury-free and for giving me the motivation and drive he instilled in me. That man put a lot of time into me. Chuck Vogelpohl too—not only for inspiration, but if it weren't for him I would have never gotten out of my squat funk. He got me on the right track, which is a big part of how my squat came back. He also taught me how to deadlift the way I should. Phil Harrington taught me a lot about training and going to the next level. Also, all my training partners and teammates at Westside Barbell. They keep me motivated and on track. «



Dave has a super powerful squat

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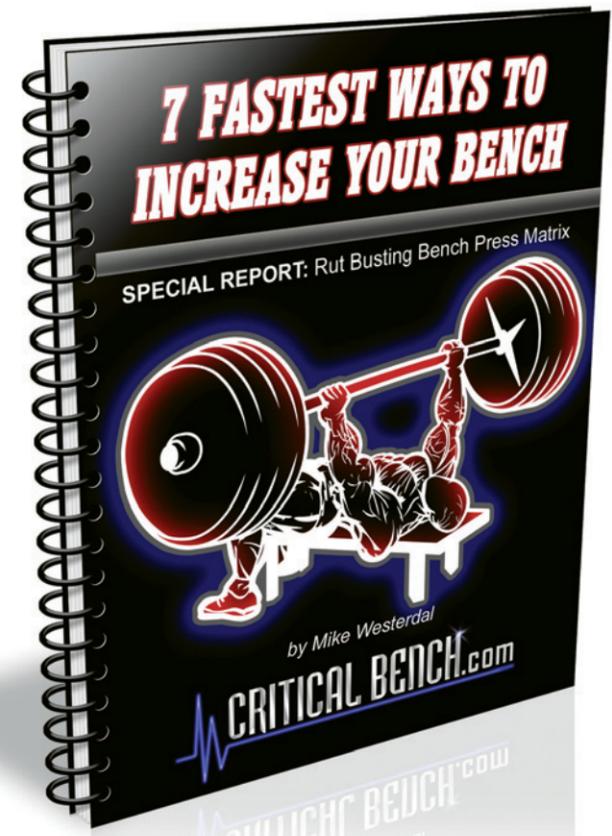
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# RESULTS

## SLP TENNESSEE CHRISTMAS FOR KIDS DEC 5 2009 » Bartlett, TN

BENCH	Junior	220 lbs.	308 lbs.	198 lbs.	220 lbs.	CURL	198 lbs.	220 lbs.
<b>MALE</b>						<b>MALE</b>		
Submaster	C. Franklin	315		R. Clark, Sr.	345	Master (50-54)	T. Welton	455
308 lbs.	242 lbs.			4th-370*		198 lbs.	Open	550
J. Lawson	M. Canfield	340		242 lbs.		J. Miller		680
Master (40-44)	308 lbs.			D. Sluder	430*	125*		
275 lbs.	C. Larson	365*		275 lbs.		4th-135*		
B. Gardner	Submaster			R. Smith	365*	<b>DEADLIFT</b>		
Raw	181 lbs.			Master (50-54)		<b>MALE</b>		
Novice	T. Brigance	305*		220 lbs.		Novice		
220 lbs.	242 lbs.			J. Coll	345	198 lbs.		
D. Allen	J. Greaves	330		Master (60-64)		R. Moore	450	
4th-375	220 lbs.			220 lbs.		Junior		
Teen (18-19)	308 lbs.			W. Reeves	330*	242 lbs.		
165 lbs.	C. Stinson	480*		Police/Fire		M. Canfield	495*	
L. Kicklighter	SHW			242 lbs.		308 lbs.		
4th-250*	C. Poteete	515*		Open		C. Larson	520*	
181 lbs.	4th-520*			165 lbs.		Submaster		
S. Mellinger	Master (40-44)			J. Lane	325	220 lbs.		
				4th-330*		J. Greaves	385	
				220 lbs.		308 lbs.		
				E. Faulkner	425	C. Stinson	565*	
				4th-440*		Master (45-49)		



Chris Stinson - 565 DL (D. Latch)

at 181 with a new state record of 305. John Greaves, who came up from Georgia for his first competition, took the win at 220 with 350. Our best lifter in the raw division went to Chris Stinson, who set the state record at 308 with 480. Our final lifter in the submaster division was C.J. Poteete, who set the state record at SHW with his personal best 520. Moving to the master's divisions Rodney Clark, Sr. broke the state record at 40-44 4/198 with 370. David Sluder got his state record at 242 with a big 430. Richard Smith set the state record at 275 with 365. Joe Coll, who always works very hard to promote powerlifting in the Memphis area, won at 50-54/220 with 345. Our oldest competitor in the meet was William Reeves, who broke the record at 60-64/220 with a strong 330. Nathan Melone broke the state record at police & fire 242 with 300. In the open division Jimmy Lane tied the state record at 165 with 330. Ernest Faulkner took the win and at 220 with a new state record of 440. Ernest finished a close second to Chris Stinson for the best lifter award. We had two lifters using the shirts, one of which, bombed out of the competition. Brian Gardner failed with his opener of 630 at 40-44/275. Our second lifter, Jason Lawson, broke the state record at submaster 308 with 645. Jason was also awarded the trophy for the best overall bencher. Jim Miller came all away from Colorado to compete in the curl event, taking the win at 50-54/198 with a new state record of 135. For the DL competition Richard Moore, competing for the first time, won at novice 198 with 450. Morgan Canfield won again at junior 242, this time setting a new state record with 495. Craig Larson broke the state record at 308 with a big 450. John Greaves, guest lifting at submaster 220, won there with 385. Chris Stinson broke the state record at 308 with a new personal best 565. Another CO native, Tim Welton, won at 45-49/198 with 455. In the open division it was David Allen at 220 with 550. Our biggest pull of the day went to our best lifter, Randy Henfling, who finished with a great 680 PR attempt. Thanks to my son Joey Latch and others who helped with the loading and spotting and to William Reeves and his wife for taking some great pictures of the meet. Thanks also to our trophy girls Haley McCommon and Amberlyn Lane who did a good job as well. See you all again next year.  
» courtesy Dr. Darell Latch

## USPF NH OPEN OCT 4 2009 » Manchester, NH

BENCH	Teen	220 lbs.	Open
J. Coppola	200		
220 lbs.			
Open			

Push Pull	BP	DL	TOT
B. Blake	365		
Junior (20-23)			
A. Trapletti	425	500	925
J. Kornwitz	290	450	740
Open			
181 lbs.			
J. Su	225	455	680
220 lbs.			
Open			
J. Hourihan	365	510	875
Best Lifter BP: Brent Blake. Best Lifter PP: James Hourihan. Venue: Executive Court Inn at Best Western. USPF Division II sanctioned multi-ply gear competition. Thank you to all of those who came! Check out www.USPF-Powerlifting.com for our contest schedule! » courtesy Dave Follansbee			

## USAPL HOLIDAY MEET DEC 5 2009 » Fife, WA

Powerlifting	SQ	BP	DL	TOT
<b>FEMALE</b>				
115 lbs.				
Open				
Shuttleworth	253	193	231	677
123 lbs.				
Open				
K. Clark	347	204	347	897
132 lbs.				
Master I				
P. Tidmarsh	253	116	303	672
Open				
A. McWeeny	—	127	—	127
148 lbs.				
Junior				
K. Larson	193	121	248	562

Open	165 lbs.	198 lbs.	220 lbs.
R. Unson	253	209	325
W. Manning	—	—	220
Open Raw			
N. Moss	127	72	248
165 lbs.			
Master I			
S. Bolen	303	—	319
Master V Raw			
D. Backiel	66	55	138
181 lbs.			
Master I			
N. Harmon	341	182	347
Open Raw			
S. Reith	231	143	341
Teen III Raw			
F. Wasmund	138	143	220
198 lbs.			
Master III			
J. Arnow	402	270	380
Open Raw			
F. Bodine	325	149	407
K. Waters	204	105	231
115 lbs.			
Teen III SO			
D. Hammond	—	132	—
132 lbs.			
Teen III Raw			
M. Wheeler	204	121	330
148 lbs.			
Master V Raw			
D. Higgins	259	187	413
Open Raw			
J. Matts	—	237	—
Teen II Raw			
D. Moore	259	176	319
S. Slavens	215	127	352

Master V Raw	132	132	132	396
R. Schuller	132	132	132	396
M. Mikhliln	—	209	—	209
Open				
C. Wood	451	314	451	1217
Open Raw				
M. Hysert	363	248	440	1051
M. Davis	363	264	402	1029
Teen II Raw				
J. Kohls	193	154	369	716
181 lbs.				
Master IV Raw				
M. Brusser	281	264	451	996
Master V				
J. Rankin	402	176	462	1040
Open Raw				
T. Young	429	297	501	1228
A. Magidman	—	—	479	479
Teen I Raw				
C. Peasley	—	237	—	237
Teen II Raw				
J. Meyer	336	198	330	864
198 lbs.				
Junior Raw				
D. Mitte	325	248	451	1024
Master I Raw				
D. Schurman	407	275	523	1206
K. Moss	429	—	539	969
Master IV				
R. Chwalek	—	270	—	270
Open Raw				
B. Franklin	424	314	573	1310
M. Chapman	308	220	418	947
Teen II Raw				
R. Moreau	176	127	275	578
220 lbs.				
Master I				

J. Krona Jr	385	264	418	1068
Master III Raw				
J. Dietz	303	303	402	1007
Open				
Sonnichsen	435	264	534	1233
Open Raw				
C. Meek	253	176	347	776
242 lbs.				
Master I PF				
J. Flatterich	—	391	—	391
Master II				
L. Fuhrman	—	374	—	374
Open				
C. Burke	517	418	600	1536
T. Waters	501	341	501	1343
Open ML				
P. Love	—	319	523	842
Open Raw				
J. Randall	490	402	600	1492
H. Higgins	325	281	539	1145
Teen II				
I. Allen	385	248	501	1134
Teen II Raw				
K. Farley	220	187	418	826
275 lbs.				
Master I Raw				
L. Haywood	—	440	—	440
L. Cuppica	—	413	—	413
Open Raw				
T. Hoiby	528	347	556	1431
W. Houston	551	303	578	1431
S. Fittinger	562	308	545	1415
J. Cloud	484	226	523	1233
UNL				
Teen III Raw				
D. Cooper	484	468	534	1486
D. Georgiu	402	253	402	1057
» courtesy Steve Slavens				



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Kevin Hutchinson benching raw

## SLP TENNESSEE STATE OCT 3 2009 » Lexington, TN

<b>BENCH</b>	R. Acuff	405*
<b>MALE</b>	Submaster	
<b>198 lbs.</b>	B. Beecham	530*
<b>165 lbs.</b>	J. Sipes	300*
<b>185*</b>	A. Powers	185*
<b>188 lbs.</b>	W. Armstrong	435*
<b>SHW</b>	Master (40-44)	
<b>242 lbs.</b>	B. Ellis	440*
<b>275 lbs.</b>	B. Snipes	370*
<b>500</b>	D. Creasy	350*
<b>Open</b>	<b>CURL</b>	
<b>181 lbs.</b>	<b>MALE</b>	
<b>530*</b>	B. Beecham	530*
<b>242 lbs.</b>	J. Buttrey	465
<b>Raw</b>	Submaster	
<b>Novice</b>	<b>198 lbs.</b>	
<b>220 lbs.</b>	J. Sipes	150*
<b>SHW</b>	C. Clayton	405*
<b>375*</b>	G. Kelly	375*
<b>4th-385*</b>	M. Fox	275*
<b>181 lbs.</b>	M. Fox	405
<b>SHW</b>	B. Ellis	505*
<b>405*</b>	B. Ellis	405*
<b>148 lbs.</b>	R. Fowler	405*

was Bruce Snipes with a new state record of 370. Dave Creasy finished the day with a new state record of 350 for the 275 class. For the assisted lifters Adam Powers broke the state record at 13-15/165 with a personal best 185. Blake Ellis set the mark at 18-19/shw with 440. David Creasy won at 40-44/275 with 500. In the open division best lifter Brandon Beecham broke his own state record at 181 with 530. Weighing in at just 173, this tall and lean lifter has lots of potential. Finishing out the assisted division was 242 champ Jeremy Buttrey, who settled with his 465 opener. In the curl competition it was Michael Fox, again at 16-17/181, setting his second state record of the day with 135. Jamie Sipes, taking the win at submaster 198, set the record there with 150. Michael Fox won his third title of the day at 16-17/181 with his 405 pull. Blake Ellis broke his own state record at 18-19/shw with 505. Our final lifter in the deadlift was Ricky Fowler who won at 55-59/148 with a new state record of 405. Thanks to Glen Powers and others who helped with the loading and spotting duties and to Alexis Ratana for serving as our trophy girl. See you all again next year.

## SLP INDIANA STATE OCT 17 2009 » Beech Grove, IN

<b>BENCH</b>	Master (45-49)	
<b>MALE</b>	<b>198 lbs.</b>	
<b>265*</b>	D. Vogler	265*
<b>SHW</b>	Open	
<b>425</b>	J. Allen	425
<b>Raw</b>	Teen (13-15)	
<b>340*</b>	D. Gibson	340*
<b>198 lbs.</b>	S. Wellman	315*
<b>4th-320*</b>	J. Wilson	455*
<b>Submaster</b>	<b>Open</b>	
<b>220 lbs.</b>	S. Lannon	315
<b>315</b>	S. Baker	315
<b>Master (40-44)</b>	<b>DEADLIFT</b>	
<b>198 lbs.</b>	<b>MALE</b>	
<b>365</b>	T. Sheahan	365
<b>SHW</b>	<b>Open</b>	
<b>540*</b>	J. Dibert	540*

\*=Son Light Power Indiana State Records. Best Lifter Bench: Joe Dibert. The Son Light Power Indiana State Bench Press Deadlift Championship was held at Leo's Black Iron Gym. Thanks to owner

Beth Starker for once again hosting this competition. In the raw bench press event Stephen Wellman broke his own Indiana state record at 13-15/198 by twenty pounds with a great personal best 320! This kid is one of the best young lifters anywhere, who always lifts with near perfect form! I am very proud of his accomplishments, as well as his attitude towards the sport. Taking the win at submaster 198 was Scott Baker, who finished with 315. Scott, who was going head to head with his little buddy Stephen, wasn't quite able to lock out this final attempt with 320. Lifting in the 40-44/198 class, Troy Sheahan came close with a new state record of 400 twice, settling with his opener of 365 there. Also at 40-44 was 308 winner Joe Dibert. Joe finished with a new state record of 540, claiming also the best lifter trophy for the competition. Kyle Gray won at 45-49/198 with a new personal best 275. Kyle recently opened his new gym, The Muscleshed Gym in Celina, Ohio, and we wish him well. Returning to competition after some time off, Kevin Hutchinson broke the state record at 50-54/275 with a solid 435. Taking the win at police/fire 198 was Dave Gibson, who finished with a new state record of 360. This was Dave's first competition! Jamie Wilson set the state record at police/fire 242 with a personal best 455. Last, but not least, was our winner at open 220, Steve Lannon. Steve finished the day with 315. Steve, who was our lone deadlifter, took the win there as well with 455. In the assisted division Dorrn Vogler came back strong from his third attempt miss with 265 to get that weight for his fourth! This broke Dorrn's own state record by five pounds! Our final bench was open/shw winner James "Hick" Allen. Hick, who supposedly is under contract with Slim Fast, had dieted down to 393 for this competition. But that weight reduction took its toll on Little Hick, who only got in his opener of 425. When asked about his mediocre performance, Hick's only reply was, "I'm hungry!" Thanks again to my son Joey Latch for doing a great job loading and spotting. But an even greater thanks goes out to Mike Wolf (?), one of the greatest benchers of all time, for all his help loading and spotting and encouraging every lifter. Mike, who is taking a break from competing, is now concentrating on coaching others. Thanks also to Heather Huser for taking some great pictures of the meet and serving as our

trophy girl. See you all again next year! » courtesy Dr. Darrell Latch

## WOLFE'S 4TH CHILDREN'S CLASSIC NOV 21 2009 » Celina, OH

<b>BENCH</b>	S. Loughridge	315
<b>FEMALE</b>	K. Gray	255
<b>(Formula)</b>	C. Jones	—
<b>A. Streacker</b>	275	Lightweight
<b>J. Doll</b>	205	J. Harder
<b>H. Biddle</b>	155	D. Hawley
<b>A. Herr</b>	120	Middleweight
<b>A. Horn</b>	130	M. Fourman
<b>K. Pummell</b>	135	(2nd by formula)
<b>S. Flaute</b>	115	H. McNelly
<b>N. Novitski</b>	—	D. Lindeman
<b>MALE</b>	M. Pummell	—
<b>Kids</b>	Heavyweight	
<b>C. Wolfe</b>	55	J. Morris
<b>Teens (Formula)</b>	4th-600	
<b>D. Wade</b>	400	S. Hartzell
<b>J. Harder</b>	275	(3rd by Formula)
<b>H. Williams</b>	235	A. Smith
<b>T. McNelly</b>	180	C. Rother
<b>D. Wolfe</b>	125	<b>SHW</b>
<b>Masters (Formula)</b>	S. Brooks	680
<b>T. Pick</b>	555	T. Pick
<b>B. Steingass</b>	315	M. Rose
<b>D. Bennett</b>	340	S. Vickery
<b>A. Bellingham</b>	330	

Best Lifter: Shawn Brooks. There was a total of thirty-four lifters that came to the meet from as far as Wisconsin and Illinois. The event raised almost \$1,000 cash and loads of new toys to be distributed throughout the Celina and Grand Lake area during the Holidays. All proceeds and toys were donated to OUR Home Family Resource Center in Celina. Sponsors for the event were Westside Barbell, AtLarge Nutrition, House of Pain Ironwear, Overdrive Event Center, Celina Area Walmart, Romer's Catering, Musclesheds Gym of Celina, Jim Ray, John "Dirty" Martinez and Family. There were some really big Attempts at this meet. Scott Vickery attempted 805 pounds three times and came as close as you can to making it. That will be his real soon. Sixteen year old female Teen sensation Allison Streacker made a very close attempt at 300 pounds. Dean Bennett from Hales Corner Wisconsin hit a huge personal record with 340 pounds and Josh Morris from Illinois got a personal best 600 on a 4th attempt. Thanks to all for another successful year to helping out the Charity. » courtesy Mike Wolfe

## WPC ISRAELI BP CHAMPIONSHIPS DEC 12 2009 » Haifa, Israel

<b>BENCH</b>	Boyko	209	Shuminov	220	Master II	
<b>FEMALE</b>	Oad	226	4th-231	Attar	308	
<b>123 lbs.</b>	<b>165 lbs.</b>		<b>198 lbs.</b>	Master III Open		
<b>Master II</b>	<b>Master III</b>		Gabara	341	Yearby	617
Lubimsky	Kashuba	231	Master II	Chagan	457	
Open	Linder	143	Ben-Shahar	Ogorodnikov	418	
Shekhter	Open	495	Open	Nassar	314	
4th-264	Bernadskiy	308	Bar	Teen I		
<b>132 lbs.</b>	Abudamus	220	Yakobi	Shurki	220	
<b>Master III</b>	Teen I	154	4th-512	Teen II		
Mendelel	Oad	462	Artzi	Hegazi	242	
<b>148 lbs.</b>	Teen II	231	Hasson	Teen III		
Junior	Diab	220	Kahmanovich	Loktev	297	
Azugi	Chagan	220	Master I Open	4th-325		
<b>165 lbs.</b>	Teen III	264	Tomilov	<b>242 lbs.</b>		
Open	Marisat	176	Master II Open	Open		
Butovsky	<b>181 lbs.</b>	286	Kazakov	Kaadon	517	
<b>198 lbs.</b>	Junior	374	Teen I	Katz	429	
Open	Osman	308	Armosh	Averin	396	
Kurkulin	Assia	286	Teen II	Liberov	385	
<b>MALE</b>	Master I		Ali	Hagazy	374	
<b>123 lbs.</b>	Bar	330	Rda	Sef	440	
Open	Eilat	237	<b>220 lbs.</b>	<b>275 lbs.</b>		
Ivanyukov	Master IV	198	Israel	Master I		
Moreh	Kfir	198	Yassin	Rozenblat	286	
<b>148 lbs.</b>	Open	391	Mushailov	Piniachev	523	
Open	Tilis	264	Junior Open	Matar	506	
Shumel	Kleiman	286	Bogach	Open		
Felgron	Teen I	286	Master I	Gov-Ari	363	
Avraham	Teen II	198	Gafni			
Teen I	Masarwa	198	4th-308			
Asdi	Jabal	286				
Gami	Doron	264				



Best lifter Alvin Yearby (USA) benching in Israel (courtesy David Kharif)

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pounds 6 ½ inches off the floor. You notice the heaviest rack pull is only 35 pounds over his best pull of 840 pounds. His best pause 3 in the ultra-wide sumo is 705 pounds for 3 reps. So, what is Luke's secret? Hard work. My advice to you is to get to it—and good luck. «



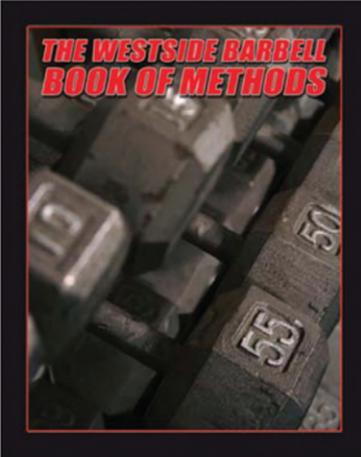
Luke Edwards putting his DL skills to the test at the APF Seniors



Luke pulling big at Westside Barbell (Westside Barbell photo)

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MAR 13 2010 » Zion Crossroads, VA

<b>BENCH</b>	(14-15)		
<b>FEMALE</b>	J. Hugh	242	
<b>123 lbs.</b>	308 lbs.		
(35-39)	(30-34)		
K. Self	165	G. Greene	281
<b>132 lbs.</b>	(40-44)	<b>STRICT CURL</b>	
D. Buchannon	149	<b>FEMALE</b>	
<b>MALE</b>	(40-44)	<b>132 lbs.</b>	
<b>115 lbs.</b>	(12-13)	D. Buchannon	69
P. Tomasic	72	4th-75	
<b>165 lbs.</b>	<b>MALE</b>	<b>132 lbs.</b>	
<i>Open</i>	(16-17)	(50-54)	
D. Moore	380	R. Clark	97
(50-54)	<b>165 lbs.</b>	<b>181 lbs.</b>	
W. Claypatch	242	(40-44) <i>Open</i>	
<b>198 lbs.</b>	(20-24)	W. Claypatch	102
T. Drake	314	<b>198 lbs.</b>	
(70-74)	(40-44)	C. Rexrode	135
B. Dahlhamer	253	(55-59)	
<b>220 lbs.</b>	(60-64)	Montgomery	91
G. Shultz	292	B. Dahlhamer	124
<b>242 lbs.</b>	(40-44)	<b>242 lbs.</b>	
R. Thomas	424	(20-24)	
<b>275 lbs.</b>	(25-29)	C. Campbell	163
M. James	385	M. James	152
<b>Push Pull</b>		<b>BP DL TOT</b>	

<b>FEMALE</b>	105 lbs.		
(50-54)	K. Poyner	127	253 380
<b>198+ lbs.</b>	(40-44)		
J. Malone	116	242 358	
<b>MALE</b>	105 lbs.		
(14-15)	R. Tomasic	110	226 336
<b>110 lbs.</b>	J. Brinn	110	220 330
4th-DL-231			
	<b>132 lbs.</b>		
(16-17)	R. Clark	248	391 639
<b>165 lbs.</b>	(40-44)		
W. Lewis	259	314 573	
<b>181 lbs.</b>	(40-44) <i>Open</i>		
T. Roberts	308	517 826	
(16-17)	R. Poland	242	418 661
<b>198 lbs.</b>	(40-44)		
C. Rexrode	380	523 903	
(55-59)	N. Montgomery	220	402 622
<b>220 lbs.</b>	R. Murray	242	435 677
(60-64)	V. Morris	237	457 694
<b>242 lbs.</b>	(20-24)		
C. Campbell	402	451 853	

C. Jackson	358	562	919	<b>132 lbs.</b>			
(40-44)	J. Lee	175	120 225 520				
R. Thomas	424	556	980	<b>165 lbs.</b>			
(60-64)	D. Doddy	325	330 355 1000				
E. Stine	292	435	727	<b>MALE</b>			
<b>275 lbs.</b>	(25-29)			<b>Open</b>			
M. James	385	539	925	<b>132 lbs.</b>			
(55-59)	W. McIormic	450	310 425 1185				
B. Phillips	292	611	903	<b>165 lbs.</b>			
<b>308 lbs.</b>	(40-44)			T. Lee	315	225 935 2660	
R. Armstead	380	523	903	<b>181 lbs.</b>			
	J. Taylor	375	340 400 1115				

### APF/AAPF GREAT LAKES OPEN

JAN 16 2010 » Zeeland, MI

<b>BENCH</b>	275 lbs.		
<b>FEMALE</b>	J. Don	560	
<i>Submaster</i>	<b>308 lbs.</b>		
J. Shell	—		
N. Sines	225		
<b>MALE</b>	<b>275 lbs.</b>		
<i>Open</i>	J. Smolinski	—	
<b>198 lbs.</b>	<b>DEADLIFT</b>		
T. Hensley	700	<b>MALE</b>	
<b>220 lbs.</b>	<i>Teen (18-19)</i>	<b>Open</b>	
J. Johnston	675	<b>220 lbs.</b>	
D. Stebbins	—	J. Thomas	620
<b>242 lbs.</b>	<b>275 lbs.</b>		
J. Wagoner	—	M. Phillips	575
<b>Powerlifting</b>	<b>SQ</b>	<b>BP</b>	<b>DL</b>
<b>FEMALE</b>	<b>TOT</b>		
<i>Open</i>			

Kroczaleski	750	540	800	2090
M. Hamilton	675	470	645	1790
<b>308 lbs.</b>	D. Soppelsa	—	<b>630</b>	<b>630</b>
<b>SHW</b>	T. Watkins	850	585	670 2105
<i>Junior</i>	J. Smolinski	—		
<b>181 lbs.</b>	<b>DEADLIFT</b>			
A. Wilson	300	250	385	935
<i>Teen (18-19)</i>	<b>MALE</b>			
<b>Open</b>	<b>198 lbs.</b>			
T. Jakubczak	665	365	550	1580
<b>220 lbs.</b>	Z. Marsh	410	305 455 1170	
<b>275 lbs.</b>	Best lifter LGT: Wes McIormic. Best lifter			
<b>Powerlifting</b>	HVY: Jesse Soule. Venue: Zeeland East			
<b>FEMALE</b>	High School.			
<i>Open</i>	» courtesy Andy Briggs			



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## ANPPC NATIONAL CHAMPIONSHIP OCT 24 2009 » Tuscola, IL

BENCH FEMALE		DEADLIFT MALE	
Master (40-44)	165 lbs.	H. Hager	230*
M. Tolson	110*	Police/Fire Subs	220 lbs.
Teen (13-15)	242 lbs.	C. Barth	345*
S. Tolson	245*	Teen (13-15)	148 lbs.
Master (40-44)	242 lbs.	N. Davis	330
T. Cox	370*	Master (40-44)	242 lbs.
SHW	181 lbs.	S. Tolson	405*
K. Tolson	370*	Teen (16-17)	181 lbs.
Master (50-54)	275 lbs.	E. Ziegler	300
M. Price	260*	220 lbs.	
Master (65-69)	198 lbs.	T. Adamore	520*
W. Williams	205*	Master (40-44)	220 lbs.
Master (75-79)	165 lbs.	SHW	181 lbs.
Powerlifting	SQ	K. Tolson	245*
Female	BP	Master (65-69)	181 lbs.
Teen (18-19)	132 lbs.	B. Watts	320
L. Thompson	215	BP	DL
MALE	TOT		
Teen (16-17)	220 lbs.		
T. Adamore	435		
Junior	165 lbs.		
C. Dungeon	245		
198 lbs.			
A. Clark	435		
Submaster	165 lbs.		
D. Horner	490		
Master (45-49)	220 lbs.		
T. Carnaghi	750		
530*	315		
Master (55-59)	165 lbs.		
M. Caliendo	450		
Open	220 lbs.		
T. Carnaghi	750		
308 lbs.			
B. Fulk			

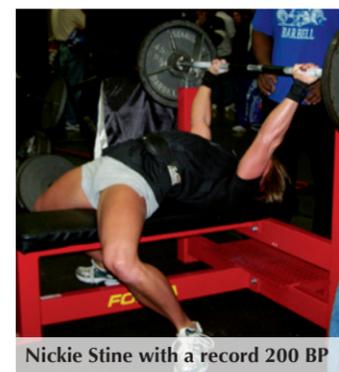
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The ANPPC National Powerlifting Championship was held at Son Light Power Gym. Many thanks to all the competitors, the helpers and the spectators who came to support the lifters once again. In the powerlifting event Leezaira Thompson won at teenage women 18-19/132 with a new personal best total of 595. LeeLee also got a new personal best in the squat (215) and the deadlift (280), which was also a new ANPPC national record as well. First-time lifter Tyrone Adamore won at teenage men 16-17/220 with a 435 squat, 225 bench and a 520 deadlift for great 1180 total. In the junior men's division Chris Dungeon won at 165 with a 775 total. This was by way of a 245 squat, 205 bench and a 325 deadlift. Austin Clark, also lifting in his first full meet, won at 198 with 1160. Austin finished with a 435 squat, 275 bench and a 450 deadlift. All of Austin's lifts were far from his max. David Horner had another great day of lifting beginning with his 490 squat. David's 325 bench, 505 deadlift and 1320 total were all new national records as well as new prs for him. Tom Carnaghi, who struggled in the beginning with his squats, finally got in his opener of 750. Tom's 440 bench and 575 deadlift gave him a great 1765 total. Tom, who won at 45-49/220 and at open/220, also took home the best lifter award once again. John Dougherty broke the national record in the squat at 50-54/198 with a great 530. John's 315 bench and 485 deadlift gave him a 1330 total. One of these days, when everything just falls into place, John will total 1500. It was great to have Marty Caliendo back in competition after a few years off. Marty won at 55-59/165 with his 450 squat, 315 bench and 425 pull for great 1190 total. Moving to the bench press competition, new lifter Molly "B" Tolson set the national record at 40-44/165 with 110. Molly's son Spencer, set the record at 13-15/242 with 245. Taking the win at master men 40-44/242 was Terry Cox, who finished with a national record 370. Keith Tolson also finished with a national record of 370 with his win at 40-44/shw. Newcomer Mike Price set the mark at 50-54/275 with 260. Wayne Williams, who came all the way from Hot Springs, Arkansas, won at 65-69/198 with 205, setting the national record there. Our oldest competitor, Harold Hager (who no one really knows how old he is), broke his own national record at 75-79/165 with a great 230. Our final bencher was

Chuck Barth who won at police/fire submaster 220 with a new national record of 345. All of the bench records, with the exception of Harold Hager (wouldn't you know it) were raw ANPPC national records. The best lifter award went to Terry Cox. In the deadlift competition, best lifter Nico Davis matched his all-time best 330 with his win at 13-15/148. Spencer Tolson, who finished second to Nico in the best lifter category, set a new ANPPC national record at 13-15/242 with 405. Eric Ziegler, lifting in his first competition, won at 16-17/181 with his final pull of 300. Tyrone Adamore's 520 pull at 16-17/220 set the record there as well. Keith Tolson got his second national record of the day at 40-44/shw with his 245 opener. Our final puller in the deadlift was another Arkansas native, Billy Watts, who won at 65-69/181 with 320. It was great having Ernie and Diane Frantz at the meet, who worked with all of the competitors, giving them advice and helpful hints on their lifting. This gave the younger lifters a chance to meet two true legends of the sport and learn from the masters. It's always an honor to have Ernie at one of my meets, but it was an even greater honor to have Diane there as well. My only real concern was that the boys from Arkansas (Harold Hager, Wayne Williams and Billy Watts) get out of town before sundown. They had only been in town a few hours before getting into trouble with the local police and my concern was that if they got locked up in Douglas County, Illinois, no one would go their bail and we'd be stuck with them indefinitely. Thanks to my sons D.C. and Joey Latch for doing a great job loading and spotting, to my side judges Linda Middleton and the legendary Ernie Frantz, and all the others who helped with the spotting and judging. A special thanks to Molly "B" and Laurie Horner for taking some great pictures. Laurie also served as our trophy girl. See you all again next year.  
» courtesy Dr. Darrell Latch

## SLP KENTUCKY STATE NOV 14 2009 » Louisville, KY

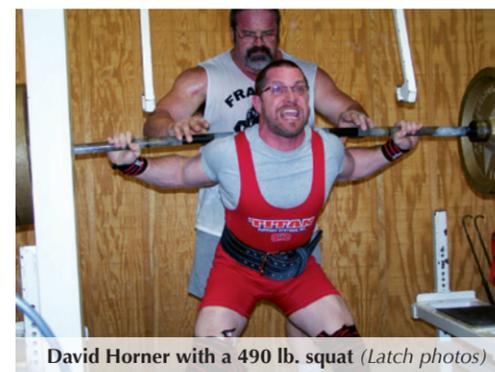
BENCH FEMALE		DEADLIFT MALE	
Raw	308 lbs.	C. Poore	515
Open	165 lbs.	J. Phillips	425
N. Stine	200*	Novice	308 lbs.
MALE		B. Gilmore	245*
Special Olympic	181 lbs.	4th-255*	
Teen (16-17)	165 lbs.	Teen (16-17)	165 lbs.
S. Chapala	285	A. DiSalvo	275
4th-300		4th-285	
Submaster	275 lbs.	J. Jacobsen	250
C. Breedon	550*	Junior	220 lbs.
Master (40-44)	165 lbs.	Master (40-44)	220 lbs.
M. Barnett	380*	220 lbs.	
C. Flowers	400	M. McDaniell	360
4th-415*		4th-370	
Master (50-54)	220 lbs.	Submaster	220 lbs.
J. McDonald	380	Master (65-69)	415*
Master (65-69)	275 lbs.	Master (40-44)	308 lbs.
T. Chapala	380*	W. Hall	500*
Open	198 lbs.	Master (50-54)	148 lbs.
J. Figg	425	M. Evans	230
220 lbs.			



Nickie Stine with a record 200 BP

198 lbs.		J. Smalley	
J. Layman	305	DEADLIFT	165*
4th-320*		FEMALE	
Open	148 lbs.	N. Stine	305*
M. Huber	270*	4th-330*	
4th-280*		MALE	
Open	220 lbs.	Novice	308 lbs.
C. Poore	415*	B. Gilmore	510*
242 lbs.		4th-530*	
A. Bolog	335	Teen (16-17)	165 lbs.
CURL		Master (50-54)	440*
MALE		J. Jacobsen	350
Master (50-54)	148 lbs.	Junior	198 lbs.
M. Evans	110*	Open	450
Open	148 lbs.	D. Vigiano	450
M. Evans	110*	242 lbs.	
198 lbs.		W. Baity	660

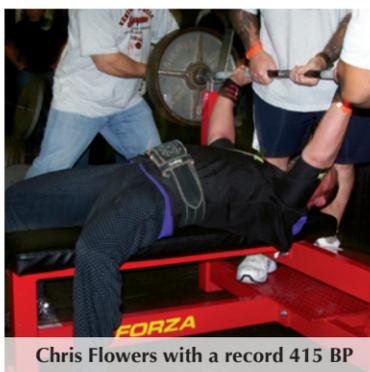
\*=Son Light Power Kentucky State Records. Best Lifter Bench Raw Men: Wayne Hall. Best Lifter Bench Assisted Men: Chad Breedon. Best Lifter Deadlift Men: William Baity. Best Overall Lifter Deadlift Women: Nickie Stine. The Son Light Power Kentucky State Bench Press/Deadlift Championship was held at the Kentucky International Convention Center. This event was part of the Kentucky Muscle Car and Muscle Expo hosted by Brent Jones, which included a classic car show, an arm wrestling competition and a bikini and bodybuilding competition. Also performing was The Omega Force Christian Power Team. In the raw bench press event Nickie Stine broke the Kentucky state record for the women's open 165 class with her first official 200 bench! Brian Gilmore, back from elbow surgery, got a new personal best and state record at novice 308 with 255. For the teenage men's 16-17/165 class we had quite a battle between Andrew DiSalvo and Justin Jacobsen. Andrew finished with his own personal best 285 for the win, while Justin finished with 250. At junior 220 was another close one between Marc Barnett and newcomer Meissan McDaniel. In the end it was Marc for the win with a new personal and state record 380. Meissan finished with 370. Taking the win at submaster 220 with another state record was Clint Poore, who finished with 415. Our best lifter in the raw bench press competition went to Wayne Hall, who finished with a big 500 bench at 40-44/308. This also established a new state record for the class. At 50-54/148 it was Mark Evans with 230 for the win there while Jeff Layman won at 198, breaking his own state record



David Horner with a 490 lb. squat (Latch photos)



Team champs The Dungeon from Danville, IL



Chris Flowers with a record 415 BP

with 320. Marvin Huber broke the state record at 55-59/148 with each of his attempts, finishing with 280. In the open division Clint Poore set his second state record of the day with his win at 220. Adam Bolog took the 242's with 335. In the assisted division Sam Chapala tied his own state record at special Olympic 181 with a strong 300. Chad Breedon finally got the state record he had been looking for at submaster 275, finishing with 550. Chad also won his first best lifter award in competition. For the 40-44/165 class Chris Flowers got his first official 400 bench, following that up with a successful fourth of 415! This was not only a new personal best for Chris but a new state record as well! Joe McDonald, who hasn't benched in two years, won at 50-54/220 with a solid 380. Not bad! Another great lifter, Tom Chapala, hit a new state record at 65-69/275 with a strong 380. In the open division it was Jason Figg with 425 at 198. Clint Poore with 515 at 220 and John Phillips with 425 at 308. In the curl event Mark Evans got the win at both the 50-54 and open 148 classes with 110. Both were new state records for each class. Another state record was established for the open 198 class with Jeff Smalley's great 165 curl. For the deadlift event once again it was Nickie Stine with a great personal best and state record 330 pull at open 165! Even though Nickie was our only woman's competition, she was very deservedly awarded the best lady lifter of the day. Brian Gilmore continued his winning ways at novice 308, finishing with a new state record of 530. At 16-17/165 it was Anthony DiSalvo and Justin Jacobsen again. And once again Andrew came out on top with a new state record of 440 while Justin finished with a personal best 350. At junior 198 it was Dominique Vigiano with 450 for the win. Our best lifter in the deadlift competition was William Baity, who finished with his 660 opener at 242. Thanks to Tracy Barnett for taking some great pictures again and to Ashley Flowers who helped me at the table and served as our trophy girl and to Alex Gilmore and Clayton Allen who helped with the presentations. Thanks also to my sons D.C. and Joey Latch for doing a great job loading and spotting. A final thank you to The Fitness Factory and to the Kentuckiana Power Team for supplying our equipment and for all their help setting up and tearing down the equipment, and for helping in the meet in so many ways. See you all again next year.  
» courtesy Dr. Darrell Latch

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Best lifters Deb Mitchell & Frank Constanzo (D.L.)



Jason Leonhardt almost made 700 (D.L.)



Dave Constantineau – 331 BP (C.R.)

## SLP OHIO STATE NOV 7 2009 » Hamilton, OH

<b>FEMALE</b>	<b>242 lbs.</b>	
B. Rader	360*	198 lbs.
RAW	275 lbs.	
Novice	220 lbs.	
148 lbs.	320*	198 lbs.
D. Pfister	115*	148 lbs.
Master (45-49)	4th-330*	114 lbs.
148 lbs.		114 lbs.
E. Morando	125*	114 lbs.
Master (50-54)	220 lbs.	114 lbs.
114 lbs.	280	114 lbs.
A. Dingus	100*	114 lbs.
181 lbs.	365*	114 lbs.
Kochendorfer	95*	114 lbs.
Master (55-59)	181 lbs.	114 lbs.
148 lbs.	285*	114 lbs.
D. Mitchell	155*	114 lbs.
220 lbs.	340*	114 lbs.
R. Palmer	135*	114 lbs.
Master (55-59)	181 lbs.	114 lbs.
<b>MALE</b>	<b>220 lbs.</b>	
Master (40-44)	270	220 lbs.
198 lbs.	430	220 lbs.
F. Costanzo	475	220 lbs.
Master (45-49)	4th-450*	220 lbs.
165 lbs.	350*	220 lbs.
J. Yu	350*	220 lbs.
Master (50-54)	T. Bruce	335*
220 lbs.	198 lbs.	335*
R. Leedy	400	335*
Master (55-59)	S. Watts	435*
181 lbs.	D. Hardesty	305
D. Sparks	415	305
242 lbs.	J. Morando	275
R. Adams	365*	275
Master (65-69)	R. Largent	420*
220 lbs.	Master (50-54)	165 lbs.
S. Glover	345*	165 lbs.
4th-360*	Moorehead	175
Police/Fire (40-44)	Master (55-59)	198 lbs.
220 lbs.	R. Smith	315
R. McBee	440*	198 lbs.
Police/Fire (65-69)	Master (60-64)	220 lbs.
198 lbs.	B. Bean	360*
P. Wilder	300*	220 lbs.
Open	Master (70-74)	198 lbs.
SHW	R. Campbell	170*
J. Leonhardt	—	181 lbs.
Raw	Open	181 lbs.
Novice	J. Sams	300
181 lbs.	DEADLIFT	300
G. Cheesman	275*	MALE
Teen (13-15)	198 lbs.	Novice
198 lbs.	181 lbs.	181 lbs.
J. Lehner	285*	181 lbs.
Teen (16-17)	N. Wise	475*
165 lbs.	4th-500*	475*
Moorehead	305*	475*
181 lbs.	C. Moore	430
D. Adams	345*	Submaster
	J. Weigel	585*
		220 lbs.
		220 lbs.

Master (40-44) 165 lbs. O. Holt 450\* 198 lbs. F. Costanzo 560\* R. Hampton 425 Master (45-49) 220 lbs. M. Taylor 445\* Master (55-59) 242 lbs. R. Adams 540\* R. Hampton 425 Master (65-69) 198 lbs. A. Hibbard 600 \*Son Light Power Ohio State Records. Best Lifter Bench Women: Deb Mitchell. Best Lifter Bench Raw Men: Steve Watts. Best Lifter Bench Overall Men: Frank Costanzo. Team Champion: FIT 1. Best Lifter Deadlift: Frank Costanzo. The Son Light Power Ohio State Bench/Deadlift Championship was held at Samson Gym. Thanks once again to Darris and Kathie Sparks for hosting this annual event. In the raw bench press division we had several fine lady lifters. Starting with the novice division it was Danielle Pfister at 148, finishing with a new Ohio state record of 115. Elizabeth Morando won at 45-45/148 with a new state record of 125. At 50-54 it was Angie Dingus with a new state record of 100 for the 114 class. Cindy Kochendorfer, who came down from Michigan, set the record at 181 with 95. Moving to the 55-59 age group, best lifter Deb Mitchell set the record at 148 with 155. Our final lady lifter was Robyn Palmer, who broke the state record at 220 with 135. Danielle, Angie and Cindy were all first-time competitors. For the raw men it was Gary Cheesman taking the win at novice 181 with a new state record of 275. Josh Lehner broke the record at 13-15/198 with 285. At 16-17 it was Daniel Moorehead at 165 with 305. Daniel Adams won at 181 with 345. Taking the win at 242 was Brandon Rader with 360. All of the lifters in this age group set new Ohio state records for their respective classes. Rick Moore won at 18-19/275 with his state record final attempt of 330. In the junior men's division Ryan Rud set the record at 198 with 285. Matt Flum won at 220 with 280, while Cody Hedrick captured the title and state record at 242 with 365. More records were set in the submaster division; at 181 by Ken Coomer and Chris Allred, who won at 308. Ken finished with 285 while Chris finished with his personal best 340. Moving to the master men it was Dan Jeffers at 40-44/181 with 270. Shane Fletcher

broke the state record at 220 with 450. At 45-49 Terry Bruce set the state record at 165 with 335. Steve Watts broke the state record at 198 with 435, taking the win over Don Hardesty who finished with 305. First-time competitor Jim Morando won at 220 with 275. Ross Largent, state record holder at 220, captured the title at 242 with a new state record of 420. Mike Moorehead, lifting in his first competition, won at 50-54/165 with 175. Robbin Smith took the 55-59/198 class with 315. For the 60-64/220 class it was Bob Bean with a new state record of 360. Our oldest competitor in the bench press competition, Robert Campbell, broke the state record at 70-74/198 with 170. In the open division it was Joshua Sams with 300 at 181. In the assisted division it was Frank Costanzo for the win at 40-44/198 with 475. Joseph Yu won at 45-49/165 with his state record opener of 350. Roy Leedy, nursing a sore elbow, took the 50-54/220 class with 400. In the 55-59 age group Darris Sparks won at 181 with 415, while Roger Adams broke the state record at 242 with 365. Sam Glover, who just keeps getting stronger with age, broke the state record at 65-69/220 with 360. Richard McBee also got the state record in his class, police/fire 40-44/220, with 440. Another great national and world class lifter, Paul Wilder, broke the state record at police/fire 65-69/198 with 300. Our final lifter in the bench was our only casualty, Jason Leonhardt. Jason bowed out with his opener of 700 at shw. The best lifter among the women was Deb Mitchell. For the raw men the best lifter was Steve Watts. Our best overall lifter among the men was Frank Costanzo. Moving to the deadlift competition, Nick Wise showed great form with his win at novice 181, finishing with a new pr and state record of 500. Second place went to Cody Moore, who finished with 430. John Weigel broke his own state record at submaster 220 with 585, just missing a new pr of 600 on his final attempt. In the 40-44 age group, Omar Holt broke his own state record at 165 with 450. Frank Costanzo broke the record at 198 with 560. Second place at 198 went to Rob Hampton, who finished with 425. Marc Taylor broke the state record at 45-49/220 with 445. Roger Adams got his second state record of the day at 55-59/242 with his great 540 pull. Harry Hartman, the "Ageless Wonder", pulled 500 for the first time in a while, taking the win at 65-69/198 and setting the state record there. Second place went to Paul Wilder who finished with 360. Paul also captured

the title at police/fire 65-69/198. Probably the most popular lifter of the day, though, was 145 lb. lifter Russ Dodson. Lifting in the 70-74/148 class, each of Russ's pulls were new state records, finishing with a great fourth attempt of 360. In the open division Rob Hampton won at 198 with 425, while Alan Hibbard pulled an easy 600 for the win at 275. Great to see Alan back in competition after bicep surgery in July. Our best lifter in the that competition went to Frank Costanzo. The team award went to Fit 1, with members Robyn Palmer, Omar Holt, Deb Mitchell, Angie Dingus, Robbin Smith, Don Hardesty, Josh Lehner, Elizabeth Morando, Jim Morando and Roy Leedy. Thanks to Bill Sellman and my son Joey for doing a great job loading and spotting, Zach Gorman and others for helping out and to Russ Dodson's sister in law, Francis, for helping at the table and serving as our vivacious seventy year old trophy girl. See you all again next year. » courtesy Dr. Darrell Latch

## NASA GILMER OPEN JAN 9 2010 » Gilmer, TX

<b>BENCH</b>		H. Thomason	650
<b>MALE</b>		<b>PS DEADLIFT</b>	
Raw	242 lbs.	<b>FEMALE</b>	
Master I	363	Open	231
M. Veith	363	T. Fabella	231
<b>DEADLIFT</b>		<b>MALE</b>	
<b>MALE</b>	<b>242 lbs.</b>	Submaster I	622
SHW	Open	H. Lewis	622
Open	369	<b>BP</b>	523
Push Pull	523	<b>DL</b>	892
<b>MALE</b>		<b>TOT</b>	
SHW	369		
Submaster	369		
J. Fibela	600		
<b>Powerlifting</b>			
<b>SQ</b>			
<b>FEMALE</b>			
148 lbs.			
High School			
T. Baker	248	143	297
<b>MALE</b>			
SHW			
Submaster			
J. Fibela	600	369	523
Raw			
220 lbs.			
Junior			
E. Salyer	435	270	501
Open			
A. Baker	501	374	512
242 lbs.			
Junior			
C. Landmark	506	303	573
275 lbs.			



Back (l-r): Mike Mazanet, Gus Rethwisch, Dale Donney, Jake Eddy, Gary Gulseth; Front (l-r): Dave Constantineau, Jeff Hooks (Rethwisch photo)

Junior	C. Welch	551	341	528	1420
<b>Power Sports</b>	<b>CR</b>	<b>BP</b>	<b>DL</b>	<b>TOT</b>	
<b>148 lbs.</b>					
Master II	D. Holland	110	209	440	760
<b>275 lbs.</b>					
Police/Fire	C. Bowen	154	413	418	985
<b>308 lbs.</b>					
Master I	D. Shingleton	143	325	523	991
Master Pure	D. Shingleton	143	325	523	991

## WABDL WISCONSIN STATE BP/DL FEB 20 2009 » Madison, WI

<b>BENCH PRESS</b>		S. Shabazz	
105 lbs.		Men 18-19	
Teen 14-15		B. Giernert	529
D. Eastman	132	4th	540
165 lbs.		259 lbs.	
Double Ply		Men 20-23	
40-46		D. Bergman	275
J. Eastman	220	Men 40-46	
Class 1 Men		G. Gulseth	529
T. Roberts	281	47-53	
47-53		R. Hanson	374
Constantineau	330	Open	
Open		C. Gulseth	529
Constantineau	330	275 lbs.	
181 lbs.		Men 33-39	
16-17 Men		D. Lewis	755
J. Kolski	253	308 lbs.	
M. Gapinski	225	Law Fire Open Men	
198 lbs.		T. Harrison	
Class 1		SHW	
S. Condes	407	Elite Open Men	
40-46		R. Vick	
M. Happach	369	Open	
47-53		J. Eddy	600
G. Koch	248	J. Ray	584
Open		<b>DEADLIFT</b>	
Derengowski	523	165 lbs.	
S. Condes	407	Men 54-50	
J. Hooks	380	D. Anderson	529
220 lbs.		Men 61-67	
40-46 men		D. Johnson	418
C. Eastman	374	181 lbs.	
47-53		Men 47-53	
M. Borg	451	D. Felton	562
61-67		Men 54-60	
D. Swift	485	G. Kleyn	518
Open		Open	
R. Norman	600	G. Kleyn	518
S. Shabazz	600	Men 33-39	
Men 33-39		T. Strandlie	474
R. Norman	600	Men 16-17	

J. Kolski 457 259 lbs. Men 20-25 D. Bergman 606 R. Mecum 429 Men 47-53 R. Hanson 556 B. Hochstein 512 220 lbs. M. Mazanet 600 Class 1 Men SHW J. Oakland 556 Open J. Eddy 722 Junior 20-25 Z. Oglum Men 18-19 B. Ridings 666 Dave Constantineau and Gary Gulseth were the meet directors and this meet was first class. The Crown Plaza was only two blocks off the main interstate and the rooms were excellent, the restaurant was excellent, the breakfast buffet was excellent and the ballroom was warm-up area were conducive for some good lifting. In the deadlift, Robert Hanson set a Wisconsin state record in 47-53/259 with 556.5. Joe Oakland in class 1/220 pulled a 556. He's got great form. In 54-60/165 David Anderson hauled in a Wisconsin state record 529. His training partner Dave Felton was equally as impressive with a 5623 in 47-53/181. David Anderson was best master lifter by a very close margin over his training partner. Jake Eddy was huge in size and weight and he pulled a 722 Wisconsin state record in open superheavy. He has the potential for 800 if he had time and desire to go after it. Tim Strandlie set a Wisconsin submaster 181 state record with 474.8. Jeff Kolski in 16-17/181 set three Wisconsin state records with 391, 446 and 457; very impressive for his age and relatively little training time under his belt. Dennis Johnson at age 65 pulled 518 in 61-67/165 and came close with 551. Mike Mazanet set a record 600.7 at 259 open. Brendan Ridings set Illinois state records in the deadlift in open and junior with 666 at 220. He's a rugged puller with a big future in deadlifting. Bob Hochstein, also of Illinois, at age 63 almost pulled a state record 563 but settled for a 512 2 weighing 187. Gregory Kleyn did a kettle bell demonstration at the end of the deadlifts that was very informative. He has set four world records in the last two years but settled for a 518 in 54-60/181. He's a former Russian Olympic lifter. He came close with a 562 world record. Moving onto the bench press, Bronson Giernert from Minnesota set a world record in 18-19/220 with a huge 540. He was drug tested and passed as was Jake Eddy who also passed his drug test. Jake followed up his 722 dead with a 600.7 state record bench in super. Robert Norman was very



Al Andrews – 245 DL (D.L.)



Best Lifters Feji Cory & James Zwar (D.L.)

impressive with Wisconsin records of 584 and 600.7 weighing only 218. His limit is the sky. Jim Ray, an old school guy who I enjoyed talking to is still putting up big numbers, 584 Wisconsin record in 47-53/ super. David Lewis was huge with a perfectly executed world record 755 in submaster 275. He also locked out 771 but was turned down and he passed the drug test. Mack Gipinski set a state record 275 in 16-17/181 in his first meet. Jeff Hooks set a Wisconsin record in open 198 and didn't even wear a bench shirt, 380.2 raw. Big 402 Robert Vick bombed on a 876 opener and his partner Tommy Harrison couldn't quite lock out his opener at 749. Gary Gulseth set a Wisconsin record 529 in 40-46/259. He has done 611.7 as recently as a year ago and gave 600 a good close effort at this meet. Danyk Eastnan set three Wisconsin record t 14-15/123 ending up at 143.2. Robert Hanson set a Wisconsin record 3674.7 in 47-53/259 to go along with his 556 state record deadlift. Chris Eastman set a Wisconsin record 374.7 at 40-46/220. Other state records outside of Wisconsin were set by Sam Condes of Indiana who slammed up 407.7 in a class 1 and open Dan Swift of Illinois a world class master lifter shot up 485 in 61-67/220 weighing only 202 and locked out 502.6 world record but it was turned down for uneven extension and doubled dipping. Michael Happaeti set an Illinois record 369.2 in 40-46/198 and Mike Borg set a Minnesota record 451.7 in 47-53/220. The judges were Bob Vivier, Dale Alsteen and Brian Biggs. Gus Rethwisch and Dave Constantineau sat in on world records. Gus Rethwisch was the M.C. and Dave Constantineau was the scorekeeper and Scott Hubert was the platform manager and the Vitamin Shoppe was the main sponsor. Remember, great hotel with great facilities. Next year, put it on your calendar. » courtesy Gus Rethwisch

## SLP MICHIGAN STATE NOV 22 2009 » Saranac, MI

<b>BENCH</b>		T. Kropf	150
<b>MALE</b>		Submaster	
Submaster		SHW	
198 lbs.		W. Darnell	325*
J. Cory	500*	Master (40-44)	
Raw		165 lbs.	
Elite Novice		R. Reynolds	250*
148 lbs.		Master (50-54)	
V. Denis	180*	275 lbs.	
Submaster		R. Zimmerman	
165 lbs.		400	

\*=Son Light Power Michigan State Records. Best Lifter Bench: Jeff Cory. Best Lifter Deadlift: James Zwar. The Son Light Power Michigan State Bench Press/Deadlift Championship was held at Iron Mike's & Mary's Fitness Factory. Thanks to owner Mike Lamphere for hosting this event and to Bryan Stanton and Dan Stebbins for supplying the bench and weights. In the raw bench competition Vic Denis broke his own state record at elite novice 148, finishing with 180. Tara Kropf, state record holder at submaster women 165, won there with 150. Great to see Tera again, who has returned after surgery of the past year. William "Cheeseburger" Darnell broke the state record at submaster SHW with 325. Rick Reynolds got a personal best and Michigan state record 250 at 40-44/165. Ray Zimmerman, always a consistent master lifter, won at 50-54/275 with 400. Tom Denis got a new personal best 335 at 55-59/220. Al Andrews broke the state record at 70-74/308 with 200. Bryan Stanton set the state record at police/fire submaster 275 with 400. Our final bencher in the raw division was Aaron Denis who won at open/220 with 415. Our only assisted bencher was Jeff Cory who broke the state record at submaster 198 with his first official 500 bench. Jeff was also awarded the best lifter trophy amongst all the benchers. In the deadlift competition Ray Zimmerman broke the state record at 50-54/275 with a personal best raw lift of 510. Robert Batko broke the state record at 60-64/181 with 470. Taking his second win of the day at 70-74/308 was Al Andrews who finished with the state record of 245. Our final puller was James Zwar who finished with 430 at 148. James was also awarded the best lifter trophy for the deadlifters. Thanks to my son Joey Latch and Dan Stebbins for doing a great job loading and spotting, to Penny Playford for taking some great pictures and to Letha Zimmerman who served as our trophy girl. See you all again next year. » courtesy Dr. Darrell Latch

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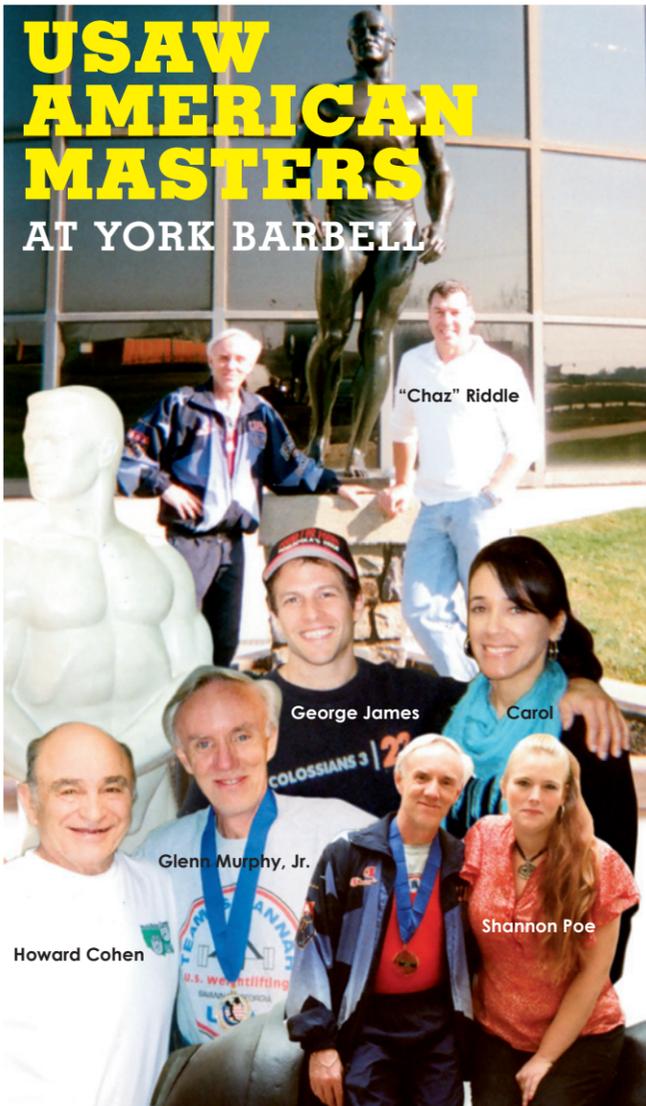
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**JASON MILANOWSKI**

From three months old, Jason Milanowski has had cerebral palsy sustained from an injury. It left him with an inability to use the muscles on his left side. As the years progressed, his left arm and leg moved more and more improperly and his left elbow, wrist and fingers became tightly curled. Jason is now 36 years old. For the past two years he has been stretching, lifting, pushing and pulling weights two to three times a week with Lynne Boshoven. Because of his training, Jason has developed use of his left side and increased balance and coordination. His self-esteem has grown tremendously.

The photo above shows Jason doing a flat bench press that has taken him over one and a half years to accomplish. Since the picture was taken in December 2009, his bench has advanced to 80 pounds for 10 repetitions. What a joy it has been to watch the progress that he has made accepting tiny baby-step achievements to huge overall ability with a great personal trainer! » Nancy Milanowski



**USAW AMERICAN MASTERS AT YORK BARBELL**

"Chaz" Riddle  
George James  
Carol  
Glenn Murphy, Jr.  
Shannon Poe  
Howard Cohen

On November 7-8, 2009, the York Barbell Club in York, PA, was the site of the USAW American Masters. This was the first "olympic style" lifting event at York Barbell in more than twenty-five plus years! (Powerlifting and all its gear and many federations has been at York Barbell.) The "home" of weightlifting at York Barbell—and the father of weightlifting, Mr. Bob Hoffman—had a wonderful turnout in lifters and also spectators. Lifters came from as far as Boston, Texas and Florida. Masters age 35 and up included all weight classes for men and women. Saturday lifting started with the women and then proceeded to men 80 years plus and worked its way down in age. Sunday lifters were the "younger" of the masters. From 77 year old Dan Takeucki to 35 year old George James, there were 140 lifters! I earned the gold medal in the 56 kilo class, Masters 50-54 with a 50 kilo snatch lift and a 63 kilo clean and jerk lift for a total of 113 kilos. My coach on Team Savannah, Howard Cohen, earned the gold in the 69 kilo class, Masters 75-80, as our Team Savannah took 1st place.

My girlfriend Shannon and I toured the York Barbell Museum and noted where my nameplate will be on the USAW Masters Hall of Fame plaque upon my induction banquet at the USAW National Masters banquet in New York. Almost all the lifters took a tour of the museum and had some "kodak moments"—my Christian brother George James and his girlfriend Carol took a moment with the Mr. Bob Hoffman statue, and Chaz Riddle and I struck our poses in front of the Bob Hoffman Statue.

Many lifters purchased clothing, food and souvenirs; all seemed to enjoy their visit to York Barbell. What an incredible weekend at an incredibly historic place!  
» Glenn Murphy, Jr.

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# RESULTS

## NASA CO STATE MAR 6 2010 » Denver, CO

<b>BENCH FEMALE</b>	<i>Open</i>			
<b>Raw</b>	B. Betz	424		
<b>132 lbs.</b>	<i>Master I</i>			
<i>Master I</i>	J. Lynn III	407		
<i>Master II</i>	K. Hughes	182		
<i>Master III</i>	M. Hetzel	193		
<b>148 lbs.</b>	<i>High School</i>			
<i>Junior</i>	J. Balestrieri	154		
<i>Submaster I</i>	J. Balestrieri	154		
<i>Open</i>	A. Rocha	143		
<b>MALE</b>	<i>Open</i>			
<b>148 lbs.</b>	<i>High School</i>			
<i>Junior</i>	J. Saffy	171		
<i>Novice</i>	J. Saffy	171		
<b>181 lbs.</b>	<i>Junior</i>			
<i>Open</i>	D. Maria	369		
<i>Master I</i>	N. Arguello	424		
<i>Open</i>	N. Arguello	424		
<b>220 lbs.</b>	<i>Master I</i>			
<i>Open</i>	J. Whitbread	451		
<i>Master I</i>	B. Betz	424		
<i>Master Pure</i>	M. Cussins	465		
<i>Open</i>	J. Whitbread	451		

<i>Master I</i>	S. Wortham	94		
<b>MALE</b>	<i>Open</i>			
<b>148 lbs.</b>	<i>Master I</i>			
<i>Int</i>	R. Middleton	270		
<b>181 lbs.</b>	<i>Master I</i>			
<i>Master I</i>	G. Wortham	286		
<i>Master Pure</i>	T. Trujillo	281		
<i>Master III</i>	J. Pisani	—		
<b>PS CURL</b>	<i>Open</i>			
<b>Push Pull</b>	<i>Open</i>			
<b>FEMALE</b>	<i>Open</i>			
<b>148 lbs.</b>	<i>Open</i>			
<i>High School</i>	J. Balestrieri	154	248	402
<i>Junior</i>	J. Balestrieri	154	248	402
<b>148 lbs.</b>	<i>Teen</i>			
<i>Open</i>	J. Balestrieri	154	248	402
<b>165 lbs.</b>	<i>Novice</i>			
<i>Open</i>	D. Brandenburg	132	303	435
<i>Submaster I</i>	D. Brandenburg	132	303	435
<b>198+ lbs.</b>	<i>Master I</i>			
<i>Open</i>	R. Pacheco	193	303	495
<b>PS BENCH</b>	<i>Novice</i>			
<b>FEMALE</b>	<i>Open</i>			
<b>148 lbs.</b>	<i>Open</i>			

<b>MALE</b>	<i>Open</i>			
<b>148 lbs.</b>	<i>Open</i>			
<i>Master I</i>	P. Hankovszky	215	363	578
<i>Master II</i>	L. Coxsey	347	242	424
<b>181 lbs.</b>	<i>Master I</i>			
<i>Open</i>	D. Petersen	275	457	732
<b>198 lbs.</b>	<i>Open</i>			
<i>Master I</i>	R. Byars	473	523	996
<i>Master Pure</i>	D. Petersen	451	275	457
<b>198 lbs.</b>	<i>Int</i>			
<i>Open</i>	J. Thacker	446	292	497
<i>Master I</i>	R. Byars	495	473	523
<b>220 lbs.</b>	<i>Open</i>			
<i>Master I</i>	M. Bernardy	573	424	600
<i>Teen</i>	A. Kizirian	446	352	584
<b>Raw</b>	<i>Open</i>			
<b>148 lbs.</b>	<i>Open</i>			
<i>Junior</i>	C. Stecker	165	105	231
<i>Open</i>	B. Bateman	402	281	429
<b>148 lbs.</b>	<i>Open</i>			
<i>Open</i>	B. Bateman	402	281	429
<b>148 lbs.</b>	<i>Submaster I</i>			
<i>Open</i>	B. Bateman	402	281	429
<b>165 lbs.</b>	<i>High School</i>			
<i>Open</i>	T. Cussins	99	143	198
<i>SO</i>				

<b>MALE</b>	<i>Open</i>			
<b>148 lbs.</b>	<i>Open</i>			
<i>Master I</i>	P. Hankovszky	215	363	578
<i>Master II</i>	L. Coxsey	347	242	424
<b>181 lbs.</b>	<i>Open</i>			
<i>Master I</i>	D. Petersen	275	457	732
<b>198 lbs.</b>	<i>Open</i>			
<i>Master I</i>	R. Byars	473	523	996
<i>Master Pure</i>	D. Petersen	451	275	457
<b>198 lbs.</b>	<i>Int</i>			
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J. Wade	237	193	242	672	<b>148 lbs.</b>			
<i>Open</i>					<i>High School</i>			
N. Painz	429	292	440	1162	J. Hood	105	220	314
<b>198 lbs.</b>					<i>Master Pure</i>			
<i>Master III</i>					J. Hood	105	248	319
B. Hertzog	138	143	286	567	<b>165 lbs.</b>			
<i>High School</i>					<i>High School</i>			
T. Cylbertson	380	248	385	1013	T. Fossceco	110	176	358
<i>Master I</i>					D. McGregor	94	160	286
J. Sabar	330	259	468	1057	<i>Junior</i>			
<i>Master Pure</i>					K. Bell	110	176	319
P. Strevett	528	369	539	1437	<i>Master I</i>			
<i>Teen</i>					C. Brown	138	270	424
C. Culbertson	413	248	385					



## USAPL NORTH CAROLINA STATE OCT 10 2009 » NC

Powerlifting	SQ	BP	DL	TOT
<b>FEMALE</b>				
<i>Open</i>				
114 lbs.				
A. Padgett	209	116	298	623
148 lbs.				
J. Emerson	165	127	276	568
165 lbs.				
A. Wingo	77	88	226	391
181 lbs.				
D. Dula	77	77	182	336
198 lbs.				
M. Moore	165	132	265	562
<i>Teen</i>				
148 lbs.				
J. Emerson	165	127	76	368
165 lbs.				
A. Wingo	77	68	226	391
181 lbs.				

D. Dula	77	77	182	336
198 lbs.				
M. Moore	165	132	285	582
<b>MALE</b>				
<i>Open</i>				
123 lbs.				
D. Rodgers	231	154	303	680
132 lbs.				
D. Euland	248	248	358	854
J. Harper	243	215	314	772
148 lbs.				
R. Facticeau	413	320	468	1202
T. Barefoot	325	237	402	964
L. Keenon	231	292	375	8008
165 lbs.				
A. James	331	254	462	1047
181 lbs.				
T. Pardue	524	350	573	1477
S. Sinclair	5020	320	474	1295
M. Coats	441	303	540	1284
B. Lane	369	281	474	1124
W. Warneck	331	209	364	904
D. Pride	187	331	2004	722

D. Short	270	165	254	689
C. Connell	402	—	463	865
198 lbs.				
M. Hopkins	540	402	540	1463
S. Short	502	358	457	1317
A. Daves	452	347	507	1306
P. Capps	465	314	502	1270
J. King	408	287	507	1202
N. Mical	386	342	474	1202
J. Collie	413	259	441	1113
M. Facticeau	452	254	408	1113
220 lbs.				
B. Schnitzer	601	463	595	1659
Z. Hamidit	540	369	507	1416
L. Galloway	441	430	452	1323
J. Crosby	331	254	641	1025
E. Henderson	231	231	353	616
242 lbs.				
M. McCoy	639	519	672	1830
W. McAteer	551	452	502	1505
J. Leonard	507	331	568	1405
D. Abbott	535	375	474	1383
A. Sinclair	502	424	435	1361

A. Martin	441	408	502	1350
D. Huntsinger	518	287	474	1279
J. McAleo	203	209	331	843
P. Chunn	—	—	—	—
275 lbs.				
K. Gibson	623	369	579	1571
D. Hindman	502	359	502	1372
J. Kellum	375	335	480	1150
J. McCann	435	242	402	1179
<b>SHW</b>				
<i>Teen (14-15)</i>				
C. Pack	375	309	430	1113
R. Genjamin	3313	292	485	1108
<i>Teen (16-17)</i>				
D. Short	270	165	254	669
123 lbs.				
D. Rodgers	231	154	303	689
132 lbs.				
J. Harper	243	215	314	772
220 lbs.				
E. Henerson	231	231	353	816
<i>Teen (18-19)</i>				
148 lbs.				
R. Facticeau	413	320	468	1202
242 lbs.				
M. McCoy	639	518	672	1030
<i>Master (40-49)</i>				
181 lbs.				
B. Lane	369	281	474	1124
198 lbs.				
S. Short	502	358	457	1317
P. Capps	463	314	502	1279
J. Cottie	413	259	441	1113
220 lbs.				
S. Schnitzer	601	463	595	1659
242 lbs.				
W. McAtear	551	452	502	1505
A. Martin	441	408	502	1350
D. Huntsinger	518	287	474	1270
P. Chunn	—	—	—	—
<i>Master (50-59)</i>				
181 lbs.				
W. Warmack	331	209	364	904
198 lbs.				
A. Dayls	452	347	507	1305
242 lbs.				
D. Abbott	535	375	474	1383
J. Sinclair	502	424	435	1361
<i>Master (60-69)</i>				
198 lbs.				
M. Facticeau	452	254	408	1114
242 lbs.				
J. McAfee	303	209	331	843
275 lbs.				
J. McCann	435	342	402	1179

<b>USAPL SOUTHERN CA NOV 7 2009 » Santa Clarita, CA</b>				
<b>BENCH FEMALE</b>				
<i>Open</i>				
Raw	M. Goodwin	341		
165 lbs.				
181 lbs.				
(40-49)				
Open	M. Bohounek	94		
198 lbs.				
(16-17)				
Open	T. Patterson	160		
220 lbs.				
(18-19)				
Open	W. Garcia	314		
181 lbs.				
(60+)				
Open	M. Kane	—		
242 lbs.				
(50-59)				
Open	D. Cummerow	330		
198 lbs.				
(40-49)				
Open	A. Waldon	424		
220 lbs.				
(40-49)				
Open	L. Oeri	341		
242 lbs.				
(40-49)				
Open	H. Fritz	374		
198 lbs.				
(40-49)				
Open	L. Castillo	402		
242 lbs.				
(50-59)				
Open	K. Ransom	259		
242 lbs.				
(50-59)				
Open	M. Murray	440		
181 lbs.				
(40-49)				
Open	A. Waldon	424		
242 lbs.				
(50-59)				
Open	G. Strassberg	347		
198 lbs.				
(40-49)				
Open	A. Waldon	418		
275 lbs.				
(4-049)				
Open	R. Cavileer	462		
198 lbs.				
(40-49)				
Open	M. Sweet	418		
220 lbs.				
(40-49)				
Open	B. Paul	512		
198 lbs.				
(40-49)				
<b>MALE</b>				
<i>Raw</i>				
Powerlifting	SQ	BP	DL	TOT
<b>FEMALE</b>				
105 lbs. (50-59)				
S. Whiting	154	99	204	457
<i>Raw</i>				
132 lbs.				
Open	T. Martinez	116	99	198
148 lbs.				
(40-49)				
Open	D. Matsumoto	556	424	512
165 lbs.				
(40-49)				
Open	D. Matsumoto	556	424	512
181 lbs.				
(40-49)				
Open	R. Spencer	551	325	600
181 lbs.				

<b>USAPL SOUTHERN CA NOV 7 2009 » Santa Clarita, CA</b>				
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<i>Raw</i>				
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198 lbs.				

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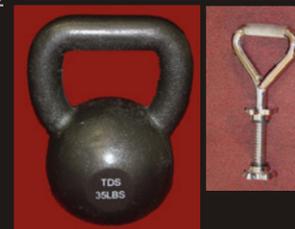


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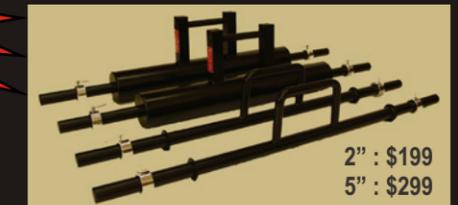


1" SOLID STEEL PINS

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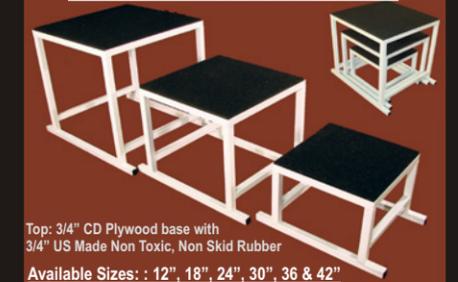
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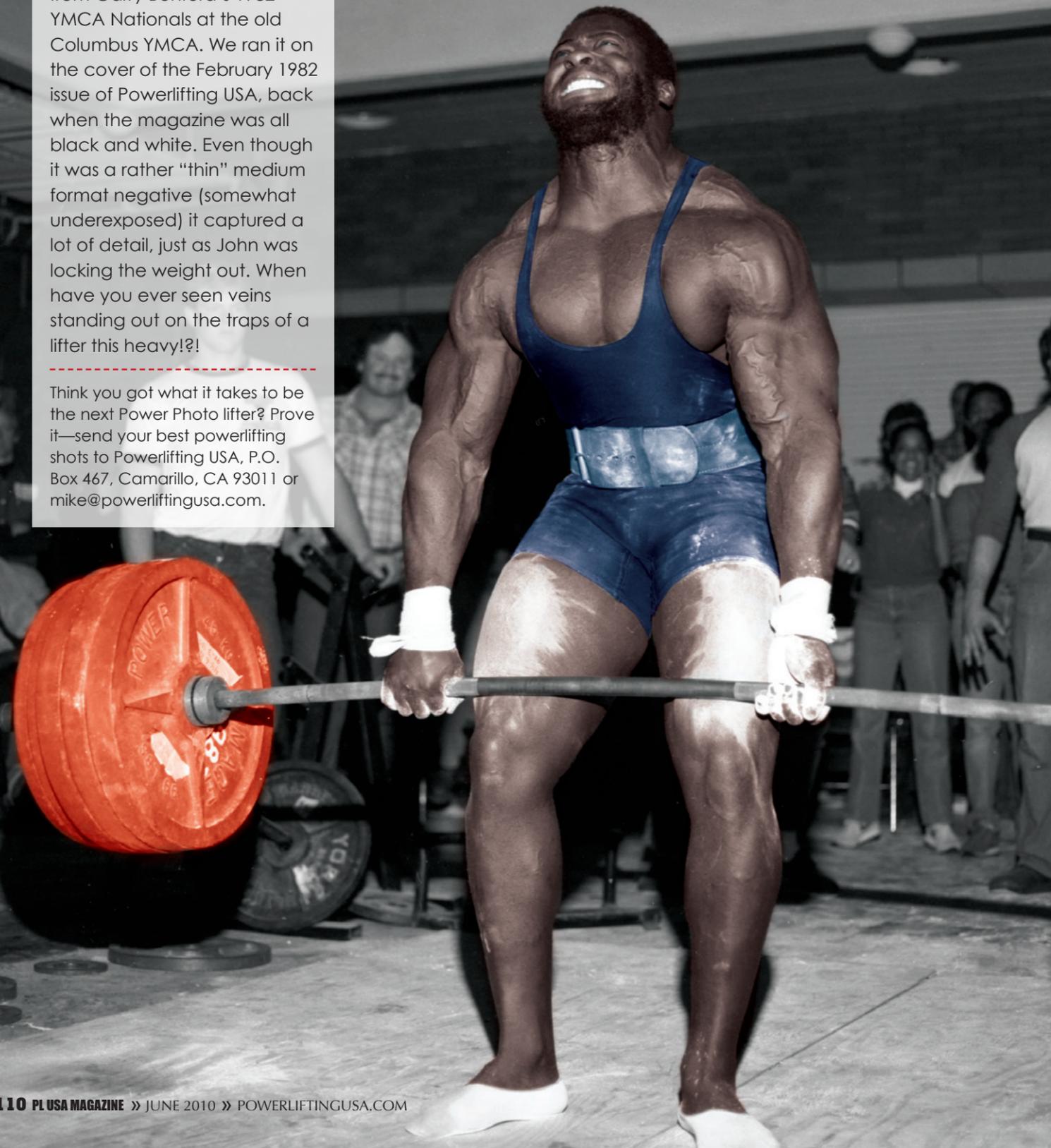
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Tel: 800-446-1833  
Fax: 607-733-1010  
Email: info@newyorkbarbells.com

# POWER PHOTO

## JOHN GAMBLE

This is a photo of John Gamble from Garry Benford's 1982 YMCA Nationals at the old Columbus YMCA. We ran it on the cover of the February 1982 issue of Powerlifting USA, back when the magazine was all black and white. Even though it was a rather "thin" medium format negative (somewhat underexposed) it captured a lot of detail, just as John was locking the weight out. When have you ever seen veins standing out on the traps of a lifter this heavy!?!

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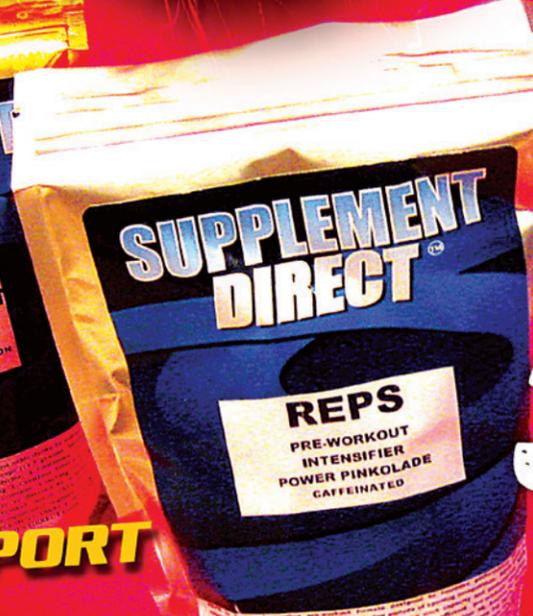
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